

President's Comments May 1, 2023

1. April was besieged by illness, injury and absence – we are keeping our fingers crossed that better weather improves the well-being for all here at the Centre.
2. May brings an important General Meeting on Monday, May 15th, where we will discuss and decide on a potential name change for the Centre. **Come out and share your views – how can we grow the Centre while our core are aging? How do we encourage 'young seniors' to join us?**
3. We've said farewell for now to most of our winter snowbirds, as we are welcoming back our summer residents. It's interesting having two snowbird seasons and groups!
4. Our regularly scheduled activities are winding down for the summer: **Cardio/Strength and Chair** fitness finished at Easter, **Ladies Keep Fit** and **Wednesday Music Jams** will finish May 17th, before the long weekend. Saturday Dances finish June 24th, before Canada Day.
5. **Are there ways we can do more in the summer?** Do you have ideas to share? We are hoping to stay open, with some reduced hours. We are planning Indoor Walking in the Ladies Keep Fit time slots for those who have difficulty walking outside in the summer heat or on uneven terrain. Some Keep Fit participants walk outside at 8:30 am Mon, Wed and Fri from the Visitors Centre and I (and others) will be in the Centre the same hours for Indoor Walking. Join us at either location!
6. **WE ARE EXCITED!** Our **Fashion Show** on May 6th is **SOLD OUT!** We have a waiting list in case of cancellations, so if you have ticket(s) and can't come, **please** return them - we will reimburse you and let in the next who missed out!
7. Plans are well underway for our **35th Anniversary and Seniors Week Celebrations June 4th to 10th** at the Centre. If you are **90 years or older, married** (to the same spouse) **for 50+ years**, or have been **retired for 35** or more years you will be invited to a pancake breakfast at **no cost** on Sunday, June 4th! **LET US KNOW** at the Centre, starting Monday, May 1st and **BEFORE Saturday, May 28th TO GET YOUR INVITATION.**

We will also celebrate this week with several FREE events:

- Monday June 5th afternoon – **Seniors Health Fair** 1:00-3:30
- Tuesday June 6th morning – Drop in for coffee or **Try Something New!** Rock painting, flower arranging, ballroom dancing (register at the Centre)
- Tuesday evening - **Trivia 6:30** – Free games, prizes! Beer/wine 4:30 - \$5; chili, hot dogs and snacks in the concession at 5:00 (low cost!).
- Wednesday – **Open House**, drop-in Pool, coffee, library - free books and puzzles. Tour the Centre and view the Oliver Pioneers Art Show.
- Thursday – **Line Dancing Invitation** 9:30 am Beginners, 10:30 more experienced dancers.

Our regularly scheduled activities will be FREE for newcomers – including cards, indoor walking, Line Dancing, and Pool.

Saturday evening will have a wind-up **Dinner and Dance, door prizes** and quilt raffle draw for a beautiful quilt donated by Greta Holt. Quilt tickets will be limited and will be available from our volunteers by May 12th. Dinner and Dance tickets will be available at the Centre by May 9th.

Julie Russell