



United Way
Fort McMurray



REGIONAL MUNICIPALITY
OF WOOD BUFFALO

Golden Years Society

August 2017

Newsletter










Fort McMurray Golden Years Society

August 2017 Calendar of Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Walk the Island 9:30 Bus is available	2 Luncheon 12-1 Bingo at 1:00 p.m.	3 Walk the Island 9:30 Bus is available	4 Drop in 10-12 Bus is available	5
6 Legion Bingo 	7 Aquafit Westwood YMCA 10:30 & 11:00 a.m.	8 Walk the Island 9:30 Bus is available	9 Luncheon 12-1 Bingo at 1:00 p.m.	10 Walk the Island 9:30 Bus is available	11 Drop in 10-12 Bus is available	12
13 Legion Bingo 	14 Aquafit Westwood YMCA 10:30 & 11:00 a.m.	15 Walk the Island 9:30	16 Luncheon 12-1 Bingo at 1 p.m.	17 Walk the Island 9:30 Bus is available Legion Buffet 	18 Drop in 10-12 Bus is available	19
20 Legion Bingo 	21 Aquafit Westwood YMCA 10:30 & 11:00 a.m.	22 Walk the Island 9:30	23 Luncheon 12-1 Bingo at 1 p.m.	24 Walk the Island 9:30 Bus is available	25 Drop in 10-12 Bus is available	26
27 Legion Bingo 	28 Aquafit Westwood YMCA 10:30 & 11:00 a.m.	29 Walk the Island 9:30	30 Luncheon 12-1 Bingo at 1 p.m.	31 Walk the Island 9:30 Bus is available		

BEST YEARS SWIMMING FOR SENIORS

**Aqua Fit, Swimming / Hot Tub at the
Westwood Family YMCA, 221 Tundra Drive**

**Starts Monday, August 7 and will run every Monday (except
for holidays) until December 11, 2017**

Aqua Fit has two Sessions:

10:30 a.m. – 11:00 a.m.

11:00 a.m. - 11:30 a.m.



**Only 13 people per session.
You must sign up with Mari-Lee**

Swimming and the Hot tub 10:00 a.m. – Noon.

Currently there will be no charge.

**The first day you must show up at least ½ an hour before to
register with the YMCA so you can receive your card. It is just
a one-time registration**

**Please note, that there will be
other people sharing the pool.**



BUS IS AVAILABLE

**If you have any questions,
please call Mari-Lee at (780) 743-4088**



Birthdays of the Month



August Members

Berthe Wiebe	Aug	2
Bernard Reardon	Aug	3
Sue Dragon	Aug	4
Florence Hynes	Aug	4
Marie Briggs	Aug	9
Lillian Spearing	Aug	9
Anne Marie Vloet	Aug	9
Cora Verkuil	Aug	13
Francia Panaopolis	Aug	15
Fendy Shortt	Aug	15
Vi Hansen	Aug	17
Brett Demerais	Aug	17
Alaba Oduse	Aug	17
Gladys Cowie	Aug	20
Donna Dewey	Aug	20
Olive Hammond	Aug	20
Marie Adam	Aug	21
Mary Jane Peden	Aug	21
Linda Mywart	Aug	22
Hugh Furber	Aug	23
Louis LEGRESLEY	Aug	24
Cheryl Kilboy	Aug	30
Jerry Bussieres	Aug	30
Claire Campbell	Aug	31
Maureen Fabick	Aug	31



**Birthdays are
good for you...
The more you have
the longer you live!**





UPCOMING EVENTS

CRIB: Crib will resume in September

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

PET THERAPY: Every 3rd Wednesday at 12:30

LEARN TO PLAY CRIB: Will resume in September

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

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

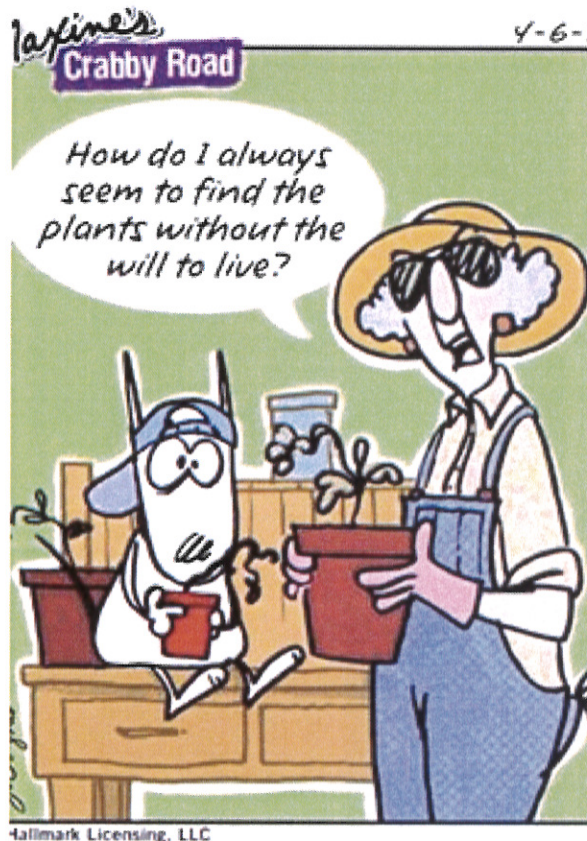
BOCCE: Every Monday and Wednesday at 6:30 p.m.

MOVIE MATINEE: Will resume in September

HOSTESS SCHEDULE

DATE	Board Member	Volunteer
Aug 2	Phyllis Kelly	Marian Brooks
Aug 9	Cora Verkuil	Ana Chambrinho
Aug 16	Sandra Marullo	Wanda Smith
Aug 23	Betty Samaroden	Yvonne Dixon
Aug 30	Gwen Leepart	Phyllis Kelly

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



The Golden Years Society has a lounge where you can sit and relax, watch Tv while you knit or crochet or just sit and visit. Take advantage of our library.



*Do you like to sew or do crafts? Well, then come and join our
ladies every Monday from 1-3
All items made support our craft store or bazaar*



Please contact Jodi by email at Jodi.sperber@albertahealthservices.ca or by phone (780)

If you would like your name on a button, please see Betty Samaroden



Our MC for our Opening Ceremonies Miss Vanessa Chauhan. Who happens to be running for Miss Universe 2017 and Joan Furber, President

Because You're My Friend

Come stand by me, in my desperation,
You have always been my one inspiration,
And with your smile and encouraging ways,
You brighten each, and all my days.

Come rain or shine, you were always there,
Mid tears or laughter, you always cared,
Climbing the hills or rowing against the tide,
Much easier to do, with you at my side.

And at the end of the day, when the sun is set,
At the end of the journey, mid toil and sweat,
How much easier from night till dawn,
When you were there, to cheer me on.

And you stayed and encouraged regardless of pace,
And I knew one day, I'd win life's race.
How could I last, with you as my guide?
I'd have to win, with you at my side.

And on the day, when the race was won
The Victory made it a day of fun.
And the memories it brings, can never be taken,
And your faith in me never was shaken.

And so as I travel the road of life,
Sometimes there's pleasure, sometimes there's strife.
And as I look ahead to life anew,
How can I lose, when I have you?

"My Friend."

By Charlotte Mitchell

Golden Years Society

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(780) 743-4088 - Phone

(780) 743-5063 – Fax

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<http://www.goldenyearsociety.ca>

Hours of Operation

Monday – Friday: 9:00 a.m. – 5:00 p.m.

Saturday & Sunday: CLOSED

Closed on Statutory Holidays



Beware of the Fraudsters!

Tax Scams Targeting Older Adults

Fraudsters impersonate the real Canada Revenue Agency (CRA) by telephone or by email, looking for your identification or asking that outstanding taxes be paid by a money service business or by pre-paid debit/credit cards. There are two variations:

1. There is message by phone or email from the "CRA" claiming there is a refund pending. In order for the recipient to receive the refund they must provide personal information (Driver's license, Social Insurance number, credit card information etc).
2. Seniors receive a notification by phone or email that they owe "back taxes" as the result of an audit. The criminal demands payment must be made immediately to avoid further action. The criminals will report that there is an outstanding warrant that can be avoided if the payment is made promptly. In many cases, seniors are told they will be deported, threatened with jail time, threatened with the police and/or collection agencies if the taxes are not paid right away. They demand a money transfer or credit card information. **THE CRA DOES NOT OPERATE THIS WAY.**

Prevention Tips

- Do not take immediate action. Ask for their name, employee number and phone number
- Contact the CRA to confirm that you owe back taxes or are entitled to a refund. If you owe back tax only pay at the bank.
- Contact someone you trust, a family member, a service provider and ask for help verifying the claim that you owe back taxes

What should I do if I think I have been scammed?

- All fraud and scams should be reported, even if you are embarrassed or feel the amount of money is too small to worry about. While you might not be able to get your money back, you can help stop the con artist from scamming other people.
- Report all fraud and scams to your local police, or call Phone Busters at 1-888-495-8501.

Information taken from: The online Seniors Guidebook to Safety and Security
(<http://www.rcmp-grc.gc.ca/pubs/ccaps-spcca/seniors-aines-eng.htm>)

YOU KNOW YOU'RE FROM NORTHERN ALBERTA
WHEN

- THE MOSQUITOES HAVE LANDING LIGHTS
- YOU KNOW THE FOUR SEASONS,
 - WINTER - STILL WINTER, ALMOST WINTER AND CONSTRUCTION
- YOU FIND -40c A MIGHT CHILLY
- THE MAYOR - GREET'S YOU ON THE STREET BY YOUR FIRST NAME
- YOU THINK THE START OF THE MOOSE SEASON IS A NATIONAL HOLIDAY
- THE MOST EFFECTIVE MOSQUITO REPELLENT IS A SHOTGUN
- YOU THINK SEXY LINGERIE IS TUBE SOCKS AND A FLANNEL NIGHTIE WITH ONLY 8 BUTTONS
- DRIVING IS BETTER IN THE WINTER BECAUSE THE POT HOLES GET FILLED WITH SNOW
- YOU HAVE 10 FAVORITE RECIPES FOR MOOSE MEAT
- YOU DESIGN YOUR HALLOWE'EN COSTUMES TO FIT OVER A SNOW SUIT
 - FROM A T-SHIRT WHICH HAD BEEN BOUGHT AT MARIANA LAKES, AB.