



United Way
Fort McMurray



REGIONAL MUNICIPALITY
OF WOOD BUFFALO

Golden Years Society

April 2018

Newsletter










Fort McMurray Golden Years Society



April 2018 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Legion Bingo	2 Craft Get Together: 12 - 3 Carpet Bowling at Nexen Field House at Mac Island. Starts at 2:30	3 Walk the Island 9:30  & Games Night 7 p.m.	4 Luncheon 12-1 Bingo at 1:00 p.m.	5 Walk the Island 9:30 Floor Curling 1:00 p.m.	6 Drop in 10-12 Red Cross	7 GYS SINGERS 10:30 -12
8 Legion Bingo	9 Craft Get Together: 12 - 3 Carpet Bowling at Nexen Field House at Mac Island. Starts at 2:30	10 Walk the Island 9:30  & Games Night 7 p.m.	11 Luncheon 12-1 Bingo at 1:00 p.m.	12 Walk the Island 9:30 Floor Curling 1:00 p.m. Mayor & Council Foot Clinic	13 Drop in 10-12 Ukrainian Supper at 6:00 Ukrainian Dancers Cheryl Cooper & Band	14 GYS SINGERS 10:30 -12
15 Legion Bingo	16 Craft Get Together: 12 - 3  Carpet Bowling at Nexen Field House at Mac Island. Starts at 2:30	17 Walk the Island 9:30 Board Meeting 9:30  & Games Night 7 p.m.	18 Luncheon 12-1 Bingo at 1 p.m.	19 Walk the Island 9:30 Floor Curling 1:00 p.m.	20 Drop in 10-12 Volunteer Appreciation Supper	21 GYS SINGERS 10:30 -12
22 Kinetite Senior Luncheon and Bingo 11 -2	23 Craft Get Together: 12 - 3 Carpet Bowling at Nexen Field House at Mac Island. Starts at 2:30	24 Walk the Island 9:30  & Games Night 7 p.m.	25 Luncheon 12-1 Bingo at 1 p.m.	26 Walk the Island 9:30 Floor Curling 1:00 p.m. Foot Clinic	27 Drop in 10-12	28 GYS SINGERS 10:30 -12
29 Legion Bingo	30 Craft Get Together: 12 - 3 Carpet Bowling at Nexen Field House at Mac Island. Starts at 2:30				1	2



GOLDEN YEARS SOCIETY **UKRAINIAN SUPPER**

FRIDAY, APRIL 13, 2018

SUPPER: 6:00 P.M.

UKRAINIAN DANCERS AT 7:00 P.M.

DANCE TO THE MUSIC OF CHERYL COOPER AND HER BAND

\$20.00 MEMBERS

\$25.00 NON-MEMBERS

**GOLDEN YEARS SOCIETY
10111 MAIN STREET**



FOR MORE INFORMATION, PLEASE CONTACT MARI-LEE AT (780) 743-4088



Birthdays of the Month

April Members

Jim Cowie	April	15
Margaret Crossan	April	21
Wanda Smith	April	10
Terri Lynn Bellwood	April	2
Chantall Boutin	April	21
Brenda Brewer	April	25
Shirely Burton	April	8
Millicent Compton	April	22
Pauline Gauthier	April	4
Ralph Gould	April	15
Wolf Hassenstein	April	20
Tope Kenniranye	April	20
Jeannette Mullins	April	25
Verna Murphy	April	19
Mike Perlinski	April	3
Richard Pord	April	15
Maxine Price	April	9
Frank Reitz	April	24
James Riggs	April	26
Aline Smith	April	27
Enola Cameron Turner	April	5
Carol Willis	April	18



UPCOMING EVENTS

CRIB & GAMES NIGHT: Every Tuesday from 7-9 (must be a member)

LUNCHEONS: Members \$7.00 Non-members \$12.00. Lunch is catered 12:00 to 1:00 p.m. Bingo to follow.

SMART BUS: To register or book, please call (780) 743-7909 and leave your name and number.

FOOT CLINIC: Call (780 791-6250 to book your appointment)

DROP IN PROGRAM – Every Friday from 10-12. Muffins and Coffee. BUS IS AVAILABLE –

WALK THE ISLAND: Every Tuesday and Thursday starts at 9:30 a.m. at Mac Island. After the walk they have coffee. A bus is available

UKRAINIAN SUPPER: Friday, April 13 – Supper at 6:00 Ukrainian Dancers at 7:00. Dance to the music of Cheryl Cooper and her Band. Tickets are \$20.00 for Members \$25.00 for non-members

SENIOR LUNCHEON & BINGO: Sponsored by the Kinette Club. Sunday, April 22 – 11 to 2 p.m. YOU MUST RSVP. There is a signup sheet.

LEGION BINGO: Every Sunday. Doors open at noon. First game at 1:00.

Lakeland Senior Games Association

We, Lakeland Senior Games Association, are a branch of Alberta 55+ Senior Games. Fort McMurray is area 1 in Zone 7 and I am your representative. Thank you to Myrtle Dussault for representing us for many years. In order to compete in any games held in our zone you must be a paid-up member. Membership is \$30.00 per year. This year we will be having spring games in Camrose and Fall games in Edmonton. The games consist of passive and active games, arts and crafts, and creative writing. If there are any crafters that would like to enter the crafts for the Camrose games, you still have time to buy a membership. Some restrictions may apply – please see me and I will explain.

I do attend meetings and bring whatever concerns we have to the executive. We have been informed that The City of Fort McMurray intends to put in a bid to have the 2020 Canada games held here. In order to take part in the Canada games you must first play off in the zone games, then onto the provincial games and then to the Canada games. I was fortunate to have qualified in the provincial games and was invited to the Canada games in St. John, New Brunswick. My partners could not attend, so therefore I will not be attending. Probably my only chance in my life time. I have a corner of the bulleting board and post all the information that is sent to me.

If you have any questions, please feel free to call me at 780-743-3657 or e-mail at: granny731@hotmail.com

We have only four members in Fort McMurray: Germain Routhier (33 years) Myrtle Dussault and Marie Routhier (23 years) and Millicent Compton (21 years).

Marie Routhier

Area 1, zone 7 coordinator

HOSTESS SCHEDULE

Date	Board Member	Volunteer
April 4	Gwen Leepart	Edna Bacon
April 11	Karen Brebant	Nancy Riggs
April 18	Cora Verkuil	Ana Chambrinho
April 25	Sandra Marullo	Betty Samaroden

If you are unable to do your shift, please let Mari-Lee know. Thanks



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MEMBERSHIPS ARE NOW DUE!!!

**\$15.00 FOR THE YEAR
January to December**

Walk On ... The Island



A Free Walking Program for Seniors!

Where: Fort McKay Group of Companies Running Track at MacDonald Island (third floor)

Time: Tuesday & Thursdays at 9:30 am
Coffee to follow at 10:15am at Mac Island Café (main floor)

FREE Busing: Provided by the Golden Years Society
Please contact Mari-Lee to register at 780-743-4088

What You'll Need: Walking Shoes & Comfortable Clothing

For more information please contact:
Carolyn Evancio 780 714 5637 carolyn.evancio@ahs.ca

CARPET BOWLING

for seniors 55+

WHEN

Every Monday

Starting October 16 at 2:30pm

except statutory holidays and other blackout dates

WHERE

Nexen Energy Field House

at MacDonald Island Park

FREE Drop In program | No registration required

For more information, contact St. Aidan's Society
at heatherl@staidanssociety.ca or 780-743-4370 ext 1

2:00-3:30pm

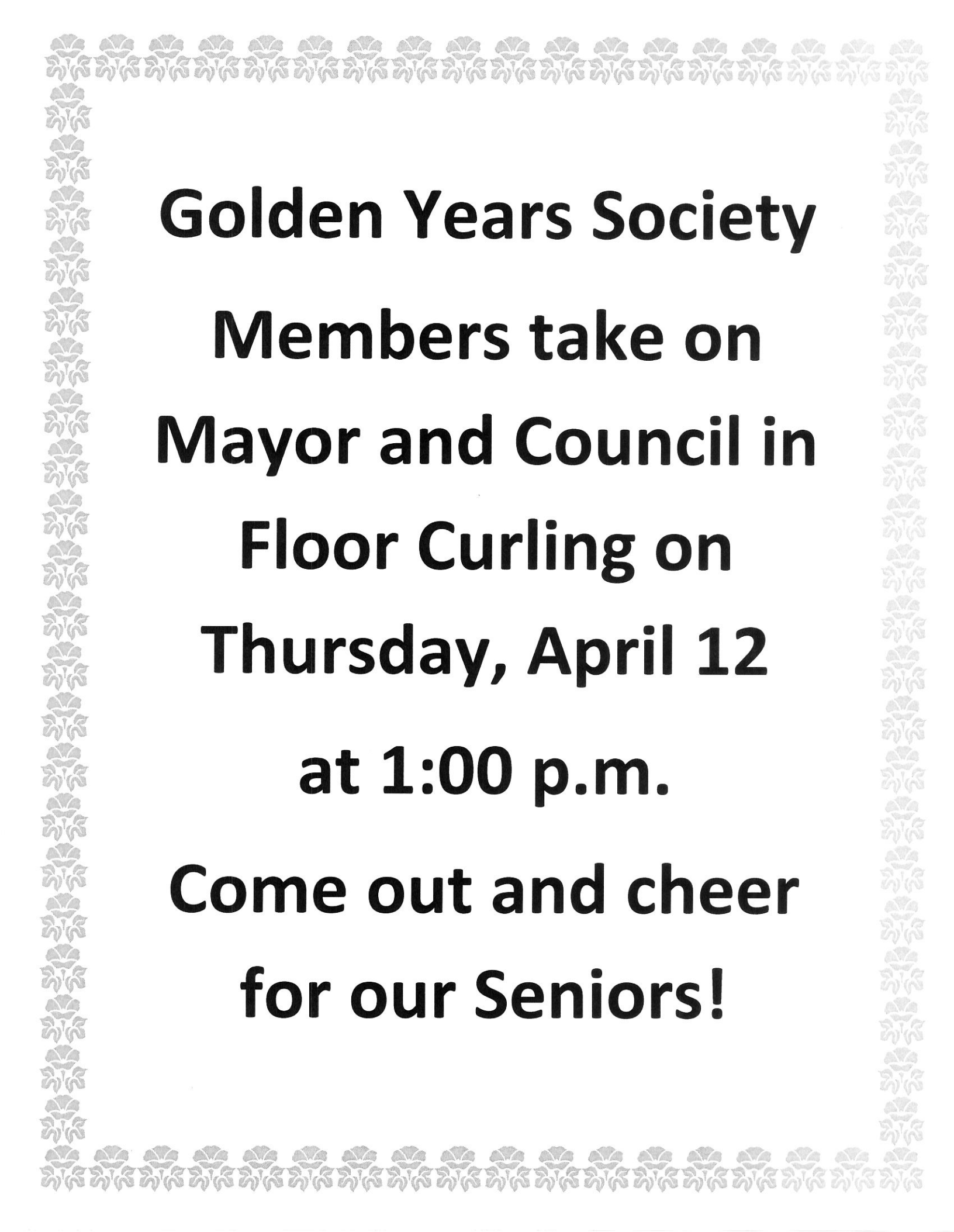


Zumba Gold is an easy going, yet energizing Zumba experience tailored just for seniors! Come and dance the day away with our special guest instructor, Kelly.

Free for ages 50+.

For more information, please contact either
Reference Desk at 780-743-7804 or 780-743-7073.

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Golden Years Society
Members take on
Mayor and Council in
Floor Curling on
Thursday, April 12
at 1:00 p.m.
Come out and cheer
for our Seniors!