



Cold Lake Seniors' Society

1301-8th Ave Cold Lake, Alberta

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www.coldlakeseniorsociety.com

NEWSLETTER & EVENTS CALENDAR



I have never known the reality of war, aside from what I see on the evening news. I am however aware that war rages on in some other part of the world, in some other town. Perhaps you have seen war first hand, lived it and wear the battle scars. November 11th is a day people stop and remember who was lost, what was gained, maybe some of you remember everyday. I have never known the reality of war, for which I am grateful for.

November 11th show your support by taking a moment of silence or by attending the Remembrance Day Ceremony at the Energy Centre @ 10:30 am

SENIORS SOCIETY ANNUAL CHRISTMAS PARTY

DECEMBER 14TH, 2019

COCKTAILS 5:30 PM SUPPER 6:00 PM
LIVE BAND AND DANCE TO FOLLOW

\$25.00 PER TICKET

TICKETS SELL FAST SO DON'T DELAY

FLOOR CURLING BONSPIEL

November 9th, 2019 @ 9:00 am

Lunch and refreshments provided 50/50 draw and cash prizes

Team Pre-register

Spectators Welcome

Painting Class

Monday November 18th, 2019 11: am—1:00 pm
All material provided
Pre-registration \$10.00



Next Jamboree November 3rd 1:00 pm here at the Seniors Centre. Great music, dancing and lunch for \$5.00 Everyone is welcome—Bring your dancing shoes, bring an instrument the stage is open...



BOARD MEETING NOVEMBER 6TH 2019 @ 10:00 AM

GENERAL MEETING NOVEMBER 13TH @ 11:00 AM

GUEST SPEAKER: OPTOMETRIST DR. HAMDEE HOUCHEIMI

FOLLOWED BY SOUP AND SANDWICH @ 12:00 PM

CRIBBAGE TOURNAMENT NOVEMBER 13TH @ 1:00 PM

\$5.00 ENTRY FEE * FOOD * REFRESHMENTS * CASH PRIZES * 50/50 DRAW

CONGRATULATIONS TO LAST MONTHS WINNERS HELEN RUNKE & HELEN FLAMING

Hours of Operation

Monday thru Friday from 9:00 am to 4:00 pm

YES WE ARE OPEN REMEMBRANCE DAY

MEMBERS BIRTHDAYS IN NOVEMBER

Valerie Bauerfind
Barry Baumgardner
Madeline Boisvert
Basil Bouvette
Peter Briere
Evelyn Drake
Rene Dufour
Joyce Duncan
Erica Ellenwood

Helen Flaming
Kim Fraser
Jeff Gay
James Hollingshead
Darrell Jensen
Ron Kucy
Richard Lasouski
Remi Lirette
Shirley Matzanke

Larry Melanchuck
Marion Neumann
Don Nuttal
Doris Rieder
Glen Saur
Shirley Simpson
Kathleen Smith
Joanne Lee Spicer
Michaela Staples
Marlene Ward

Birthday



November
27th
5:00 pm
Bring a dish,
enjoy live
music

The Cold Lake Seniors Society is a volunteer driven organization. Most of the weekly programs and special events are organized, set up and delivered by the members of the seniors society themselves. We are looking for volunteers for the weekly cribbage game and someone to lead a few arts and craft projects. In addition to the position of President, there are also openings for directors. The seniors society has been successful because of the continual efforts of the membership and of course I am here to help. Please let us know if you would like to offer your time. 2020 Memberships are available.. You must have renewed your membership prior to December 20th, 2019 in order to exercise your voting privileges in the next February Election.



November 3rd Daylight Saving time ends
For Alberta Residents. Set clocks back 1 hour.

*The arrival of winter may not be cause for laughter
but often it offers something beautiful ~*



10 Benefits of Laughter - A sense of humour is a great quality worth cultivating. In his book "Anatomy of an Illness" Norman Cousins recounts his healing journey and demonstrates that laughter and loving care is the best medicine. Laughter promotes good health in the following ways:

1. Reduces tension
2. Promotes co-operation
3. Build trust
4. Inspires a positive outlook
5. Removes barriers between people
6. Increases motivation
7. Improves memory
8. Enhance the immune system
9. Lowers Blood Pressure
10. Improves alertness and creativity.

Any tyrant can make men and woman weep, but it takes a genius to make them laugh.