

ATTENTION ALL MEMBERS

Membership is now due. At the last AGM membership was raised to \$30.00. If you do not renew by May 31 you lose your membership privileges.

Volume 8 Issue 2

February, 2024

The purpose of the Golden and Region Seniors Society is to operate a charitable institution promoting the physical and social well-being of the Golden and region's seniors.



Lupercalia survived the initial rise of Christianity but was outlawed—as it was deemed "un-Christian"—at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France

St. Valentines Day — a little history

and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem "Parliament of Foules," writing, ""For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate."

Valentines Day has been celebrated since the middle ages and as noted above it can be traced back as far as Roman Times.

Written Valentines started in the 1400 with the oldest in existence from 1415.



I imagine that most people have heard how difficult it is for new people in town to find a place to live. It was not always like this. Back in 1994 (Okay, look, I know that that is not very long ago but that is all I've got) there were a lot of choices, compared to today. Now not all these choices were very good or suitable for a long term stay, but they kept the rain or snow off my head.

I had started my teaching career rather late at 42 years of age and after some frustration in Salmon Arm and Invermere, I decided to come to Golden. One of the best decisions I have ever made. Now, where can I live? I was very nicely taken in by Carol Young's family in Habart who offered a room in their house for my use until I found a more permanent place. Carol was the secretary at Alexander Park School. Perfect! Great food, nice company and I started to gain an appreciation for the sound of trains. I could hear them really well! Close enough that I could recognize the engineers after a while. But, I got used to this guite guickly and they never disturbed my sleep.

Then for a couple of months I found a house-sitting situation. Not much to say about that but then I got a once in a lifetime opportunity. I got to live in a caboose! And again, I got to eat great food that I did not have to prepare! And, I was not expected to help with the dishes! I ate with Bruce Fairley and family and I slept and prepared my school lessons out in the caboose. I am sure you have all seen this caboose. It is painted grey

Moving In

now, which seems a shame.



"The house, and by association the caboose, had a reputation for being haunted. Now, I tell myself that I do not believe in that stuff but one time when I was standing in the caboose, I definitely felt a sensation on the top of my head, the way the air would feel if someone or something had taken a swing at me and just missed. Another time, I had my back turned to a map that was pinned on the wall. There was suddenly a noise, the sound that a large piece of paper (4 ft by 3ft) would make if you held it up and dropped it. When I turned around, the map was still in place and nothing else had moved. But, I don't believe in ghosts. I think.

Well, the caboose served as a guest house in the summer, so I moved to an apartment-sitting situation. The thing I remember is that the people above me seemed to walk around, quickly, in big boots, all the time. There was a constant pounding on the floor above me. I tried to drown it out by turning the TV up to near maximum volume but that did not really work. It just added to the constant din. Fortunately, it was summer and I was out of town a lot on various hiking trips in the mountains. It was quite an adjustment whenever I came "home."

I then moved into a basement apartment. My first real home in Golden. Hmm. Lots of visitors upstairs and they were all rather heavy footed. Hmm. Haven't we already done this?

I then got set up to share a unit with two other guys. One guy got wise before we all moved in so I was left with the other guy. He made it easy to understand why the first guy had declined the situation. I bought him out. Please! Just go!

Okay, then on to another basement apartment. Not too bad until the owner, being drunk at the time, broke his leg and had to stay home from work for a while. His neighbour across the street lived in the basement of his mother's place and also liked to drink. So, the two of them would gather in the kitchen, right above my bedroom and talk and laugh all night. So, lots of available places to live, just not very good or long term ones.

But then, Barney came to my rescue. Barney the real estate guy. He found me a mobile home to buy and I was happy for five years up in Whispering Spruce Mobile Homes Park. It was while I was there that I met Susan. We bought a condo on 5th Avenue and I have been really happy ever since. I guess Susan is the big reason for my happiness but the condo is also quite nice. And we have quiet neighbours! And the food is great! It all came together; it just took a while.

Jím Halvorson

Virtual Coffee Morning

This month's virtual coffee morning will be February 7th from 10 a.m. to noon.

To connect either click on the blue lettering below:

https://us02web.zoom.us/ j/81133403656?pwd=0X-VmNm12bXZHZWI0dUUvVVY5TnN-HQT09

or use the following meeting ID and Password.

Meeting ID 811 3340 3656 Passcode: 341089 Drop in and see your friends for a friendly chat.



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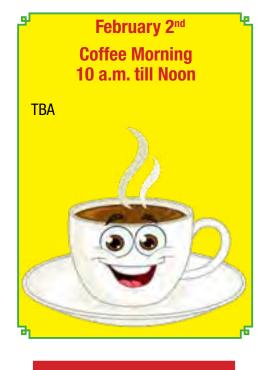
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If you have any problems or concerns please forward them to the Seniors Centre voice mail or email, rather than bringing them to the attention of one Board member. That way the Board as a whole can be aware of the problem and can take steps to rectify it. Refer to office hours.

Phone 250 344 5465.

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Email: <u>Goldenseniorscentre@gmail.</u> <u>com</u>



ATTENTION

In house COFFEE MORNING has been moved to the FIRST FRIDAY of the month.

Activity Groups

We would appreciate your assistance in keeping our floors safe for everyone. There is a mop and/or broom available by the notice board. Please take turns and keep us safe.

WE WELCOME YOUR INPUT.

We are always looking for items to add to the newsletter. Do you have a news item, or a funny joke, or an interesting anecdote? Please submit to

Humour for the Bored

For those who don't want Alexa listening in on your conversations, they're making a male version.....it doesn't listen to anything.



During labor, the pain is so great that a woman... can almost imagine what a man feels like when he has a cold.



[&]quot; MOM SAID YOU MARRIED FOR MONEY. HOW MUCH DID YOU GETY"

I MIGHT WAKE UP EARLY RND GO RUNNING. I ALSO MIGHT Wake up and win the lottery. The odds are about the same. This drives me nuts. Well, actually, it does not drive me very nuts in Golden because it takes place at signal lights and we almost do not have any. However, in bigger towns, it drives me nuts. So, there you are just driving down a four lane street, heading toward traffic lights. The lights turn red. Two cars ahead of you, one in each lane, stop at the red light. Nobody is signalling for a turn so you assume that nobody intends to turn. You pull in behind the car in the left lane.



All is well. Just one car ahead of you so you should get away in a hurry. Wrong! As soon as the light turns green, the car ahead of you signals for a left turn. Aargh! Meanwhile, lots of other cars have come up behind you. Most of them are going into the right lane as they can now see that the car ahead of you in the left lane is turning left and is blocking the way.

You have to sit there because you do not get any chances to change lanes. The light turns red and the car did not even move into the intersection at all so you have to wait again for the light to turn green. There are few options. A Golden option might be to open your window and try to flag down a car going the other way so that you can have a nice conversation about the Canucks. Or the Flames if you prefer. This is not recommended in Vancouver, or even Kelowna. Maybe not even in Invermere because you may not be known by anybody. Here you might get away with it and we do have

"To Drive or Not to Drive."

one light with two roads crossing each other. Let me know how it works out. Don't offer the other driver a beer. That might be too much even for here. Just try to enjoy the situation. Stay cool. Actually, we have turn lanes on one street although some people seem unaware of that. A pity. A nice conversation in the middle of a street, blocking other traffic is a joy unknown to residents of large towns. We need more lights.

So the message is (yes, I have one) to signal ahead of doing something when you are driving so that others can see what you intend to do and take evasive action. In some cases, just staying well clear of certain drivers is the best way to do this. I will not name anybody but I have known some. Hmm. Hmmm. No, no I will not offer any names. Be the bigger man. Hmmm.

Jím Halvorson



The MVA (Motor Vehicle Act) is a document that is forever being updated. In some cases what use to be permitted is now illegal and carries a fine with it.

In the province of B.C. back in 2015 a change was made regarding the left lane on a multi-lane highway. Which thank-fully is now starting to become more standard in our area.

If you're a long time B.C. resident you probably remember when you first started driving seeing signs wherever there was a passing lane, "Kept Right



except to Pass". Over the years these signs disappeared only you will now notice they are being installed again only worded slight different. Now did



you know that driving in the left lane is against the law?

Section <u>150</u> and <u>151</u> covers this regulation and not to adhere to the law can result in a fine of \$167.00 and 3 points against your licence.

Another thing about this section even if you are proceeding at the speed limit and another vehicles comes up behind you have to move over. Or if you are just cruising in the left lane, technically you are breaking the law.

Jím de Bolebec

WHIST PARTY Wed Jan 31 2-4 pm



Sign Up with a friend \$5.00 team WINNING TEAM takes the \$\$\$\$ ALL WELCOME for an afternoon of cards, friends and snacks ...

Golden and District Historical Society.

On February 8th the Golden and District Historical Society is holding an open membership gathering at 6 p.m. at the Golden Museum, 1302 - 11th Ave. South.

Everyone is invited to come whether you are a member of the Golden Historical Society or not and hear what has recently been accomplished.

Brittany Newman Executive Director will be giving a presentation on her attendance at the British Columbia Museum Association conference on Haida Gwaii.

Discussion will be held regarding the B.C. Doctors Museum exhibit and the future of the C.P.R. Station.

Regarding the B.C. Doctors Museum exhibit, one room in the main building has now been designated and permanent display cases are being built. Heated storage to house the rest of the display has been completed. The Board of Directors has long wanted to implement a strategy to finalize plans for the C.P.R. Station.

There currently is an on-line survey asking for public input regarding the C.P.R. Station.

You can find this survey at the following:

http://forms.gle/cjiFFqbQrzPCUYHN7

Follow the link and fill in the survey.

Let's do PASTA NIGHT & GLEE CLUB FEB 10 5-7 PM \$ 15.00



MUST PRE -REGISTER @Golden Senior Centre





Get your hearing checked. 250-344-2228

Don't miss any I love yous from your lovebird this Valentine's Day!

Do you have a Life Line?

Maybe it is time to upgrade your life line. Here is the information I received.

There is a new hands free voice and GPS fall detector out there. It takes the fall detect we are using now to one more level. You can enjoy a larger range of coverage than we have had.We can be anywhere in Canada and the GPS system will pinpoint us on Google Maps so our designated people can locate us. This includes 911 if we so desire. If you have trouble locating this information, please let me know.

Read more about it at life <u>alarms.ca</u> or call 1-887-801-7127.

Canadian Dental Care Plan

The Government of Canada has unveiled some details of the long-awaited Canadian Dental Care Plan which will make oral health care more affordable for uninsured. The program will be rolled out in a phased approach over the coming months, starting with seniors aged 87 and older. Letters with application information are being mailed out to potentially eligible seniors. More information, including eligibility criteria is available on line. <u>Press Here</u> for website

Healthier Home Heating

If you are heating with wood and want to convert since wood heating can become burdensome when we age, maybe you would consider a heat pump. There are rebates for this conversion.

Check it out at Information on Heat Pump Rebates <u>https://www.betterhomesbc.ca/</u> <u>heatpumps/</u>

Chairs

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Please do not pick up the chairs by grabbing the back of the cushion when separating them in the stack. They are being damaged by pulling the screws out of the seat.

Car Share in Golden

One thing I would like to bring to the seniors attention is the goldenEVcarshare.ca. That is an electric car for rent for a very low price per hour or it can be rented by the day. It needs to be reserved two days in advance. It is fully insured and licensed and has good winter tires. It's an all wheel drive. Nice little car sits over by the cenotaph. I would like to bring that to the attention of the seniors. Very affordable option. They wouldn't have to have their own vehicle insured or licensed or maintained. There is a website at the address that I have listed above, that has all the particulars. Thanks.

Chrís Hambruch

The cost is currently \$60/day which includes insurance, unlimited mileage and also free charging. Charging has to be done at eligible stations using the Flo card provided. Home delivery maybe available upon asking.

Board of Directors 2023

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CANCELLATION OF ACTIVITIES

Please check calendar and notice boards for cancellation of activities. These are usually put up at least a week in advance. They are now available on the Seniors website which is:

www.goldenseniors.ca

IGA Sales Slips

Don't forget to hand in your sales receipts as the centre gets gift cards based on the amount. Terry graciously adds these up and last year this amounted to \$250.

Upcoming Events in February Coffee Morning

Fri. Feb 2 nd in-house 10
Wed. Feb. 7th Virtual Zoom 10
Pasta Night

Sat. Feb. 10th -----5 - 7

Soup Day

Fri. Feb. 23rd-----11:30

Attention

Please be careful in the parking lot as it does get icy. Also watch for snow and ice falling from the roof.

Activity Groups

We would appreciate your assistance in keeping our floors safe for everyone. There is a mop and/ or broom available in the janitorial room off the kitchen.

Please take turns and keep us safe.

ACTIVITIES

Schedule of Activities for the Golden Seniors Centre.

Monday

Art	10:30 to 3
Crafts	1 to 3

Tuesday

Silver Sneakers 10:30 - 11:30
Check Debbie's calendar 11:30 - 1
Bingo1 to 3
Pool/Shuffleboard 3 to 5:30

Wednesday

Yoga - Rise up9:30 - 10:15		
Sit & Stretch Yoga 10:30 - 11:15		
Check Debbie's calendar1 - 2		
Knitters & Spinners1 to 4		
Art 6:30 to 9		
Board Meeting last Wed 10		
Virtual Coffee 1^{st} Wed. of month See ad		
for login info 10 to 12		
Age Friendly $4^{\mbox{\tiny th.}}$ Wed 1:30		
Caregivers 1^{st} , 3^{rd} Wed12:30 - 2:30		
Thursday		

Silver Sneakers	- 10:30 - 11:30
Bridge	1 - 4
Cribbage	12:30 to 3
Quilters Guild	5:30 to 9:30

Friday

Open house coffee 1 st Friday 10	
Check Debbie's calendar Various	
Soup Day 4 ^{th.} Friday 11:30 - 1	
Fine Arts 3 rd Friday 10 - 4	
Membership Gathering 2 nd Friday 1 - 3	
Saturday	

Quilters Guild Every 2nd.----- 10 to 3



Golden Seniors Community Centre For Rental: Contact 250-344-5465 E-Mail: goldenseniorscentre@gmail.com Webpage: www.goldenseniors.ca

> Golden Bakery & Deli Family Owned and Operated Since 1970 For all your baking & deli needs, lunch & breakfast catering

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