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| Related image | ***CHESTERMERE WHITECAPPERS***  ***NEWSLETTER***  ***AUGUST 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.

**THIS AND THAT:**

**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.

**Mondays – Evening Chair Yoga Due to low attendance, there will not be any Monday evening yoga.**

**Monday, August 19 - Let’s Talk Travel - Land Vacations 6:30 – 7:30 pm Presentation by Ken Jonah**

Sign up at the door or email/call the office to add your name to the list.

**Tuesdays & Thursdays – Walking Club 9:30am – 10:30am**

Check out the Whitecappers Walking Club. There is no charge, come when you can - walk at your own pace. Walking outdoors for the summer and early fall! Meet at John Peake Park, but in bad weather, walking indoors and meet at Whitecappers. Walkers have reached Charlottetown, PEI. **Way to go!!!!**

**Tuesdays - Line Dancing - will be back in September.**

**Note: Lunch & Learn – will be back in September.**

**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 July!!**

We would like to welcome new members in July to the Whitecappers: Fiona Lee, Don Penney and Nina Bruchet...

If you see them around please make them feel welcome.

**Birthday Wishes:** cake by Machovka

Birthday wishes to go out to: Caroline Andersen, Vern Berg, Carole Drury, Carol Durocher, Pamela Fraser, Carol Gray, Sheila Higgins, Bob Hoffart, Alan Lee, Dorothy Longair, Helen Lyons, Wilfrid Mallette, Amerjit Mann, Devonna Nagy, Sonja Nicholson, Larry Peterson, Linda Rathwell, Dawna Richardet, Milly Rothermel, Jamaine & Wally Ruptash,

Barbara Short, Elinor Southwell, and Susan Woods. I apologize if I missed anyone.

**Get Well Wishes:** Our get well wishes go out to Helga Schramm, Elaine Peake, Anne Bender, Bob Collier, 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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| Three sisters, ages 92, 94 and 96, live in a house together. One night the 96- year old draws a bath. She puts her foot in and pauses. She yells to her other sisters, “Was I getting in or out of the bath?”  The 94-year old says, “I don’t know. I’ll come up and see.” She starts heading up the stairs and pauses. “Was I going up the stairs or down?”  The 92 year old sits at the kitchen table having a tea and listening to her sisters, she shakes her head and says, “I sure hope I never get that forgetful, knock on wood.” She then yells to them, “I’ll come up and help both of you as soon as I see who’s at the door.”  As we wave goodbye to some of the fads we love, the following combinations do not go together and should be avoided:   1. A nose ring & bifocals 2. Spiked hair & bald spots 3. A pierced tongue & dentures 4. Ankle bracelets & corn pads 5. Mini skirts & support hose 6. Speedo’s and cellulite 7. A belly button ring & a gall bladder surgery scar 8. Unbuttoned disco shirts & heart monitor 9. Midriff shirts & a midriff bulge 10. Bikinis & liver spots 11. Short shorts & varicose veins 12. In-line skates & a walker   Childhood injuries:   1. Fell off my bike 2. Fell out of tree 3. Twisted my ankle   Adult injuries:   1. Slept wrong 2. Sat down too long 3. Sneezed too hard | Image result for senior humor.com  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)