

# Happy Go Lucky Seniors' Centre

23 Main Street, Vermilion Bay (227 - 2818)

Fall 2010



This newsletter will tell you what's been going on at H.G.L. this fall and let you know about some upcoming events.

## Coffee Time – Wed. 9:00 – 11:00



Thanks to the organizers and helpers, the “light breakfasts” in Oct., Nov. and Dec. were a big success. The food was scrumptious and the conversation interesting. With over thirty people coming out some Wednesdays, it's obvious people were enjoying themselves at H.G.L. It's also nice to know that we are raising some additional money for H.G.L. projects - over \$400 in Oct.! Let's hope that the cold weather and snow don't discourage you from coming out to coffee over the winter months.

If you are willing to help out on Wednesdays mornings for one month in the new year, contact any member of the H.G.L. Executive.

## Cribbage anyone?

Join us on Friday afternoons at 1:00 to pit your skills against others, or learn how to play the game. Bring a toonie!

## **Safety Tip:**

### **Test Your Smoke Detector Monthly**

If it's not working – change the battery

## **H.G.L. Executive:**

President	Ray LeRay
1 <sup>st</sup> VP	Carl Jones
2nd VP	Ann Smith
Secretary	Karen Kujansuu
Treasurer	Joyce Poirier
Directors:	Ron Kujansuu
	Bob Mann
	Marion Marcellus

## **Top Ten Seasonal Stress Busters**

1. Share the load.
2. Be prepared.
3. Don't eat or drink too much – balance!
4. Get some exercise – take a walk.
5. Deflect the troublemakers.
6. Don't sweat the small stuff
7. Don't make it perfect, make it fun!
8. Take some time for yourself every day.
9. Have a belly laugh every day
10. Set priorities and stick to them

*Reminder... On TUESDAYS AND THURSDAYS the Senior Bus leaves for Dryden from the Municipal Building at 9:00 a.m. and returns at 1:30 p.m.*

**A Big “Thank you”** to those who have worked very hard in the past to help make H.G.L. Seniors Club a success. Please step forward and volunteer your time and talents to keep your club going strong!!!  
*New faces are always welcome!*

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*Tea and Bake Sale  
Nov. 2010*



*Welcome Everyone!*

*H.G.L. trip to Thunder Bay  
August  
20*



Bright and early on Aug. 13, 36 H.G.L. members boarded a bus for an two day adventure. We visited the Kakabeka falls seniors club, where we were served a lunch of. On to the Terry Fox lookout, overlooking Lake Superior – what an awesome location. What an awesome young man who has inspired the donation of millions of dollars to cancer research. Our last stop was Pioneer Village. We can't forget a visit to the cheese store in. Evenings were spent on our own, relaxing, dining with friends or participating in some of the local entertainment. What a trip! A big thank you to the organizers for making the great trip happen.

***Remember ... On TUESDAYS AND THURSDAYS the Senior Bus leaves for Dryden from the Municipal Building at 9:00 a.m. and returns at 1:30 p.m.***

Kin Karnival Princess  
Meet Starlyn Cimon, HG'L's princess, at the Christmas dinner and support her by buying her tickets.



*So many things to choose from...*

*Lots of laughs at the "Bread Walk"...*



*and lots of goodies to buy.*



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## **H.G.L. has gone online !**

*Since May, many seniors have tried out our new computers – e-mailing, surfing the net, playing games, creating posters, etc. One afternoon a week, seniors brought their questions, and sometimes their laptops, to H.G.L. where they worked together to learn new skills and improve on old ones. A few more grey hairs, lots of laughs, and a sense of satisfaction were the norm.*

*If you want to join the technological world, this could be a good place to start. Check the January calendar to see when computer time will be happening.*

*An H.G.L. website is being developed.*

## **Elections in April**

At the Sept. General meeting a motion was passed to have the present Executive continue on in their positions until elections are held in April. This will allow new executive members a few months to become familiar with their responsibilities before summer, and to plan for fall.

If you are interested in getting involved in HGL, talk to any member of the Executive. New people and new ideas are a vital part of any club – we need you!

**Remember to “sign in” every time you come to the H.G.L. Centre. We need to track facility use now!!!**

## **H. G. L. Membership**

Happy Go Lucky Seniors' Club is open to anyone 55 and over from the Vermilion Bay Area. Annual memberships cost \$5.00 and are renewed in January.

## **Lunch Anyone?**

Don't forget about our regularly scheduled lunches:

### **Soup and Sandwich lunch**

- 3<sup>rd</sup> Friday @ 12:00
- \$5.00

### **Pot Luck Lunch**

- last Friday @ 12:00
- bring a dish to share

### **Monthly Lunch and Meeting**

- 2<sup>nd</sup> Mon @ 12:00
- Catered lunch
- 5.00
- Followed by a General Meeting

**Everyone welcome!**

## **Newsletter**

*The H.G.L. Newsletter will be produced several times a year and will be available:*

- on the HGL computers,
- at the Municipality of Machin Website ([visitmachin.com](http://visitmachin.com)) “Happy Go Lucky News”
- in hard copy (printed at H.G.L.)

*Please help make this newsletter informative. Share information and your photos with Nancy ([ndm24@drytel.net](mailto:ndm24@drytel.net)) or Grace ([herschel.grace@sympatico.ca](mailto:herschel.grace@sympatico.ca))*