



# CHESTERMERE WHITECAPPERS NOVEMBER NEWSLETTER 2021

## MEMBERSHIPS 2021-2022

To renew your membership, or if you know of someone who would like to join Whitecappers, you can contact Pat Shaw [patshaw242@gmail.com](mailto:patshaw242@gmail.com) OR come in when our facility is open for an activity (check our calendar). You will find the membership form to be filled out and an envelope to include your payment on a table outside the office door. If the office is not open, simply put your envelope through the slot in the office door.

## WHITECAPPER BOARD OF DIRECTORS

Phone service has been **restored** to the facility, the number remains the same 403 235-2117. Effective immediately the office will be open from 10:00am to 2:00pm Tuesday & Wednesday.

Alberta Health Protocols **will be observed** while we are open. You **MUST** show a **VACCINE PASSPORT** with two vaccines and a **PHOTO ID**. You **MUST** wear a **MASK** upon entering and walking around, **SANITIZE** your hands, and **SOCIAL DISTANCE** while in the facility.

The Whitecapper facility will be **CLOSED FROM NOV 1 – NOV 6**. The Grand Slam Curling Event/ Sports Net will be held at the CRCA and there will be no parking available. Access to the Whitecapper Facility will be impossible. We are sorry for the inconvenience.

The Whitecapper facility will be **closed** on the morning of **Thursday Nov 11, till 1:00 pm**, for Remembrance Day.

## ACTIVITIES PRESENTLY AVAILABLE AT WHITECAPPERS

Please consult our Whitecappers Calendar for activities and classes for November. Please note, **Bridge** has now **moved to** Thursday at 1:00 pm.

## Birthday Wishes:

Birthday wishes go out to Lisa Bednard, Roy Berg, Nancy Brazier, Mona Clark, Bob Collier, Barb Cotton, Mary Cranston, Joyce Farthing, Mel Foat, Theresa Gabriel, Wendy Getz, Len Giroux, Paul Graham, Brenda Gunn, Danielle Hagemeyer, Jean Isley, Don Janczyn, Cindi Lachner, Margaret Lowe, Marilyn Marshall, Ron McKee, Larry McKinley, Charlotte Palin, Madeline Paxton, Lorna Ruf, Margery Schmit, Pat Shaw, Anne-Marie Welch and Magdalena Zietz. I hope I haven't missed anyone!!!

(If you know of Whitecappers who have been ill, in hospital or lost a loved one please email our office.)

We would love to hear from you  
Please let us know of anything you would like put in the newsletter

## WRITE FOR SENIORS CONNECT!

Tell your story or share an experience in the Chestermere Anchor. Columns needed for Dec. - Jan. Email Don at [cassidy@telus.net](mailto:cassidy@telus.net) for details.

**Congratulations** to Karen McKee, a WC member who is writing a column *HOT TALK IN THE CITY* in the **Chestermere Anchor**. Make sure you check it out!

## TWELVE COMMANDMENTS FOR SENIORS

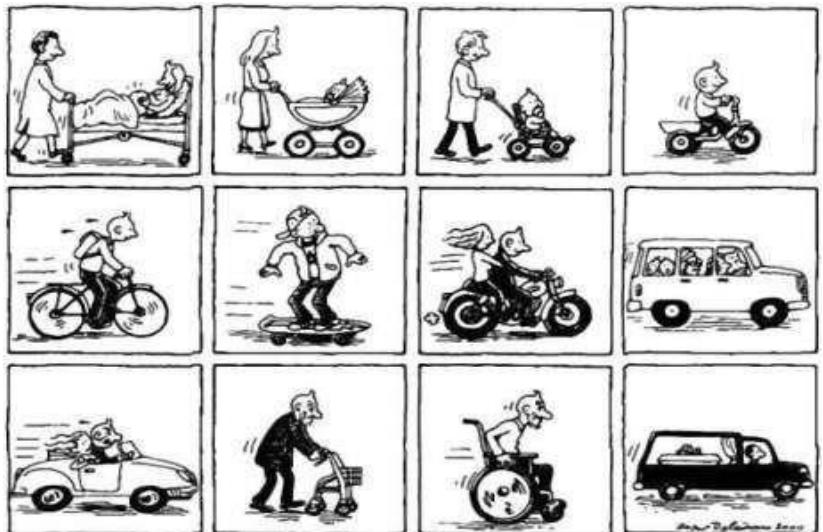
- #1 Talk to yourself. There are times you need expert advise.
- #2 In style are the clothes that still fit.
- #3 You don't need anger management. You need people to stop making you mad!
- #4 Your people skills are just fine. It's your tolerance for idiots that needs work.
- #5 The biggest lie you tell yourself is "I don't need to write that down, I'll remember it".
- #6 On time..... is when you get there.
- #7 Even duct tape can't fix stupid.... but it can muffle the sound.
- #8 It would be wonderful if we could put ourselves in the dryer for 10 minutes.... then come out wrinkle free and three sizes smaller!!!
- #9 Lately you have noticed people your age are so much **older** than you.
- #10 Growing old should of taken much longer.
- #11 Aging has slowed you down, but it hasn't shut you up!
- #12 You still haven't learned to act your age, and hope you never will!

**And one more for the road,  
means going to the bathroom before  
You leave the house!!!**



It is better to  
have a friend  
with two chins...  
than to have one  
with two faces.

**OLD AGE IS LIKE CHEAP UNDERWEAR.  
IT CREEPS UP ON YOU!!!**



**Wheels of Life...**

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