



## NEWSLETTER AUGUST/SEPTEMBER, 2024

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

Kakabeka Falls, Ontario P7K 0G8

807-475-5779

E-Mail: [rural60@tbaytel.net](mailto:rural60@tbaytel.net)

Web Page: [rural60plus.ca](http://rural60plus.ca)

---



Hope everyone had a good summer and stayed safe.

The Centre will be open Monday to Friday starting on **Tuesday, September 3, 2024** as Monday September 2, 2024 is a holiday.



### Fall Programs

- Monday **carvers** will be starting again on September 9, 2024
- **Yoga** will start again on Thursday, September 26, 2024 from 10:00 a.m. to 11:00 a.m. and run for 10 to 12 weeks. For more information contact Sharon Hagstrom at 807-939-2722 or via email at [hagstrom202@gmail.com](mailto:hagstrom202@gmail.com).
- As the Centre has not been able to find a painting instructor, a member would like to start a drop-in art program on Tuesday mornings from 10:00 a.m. to 12:30 p.m. starting Tuesday, October 1, 2024. If you are an experienced artist or have dreamed of sketching, collage or painting in watercolor, or acrylic, this is a group for you. If you are interested or want more information, call the Centre or send an email. All members can come to share ideas, be inspired and motivate each other in a relaxed, nonjudgmental atmosphere. Beginner to experienced artists welcomed.

## Other Events

- If you have anything you are interested in seeing happen at the Centre, you can call or email the Centre and we will see if there is enough interest.
- The Centre will be having different speakers coming to talk on different topics: for example, health care, elder abuse etc.



The Centre was able to get an additional shed to help store items taking up space in some rooms. Thanks to Mike Beerhuizen for ordering the siding and Lloyd Hanton and Hemke Vanderzwaag for picking it up and to Mike & Sharon Beerhuizen, Bob McClusky and Lloyd Hanton for installing the siding.

Rick Dowswell has made a memorial plaque in honor of Hank VanVeller and it is in the show case in the main hall with Hank's carvings of an owl and a duck. Rick is also making wood plaques for the other carvers with items in the show case.



Bob McCluskey for keeping the grass cut all summer. He has been doing odd projects in the Centre for some of the groups.

The Municipality of Oliver-Paipoonge road crew who made the parking lot bigger and filled all the low spots in the front lawn.

Our first lunch will be Friday, September 27, 2024 from noon to 1:00 p.m.

at the Kakabeka Legion.

The cost is \$5.00 per member and \$15.00 for guests.

You must sign up and pay by Friday, September 20, 2024.

There will be book on the front desk for signing up.

# CRAFT SALE

The Rural 60 Plus Annual Fall Craft Sale and Draw will be Saturday, November 16, 2024  
from 10:00 a.m. to 1:00 p.m.



Tickets for the Draw are available at the Centre.  
The items are the Quilt, a Chenille Poncho and \$150.00 cash.  
Tickets are 3 for \$5.00 and you must be 18 or over to buy.  
Tables are available to rent for \$15.00.



## **DID YOU PAY YOUR 2024 MEMEBERSHIP?**

**IF YOU HAVEN'T, WHY DON'T YOU COVER 2024 AND 2025  
AT THE SAME TIME – ONLY \$50.00 FOR BOTH YEARS.**

---

Some tidbits to know about seniors:

1. AGE DOESN'T DETERMINE SUCCESS.

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

2. WE LOSE A FEW BONES ALONG THE WAY.

We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

3. CREATIVITY DOESN'T DIMINISH WITH AGE.

Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel until 90!

4. SENIORS ARE LIVING LONGER.

Due to advancements in healthcare and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.

5. YOU (MOSTLY) HAVE CONTROL OVER AGING.

Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

6. THERE'S LESS STRESS AFTER 65.

Despite citing other health and money concerns, those 65 and older experience less stress.

7. LEARNING CAN SAVE YOUR BRAIN.

In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

8. SLEEPING HABITS ALTER OVER TIME.

Our sleeping patterns change as we age: we get tired earlier and wake up earlier.

SONG OF THE SEASONS (FROM OUR LITTLE BOOK)

IN SPRING THERE'S THE GARDEN TO SOW, THE GRASS TO MOW AND WHEN THE SEEDS ARE GROWN, WE HAVE THE WEEDS TO HOE.

BUT THE EXERCISE IS BENEFICIAL, THO' SOMETIMES HARD LABOUR AND OFTEN THE REAPING WE GIVE TO OUR NEIGHBOUR.

BUT THE NEIGHBOUR DOES THE SAME FOR YOU, AND GIVES YOU THE REAPINGS OF THEIR LABOUR TOO. (ESPECIALLY ZUCCHINI)

MARY CRYER (MAY, 1985)

*Thank You!*

