

The Senior Connection

A Publication of the Dartmouth Seniors' Service Centre

45 Ochterloney Street, Dartmouth, Nova Scotia. B2Y 4M7

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Our Mission

To enhance the well being and quality of life for older adults living in our community by providing a safe, welcoming, positive learning environment for everyone.

Elected Members of the Board of Directors

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David Camp

Editor

Bette Yetman

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From Executive Director Dave Camp



Each time I sit down to prepare a message for this newsletter I marvel at how fast time flies by. It seems like about a week ago I was doing this for the last edition. Thank heavens I have Bette Yetman jabbing at me now and again or I would totally miss my deadline. I guess that is a cost of getting older.....time seems to go faster.....either that or I am slowing down! I guess the more I think about it the fact is that I am trying to slow down, but not really doing a great job of it.

However, so much for philosophizing. Here in the real world, there is a lot going on so I thought I should bring

you up to date.

With the advent of Spring, weather notwithstanding, our day drives have started again and as I write this our group is visiting Musquodoboit Harbour and area for the May day drive. In June we will be going to Mahone Bay and dining at the Mug & Anchor Pub on June 24th. Cost will be \$35.00. Reserve early as this trip is always popular and will sell out quickly.

If you have not yet had your picture taken by Coalition for Kids, you are missing out on weekly chances to win a drive in the Bentley (An automobile the likes of which you have rarely seen) and a free meal at Peggy's Cove or some other fun destination. At the end of the year you will also be entered into a draw for fabulous vacations. All of this in aid of a great cause. \$5.00 gets you involved in this great program.

Our Lobsterfest was again a great success this year and we thank you sincerely for your support. It is not often I find it hard to finish a lobster but this year it seems that our lobsters were bigger than ever. A great meal, great prizes, and as usual a great evening.

Our Tattoo tickets are selling quickly, so if you plan to attend on July 8th you would be well advised to call Carol Blue ASAP. We will be having a meal here (cold plate and strawberry shortcake) and travelling by bus to and from the Tattoo. Cost is \$45.00.

Planning is well underway for our **Annual General Meeting on June 23rd**. Why not come in for lunch at 12:00 Noon and stay for the meeting which begins at **1:00 PM**.

As we start to wind down for the summer we ask that you keep your eyes on the notice boards for events to take place. If you have any suggestions be sure to pass them along.

Have a great summer.

Dave

Getting To Know You . . .

Born in Amherst, Nova Scotia, Marva lived in Montreal and Toronto before coming 'back home' in 1980 to look after her mother. She is the mother of 8 children, scattered from Ontario to Nova Scotia.

She is a qualified PCW (Personnel Care Worker) and LPN (Licensed Nurses Assdistant) and was an employee of Douglas Hospital in Verdun Quebec, Glades Nursing Home in Amherst NS, and Northwood Manor in Halifax. before coming to the Centre. She has been a member of the VON for the past 8 years with the Palliative Care Units either in the Dartmouth General or Victoria General .

She graduated from the Dartmouth Career College in 1992 as a Legal Secretary , Compucollege School of Business with a certificate in Microcomputer Business Applications. In 1998. Immediately after graduation from the latter, Marva was hired by Dartmouth Seniors Service Centre as Coordinator for Home Helpers. She is now Coordinator of Outreach Services, responsible for Meals On Wheels, Home Helpers, and Medical Transportation, so she is a busy lady.

Marva is a member of the Cherrybrook Baptist Church, the Cherrybrook Mass Choir and a number of other organizations. Her hobbies are sewing, singing with her church choir and with the Dartmouth Seniors Choir .



Marva Fairfax
Coordinator of DSSC Outreach Services

Senior's Week Calendar

June 13th to June 20th, 2008

June 13th & 14th - 50+ Expo (*Atlantic Winter Fair Grounds*)

June 15th - Ecumenical Service and BBQ (2:00 PM)
Dartmouth Seniors' Service Centre

June 16th - Bowling - Woodside Bowlarama (1:00 PM)

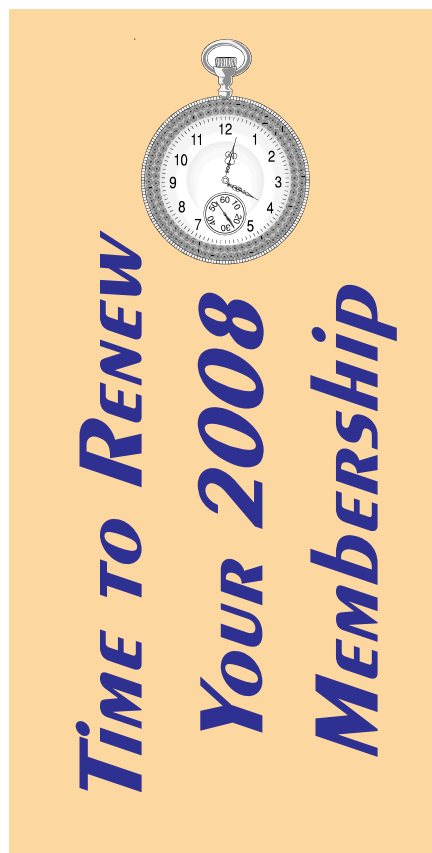
June 17th - Bingo - Dartmouth Seniors' Service Centre
(1:10 PM - Double Specials)

June 18th - Bingo - Dartmouth Seniors' Service Centre
(7:00 PM - Double Specials)

June 19th - 80th Birthday Dinner & Dance @ Findlay Centre -
6:30 PM. (*Call Lucilla for Tickets - 465-2031*)

June 20th - Bag Lunch & Bingo At Findlay Centre
(*Bag Lunch - \$3.00*)

Sign Up Sheets for Bowling & Bag Lunch
Name & Phone Number Please!!!!



DSSC - Upcoming Events

June

- 5 - Thursday - **Card Party & Supper** - 6 p.m. Members \$13.00. Non-Members \$15.00
- 6 - Friday - **'Senior Follies'**. 7 p.m. Admission - \$5.00.
- 12 - Thursday - **Pot Luck Supper & Dance** - 5 p.m. Members - \$6.00 or food, Non-Members \$8.00 or food
- 15 - Sunday - **Father's Day Ecumenical Service & Lions BBQ** - 1:00 PM
- 18, 25 - Wednesday **Tea at Two** - 2:00 PM (First of the Summer Weekly Teas). \$3.50
- 26 - Thursday - **Day Drive** to Mahone Bay. Leaves: 9:30 AM. Returns: About 3:30 PM....Lunch at Mug & Anchor Pub.\$35.00 total cost (*Reserve Soon - Selling Out Quickly*)
- 27 - Friday - **Happy Hour** - 5 p.m. BBQ. Admission \$2.00

July

- 2, 9, 16, 23, 30 - Wednesday - **Tea at Two** - 2:00 PM - \$3.50.
- 3 - Thursday - **Card Party & Supper** - 6 p.m. Members \$13.00. Non-Members \$15.00
- 8 - Tuesday - **Royal Nova Scotia International Tattoo** (Only a Few Tickets Left) 5:30 PM (Cold Plate, Strawberry Shortcake, Bus Trip and Tattoo Ticket - \$45.00)
- 10 - Thursday - **Birthday Pot Luck Supper & Dance** - 5 p.m. Members - \$6.00 or food, Non-Members \$8.00 or food
- 24 - Thursday - **Casino Trip** - 2:30 pm returning 7:00 pm - \$6.00
- 25 - Friday - **Happy Hour** - 5 p.m.
- 31 - Thursday - **Day Drive** - (Destination to be announced).

August

- 4 - Monday - **Natal Day** (Centre Closed)
- 6, 13, 20, 27 - Wednesday - **Tea For Two** - 2:00 PM - \$3.50.
- 7 - Thursday - **Card Party & Supper** - 6 p.m. Members \$13.00. Non-Members \$15.00
- 12 - Thursday - **Birthday Pot Luck Supper & Dance** - 5 p.m. Members - \$6.00 or food, Non-Members \$8.00
- 28 - Thursday - **Day Drive** (Destination to be Announced)
- 29 - Friday - **Happy Hour**.

Check at the Centre for Special Events not on the calendar

DSSC Weekly Activities

June, July, August - * **Canceled until September**

Monday -	1:00 pm	Tai Chi *
Tuesday -	9:00 am	Wood Sculpture *, Water Colours *
		Crafty Ladies
Wednesday -	1:10 pm	Bingo
	7:00 pm	Bridge
	8:30 am	Foot Clinic
	10:00 am	Square Dancing *
Thursday -	1:30 pm	Darts *
	7:00 pm	Bingo
	9:00 am	Oils & Acrylics *
Friday -	1:00 pm	Choir
	2:30 pm	Qi Gong *
	1:00 pm	Duplicate Bridge

In Memoriam



Connie Wenaus

Connie passed away on April 8, 2008. A resident of Dartmouth for most of her life, her joy and time was spent volunteering to help others. One of her greatest contributions was to senior citizens and she was one of the founders of the Dartmouth Senior Citizen's Centre. She won numerous awards for her work including 'Lifestyle Award' from Health and Welfare Canada Advisory Council for the Status of Women and the 'Paul Harris Award' with Rotary International. In 2000 she was presented with Northwood Foundation 'Senior of the Year' and in 1983 Connie was awarded the prestigious 'Order of Canada'. Connie was the loving wife of Quentin for 60 years and a wonderful mother to their five children.



Leo Poirier

Leo passed away at home on May 2, 2008. Born in New Waterford, Leo moved to Dartmouth shortly after finishing his studies at St. Francis Xavier in Antigonish. Leo also dedicated his life to serving others and was the embodiment of a true volunteer. Leo was named 'Volunteer of the Year' for the City of Dartmouth, Provincial Volunteer Representative for the city for many years, received the 'Paul Harris Award' along with many others. Very interested in music, he was Past President of the Royal Canadian College of Organists and was organist at many of the Roman Catholic churches. Leo was Musical Director for DSSC, leading a weekly choir practice and presenting the musical fund raiser 'Senior Follies' each spring and fall.

These two wonderful volunteers and good friends to our Centre will be greatly missed. Our sincere sympathy and condolences to their families.

Tuesday Morning Crafty Ladies



left to right - Mary Dicks, Fran Starr, Muriel McLeod, Vera Harvey, Dot Jack, Cele MacAlpine, Jessie Murphy, Brenda Pozdnekoff, Edna Landry.

As we told you in the Spring "Senior Connection" we had a profitable Christmas Sale last November, but, on very short notice we tried to hold our Spring Sale on March 15 in conjunction with the Kiwanis Pancake Brunch.

The weather was against us, people were away on March break and it was in the middle of the pay period so there was very little profit. However, we did sell some crafts just before Easter and on April 29th we were able to donate another **(\$5000.00) Five thousand dollars** to

the Senior Centre. Hopefully, the Centre will have a project this year, that this money could help with.

We have lost several members from our group so we are inviting ladies, who like to knit, crochet or do crafts to spend a social morning with us at the Centre. Drop in and see us any Tuesday morning and hopefully join our group. *(Cele MacAlpine)*



Fran Starr and Cele MacAlpine presenting Executive Director Dave Camp a cheque for \$5,000 from the Crafty Ladies Committee

Attention Bridge Players



If you are looking for a friendly game of bridge, come to the Dartmouth Seniors' Service Centre on Tuesday evenings at 7:00 PM.

No partner necessary and a good time guaranteed.

All for only **\$2.50**

HOME HELPERS

We are in urgent need of at least four homemakers to work in our Home Helpers program.

This work is basically light house-keeping for seniors. Remuneration is \$8.00 per hour and most assignments are of two hour duration.

For more information or to apply call Marva Fairfax at 465-5578.



Long term Crafty Lady member Ruth Murphy, who was late for the group picture.

"Strongest"

A young man was bragging that he could outdo anyone in a feat of strength: he made a case of making fun of John, one of the older workmen. After a few minutes, John had enough.

"Put your money where your mouth is. I'll bet you \$100 that I can haul something in a wheelbarrow that you won't be able to wheel back."

"It's a bet! Let's see what you've got."

John grabbed the wheelbarrow by the handles and said to the young man, "Get in."

Some of The Many Services Available at DSSC

Meals On Wheels

The Dartmouth **Meals on Wheels** program is designed to provide a hot, nutritious noon time meal to those who have difficulty preparing adequate meals for themselves. There are no age restrictions to participate in this program.

Meals are provide three times per week: Monday, Wednesday, and Friday. As of June 1st, 2007, the price will be \$6.00.

Our delicious meals consist of a roll, soup, main course, and dessert. If you have diet restrictions, substitutions can be provided.

Referrals can be made to the **Meals on Wheels** program by Public Health, V.O.N., doctors, social workers, or any agency or individual who knows a person in need of this service. Persons interested in the program may contact the Centre directly.

- This program is largely offered through the commitment of our volunteers. Volunteers pick up meals at the Centre and deliver them throughout the Dartmouth area.

- Meals on Wheels' clients can expect meal delivery by the volunteers between 11:15 AM and 12:30 PM and are requested to be ready to receive the meal

during this time. If you are not able to be home at this time (i.e., due to a doctor's appointment, etc.) please call the Meals on Wheels coordinator before **10:00 AM**. This will avoid the volunteers making an unnecessary delivery. *Service will automatically be cancelled for those participants who do not respond to delivery three consecutive times.* However, we do try to contact the participant by telephone before any action is taken.

- Meals on Wheels is closed on all statutory holidays or on days where extreme weather would place our volunteers at risk. Extra meals can be sent out prior to a holiday.

- Cancellations will be announced on the following local radio stations: **CFDR, CHNS, CBC, CJCH, and SUN-FM, Seaside FM.**

- Volunteer drivers with vehicles receive mileage and also their noon meal at the Centre.

- Volunteers are always needed so if anyone would like to volunteer to help with this necessary program, call the Centre or see **Marva Fairfax** at 465-5578.

Home Helpers

Do you need help at home?

Light house keeping, vacuuming, dusting, bathroom cleaning, floor cleaning and waxing, making and/or changing beds, meal preparation.

\$9.50 per hour (minimum 2 hours)

Call Marva at 465-5578 to arrange for service.

Medical Transportation

Transportation to and from appointments.

- **In Dartmouth \$15.00**
Over 2 hours \$20.00
- **In Halifax \$21.00**
Over 2 hours \$25.00

48 hours notice is required for booking or cancellation.

Volunteer drivers are allowed 40 cents a km.

Call: Marva at 465-5578

From the mouth of babes taking a test on the Bible:

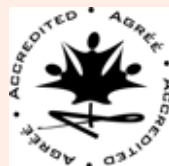
In the first book of the Bible, Guinness. God got tired of creating the world so he took the Sabbath off.

Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark.

Noah built an Ark and the animals came on in pairs.



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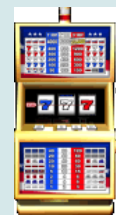
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CASINO Trip

**THURSDAY -
July 24th
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BUS LEAVES CENTRE: 2:30 p.m.

RETURNS AT: 7:00 p.m.

TICKETS: MEMBERS \$6.00

NON-MEMBERS \$8.00

REGISTER EARLY!

**ALL TICKETS MUST BE PAID IN
ADVANCE**

**DARTMOUTH SENIORS' SERVICE
CENTRE**

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Health and General Items of Interest

Hernias - To Fix Or Not To Fix

A new study suggests that asymptomatic hernias can be safely monitored rather than surgically repaired. More than 700,000 inguinal hernias repaired each year in the United States. Although hernias occur 10 times more often in men, women also get them.

An inguinal hernia occurs when weakness in the abdominal wall of the groin area allows the intestines or other soft tissue to push through, causing a bulge in the area. Lifting something heavy can cause a hernia to pop out. Hernias also can occur with any condition that increases pressure in the abdomen, such as weight gain or pregnancy. Even coughing or straining from constipation can cause a hernia to erupt.

Many hernias are symptomatic, and once developed, every time a patient engages in an activity that requires tightening the abdominal muscles, he feels pressure or pain in the groin area. However, a lot of folks develop inguinal hernias and are symptom-free. In fact, like other physicians, I often diagnose these during routine checkups.

Discovering a hernia in this manner leaves both the patient and the doctor in a bit of a pickle, because the treatment for a hernia is to repair it surgically. With all the problems surgery can present, is it worth operating on someone who has a symp-

tom-free hernia? What would happen if you were to leave the hernia alone?

Until recently, doctors have not had good answers to these questions. We do know that, on rare occasions, hernias can be extremely problematic. For instance, if part of the intestine works its way into the herniated area and becomes stuck, it can choke off its own blood supply, causing the tissue to die. This condition, known

as acute incarceration, becomes extremely painful, and the only treatment is emergency surgery. For this reason, physicians have tended to recommend that all patients with hernias get them fixed. However, a new study suggests that monitoring those with minimally symptomatic hernias may be acceptable. The study published in *The Journal of the American Medical Association* in January was conducted at five North American medical centers. More than 700 men with hernias were enrolled. Half underwent surgical hernia repair, while doctors simply monitored the other half. Some of the men being monitored eventually required surgery after it more symptomatic, and uncomfortable. In fact, only two patients developed incarcerated hernias over four years of follow-up, indicating that occurrences were rare. With hernias, it's comforting to know that watchful waiting may be the way to go.

Some Natural Alternatives to Chemical Air Fresheners

Citrus Air Freshener: Place a few slices of lemon, grapefruit or orange in a pot with enough water to cover. Simmer gently in the open pot (if you use aluminum pots, this will clean them too)

Baking Soda: Place a container of baking soda in any open container and place inside the enclosed area (closet, fridge, behind bathroom toilet)

Plants: Plants can absorb and neutralize air pollution, working best in an enclosed space. Aloe Vera and Potted Chrysanthemum will help to remove many toxins; English Ivy will help to remove benzene; Fig Tree and Spider Plants will help to remove formaldehyde.

Herbs: Basil, Thyme, Oregano, Sage, Rosemary, and Mints can be grown year-

round indoors. They not only help to clean the air, but have great aromatic properties of their own. Hang dried herbs to help scent the air and even to help repel insects.

Open a window! Studies show that the air inside our homes is often much more polluted than the air outside. For those who love that spring scented air freshener – let some spring in from outside. An air freshener can't ever compare with the real thing!

Homemade Air Care Room Sprays:

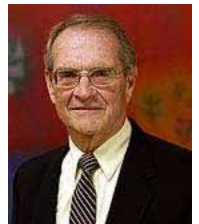
Essential Oil Spray
 ¼ cup of distilled water
 ¼ cup of vodka (the cheaper the better)
 25 drops of a pure essential oil or oil blend
 Combine in a spray bottle and enjoy!



Natural Lemon Spray
 1 tsp. of baking soda
 1 tsp. of lemon juice
 2 cups of hot tap water
 Dissolve ingredients completely in hot water and place in a spray bottle and enjoy!

Air Fresheners: Could continuous scents hurt your lungs?

Mayo Clinic pulmonologist Edward Rosenow, M.D., and colleagues answer select questions from readers.



Question: Is it safe to breathe the chemicals emitted by continuous air fresheners over long periods? - *No name / No state given*

Answer:
 Occasional exposure to air fresheners isn't likely to cause problems, as long as the products are used as directed. However, the chemicals in air fresheners may irritate your eyes, skin and throat. And long-term use of air fresheners may contribute to indoor pollution, which can sometimes trigger asthma and other lung
(Air Fresheners: page 8, column 3)

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Are you still receiving this newsletter in hard-copy?
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 If you have Internet access, you can save us money by joining our electronic distribution list. To try the a electronic version, send an e-mail request to bryetman@ns.sympatico.ca. We won't remove you from our hard-copy mailing list until you've let us know that you can receive the electronic version successfully.
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Health and General Items of Interest

Medical Symbols

Ever wondered where that 'Rx' on your prescription came from? And what do snakes have to do with medicine?

The healing professions have symbols, insignias that can be worn on uniforms or as logos on signs. Although its origins are medical, the most widely used symbol of all the healing arts is the caduceus, the familiar staff, commonly entwined by one or two snakes, and which originated with the Greek gods Asclepius and Hermes.



This symbol, which dates back to ancient times, today is seen everywhere. The American Medical Association uses it. And in the United States Armed Forces, it is the base of the insignia for all health professions. Physicians wear a plain caduceus, nurses a caduceus with the letter N, dentists with a D, and veterinarians with a V. In fact, the caduceus is now the most widely used symbol of medicine in the United States.

The Canadian Medical Association, New Zealand Medical Association, and World Health Organization all display the staff. The World Medical Association uses a modernized version of the staff. Even the animal docs are in on the act:



The American **Veterinary** Medical Association uses the staff, overlaid with the letter V, while the Canadian Veterinary Medical Association places their staff inside the V.

Getting Creative with the Caduceus

Dentists, in their private practices, seem to use the caduceus most often, but the official symbol of dentistry is a variation on the staff of Asclepius. In the dental design, the snake is curled around, not a stick, but an ancient Arabian cautery. This symbol is surrounded by a triangle – actually the Greek letter delta – representing the initial letter D in the word dentistry.



Chiropractic has a unique – and relatively recent – variation on the caduceus: for the Latin 'recipere' for "take thou," used before listing the ingredients of the prescription.



Rx

The Rx symbol, which traditionally has been part of a prescription and so written by physicians, has been adopted as a symbol of pharmacy. There are several interpretations of the origin of this symbol, and it's not clear which one is correct. One version is that it was the symbol of Jupiter, the king of the Roman gods. But while the symbol bears some resemblance to the symbol for Jupiter, neither Jupiter nor his Grecian equivalent, Zeus, had a major role in the healing arts. William Osler, writing in 1910, may have an explanation: It's not the god Jupiter, but the planet. He wrote, "In a cursive form it is found in mediaeval translations of the works of Ptolemy the astrologer, as the sign of the planet Jupiter. As such it was placed upon horoscopes and upon formula containing drugs made for administration to the body, so that the harmful properties of these drugs might be removed under the influence of the lucky planet

A second interpretation is that Rx is an abbreviation for the Latin 'recipere' for "take thou," used before listing the ingredients of the prescription.

Finally, the most intriguing interpretation is that the symbol was derived from the Egyptian Eye of Horus. Horus lost his eye in a battle with the god Seth, but the eye magically regrew, and so became a symbol of renewed health.

- Samuel D Uretsky, PharmD, "Health Care Symbols", MedHunters

Things We Have Learned Dept.

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.



The journey of a thousand miles begins with a broken fan belt and a leaky tire.

Experience is something you don't get until just after you need it.

It's always darkest before dawn. So if you're going to steal your neighbour's newspaper, that's the time to do it.

Origins of Words

Taxicabs first appeared on the scene in New York in 1907. Local motor enthusiast Harry Nathan Allen coined the term 'taxicab' from the words 'taximeter' [invented in 1891 for use in horsedrawn hansom cabs] and the horse-drawn carriage called a 'cabriolet'.



The new gasoline-powered vehicles were better suited to the rough cobblestones of New York streets and within a year, Mr. Allen was running a fleet of 700 of the new 'taxicabs', complete with a four-story garage to park them, reputedly the first to have floors connected by ramps.

Seniors Bingo

Wednesday - 7:00 PM

Regular Games - \$15.00

Special Games - \$30.00

Early Bird Game &
Cookie Jar

Tuesday - 1:10 PM

Regular Games - \$10.00

Special Games - \$15.00

(Air Fresheners: from page 7)

problems. If you choose to use continuous air fresheners, carefully follow the package directions. If you have asthma or other lung problems or you're simply concerned about the chemicals emitted by air fresheners, consider other options to freshen the air in your home. Keep your home clean, and make sure your home is properly ventilated.

Sprinkle baking soda in the bottom of your wastebaskets. Grind fresh lemon slices in the garbage disposal. Take out the trash promptly. Repair any leaks in the roof or basement.

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

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7 a.m. - 11 p.m.



Marilyn More, MLA

Dartmouth South - Portland Valley

Constituency Office

135 Portland Street
Dartmouth, Nova Scotia B2Y 1H9

Ph: 902-463-6673 / Fax: 902-463-4973
e-mail: marilyn@marilynmore.ca

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**Councillor Gloria
McCluskey**
District 5, Dartmouth Centre

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Why we love children ...

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, 'Are you a cop? Yes,' I answered and continued writing the report. My mother said if I ever needed help I should ask the police. Is that right?' 'Yes, that's right,' I told her. 'Well, then,' she said as she extended her foot toward me, 'would you please tie my shoe?'

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. 'Is that a dog you got back there?' he asked. 'It sure is,' I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, 'What'd he do?'

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'

From The Editor

Within less than a month of each other, we lost two very important people from the Centre. **Connie Wenaus** and **Leo Poirier**, and the memory of their work, devotion to the Centre, and to Seniors everywhere will be long remembered.

I have known Connie personally for at least twenty years and we often sat together on the plane to Toronto two or three times yearly, going to meetings or conferences, each of us involved in our own volunteer organizations.

Leo, I've known for about the same length of time and it was few visits to the Centre that Leo wasn't either sitting in front of a computer, running through lists of names, leading the choir or in general, just helping with the myriad amount of chores needed to keep it running. A couple of days before he passed away, he stopped me and said that he had a very important writeup for this newsletter about the choir and wanted to make sure that it would be included. I wish now that he had given it to me at that moment. They are very special friends and we will all miss them dearly.

Be sure and take note of the **Senior's Week Calendar** on page 3. The variety of activities should have something to suit everyone. A lot of work and planning has gone into this project so please support it.



Did you notice the smiling ladies on page 5? These **Crafty Ladies** meet every Tuesday morning working at their crafts. Over the years they have made and sold literally thousands of different articles and in turn donated thousands of dollars to the Centre. Their last donation was for **\$5,000**. Can you imagine how many pieces of work that entailed? Our hats off to all of you! Anyone wanting to spend a pleasant morning doing something worthwhile should contact Cele MacAlpine at 466-1780 or just come down on Tuesday morning and join the Ladies.

Until then,

Bette Yetman



Reminder

Don't forget to renew your membership in DSSC. The best bargain in town for only \$15.00.

'No Scent' Policy

No Scent is Good Sense

In consideration of others, please do not wear perfumes or scented deodorants when you are in the Activity Centre.

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