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| Image result for thanksgiving images | ***CHESTERMERE WHITECAPPERS***  ***NEWSLETTER***  ***OCTOBER 2019*** |

**MEMBERSHIPS 2019-2020**

Memberships expired April 30, 2019 and must be renewed for the 2019-2020 year. We will take renewals at

Saturday morning coffee and any other time the office is open. New members please pick up your name tags at the office once notified by phone or email as you will need to sign off receipt of same.

**A SPECIAL NOTE FROM THE PRESIDENT:**

Re: Rotary Club’s Amazing Race

The Chestermere Whitecappers 50+ Association opened their centre for the Rotary Club’s 2019 edition of “The Amazing Race”. The Whitecappers, being a community driven group, opened their centre for member, Karen McKee, on Saturday, September 14, 2019, to accommodate this annual fund raiser for their club.

Karen McKee approached me a few months back and asked what The Rotary Club could do for our club to show their appreciation. I mentioned we were in need of a podium as the one we were borrowing from the CRCA was taken away when they locked us out of the MPP room. Karen mentioned she had a person in their club that would be able to build us one. True to her word, Aaron went to work and built a beautiful podium that we will make very good use of through the years. Thank you very much from your friends at Whitecappers.

Michael Ball

**THIS AND THAT:**

**\*\*Tuesday/Wednesday, January 7 & 8, 2020 – WHITECAPPERS’ CASINO**

Casinos are major fundraisers and always need volunteers. These events generally raise approximately $45,000 over the 2 days so a very important event. If you can help out, please sign up at [www.volunteersignup.org/4XKFB](http://www.volunteersignup.org/4XKFB) Or phone/email the office and we’ll be glad to get you signed up.

**Mondays & Wednesdays (11:30 am) – Chair Yoga**

No sign up required. Non- members are welcome and pay $2.00 per class. We will be using a video on the big screen

TV for these classes.

**New!! Monday Evenings - Circuit Training - 5:30 – 6:30 pm.** Started Sept 23rd - A self-paced class, designed for all ages and abilities and incorporates strength, balance and cardiovascular health. \*\*Note: No classes Oct 14 & 21.

**Tuesdays & Thursdays – Walking Club 10:00am – 11:00am**

Check out the Whitecappers Walking Club. There is no charge, come when you can - walk at your own pace. Walking outdoors – weather permitting. Meet at John Peake Park. They have reached Charlottetown, PEI. **Way to go!!!!**

**Tuesdays - Line Dancing - 11:00 am**. No charge for members. $2/non-member. No sign-up. Drop-in. Great workout & mind exercise.

**Thursday, October 3rd Lunch & Learn – Rural Rockyview Handibus, What You Need To Know.** Presented by Paul Siller, General Manager. We’re combining Soup Day with this event – Optional Lunch $5.00/person – must sign up! Light refreshments provided.

**Fridays - Tai Chi Exercises – 1:00 pm** No sign up required. Non-members are welcome and pay $2.00 per class. We will be using a video on the big screen TV for these classes.

**New Members for September!!**

We would like to welcome new members in September to the Whitecappers: Richard Gugins... If you see him around please make him feel welcome.

**Birthday Wishes:** cake by Machovka

Birthday wishes to go out to: Michael Ball, Elaine Betterton, Trudy Bond, Maurice Durocher, Steve Gabriel, Cindy Hauge, Wayne Jefferson, Myron Kirik, Bernard Koerhuis, Jas Lall, Leonard Lefebvre, David Leggott, George Lowe, Todd McBride, Ingrid Perez, Hoan Pham, Kathy Piponski, Louise Treharne, Irma Vega, and Janna Wenzel. I apologize if I missed anyone.

**Get Well Wishes:** Our get well wishes go out to Helga Schramm, Elaine Peake, Alice Sinclair, Mona Clark, and Kay Clarke.

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

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| A big time celebrity was doing a benefit at a senior citizens’ home. He went up to one of the elderly ladies, sat down and asked, “Do you know who I am?” She said “No, but if you went to the front desk, they would tell you.”  Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures, but lately their activities had been limited to meeting a few times a week to play cards. One day, one looked at the other and said, “Now don’t get mad at me, but I just can’t think of your name! I’ve tried to remember, please tell me what your name is.” Her friend stared at her for a few minutes without saying a word and finally said, “How soon do you need to know?” | Related image |

**We would love to hear from you**

**Please let us know of anything you would like put in the newsletter.**

PRESIDENT: Michael Ball 403–771-0877 VICE PRESIDENT: Karen Rideout 403-248-9447

SECRETARY : Clare Elsbett 403-710-7769 TREASURER: Pat Shaw 403-273-5108 OFFICE ADMIN: Sonja Nicholson 403-467-3957

WHITECAPPERS OFFICE HOURS:

MONDAYS, WEDNESDAYS & FRIDAYS: 9:30AM – 12:00 NOON PHONE (403) 235-2117

(If no answer, please leave a message)