

President's Message for September 2023

Welcome back! I hope you've all had a great summer – I sure did! Three weeks on Vancouver Island with friends and family did me a world of good!

Our Calendar is updated online (find it on our website - oliverseniorcentre.com and our Facebook page) and printed copies are available at the Centre. Ladies Keep Fit, Wednesday Music Jams and Saturday Dances are back right after Labour Day weekend. Merton's Cardio/Strength Fitness and Chair Fit will return in October.

We are starting some new activities as well:

- Euchre did not make it onto the calendar but can start later this month on Tuesday afternoons if those who expressed interest will come. We need a couple more people to make it viable and are hoping when everyone's back we have enough.
- We need more Kitchen Bridge players – we play Thursday afternoons at 1:00!
- A Games afternoon starting in October (Mondays maybe?) will include board games, Mexican Train dominoes, Scrabble and any others you want to play. Plan to gather some friends or come alone and join in! A trial run yesterday was very successful.

Our next **General Meeting is Monday, September 18th at 1:30**. Our Guest Speaker, Marieze Tarr, Executive Director of Desert Sun Counselling and Resource Centre, will speak about their Better at Home, Emergency Preparedness Registration, and TAPS – Connecting Seniors programs. TAPS meets here on Wed and Thurs mornings and invites us to register and join Chair Yoga and Tech Help (coaching cellphones and ipads)

Our summer Art Show, in collaboration with SageBrushers Art Club, will end September 10th. The show can be viewed any time we are open EXCEPT during Bingo, Keep Fit and Line Dancing (check the calendar). Our next show will be stitched/quilted art pieces and small quilts by Double-O Quilters, starting the week of September 17th.

We are **inviting interest in hanging a show from other art groups or independent artists and photographers** in the South Okanagan/Similkameen area. Please email OliverSeniorCentre@gmail.com, with the subject "Art Show attn Julie Russell" with your name, contact information and medium. All art must be wall-hung for 3-6 weeks and, ideally, for sale (we charge a 20% commission).

We ended summer with a Music Bingo evening on Saturday, August 26th which was lots of fun. We will do it again! Our next events are a **Crib Tournament on Sunday September 24th and Pool Tournament Monday September 25th**. We are looking for volunteers to help prepare, serve and cleanup after lunches both days.

For those who do volunteer – we will be documenting volunteer hours, effective immediately, in order to qualify for some funding opportunities. **If you volunteer please sign in and out at the front desk each time you donate your time.**