



# CHESTERMERE WHITECAPPERS SEPTEMBER 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 out-side 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. Any inquires to the Whitecappers please use email. At present there is no one in the office to answer phones.

Email: [chestermerewhitecappers@shaw.ca](mailto:chestermerewhitecappers@shaw.ca)

The **AGM** will be held on September 14<sup>th</sup>. More information will be emailed out.

The Whitecappers Facility will be **closed** Labor Day September 6<sup>th</sup>.

The Whitecapper Facility will be **rented** to Elections Canada for Sept 10th, 11th, 12th and 13th. All Whitecapper activities are **cancelled** for these days.

## ACTIVITIES PRESENTLY AVAILABLE AT WHITECAPPERS

Please consult our Whitecappers Calendar for activities and classes for September.

Exercise class **returns** on Friday mornings at 10:30 am. The class will be **starting up** Sept 3<sup>rd</sup> with Julie Meier as instructor.

Due to popular response, the Chair Yoga classes on Friday **will continue**. Classes will start at 11:45 am right after the exercise class.

Any members interested in getting a **Hiking Club** up and running please contact Marilyn Konyk [mkonyk@ikonyk.ca](mailto:mkonyk@ikonyk.ca). Interested participants will meet and determine details and logistics. Please pass this along to your hiking friends. It is much safer to hike with other people and usually more fun.

A Stage West **outing** is booked for a matinee show on Wednesday, September 15th. Coordinator for this event is Audrey McDonald. Show is **Feelin' Groovy**. It is a musical - Folk Rock featuring legends like Joni Mitchell, Crosby, Stills, Nash and Young and the Mamas & Papas and more. Doors and buffet open at 10:30 am and show starts at 12 noon. Cost is \$60 members, \$65 non-members. There is a signup sheet with more information in the lobby of the Whitecappers or send us an email and we will add your name to the list.

## BIRTHDAY WISHES:



Birthday wishes to go out to Graham Cox, Val Gertzen, Ken Thompson, Ron Standish, Alma Ogsten, Lorraine Webster, Debra Barker, Michelle Hagstrom, Jennifer Humphries, Ellen Lorne, Gloria Posnick, Carol Bell, Connie Mazarat, Page McCutcheon, Gordon Paxton, Leela Sharon Aheer, Joanne Trottier, Winnifred Vail, and Shirley Milke. I hope I haven't missed anyone!!!

## CONDOLENCES:

Our sympathy and condolences to the family and friends of a former Whitecapper, Myrtle Allen.

**(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 are needed for Oct - Nov.

Email Don at [cassidy@telus.net](mailto:cassidy@telus.net) for details.

### THE JAPANESE DOCTOR DIET AND EXERCISE

**Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?**

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wears out eventually. Speeding up your heart not make you live longer; it's like saying you extend the life of a car by driving faster. Want to live longer? - Take a nap.

**Q: Should I reduce my alcohol intake?**

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. - Bottoms up!

**Q: What are some of the advantages of participating in a regular exercise program?**

A: Can't think of one, sorry. My philosophy: No pain...very good!



I just burned 1200 calories.  
I forgot the  
pizza in the oven.

**The only  
exercise some  
people get is  
running their  
mouth, jumping  
to conclusions &  
pushing their luck!**



[www.facebook.com/ShutUp!StillTalking](http://www.facebook.com/ShutUp!StillTalking)

**Q: Aren't fried foods bad for you?**

A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetables be bad?

**Q: Is chocolate bad for me?**

A: You crazy?!? HEL-LO-O-O!! Cocoa bean! Another vegetable! It best feel-good food around.

**Q: Is swimming good for your figure?**

A: If swimming good for a figure, explain whale to me.

**Q: Is getting in-shape important for my lifestyle?**

A: Hey! 'Round' is also a shape!

*And remember: Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming*

**"WOO-HOO, what a ride my life was"!!!!**

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Chestermere Whitecappers Association