



Hamilton First Seniors’ News

Vol. 1 No. 2 February 2011

The First Unitarian Church of Hamilton, 170 Dundurn Street South, Ham, ON L8P 4K3, PH 905-527-8441

March Newsletter Deadline Feb 16, 2011 - please see Gorden Beckett and/or Gail Rappolt

UPCOMING EVENTS

(See event details within
the newsletter)



Fri. Feb. 4 - Sun. Feb. 6 -
UU Midwinter Retreat –
Bolton – Service is our Prayer



Wed. Feb. 09 – Seniors’
Coffee, Conversation and
Cookies group get-together

Sat. Feb 19th – Girl of the
Golden West – Opera Film at
Silver City followed by supper
at Swiss Chalet



Sun. March 06 – Annual
General Meeting of the Congre-
gation following the church
service

Welcome to the First Unitarian Church of Hamilton
Seniors’ Newsletter

Event Details

Seniors’ Coffee Conversation and Cookies meetings will now take place the second Wednesday of each month in the Fellowship Hall – all seniors are welcome. The next date will be Wednesday Feb. 09. Starting times will be arranged and this information will appear in Order of Service announcements each week.

Opera: Girl of the Golden West (La Fanciulla Del West) Saturday, February 19 by the great Italian composer Puccini! The only opera of this calibre set in the United States of America! On February 19, the opera will be playing at numerous theatres; the two most conveniently located are at Silver City Ancaster on Golf Links Road and Silver City Burlington on Brant St. Cost is close to \$20 per seat. Tickets can be purchased at the theatre or online. If purchasing online, first go to www.cineplex.com and follow directions. This is a Met Opera production and starting time is 1 p.m. (the opera runs until 4.30 p.m.). Note those attending the Golf Links Site are invited to join others for dinner at the Swiss Chalet restaurant, just down Golf Links Road from Silver City. For further information call Val Ramsay at 905 383-2660

The First Unitarian Church of Hamilton Adult Religious Exploration winter program is now available. Pick it up in the foyer. Of particular interest to seniors are “Experience of Aging”, Tuesdays - 10 to 12 noon, April 5 and 12, and “Adulthood and Eldership”, May 18. Now is the time to sign up for these – they are filling up fast!

The Art Gallery of Hamilton Films - Special Rates for Seniors - Beginning January 15 and running until early April, (either at the Westdale Cinema or the Empire Jackson Square site), the Art Gallery of Hamilton is presenting an extensive list – a longer list than usual in fact – of excellent films, and seniors have access to discounted single tickets or books of 10 tickets. Brochures can be picked up at the art gallery.

Event Details ...continued

UU Midwinter Retreat - "SERVICE IS OUR PRAYER"

Cedar Glen Conference Centre, Bolton ON (just north of Toronto on Hwy 50) Friday February 4 to Sunday February 6 2011. Service is not an obligation, nor is it a duty. It is an act of kindness that gives more to the provider than the one receiving the assistance. This weekend will consider many ways of volunteering, of serving, of doing for our fellow human beings and our planet. Come and be part of the discussion. It will warm you on this chilly February weekend. Contact Nora Prosser (905 628-9601) for details or go to the website <http://donheights.ca/mwr/index.htm>

To find out more about seniors' programming or to join the advisory committee contact Gordon Beckett at 905-544-8979 or gbeckett1@cogeco.ca

January Events

A Trip to the RBG – Peggy Leppert

An unexpected opportunity to visit the Royal Botanical Gardens arose when it was discovered by Peggy Leppert on January 5 that they were offering free admission only until Jan. 13th instead of the usual Seniors' rate of \$9.50. She brought this information to the Senior Advisory Committee meeting on Jan. 5 and it was decided by the group that we should publicize this news. A notice was put up to let those interested know and several seniors visited the wonderful Mediterranean Garden at the RBG. It was warm and comforting on a cold day – interesting in the show of the complexity of plants originating in the Mediterranean area – from wheat to ancient grains, dates, olives, figs, beans, thyme and other herbs and spices. A long and impressive list of food sources that we take for granted.

One of the most interesting plants to see was the twisted, gnarled cork tree where the bark is harvested and regrows. Most trees die when their bark is stripped, but not the cork oak. From it we obtain cork for a myriad of uses: insulation, flooring, sound proofing, wine corks – even buoyancy jackets and padding on boats, as cork is waterproof and floats. Most cork oaks grow in Portugal and southern France, and provide a real example of recycling jobs and aiding for the environment.

An excellent experience!!!

Coffee Tea and Conversation - Bert Wreford

Our first Coffee and Conversation meeting for seniors on January 12th went over very well. I was amazed at the turnout; we had fifteen people. We decided to go without a theme. We all started talking to each other in a disorganized way and at first it seemed to lack a sense of direction. Eventually we got people in the circle to talk about themselves and about their backgrounds, with some interesting comments about their ideas about faith. It was a good start. There were lots of offerings of food and drinks which made things very enjoyable.

For our next meeting on the 9th of February we thought we might try breaking up into two or three groups with perhaps some themes in some of them. Hope to see you there!

Inexpensive Cooking - Anne Stewart

An informal dinner was held on the Wednesday, January 19th for seniors and their guests. A willing group braved the icy conditions to help with the preparation and shared in chat, recipes and ideas for another easy dinner using the world's basics - beans and rice. (We added ham, salad and dessert). We had 13 around the table including Stephen Park and 4 members from the Youth Program and had a tasty meal and lots of good fun and conversation. Many thanks to all who attended and shared chores!

