



Golden Years Society
December 2017 Newsletter



  Fort McMurray Golden Years Society  						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Drop in 10-12 Grand Ole Opry at the Hospital Cafeteria - Bus Available 6-8 p.m.	2 GYS SINGERS 10:30 -12
3 Zumba 2 pm	4 Metis 2020 Elders Xmas Supper & Dance 6 p.m. - Bus Available 	5 Walk the Island 9:30 CRIB 7-9	6 Luncheon 12-1 Bingo at 1:00 p.m. Elders Xmas at Shell Place Doors Open 5:30. Bus is Available	7 Walk the Island 9:30	8 Drop in 10-12	9 GYS SINGERS 10:30 -12
10 Zumba 2pm	11 Carpet Bowling at Nexen Field House at Mac Island. Starts at 2:30	12 Walk the Island 9:30 Board Meeting 9:30 CRIB 7-9	13 Mayor & Councillors Christmas Luncheon 12-1 Bingo at 1 p.m. Pet Therapy 	14 Walk the Island 9:30 Christmas Light Tour. Diversified Bus Provided	15 Drop in 10-12 GYS Xmas Party Supper at 6 p.m. Dance to Follow 	16
17 No Zumba	18 Carpet Bowling at Nexen Field House at Mac Island. Starts at 2:30	19 Walk the Island 9:30 Xmas Luncheon at the Library 2:00 - 3:30 CRIB 7-9	20 Luncheon 12-1 Wear your Ugly Sweater!!!! 	21 Walk the Island 9:30 Movie Matinee Classic Movie Miracle on 34th Street	22 Drop in 10-12	23 CLOSED
24 CLOSED <i>Christmas Eve</i>	25 CLOSED <i>Christmas Day</i>	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED
31 CLOSED 	January 1, 2018 CLOSED					

Holiday Hours

We are Closed the
following Days:

December 23
December 24
December 25
December 26
December 27
December 28
December 29
December 30
December 31
January 1, 2018

Merry Christmas
&
A Happy New Year



UPCOMING EVENTS

CRIB: 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

SENIOR ZUMBA: Every Sunday at 2 p.m. at the Center unless stated otherwise. BUS IS AVAILABLE

PET THERAPY: Third Wednesday of the month



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.

MEMBERSHIP IS \$15.00 FOR THE YEAR – January to December. All memberships expire December 31.

HOSTESS SCHEDULE

Date	Board Member	Volunteer
Dec 6	Cora Verkuil	Nancy Riggs
Dec 13	Sandra Marullo	Betty Samaroden
Dec 20	Gwen Leepart	Julie Port
Dec 27	No Luncheon	CLOSED

You must be at the center for 10:30 a.m. If you cannot 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.

Next movie matinee will be on Thursday, December 21 at 1:00 p.m. A classic Christmas Movie "Miracle on 34th Street"





Birthdays of the Month



December Members

Ana Chambrinho	Dec	3
Anne Chow	Dec	4
Glen Young	Dec	10
Irene Tremblay	Dec	11
Sandy Williams	Dec	11
Marlene Doucette	Dec	13
Lorraine Albert	Dec	15
Dalton Blake	Dec	15
William Dean	Dec	15
Madonna Reardon	Dec	16
Anne Lilke	Dec	18
Susan MacArthur	Dec	19
Terry Norman	Dec	19
Patsy Shortt	Dec	19
Mildred Gosse	Dec	21
Ed Heinisch	Dec	21
Germain Routhier	Dec	24
Jim Lewis	Dec	25
John Pare	Dec	26
Larry Dewey	Dec	31
Joan White	Dec	31



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



Grand Ole Opry Country Christmas Night

Friday, Dec. 1
6 - 8 pm

**SENIORS
ONLY
EVENT**

Northern Lights Health Centre
Cafeteria
55+ (absolutely FREE)

Free parking area for guests
Escort from the vehicle to the venue
Prizes
LIVE MUSIC
Photo Booth
Lite snacks and refreshments

Questions?
Please call Heather: 780-743-4370, ext. 1

Metis 2020 Elders

Christmas Party

Monday, December 4, 2017

Supper at 6:00 p.m.

Dance to Follow

At the Golden Years Society

Free Event

A Bus Is Available



Christmas at Nan and Pops

Children, grandparents and seniors
alike please join us for a fun afternoon
of Christmas activities!

Tuesday, December 5
12:30PM-2:30PM
Hub Timberlea

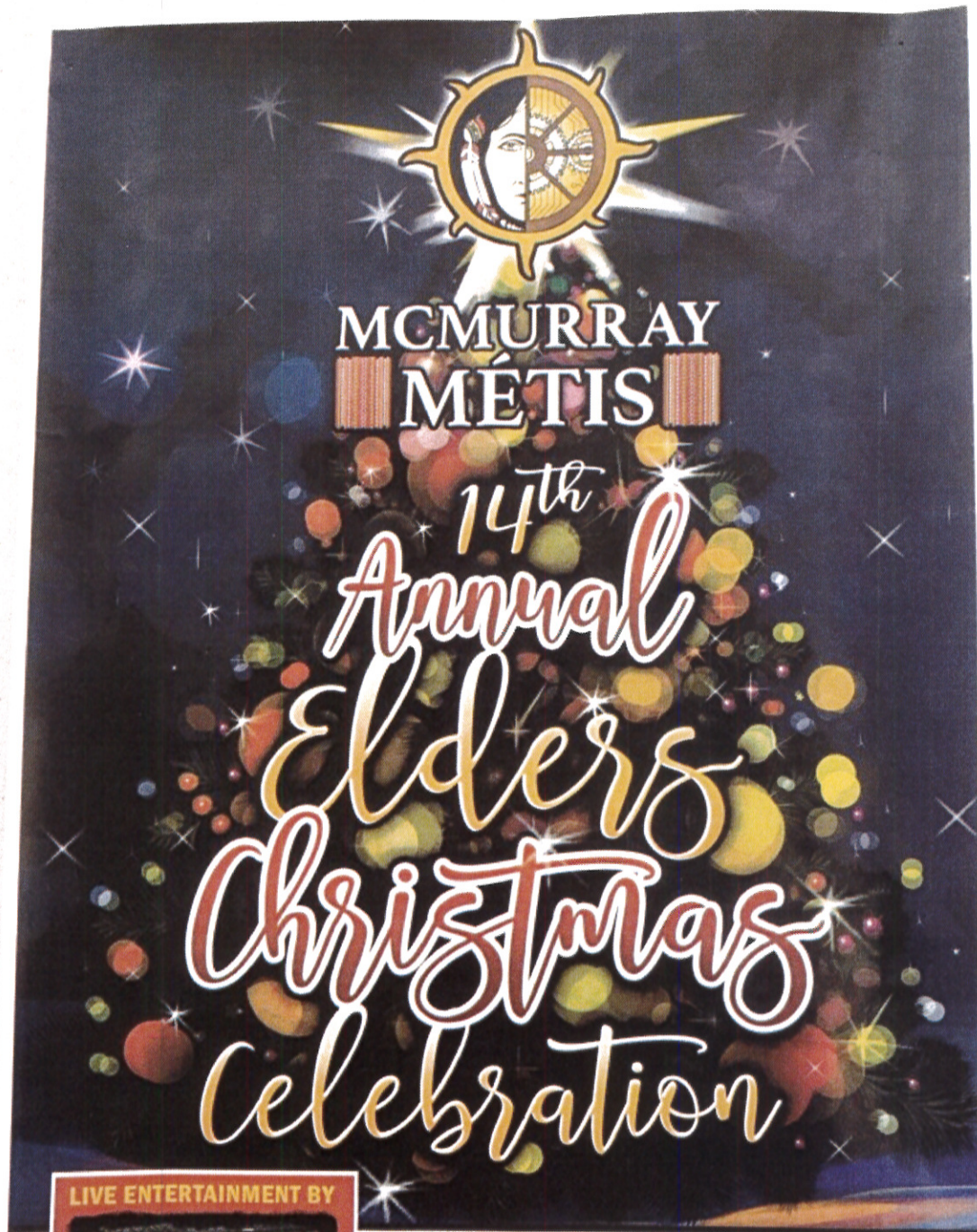
Please RSVP to Sharon at St.Aidan's Society at
sharonb@staidanssociety.ca or by calling
780-743-4370 ext. 3 if you are planning to attend.



St. Aidan's
Society



THE HUB
FAMILY RESOURCE CENTRE



**Wednesday, December 6th,
Shell Place Ballroom**

- Doors open at 5 pm & Dinner 6 pm
- Event is free for all Elders but a ticket is required
- Special guest appearance from Santa

For tickets & more information contact: Heather 780.743.2659 • events1935@mcmurraymetis.org

Tickets are to be picked up at 441 Sakitawaw Trail (Metis 1935 Office) If you are unable to pick up your ticket, please let Mari-Lee know and she will arrange for them to be picked up on Friday, December 1.

Mayor Don Scott
&

Councilors

Seniors Christmas Luncheon

Wednesday, December 13, 2017

10:30 a.m. - Christmas Carols

with Jim Moore

Luncheon at 12:00 - 1:00

At the Golden Years Society

There is no charge

There is a sign up sheet





Golden Years Society & St. Aidan's Society
bring you the Annual Christmas Light Tour!

December 14th, 2017



Chili, Buns & Eggnog: 4:00PM-5:00PM

Tour: 5:30PM-7:30PM

**The girls from the 4H Club will be
serving snacks after the tour!**

**To register and reserve your spot on the bus, please contact Mari-Lee
at (780)-743-4088 or Heather at (780)-743-4370 ext. 1**





Annual Golden Years Society Christmas Party

Friday, December 15, 2017
Supper at 6:00 p.m.

GYS Singers
Dance to the Music of
Cheryl Cooper & Her Band

Members \$20.00
Non-members \$25.00

A Bus is Available

For tickets or information, please
contact the office at (780) 743-4088

Seniors' Christmas Luncheon

Tuesday, December 19
2:00-3:30pm



'Tis the season for our Christmas Luncheon! Join us for a tasty meal, holiday music, a greeting card station, Christmas games and more!

Free for ages 50+.

Registration is required and opens December 1.
Register at either Reference Desk, by calling
780-743-7804/780-743-7073 or reference@wbrl.ca.



Wednesday, December 20

*Wear your
Ugly Christmas Sweater
to Lunch*



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

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

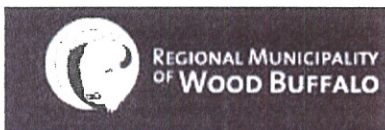
For more information please contact:
Carolyn Evancio 780 714 5637 carolyn.evancio@ahs.ca

Seniors Outreach Support



Have questions?
Need information?
Looking to connect?

Please contact Heather or Sharon at (780)-743-4370 or by
e-mail: info@staidanssociety.ca



Heather

780-743-4370 ext. 1

Sharon

780-743-4370 ext. 3

Heather

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Sharon

780-743-4370 ext. 3

Heather

780-743-4370 ext. 1

Sharon

780-743-4370 ext. 3

Do the Penguin Walk!

Stay healthy and active, avoid a fall and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



WHEN EXERCISING, REMEMBER TO:

- » Check with your healthcare provider before you start a new exercise program.
- » Wear comfortable, supportive footwear.
- » Use a firm, stable chair for support.
- » Start with 5 repetitions of each exercise. Add 1 or 2 everyday until you reach 15 repetitions.
- » Be aware that muscle soreness after exercise is normal.



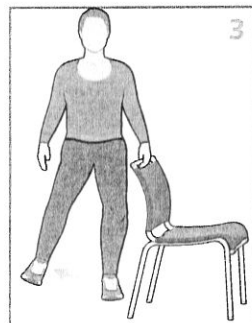
SIT TO STAND

- » Sit in a chair, feet hip-width apart
- » Slowly stand up half way
- » Make sure your knees do not come forward past your toes
- » Keep your hips, knees, and ankles in line
- » Stand up straight and tall, then return to seated position
- » **Repeat up to 15 times**



STANDING LEG CURL

- » Stand with feet hip-width apart
- » Shift weight onto one leg
- » Bend other knee
- » Raise heel toward buttocks as far as it is comfortable
- » Return to starting position
- » **Repeat on each leg up to 15 times**



SIDE LEG LIFT

- » Stand with feet together, hold a chair for support
- » Shift weight onto one leg
- » Raise the other leg out to the side
- » Keep your back straight and tall
- » Slowly return leg to the floor
- » **Repeat on each leg up to 15 times**



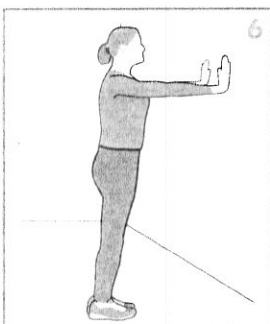
HEEL RAISE

- » Stand with feet hip-width apart
- » Hold on to back of chair and look forward
- » Slowly raise both heels off the floor, standing on toes
- » Hold for 5-10 seconds
- » Return to start position
- » **Repeat up to 15 times**



TOE RAISE

- » Stand with feet hip-width apart
- » Hold onto back of chair and look forward
- » Slowly raise toes off the floor, putting weight onto heels
- » Hold for 5-10 seconds
- » Return to start position
- » **Repeat up to 15 times**



WALL PUSH-UP

- » Facing a wall, stand arms' length away and place hands on the wall at shoulder height, and shoulder-width apart
- » Tighten the abdominal muscles
- » Keeping back and legs straight, bend elbows while lowering upper body toward the wall
- » Hold for 2-3 seconds
- » Straighten arms pushing against the wall and return to starting position
- » Keep elbows slightly bent
- » **Repeat up to 15 times**



Mindfulness for Wellbeing

These groups are designed for individuals who would like to learn skills to reduce stress, become more grounded and enhance their wellbeing through mindfulness techniques. Each two hour session is focused on various themes such as body awareness, tolerance of distress, and self-compassion. No prior experience with mindfulness is necessary to participate in these groups.

We look forward to seeing you!

Group sessions will run once a week for 8 weeks, starting:

EVENING GROUP
Monday, January 22nd
6:30 pm - 8:30 pm

DAYTIME GROUP
Tuesday, January 23rd
3:30 pm - 5:30 pm

For more information and/or to register, call:

(780) 791-1757

Register Early!

Groups fill up
quickly
and space is
limited!

	#5 - 118 Millennium Drive Fort McMurray, AB (780) 791-1757 E: info@borealiscounselling.com W: borealiscounselling.com
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Generously funded by:



United Way
Fort McMurray



**McMurray Métis Local 1935
Monthly Membership Meeting**

**Saturday, December 2, 2017
Meeting at 10am
Lunch at 12pm**

**At the Nistawoyou Friendship Center
8310 Manning Avenue**

****Please note there will be
no Crib after this meeting**

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



Did you know that Mari-Lee is a Commissioner for Oaths. She will do statutory declarations. She is unable to certify true copies, witness or certify and attest deeds, contracts and commercial instruments. Issue a certificate under the Guarantees Acknowledgement Act.

*We are looking for wine corks
and pop tabs for doing crafts.
So if you have any and do not want
them, please bring them to the
center.*



Thank you!!!!

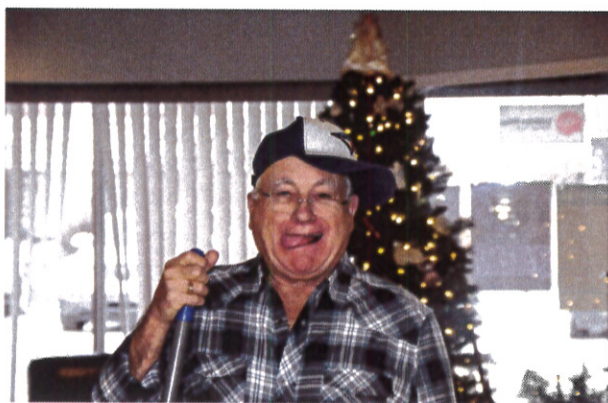
Only Seniors Can Apply for
this!!!

Windrows Hotline
(780) 743-7859



If you are interested in having
a snow angel,
Please call Nicole at (780) 743-7917

Christmas Bazaar & Bake Sale 2017





Paint Night – November 4, 2017



Medieval Event – October 27, 2017

