



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.



St. Valentines Day — a little history

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

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.

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=OX-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.



ATTENTION

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.

Email: Goldenseniorscentre@gmail.com

February 2nd

**Coffee Morning
10 a.m. till Noon**

TBA



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

E-Mail: goldenseniorscentre@gmail.com

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.



"MOM SAID YOU MARRIED FOR MONEY. HOW MUCH DID YOU GET?"

I MIGHT WAKE UP EARLY AND GO RUNNING. I ALSO MIGHT WAKE UP AND WIN THE LOTTERY. THE ODDS ARE ABOUT THE SAME.

“To Drive or Not to Drive.”

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.



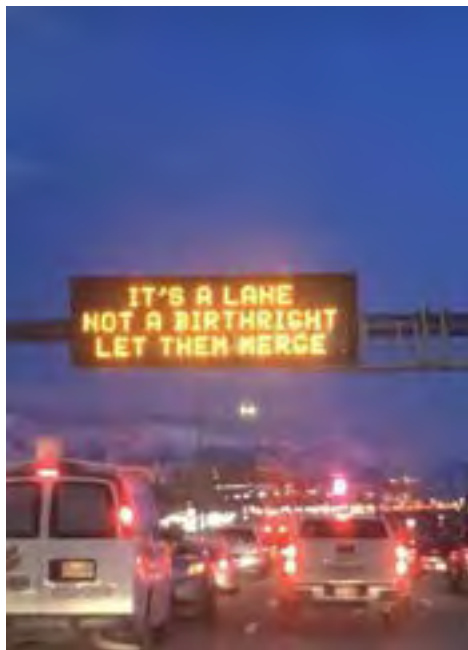
All is well. Just one car ahead of you so you should get away in a hurry. Wrong! As soon as the light turns green, the car ahead of you signals for a left turn. Aargh! Meanwhile, lots of other cars have come up behind you. Most of them are going into the right lane as they can now see that the car ahead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

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.

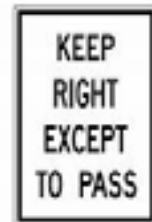
Jim Halvorson



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 thankfully 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?

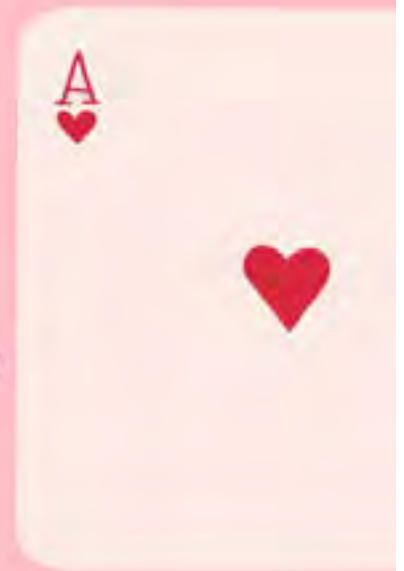
Section [150](#) and [151](#) covers this regulation and not to adhere to the law can result in a fine of \$167.00 and 3 points against your licence.

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.

Jim 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



HEARING
 LOSS CLINIC™
 HEARINGLOSS.CA

**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 alarms.ca 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. [Press Here](#) 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 <https://www.betterhomesbc.ca/heatpumps/>

Chairs

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 goldenEVcar-share.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,

Chris 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

Chair ----- Leslie Parent
 Secretary ----- Ruth Hamilton
 Treasurer ----- Jim de Bolebec
 Director ----- Mickey Balas
 Director ----- Jim Halvorson
 Director ----- Cathy Pyatt
 Director ----- Steve Murphy

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.goldseniors.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.



Golden Seniors Community Centre

For Rental: Contact 250-344-5465
 E-Mail: goldseniorscentre@gmail.com
 Webpage: www.goldseniors.ca

Golden Bakery & Deli

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

Darren & Nola Dusevic

250.344.2928 W
 250.344.2857 H 250.344.1065 Cell
ddusevic@telus.net
www.goldenbakery.ca



Upcoming Events in February

Coffee Morning

Fri. Feb 2nd 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
 Bingo ----- 1 to 3
 Pool/Shuffleboard ----- 3 to 5:30

Wednesday

Yoga - Rise up ----- 9:30 - 10:15
 Sit & Stretch Yoga ----- 10:30 - 11:15
 Check Debbie's calendar ----- 1 - 2
 Knitters & Spinners ----- 1 to 4
 Art ----- 6:30 to 9
 Board Meeting last Wed. ----- 10
 Virtual Coffee 1st Wed. of month See ad for login info ----- 10 to 12
 Age Friendly 4th Wed. ----- 1:30
 Caregivers 1st 3rd Wed. ----- 12:30 - 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 1st Friday ----- 10
 Check Debbie's calendar ----- Various
 Soup Day 4th Friday ----- 11:30 - 1
 Fine Arts 3rd Friday ----- 10 - 4
 Membership Gathering 2nd Friday ----- 1 - 3

Saturday

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

RE/MAX
 OF GOLDEN

**BUYING OR
 SELLING?**

EDDIE LEIGAN

250-344-0143

