

Happy Go Lucky Seniors Centre, 23 Main Street, Vermilion Bay



Special Events:

- 14 12:00 HGL Dinner and Meeting
Catered by United Church Women
- 19 10:45 Kenora Senior Harbour Front Trip
- 25 12:00 Potluck – Everyone Welcome
- 25 Funfest – Evening Lunch
- 26 9-11 Pancake Breakfast
Funfest Activites

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

Contact H.G.L.:

Happy Go Lucky 227 – 2818
President Ray Le Ray
1st VP Carl Jones
2nd VP Anne Smith
Secretary Karen Kujansuu
Treasurer Joyce Poirier
Directors: Ron Kujansuu
Marion Marcellus
Bob Mann

June						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Birthdays:

June 11 Harry Rob
June 12 Herschel Jackson
June 18 Mary Loewen
June 19 Rena Anaka

H.G.L. is going online !

Have you ever thought about talking to your grandchildren (and others) online where you can see them and hear their voices?

This could be you!

Recipe: Lemonade

** Using 2 Lemons

Wash lemons. Roll the lemons on the counter or microwave for 5 seconds to makes them easier to juice.

Cut the lemons in half and remove seeds.

Squeeze or use juicer to remove juice into a half gallon pitcher.

Fill pitcher and add sugar, about 1/2 cup to the water.

Stir well, and pour into glasses over ice or refrigerate with a cover for later.



Safety Tip:

Test Your Smoke Detectors Monthly

Locate the detector and the button labelled test.

Depress for a few seconds. You should hear a loud sound from the unit.

If there is no sound you need to:

change the battery (2 times a year.)

check the wiring.

Senior Activity Day

The first annual Fun Fest will be happening at the Fort on June 26. See posters and Machin Messenger for further information

Money Tip:

Take advantage of senior discounts – ALWAYS ask about senior discounts (eg. At the grocery store, at a restaurant) When traveling on an airline try booking online instead of asking for senior discounts, if you don`t know how, ask a friend who does.