



# Knightsbridge Seniors Club News

August 2023 \* Volume 13 \* Issue 8

## President's Report

Summer is going very well at the Club - usually things are quieter during these couple of months, but I am so glad to see so many of you still participating in, not only exercise classes provided by the City, BUT also the Club activities.

My husband Adolf and I will be away - in Halifax, with our grandson, his wife and 3 great-grandbabies - from July 26 to August 2, BUT other Board members will be around if you need anything!

The **Tuesday afternoon Line Dancing class (1:30-3:30 p.m. until the end of August)** is doing extremely well - thank you Emily and all the very enthusiastic line dancers, who love their classes and never fail to amaze the rest of us with their skill and devotion to these sessions.

The **July 12 BBQ** went very well - with praise and thanks from the members who attended, for our two Chefs - Matthew Slade & Dave Quesnel for their skills. I have to also thank the rest of our volunteers who worked behind the scenes - Christa Bastien,

Ruth Dow and Pat Malcolm in the kitchen, Nancy Van Tassel, Donna Chard, Marguerite Friday, Sandra Holovy and my hubby out front - and as usual I may have forgotten someone but apologise in advance - with me rushing around and making sure everyone got what they needed, I tend to do that, unfortunately!

Please try to participate in all the upcoming events that we are planning for you:

\* **Tuesday, August 15** -our Grand River Cruise, is A GO! If you have your name on the list - please make sure you are all paid up & have your tickets ready!

**Your money needed to be in by the end of July - and we hope all of you have a great time!**

\* **Wednesday, September 27** - is our 2nd BBQ of the year - details will be posted very shortly - along with the tickets. We will be going with Oktoberfest sausages & burgers - your choice entirely! Many of you enjoyed that last year, so we will offer that once again!

\* **October** - we hope to have another Court Whist - for those who enjoyed the last one in April. Watch for details. **And in November** - we hope to run the Euchre



and Bid Euchre Tournaments once again, for those of you who asked!

\* Our **Christmas luncheon** is booked for **Thursday, November 30** from 12 Noon to 4 p.m. We will be holding it at our Centre, in the Auditorium! Still planning the menu with a new Caterer, so I will keep you informed.

Stay safe, stay well!

**Wanda Menge - KSC President**

## Vice-President's Report

Hope everyone is enjoying their summer. Pleased to hear that the barbeque was a success and everybody enjoyed themselves.

To all going on the Grand River Cruise, have a wonderful time.

Looking forward to seeing you in the fall.

**Angie Smith,**  
KSC Vice-President



## Director's Reports

Good morning everyone, I hope you're enjoying the summer. I find the humidity too much but I'm sure some of you really enjoy it.

The Snack Bar is doing very well but we need volunteers. If you can commit a few hours a week, please get in touch with me Nancy at 647-226-4192. We will train you for morning or afternoon shifts. Thanking you in advance, hope to hear from you soon.

Nancy Van Tassel, Director

Have you ever thought about learning Tai Chi? Pauline Dykes teaches Tai Chi on Wednesday mornings at 9:00 in the auditorium. New participants are always welcome. In September she will teach the moves from the beginning so it would be a great time for novices to learn Tai Chi. Experienced participants will continue to hone their skills. Come and take part in this very healthy exercise.

Sue Scheffer, Director

Here it is, August already and Bingo is still going great! I guess they are enjoying the games and the air conditioning in our hall. In September, we will be having new games to play with a chance to win some money.

I hope everyone is having a great summer and a safe one. See you at Bingo.

Brian Kent, Director

The bus trip to Grand River Cruise is doing well. At this point there are 48 persons joining us on this marvelous trip. So glad we pulled it off.

Marguerite Friday, Director



Join us for our



# BBQ

## Wednesday, September 27

**SERVING LUNCH FROM: 11:00 A.M. TO 12:30 p.m.**

*PLEASE NOTE: Your BINGO start time will be slightly delayed till 1:00 p.m.*

# \$10.00 per person

Choose an – Octoberfest SAUSAGE or HAMBURGER with fixings + Salads, Drinks and a Light Dessert!  
\$2.00 extra for a 2nd sausage or burger.

**Tickets will be on sale soon!**

### Knightsbridge Seniors Club

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Visit us on Facebook

### Executive

President.....Wanda Menge  
Vice President.....Angela Smith  
Secretary.....Sophia Baranik  
Treasurer.....Pat Malcolm

### Directors

Marguerite Friday  
Brian Kent  
Susan Scheffer  
Nancy Van Tassel

*Knightsbridge News is published monthly for KSC members and guests. All news items will be considered for inclusion and must be received by the 20th of the month prior to edition.*

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# LINE DANCE

**Tuesdays**  
**1:30 - 3:30**

Emily Teo will be leading the Line Dancing Class Tuesday afternoons from 1:30-3:30 p.m. for all you enthusiasts! This session for the summer months started on Tuesday, July 4 and end on August 29, 2023. Regular sessions will start back up again on Monday, September 11th, 2023 at 2-4 p.m..

*Join Knightsbridge Choir  
Just for the fun of it!*



We're looking for individuals who want to participate in the choir. It's fun, enjoyable and enlightening. Tentative start date early September on Tuesdays. Sign up today on the hall bulletin board!



**Happy Birthday**

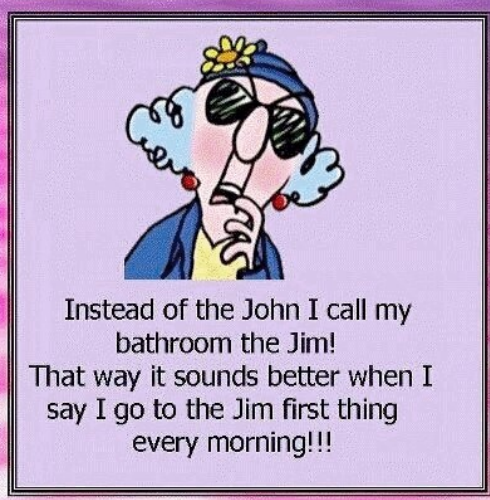
**TO OUR KSC MEMBERS CELEBRATING IN AUGUST**

- MADGE BURRELL
- LAURA CLINTON
- SHIRLEY CONNELL
- MARGARET DONNELLY
- JACQUELINE FRAITES
- MARCELINA GILL
- GARRY HOLICKY
- MAUREEN HUGHES
- ETHEL IRVING
- ERIC JACKSON
- ANITA JACKSON
- DEIRDRE KERR
- AMITY LAM
- VALERIE MACKINNON
- HOWARD MCKEOWN
- GIOVANNI (JOHN) PORTINCASA
- LILA ROSS
- FRANK SHUTTLEWORT
- RENU SODHI
- MIRTHA SOSA
- ILDA TEIXEIRA
- EMILY TEO
- DOROTHY WRIGHT



**Tuesday, August 15**  
**Grand River Lunch Cruise**  
 Leaves at 9 a.m. sharp!

**Wednesday, September 27**  
**Octoberfest BBQ**  
 Details to follow.



Instead of the John I call my bathroom the Jim!  
 That way it sounds better when I say I go to the Jim first thing every morning!!!

**I am starting to think I'll never be old enough to know better.**



**FUN PARK CLEAN-UPS FOR SENIORS 55+**

P.A.L. (People Against Littering) present:

*New Horizons for Seniors - Graceful Aging Through Connections with Nature*

**Join us for socializing and 30 minutes of relaxing litter picking.**

All events run from 10:30 a.m. to 11:30 a.m.

There will be light refreshments and prize draws at the end of each event.

Litter pickers / gloves / garbage bags will be provided.

Please wear close-toed shoes, and bring a reusable water bottle.

August 27	Earnscliff Park	44 Eastbourne Dr (Clark Blvd/east of Bramalea Rd)
September 17	Lillie Roberts Park	85 Mount Royal Circle (Countryside Dr/Goreway Dr)
October 15	Flower City Community Campus	8850 McLaughlin Rd S. (south of Queen Street W)



On-site registration will also be available at each event, but pre-registration is preferred.

**Join our Mission: Brampton Litter Free 2023**

[www.PeopleAgainstLittering.ca](http://www.PeopleAgainstLittering.ca)

People Against Littering

## Indigenous Peoples in Canada Word Search

In Canada, the term Indigenous peoples (or Aboriginal peoples) refers to First Nations, Métis and Inuit peoples. These are the original inhabitants of the land that is now Canada. In the 2021 census by Statistics Canada, over 1.8 million people in Canada identified as Indigenous, making up 5 per cent of the national population. Indigenous culture, language and social systems have shaped

the development of Canada and continue to grow and thrive despite extreme adversity.

The **Inuit** primarily inhabit the northern regions of Canada. **Métis** peoples are of mixed European and Indigenous ancestry and live mostly in the Prairie provinces and Ontario. **First Nations** peoples were the original inhabitants of the land that is now Canada, often occupying territo-

ries south of the Arctic. Below is a list of 25 separate entries on various Indigenous nations in Canada find them all.



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

- ALGONQUIN
- ASSINIBOINE
- BLACKFOOT
- CAYUGA
- CREE
- DAKELH
- EHATTESAHT
- GITXSAN
- HAIDA
- HURON
- INUINNAIT
- INUIT
- KAINAI
- LABRADORMIUT
- MÉTIS
- MIKMAQ
- NAHANI
- OJIBWE
- ONEIDA
- PACHEENAHT
- SENECA
- TIONONTATI
- UCHUCKLESAHT
- WOLASTOQIYIK
- YELLOWKNIVES

# Knightsbridge Seniors Club - PROGRAM & ACTIVITIES

## SCHEDULE - SUMMER (July-August) - 2023

<u>BOOKING TIMES</u>	<u>LOCATION</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:00-12 Noon	Meeting Room	Stitch n Chatter 10:00 am-12:00 pm	Table Tennis 9:00-10:30 am	COB PROGRAMS – YOGA CHAIR 9:30-10:25 p.m. YOGA GENTLE 10:30-11:25 a.m.		COB PROGRAM – YOGA 9:30-10:25 p.m.
	Craft Room					Ceramics 9:30-11:30 a.m.
9:30–11am	COB Program	Billiards	Billiards	Billiards	Billiards	Billiards
10 am-1:30 pm	Auditorium	PAHA activities	COB PROGRAMS – LOW IMPACT 11:00-11:55 a.m. CHAIR EXERCISE 12:15-1:10 p.m.	TAI CHI 9:00-10:30 a.m.	SHUFFLEBOARD - or KURLING 9:00-10:30 a.m.	COB PROGRAM – ZUMBA GOLD 11:30-12:25 p.m.
	Meeting Room		Stitch n Chatter 1:00-3:00 p.m.			
12-1:30pm	COB Program	Billiards	Billiards	Billiards	Billiards	Billiards
12:30-4:00 pm	Auditorium		SUMMER Line Dancing Session 1:30-3:30 p.m.	BINGO PREP 11:30 am-12:30 pm BINGO GAME (NEW start time) 12:30-3:30 pm	Bid Euchre 1:00-4:00 p.m.	Euchre 1:00-3:30 p.m.
2:30–4 pm	COB Program	Billiards	Billiards	Billiards	Billiards	Billiards