



Hamilton First Seniors'

News

Vol. 2 No. 1 January 2012

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

February Newsletter Deadline January 18, 2012 - please see Gordon Beckett and/or Gail Rappolt

Welcome to the First Unitarian Church of Hamilton Seniors' Newsletter



Upcoming Activities

January

Coffee, Tea and Conversation
Wednesday January 11
Art lessons Fridays 13, 20, 27
Art Gallery tour and lunch - Date TBA

February

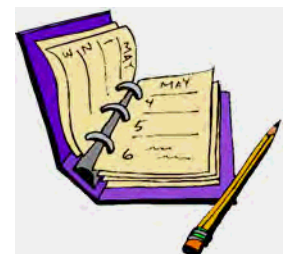
Coffee, Tea and Conversation
Wednesday February 8
Art lessons Fridays 3, 10, 17, 24
Travelogue - Date TBA
Lunch at Scottish Rite - date TBA

March

Coffee, Tea and Conversation
Wednesday March 14
Art lessons Fridays 2, 9, 16, 23, 30
Lunch at Shehnai Restaurant - Date
TBA
Local theatre trip - Date TBA

Happy New Year to all!!!

100+ We are thrilled to have more than 110 congregants on our seniors' roster as we enter the New Year. Remember only you can decide if you are a senior. There is no age limit - it is up to you. It is also important to remember that it is fine to be friends to the seniors' events - you do not have to belong to the church to take part. Our doors swing open to the lightest touch.



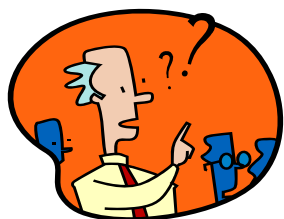
Planning for 2012

A group of dedicated souls (organized by William and Gordon) met the afternoon of December 7 to plan spring activities for seniors. Watch the newsletter for details but there are *things to do, places to go and people to see*. A visit to the Donkey Sanctuary, Butterfly Conservatory, theatre trips, travelogues here in the church, picnics, garden visits, boat tours, lunches, dinners and parties - we just need some folks to step up and offer to take the lead on organizing one event. If lots of people step up, then many hands make light work and all is not left to the co-chairs Gordon and William.

November Events

Three Sisters' Supper

On the evening of November 21 Anne Stewart (with the help of some friends) prepared and served the traditional Three Sisters' Dinner to members of the church. Although this was a seniors' sponsored activity all were welcome. More than 25 people shared in a lovely dinner of squash, bean and corn soup, corn bread, salmon loaf and blueberry dessert – all traditional native foods. Anne also cooks for the Out of the Cold Program and has a passion for teaching people how to make nutritious inexpensive meals. It was a lovely evening with some folks from outside our congregation as well. The price was a mere \$4.00 and after expenses Anne had more than \$70.00 to contribute to the fundraising line in the budget. Thanks to Anne and all who helped – great meal and interesting way to remember how the earth where our church sits may have been used before it was urbanized.



Older Adults and Mental Health

Thanks to Sue Ryan, a fellow congregant (and nurse who specializes in mental health) for a stimulating and informative presentation on November 30th. 18 people attended and with a combination of presentation, participant engagement and questions it was a terrific afternoon. We set up Room 9 anticipating a smaller crowd but all 18 crammed in to Room 9 and it was just fine! Sue taught us to catch negative thoughts in a net and just stash them somewhere in a short meditation. She noted how powerful thoughts are and how easy it was for the negative ones to grip us. She challenged us “Don’t believe everything I think” and reminded us that nothing new would come from ruminating about the past. She shared some very current neurologic science about brain plasticity that gave us all hope. Thanks as well to Barb Kulcher for organizing and for providing cookies and tea. It was such a success that the planning group decided to run a half day workshop on older adults research (based on research from Sheridan College) in the spring - inviting those from outside the congregation to participate. Stay tuned for info about this – it will likely be a Saturday morning in April.

Christmas Lunch

You will have to wait for details (and pictures if we can remember to bring cameras), since the Christmas lunch happens after this newsletter goes to press. Nora Prosser has designed an old fashioned Christmas program complete with Don Bragg’s music, and a play called “Bad King Wenceslas” Given the cast of characters (Nora, Gordon Beckett, Dawn Ludbrook, Val Ramsay, Don McFadyen, to name a few) it promises to be quite the skit – in both the literal and metaphoric usage of the word! Nora and Don and all have done a huge amount of planning for the event AND we are celebrating all the octogenarians’ birthdays with a birthday cake. Pictures for sure will tell the story.

