



# Golden Years Society

## January

### Newsletter 2025



coloringpage.eu

**Memberships**  
**are due January**  
**31, 2025.**

**Please be advised fees are now**

**\$60 per person for the Year.**

**If you are 80 or older, you do not pay the  
registration fee, but must register in the office for  
the current year.**



**JANUARY MEMBERS BIRTHDAYS. HAPPY BIRTHDAY!!!**

VERONICA AKINDE	Jan	1
ALISTAIR MUNDELL	Jan	1
HARVEY HICKS	Jan	3
JIM HENDERSON	Jan	4
ASHOK MADAN	Jan	4
JOAN FURBER	Jan	5
PAT FULFORD	Jan	8
MARILYN KEMPTON	Jan	8
SHARON CALAHAISEN- BENNETT	Jan	9
PETER MASON	Jan	11
JUDY ZILNEY	Jan	11
JOYCE SMITH	Jan	13
PATRICK HAIRE	Jan	12
GEORGE HILLYARD	Jan	13
VAUGHN, JESSOME	Jan	13
EILEEN SAVOY	Jan	14
BEV YURKIW	Jan	15
ARLENE MEDVESZEK	Jan	16
JUDY STEIESTOL	Jan	16
JIM FULFORD	Jan	17
JAIRO VELEZ	Jan	18
RHOLYN DOLLETE	Jan	24
SANDRA WALSH	Jan	25
BRUCE PRICE	Jan	26
MAUDE FLYNN	Jan	29
CATHERINE WHELTON	Jan	30
PATRICIA LORD	Jan	30
LAURIE BERGER	Jan	31
ADRIENNE LIETZ	Jan	31
DOON TAYLOR	Jan	31
DARYLL PRICE	Jan	31

## *Upcoming Events*

**Euchre:** Re-Starts Jan 6, 2025. Every Monday at 1:00 pm. Please come and join the game as they can teach you how to play.

**Crib & Games Night:** Re-starts Jan 7, 2025. Every Tuesday from 7:00-9:00 pm.

**Walk The Island:** Re-Starts Jan 2, 2025. Every Tuesday & Thursday 9:30 am. Coffee to follow.

**Luncheon/Bingo:** Re-Starts Jan 8, 2025. Every Wednesday at 12:00 pm. Bingo tickets and 50/50 tickets will be sold. Please register by phone or prepay.

**MENU TO FOLLOW EARLY JANUARY**

**Floor Curling:** Re-Starts Jan 9, 2025. Every Thursday at 2:15 pm.

**Chair Yoga:** Re-Starts Jan 3, 2025. Every Friday at 12pm.

**In-House Drop-in Breakfast/Coffee:** Re-Starts Jan 3, 2024. Every Friday at 10:00 am. On January 3 at 11:30 there will be presentation from Cornhole Association, and anyone can stay around for the afternoon to play.

**Craft Days 1-3pm:** Jan 9 Bubble Painting. Jan 14 Grandparent Sign. Please remember that you need to register. \$5 refundable deposit required

**GYS Singers:** Re-Starts Jan 11, 2025. The GYS Singers meet every Saturday at 10:30 am and welcome new members to join.

**Just Dance:** Thursday January 23 from 7-9pm. Potluck Snacks. Free – Members Only.

**Mid-Winter Luau Dinner Party:** January 31. Dinner and Dance 6-8pm.

# January 2025

## Calendar

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
31			1	2	3	4
			<b>CLOSED</b>	Walk the Island 9:30a NO Floor Curling	COFFEE TIME 10:00a Chair Yoga 12pm	
5	6	7	8	9	10	11
	Euchre 1:00p	Walk the Island 9:30a Crib & Games 7:00p	Luncheon & Bingo	Walk the Island 9:30a Floor Curling 2:15p	COFFEE TIME 10:00a Chair Yoga 12pm	
12	13	14	15	16	17	18
	Euchre 1:00p	Walk the Island 9:30a Crib & Games 7:00p	Luncheon & Bingo	Walk the Island 9:30a Floor Curling 2:15p	COFFEE TIME 10:00a Chair Yoga 12pm	
19	20	21	22	23	24	25
	Euchre 1:00p	Walk the Island 9:30a Crib & Games 7:00p	Luncheon & Bingo	Walk the Island 9:30a Floor Curling 2:15p Just Dance 7-9pm	COFFEE TIME 10:00a Chair Yoga 12pm	
26	27	28	29	30	31	
	Euchre 1:00p	Walk the Island 9:30a Crib & Games 7:00p	Luncheon & Bingo Luau Dinner & Dance 6-8pm			

# Passport To Wellness Program

**Sponsored by Wood Buffalo Sport Connect:**

**In partnership with St. Aidan's society, WB Sport Connect is extremely excited to launch the Passport to Wellness program.**

**The program is for seniors age 55+ and offers increased access to opportunities to participate in physical activities. Being physically active becomes increasingly important as we age, yet trying new activities can also become increasingly challenging and intimidating.**

**This 8-week program will offer a variety of age-appropriate activity options in partnership with local sport for seniors to be able to be active in a safe and welcoming environment - as well as experience strong community connections and have some fun!**

**Upon registering, Seniors will have the opportunity to try different activities over an 8-week period earning stamps on their passport along the way. At the end of the session, we will draw for the ultimate prize, as well as various random prizes for those that hand in their passport.**

## **How it Works**

**The program runs January 13, 2025, until March 10, 2025. Activities include:**

- **Bocce ball**
- **Carpet bowling**
- **Snowshoeing**
- **Functional fitness**
- **Pickleball**
- **Cornhole**
- **Floor Shuffleboard**
- **Floor Curling**

**Register for the program online. If you need help registering or want to pay the \$20 fee in cash, please see Lori in the office.**

**<https://sportwoodbuffalo.com/passport-to-wellness-registration/>**

**Your registration will get you the following:**

- **Access to all programs listed in your passport and instructions for how to attend and what you need to know to be ready to participate**
- **A custom Passport to Wellness t-shirt**
- **Community, support and encouragement**
- **Chance to win great prizes like fitness passes and gift cards**
- **Invitation to attend a celebration event at the conclusion of the 8 weeks.**

**Once you register you will be contacted to confirm your registration in the program and next steps!**



## Happy New Year

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell the name of a popular location for celebrating  
New Years Eve.

S E I B A B N E W Y E A R S E V E Y  
G C H A M P A G N E T Y I M N S T T  
E N S S U E T H C D A N C E D R H R  
S Q I N F E T O O D M U A Y O E I A  
E F C G F I N A S L S U E R F K R P  
D H E F N F R R R R I A S E D A T S  
A I U S E I A S E B R D N I E M Y K  
R B B T T E S M T I E S A F C E F R  
A M T A Y I A N N O R L A Y E S I O  
P I S W L E V R O E F T E E M I R W  
N D E A R L E I N I H J V C B O S E  
D N E T R V O N T E T E A S E N T R  
A I S W I A A O R I N A S N R O H I  
Y G Y E O B I T N T E I R R U K C F  
O H W I N E I T S S K S I O H A T S  
N T Y L I M A F N O I S A C C O R T  
E T S A E F S N O I T U L O S E R Y  
S R E Z I T E P P A Y F R I E N D S

APPETIZERS	DECORATIONS	HATS	PARADES
BABIES	END OF	HOLIDAY	PARTY
BALLOONS	DECEMBER	HORNS	PUNCH
BANNERS	EVENTS	KISS	RESOLUTIONS
BUFFET	FAMILY	MIDNIGHT	SINGING
CELEBRATE	FATHER TIME	MUSIC	STREAMERS
CHAMPAGNE	FEAST	NEW YEARS	THIRTY FIRST
CONFETTI	FESTIVITIES	DAY	TIARAS
DANCE	FIREWORKS	NEW YEARS	WINE
DAY ONE	FIRST OF	EVE	YEAR IN
	JANUARY	NOISEMAKERS	REVIEW
	FRIENDS	OCCASION	



Sudoku #1453 (Medium)

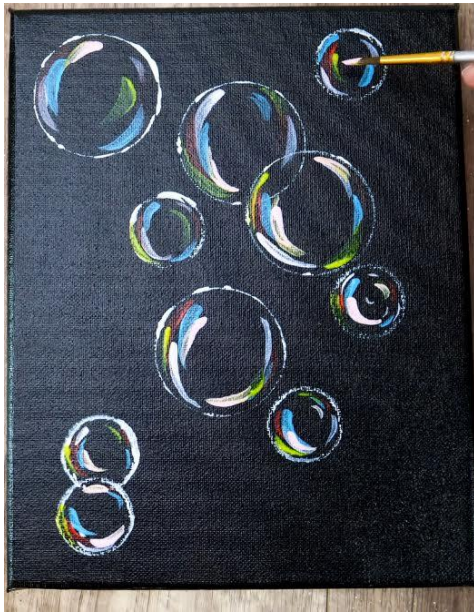
		5	4		8		7	
	7			9		1		
		8	3					9
			5		9	7	1	3
9							4	
			7	3				6
				1		9		8
				5	4	6		
3	6					4		

		6	7	1		4	5		
								3	
						8	7	4	
7	3	8	6				1	9	
	1								7
	5	4		9				6	8
				4	1			5	
					6			1	
9				5					

Sudoku #1454 (Medium)

# Craft Days

January 9 @ 1-3pm Canvas Bubble Painting. \$5 refundable deposit required



January 14 @ 1:00 - 3:00 Grandparent Sign.



Please register with Jaylynn. \$5 refundable deposit required

# January is Alzheimer's Awareness Month

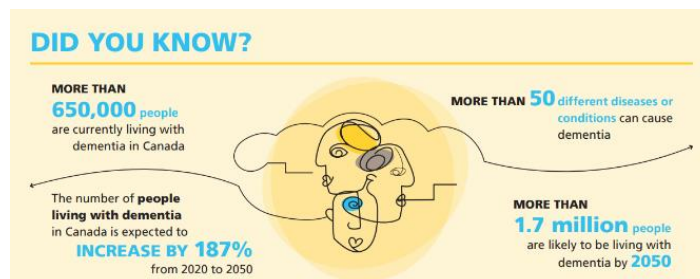
## What is Alzheimer's Awareness Month?

Each January, the Alzheimer Society supports and leads Canada's Alzheimer's Awareness Month.

During this month, the Society encourages organizations across Canada, and individuals like you, to learn more about dementia and its stark impact on Canadians.

And while Alzheimer's Awareness Month may stop at the end of January, the experiences of people who live with dementia do not. As such, we ask you to take what you've learned during the month and continue to share it throughout the year.

Awareness is the first step to fighting stigma, reinforcing human rights and pushing for policy change, as well as other actions that can lift up Canadians living with dementia.



## **What is Minds in Motion**

- Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

### **At Minds in Motion® you will...**

- Stay physically active
- Meet and socialize with others living with dementia and care partners
- Get involved in activities such as board or word games, bingo, and other cognitive games
- Have access to information about dementia and support, as needed

### **Minds in Motion® - Virtual Program**

Minds in Motion is designed for people with early to mid-stage symptoms of Alzheimer's disease or another dementia. Symptoms may include memory loss, confusion, communication difficulties, and changes in mood and behavior. We are excited to be offering a virtual format of this popular program!

Minds in Motion is intended to be enjoyed with a friend, family member, or care partner. Being virtual, the person living with dementia and care partner need to be in a cohort and able to participate in the same room together during the program sessions to support one another.

### **What To Expect**

The 2-hour program is divided into the following two components:

1. The class starts with a certified fitness instructor leading a low-impact fitness class.
2. For the second part of the program, trained facilitators engage participants in social and cognitive activities.

For more information on the Minds in Motion program, please contact

8-week program starting Jan 28 at YMCA



# MiNDS in MOTION

Minds in Motion® is a fitness and social program for people living with Alzheimer's disease or another dementia and a care partner, family member or friend. The program consists of a fitness program, led by a certified fitness instructor, followed by socializing, refreshments and mentally stimulating activities such as music, board or word games and many other fun activities.

For more information, please contact Amanda  
587-414-1913 / [amanda.hodari@ymcanab.ca](mailto:amanda.hodari@ymcanab.ca)

**REGISTER TODAY!**

Eagle Ridge Community Centre YMCA  
2-301 Sparrow Hawk Drive

[ymcanab.ca/woodbuffalo](http://ymcanab.ca/woodbuffalo)



Shine On



Come and hula your way over!

MID  
WINTER  
LUAU  
PARTY



DINNER & DANCE



January 31 • Friday • 6-8 PM

GYS Members Only

Tickets \$25

Please Purchase Tickets in Office





Join us for a

# *DANCE PARTY*

Thursday, January 23, 2025

7:00–9:00 pm

GYS Members Only. Free Event. Pot Luck Snack



Sudoku #1453 (Medium) SOLUTIONS

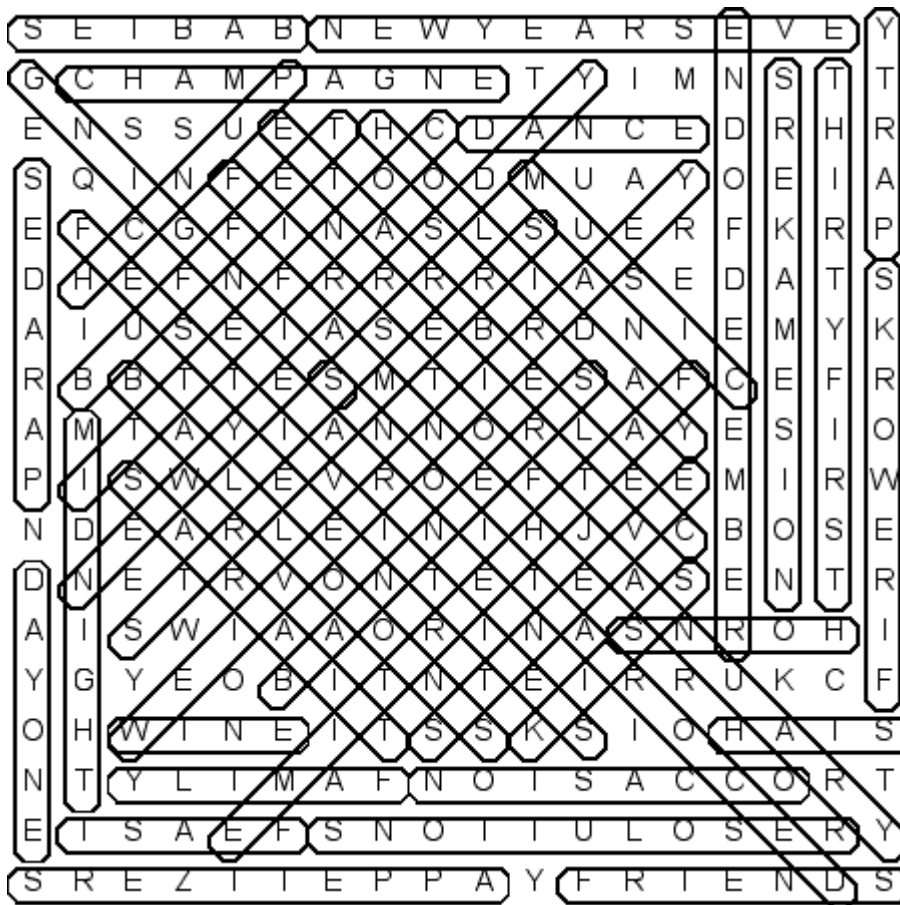
1	9	5	4	6	8	3	7	2
6	7	3	2	9	5	1	8	4
4	2	8	3	7	1	5	6	9
2	8	6	5	4	9	7	1	3
9	3	7	1	8	6	2	4	5
5	4	1	7	3	2	8	9	6
7	5	4	6	1	3	9	2	8
8	1	2	9	5	4	6	3	7
3	6	9	8	2	7	4	5	1

3	6	7	1	2	4	5	8	9
4	8	5	9	7	6	2	3	1
1	9	2	3	5	8	7	4	6
7	3	8	6	4	2	1	9	5
6	1	9	8	3	5	4	2	7
2	5	4	7	9	1	3	6	8
8	2	6	4	1	7	9	5	3
5	7	3	2	6	9	8	1	4
9	4	1	5	8	3	6	7	2

Sudoku #1454 (Medium)



## Happy New Year - Solution



- |            |             |             |              |
|------------|-------------|-------------|--------------|
| APPETIZERS | DECORATIONS | HATS        | PARADES      |
| BABIES     | END OF      | HOLIDAY     | PARTY        |
| BALLOONS   | DECEMBER    | HORNS       | PUNCH        |
| BANNERS    | EVENTS      | KISS        | RESOLUTIONS  |
| BUFFET     | FAMILY      | MIDNIGHT    | SINGING      |
| CELEBRATE  | FATHER TIME | MUSIC       | STREAMERS    |
| CHAMPAGNE  | FEAST       | NEW YEARS   | THIRTY FIRST |
| CONFETTI   | FESTIVITIES | DAY         | TIARAS       |
| DANCE      | FIREWORKS   | NEW YEARS   | WINE         |
| DAY ONE    | FIRST OF    | EVE         | YEAR IN      |
|            | JANUARY     | NOISEMAKERS | REVIEW       |
|            | FRIENDS     | OCCASION    |              |

The hidden message is: TIMES SQUARE IN NEW YORK CITY