



Knightsbridge Seniors Club

Newsletter

March 2024 * Volume 14 * Issue 3

President's Report

FIRSTLY – my Thank You of the Month – goes to someone who is not a member (yet!) BUT to whom we should express our gratitude.

PAULINE DYKES, our Tai Chi instructor, works hard every Wednesday morning, teaching our members all the right moves. She volunteers her time, and we cannot express how thankful we are to have her here at Knightsbridge.

FEBRUARY 14TH, 2024 – our annual **Pancake Brunch**, was a big success. We served about 75 of our members – and the Auditorium was really packed with all of you enjoying the meal – provided by our Chefs– Ruth Dow & Scott Smith who prepared the pancakes, Donna Chard who cooked the sausages. Our main lady in the Snack Bar keeping them all in line – Christa Bastien - organized just about everything else. Marguerite, Pat, Sophia, Angie and I helped where we could!

AN UPDATE for everyone – Marguerite is feeling much better and was back at work the following week manning the desk on Tuesday and selling those Casino trip tickets.

Our first CASINO TRIP of the year – is scheduled for Friday, March 22nd. Tickets are on sale at

the front desk – the details of which are in this Newsletter. A FLYER is also posted on the notice board for your information.

Our **VOLUNTEER DINNER** this year will be held on **March 26th – at the Mandarin**. Everyone who qualified by working 52 hours in 2023 should now have their personal invitation. If you do not – please check at the Front Desk. Once you have that invite – be sure to let the Desk Staff know if you can attend the dinner, as I must firm up the numbers with the Mandarin the week before hand.

TOURNAMENTS – Euchre will be held on **Friday, March 8th** – and the **Bid Euchre** one will be on **Thursday, March 21st**. DETAILS are on the notice boards – and in this newsletter. You need to get yourself a partner, whom you will be paired up with for the afternoon. **COURT WHIST** – our first one this year, is scheduled for **Saturday, April 20th** – again, all details are in the newsletter, and on the notice board – for your information. PLEASE remember that we need four people at a table – and everyone needs to attend – or the game could be spoiled for others!

Our **ANNUAL GENERAL MEETING (AGM)** will be held on **Tuesday, May 14th, 2024** – Notices and other details are now on the Notice Board.



City of Brampton celebrates its 50th birthday!

Join Brampton residents to commemorate 50 vibrant years of Brampton's growth through a series of events, initiatives, and activities all year long. On June 29, 2024 celebrate Brampton's milestone birthday with the City's largest birthday bash! Details to come.

For more information visit: www.brampton.ca/EN/Arts-Culture-Tourism/Festivals-and-Events/

What's Inside

Friday, March 8
Euchre Tournament
See Page 3.

Thursday, March 21
Bid Euchre Tourney
See Page 3.

Tuesday, March 26
Volunteers Dinner
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Looking for More Fun Activities?
See Page 8.

Friday, March 22
Fallsview Casino
See Page 5.

PLEASE NOTE: The KSC will be **closed on Friday, March 29th** – for Good Friday, and Monday, April 1st for Easter Monday.

My best wishes to you and your families for a Happy, and blessed Easter weekend.

**Wanda Menge, President
Knightsbridge Seniors Club**

Vice-President's Report

March is here, and there are many events planned. They are listed in the newsletter and posters on the bulletin board. There is also a sheet for suggestions and a suggestion box at the front desk. Also on the board is a list of snack bar duties and we could use some more volunteers.

Enjoy all the club has to offer.

Angie Smith, Vice-President

Director's Reports

Bingo is doing great with a good turnout every week. I want to give a big thank you to all the volunteers who help run the Bingo, it is much appreciated. Looking forward to seeing you at the Volunteer Dinner on March 26th.

Brian Kent, Director

Hello everyone, March is upon us and spring is around the corner. Mother Nature has been very easy on us this year. The Snack Bar is doing well and our euchre on Friday afternoon has been great. Our first euchre tournament of the year is on March 8th with a maximum of 10 tables. I hope everyone that wants to join us has signed up and paid their 7 dollars also make sure you have a partner for the event. See you soon and keep well.

Nancy Van Tassel, Director

It is so nice to see so many of you coming out to enjoy the fun activities Knightsbridge has to offer.

Thanks so much to the thoughtful members who are bringing in can tabs to help fill up the big jar at the front desk. We appreciate your contributions.

Sue Scheffer, Director

The front desk is going well, so far no complaints. As you know, the Fallsview Casino trip is a go. Shuffleboard is alright as well.

Marguerite Friday, Director



TO OUR KSC MEMBERS CELEBRATING IN MARCH

- Gayle Ali
- Nan Ashe
- Elaine Evans
- Russell Farmer
- Joan Florence
- Joanna Garbos
- Lisa Lauckner
- Linda Malcolm
- Anne McGown
- Philomena McGuinness
- Linda McLaughlin
- Lynette Parkes
- Douglas Rogers
- Terry Shea
- Marian Simpson
- Francis (Sonny) Vieira
- Dianne Wellwood
- Clare Woelfle

*Happy 94th to
Charles Murdoch*

*Happy 93rd to
Dorothy MacKay*

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.

News Editor: Scott Smith
Email: admanej@bell.net

EUCHRE TOURNAMENT

FRIDAY, MARCH 8TH, 2024

1:00-4:00 p.m.

BID EUCHRE TOURNAMENT

THURSDAY, MARCH 21ST, 2024

12:30-4:00 p.m.



KNIGHTSBRIDGE CENTRE AUDITORIUM

\$7.00 PER PERSON

MEMBERS ONLY, PLEASE.

**FIND A PARTNER [YOU WILL BE PLAYING
& STAYING TOGETHER AS A TEAM!]**

PLEASE BOOK YOUR SPOT AHEAD OF TIME.

**WITH: WANDA, NANCY, OR DONNA - AT YOUR
REGULAR BID EUCHRE - ON THURSDAYS - OR
EUCHRE GAME, ON FRIDAYS.**

ANNOUNCEMENT

**Please plan on attending
Knightsbridge Seniors Club
ANNUAL GENERAL MEETING**

**on
Tuesday, MAY 14TH, 2024
at 2:00 p.m.**

**in the Knightsbridge Community Cen-
tre Auditorium.**

KINDLY NOTE: your **2024
membership cards *will be requested*
at the door.**

Nominations for 2024 are **NOW being
accepted for the following positions on
the Board of Directors of the
Knightsbridge Seniors Club:**

Vice-President (Two-Year Term)

Secretary (Two-Year Term)

Director I (Two-Year Term)

Director II (Two-year Term)

As per By-Law 2-E-3:

**Nominations accepted, & will be
posted by: MARCH 25, 2024 - *thirty*
(30) working days prior to the AGM;
& shall close seven (7) days prior to
the AGM – on Tuesday, MAY 7th,
2024.**

**NOMINATION FORMS ARE
AVAILABLE AT THE FRONT DESK.**

Homeless Hotline Region of Peel

If you know of or see a homeless
individual(s) anywhere in
Brampton. Call

905-453-1300

or toll free:

1-877-848-8481

This 24-hour service will find
a bed for the evening,
guaranteed!

12 Most Important Lessons We Can Learn from Children

We talk and write a lot
about what we are teaching our
children and what they are learn-
ing from us – but if we only focus
on one side of this teaching/ learn-
ing relationship, we are missing
some of the greatest examples of
our lives. Following are 12 most
important lessons we can learn
from children:

1. Be yourself
2. Just be happy
3. Skip
4. Make friends
5. Say what you mean, mean what you say
6. Smile
7. Relax... take a nap
8. Be fearless
9. Sing
10. Wonder about everything
11. Explore
12. Play

FALLSVIEW CASINO BUS TRIP



Valid Government
Photo ID &
Players Card
will be required.

**Friday,
March 22,
2024**

Friday, March 22, 2024 Itinerary:

TIME 8:45 A.M.- Bus arrives at
Knightsbridge Seniors Centre (KSC),
1A Knightsbridge Road, Brampton, ON
TIME 9:00 A.M. SHARP!- Bus LEAVES
KSC

TIME 3:30 P.M.- Bus leaves Fallsview
Casino and returns to KSC

**PLEASE BE ON TIME, THE BUS
WON'T WAIT!**

**HURRY, DEADLINE FOR TICKET
SALES IS MONDAY, MARCH 15!**

**\$35 for
KSC members
\$45 for
non-members**

**& everyone gets a \$35 Slot Play!
We need 45 people, minimum
on the bus.**

**SATURDAY, APRIL
20TH, 2024
COURT WHIST**

DOORS OPEN: 6:00 P.M.

**GAME STARTS AT:
6:30 P.M. SHARP!**

\$10.00 per person

**Refreshments will be served
at half-time!**

**[MEMBERS & NON-MEMBERS ARE
WELCOME TO ATTEND]
KNIGHTSBRIDGE SENIORS' CENTRE –
AUDITORIUM**

**We have room for 10 tables of 4 (a max.
of 40 people ONLY) – AND we do request
that you 'show up' on that evening,
PLEASE. We need four people at a table
to play this game properly.**

Volunteers' Dinner

• TUESDAY • MARCH 26TH, 2024
5:30 P.M.

• MAKE SURE YOUR HOURS ARE UP TO DATE & YOUR CONVENOR REPORTS THEM TO MARGUERITE FRIDAY; PICK UP YOUR INVITE AT THE KSC FRONT DESK.

• MANDARIN RESTAURANT •
238 BISCAYNE CR., BRAMPTON

RSVP BY: TUESDAY, MARCH 19TH, 2024

Looking for more fun activities to do at KSC?

*Let's keep KSC more vibrant and active than ever! Here are a few ideas for NEW activities you may like to **participate***

- ◇ **Dancing**
- ◇ **Computer Skills**
- ◇ **Card Games:**
- ◇ Bridge
- ◇ Whist
- ◇ Cribbage
- ◇ Hearts
- ◇ Gin Rummy
- ◇ Spades
- ◇ Wizzard
- ◇ Quiddler
- ◇ Five Crowns
- ◇ **Board Games:**
- ◇ Sorry
- ◇ Sequence
- ◇ Scrabble
- ◇ Chess
- ◇ Checkers

*NOW let's hear from you! What NEW activities would you recommend and **participate** in and/or list any from above:*

Name

Phone

Activity

Separate this page and give it to the front desk representative!

March is Nutrition Month Word Search

The theme for Nutrition Month is to Unlock the potential of food and practice healthy eating habits to take care of our families and ourselves.

Good nutrition and healthy eating help us live longer and live healthier. They help manage weight, improve digestion, promote mental health, and prevent chronic diseases like Type 2 diabetes, high blood pressure, and cancers.

Make the most of Nutrition Month by following the recommendations in Canada's Food Guide, such as planning meals, cooking more often, and involving others in the kitchen. Include physical activity along with your nutritious eating habits, helping you achieve and maintain a healthy lifestyle. Visit the website: <https://food-guide.canada.ca/en/>

Now see if you can find all 25 of these nutritious foods.



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

- ALMONDS
- APPLES
- AVOCADOS
- BANANAS
- BARLEY
- BEANS
- BERRIES
- BROCCOLI
- CHARD
- CHERIMOYA
- CHICKEN
- EGGS
- FISH
- GARLIC
- GINGER
- KALE
- KIWI
- MUSHROOMS
- OATMEAL
- ORANGES
- PUMPKIN
- SPINACH
- TOMATOES
- WALNUTS
- YOGURT



Knightsbridge Seniors Club

UPDATED PROGRAM & ACTIVITIES SCHEDULE

September 2023 - June 2024

<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	<u>Stitch n Chatter</u> 10:00 am-12:00 pm	<u>Table Tennis</u> 9:00-10:30 am	<u>KSC Board Mtg.</u> 10:00-11:30 am <i>[1st WED. of mth.]</i>	<u>KSC Book Club</u> 9:30 - 11:00 am Craft Room - Last Thursday of month	
	Craft Room					<u>Ceramics</u> 9:30-11:30 a.m.
9:30-11am	COB Program	Billiards	Billiards	Billiards	Billiards	Billiards
10 am-1:30 pm	Auditorium	PAHA activities		<u>TAI CHI</u> 9:00-10:30 a.m. <i>(New day & time)</i>	<u>SHUFFLE-BOARD - or KURLING</u> 9:00-10:30 a.m.	
	Meeting Room		<u>Stitch n Chat-fer</u> 1:00-3:00 p.m.			
12-1:30pm	COB Program	Billiards	Billiards	Billiards	Billiards	Billiards
12:30-4:00 pm	Auditorium	<u>Line Dancing</u> 2:00-4:00 p.m.		BINGO PREP 11:30 am-12:30 pm BINGO GAME <i>(NEW start time)</i> 12:30-3:30 pm	<u>Bid Euchre</u> 1:00-4:00 p.m.	<u>Euchre</u> 1:00-3:30 p.m.
2:30-4 pm	COB Program	Billiards	Billiards	Billiards	Billiards	Billiards