



NEWSLETTER

January, 2023

5 Pineview Road (Corner of Hwy. 11/17 and Pineview Road)

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Hope everybody had a good holiday season!



56 members and 10 guests enjoyed Christmas Dinner.

Thank you to all members who donated gifts for our draws.

Memberships for 2023 are now due at a cost of \$25.00

Our next luncheon is Friday, January 20th at 12 noon at the Kakabeka Legion. It is free to members and \$15.00 for guests. There is a sign-up book on the front desk at the Centre and we need a head count by Friday, January 13th, 2023.

Most programs have started again.

Yoga will start on Thursday February 2, 2023, if you are interested call Sharon Hagstrom at 939-2722 or email her at hagstrom202@gmail.com



**Thank
YOU!**

Thank you, Sharon & Mike Beerthuisen, for the outside display at the front door.

Thank you to Sharon Beerthuisen for organizing the CPR/DEFIBRILLATOR course that was attended by 15 people. If anyone did not get their certificates from the Red Cross or had trouble printing them, please let us know as we have them all at the Centre and can print them for you.

WE HAVE A SPECIAL GRANT TO BE USED TO GET OUR MEMBERS TOGETHER FOR SPECIAL EVENTS.

- Some ideas are:**
- a) an afternoon of bowling**
 - b) an afternoon of curling**
 - c) an afternoon sleigh ride at Gammondale Farm**
 - d) an afternoon at 55 Plus to enjoy the entertainment they have scheduled.**

There would a meal also included with these outings.

If anyone would be interested in doing any of these events, please let us know ASAP so we can start looking into times, dates and availability. We would not be able to do all the events, but depending on the interest and what we can arrange, we may be able to do two of them. Our timeline to use our grant is by March 31st, 2023.

Pam Valente has completed the first project on the 100" loom. A beautiful blanket for her son for Christmas. She had help from Gale Verrill and Tina Guzzell as it takes two people to operate.



Thank you to everyone who has put contributed to the various donation boxes in 2022. The Library \$33.30, Carving Room \$143.00, Craft Room \$419.50, Quilt Room \$114.50, Loom Room \$48.50, Front Desk \$12.00.

Also Wendy Moses in the loom room made a tapestry on the upright loom, it depicts a cabin in the woods with trees around it.



Jim and Leanne Palmer who own the Last Resort on Whitefish Lake and became members last year gave Rural 60 Plus a donation of \$500.00 at the Christmas Dinner last year.



For those members who have previously taken Watercolor painting, please contact Pat Izsak if you are interested in a course this spring and if you are new to the Rural 60 Plus or are interested in taking the painting course, please contact the Centre and we will pass on your information to Pat.

Thank you for your feedback on the newsletter. Below is one suggestion we received and hope you enjoy.

Winter Word Scramble

BAETKNL	ALIZRDZB	LYCLIH	LDOC
CMERBEED	RIODEOWF	FENZOR	OIEDOH
IEC	JETKAC	TEMINST	RFACS
CSKOS	ATERWES	RITNEW	WYONS

- Where does a snowman get the weather report? The winternet.
- What's the weatherman's favorite food in winter? Brrrr-itos.
- Why did the husband pour warm water on his computer?
He had asked his wife what to do if windows froze.
- What can you catch in the winter, even with your eyes closed? A cold.
- What did the tree say after a long, cold winter? What a re-leaf!

We have a new member Dr Terry Hill who is interested in giving some seminars at the Centre. On the next page is a list of what he is offering. If there is anything you are interested you can contact him or the Centre.

Tylara Institute

in conjunction with

Rural 60 Plus Centre

Is offering the following on-site courses in 2023:

1. **Grief & Bereavement: the loss of a child or parent**
2. **Panic & Anxiety: causes and effects**
3. **Prostate Cancer Diagnosis: implications**
4. **Getting Old or Getting Better: myths about aging**
5. **The Effective Non-Profit Board of Directors**
6. **The Change Agent's Role in Rural Social Change**

Note: Courses vary in length and fees. A portion goes back to the Centre. Guest instructors are used in some courses. Handouts may be provided as necessary.

Contacts: a) Dr. Terry Hill, PhD, President and CEO, Tylara Institute 629-5215 or hillphd2@gmail.com to leave a message about your course choice(s).

b) Lloyd Hanton, Programs Coordinator, Rural 60 Plus 475-5779 or rural60@tbyte.net to leave a message about your course choice(s). Time and dates will be announced after sufficient interest in each course has been reached.