



Hamilton First Seniors' News

Vol. 1 No. 10 November 2011

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

December Newsletter Deadline November 16, 2011 - please see Gordon Beckett and/or Gail Rappolt

Important Notice:

Wednesday, December 7 at 2 pm Rm 9

Come to a planning session to suggest spring social activities for seniors...Here's a chance to give your input

November Activities



November

Mondays Art Lessons - 2:30 PM – 7, 14, 21, 28 William La Ferla

Wed. Nov. 09 - Coffee/Conversation 1:30 PM- Val, Sheila, Bert and Helen

Thurs. Nov 17th – Games in Fellowship Hall 1:30 PM – Barb/Pat

Mon. Nov 21 Three Sisters' Dinner – 4 - 7 PM – Anne Stewart

Wed. Nov. 30th Mental Health - Sue Ryan – 2:00 PM – Barb Kulcher

December

Mondays Art Lessons 2:30 PM – 5, 12, 19 William La Ferla

Wed December 7 Planning Spring Activities for seniors Rm 9 2 pm
All Welcome!

Wed December 14th – pot luck lunch with recipes –
Christmas theme 11:30 AM – Nora Prosser, Ruth, William, Val.

January 2012

Wednesday January 11 Coffee and Conversation - Fellowship Hall

Welcome to the First Unitarian Church of Hamilton Seniors' Newsletter



Reporting on October Fun

Harvest Moon Chinese Dinner

- A total of 13 attended this event and were most appreciative of the excellent meal that was chosen for us by our host Tim; the proprietor of Harvest Moon. The selection of dishes far surpassed our expectations and our appetites. It seemed that just as we were savouring the tastes of one dish another arrived; and another and another. It was a fun evening with old friends and new folks to meet. It is always great to see new faces appear at our seniors' events. We are certainly looking forward to another meal here in the near future - keep an eye for upcoming dates – it was a great and inexpensive meal.

Steve Gaudun once again delighted us with another Video Tour of his travels.

It was a small gathering but most enjoyable. If you have always wanted to travel to all corners of the world then these presentations by Steve not only add a personal touch to the travels but are done in a very professional manner. Try to catch the next one when a date has been set and tell your friends.

The Seniors Art Class is now in its 2nd month and we are definitely a diverse and creative bunch. It's amazing how much talent we have here at the First Unitarian Church. If you are ever around the Church on a Monday afternoon please feel free to drop in and see us in action, and for those of you that are hesitant to explore that creative side there is a spot for you here at anytime you want to join.

Halloween Party At the time of writing of course the party was yet to come. Watch the December Newsletter for pictures of best costume award and a write up of the event!

November Activities

Coffee and Conversation 1:30 PM Wednesday Nov. 09

As always on the second Wednesday of the month at 1:30PM in the Fellowship Hall there is a chance to visit, meet new people and chat about the month past or what's ahead. Coffee, tea and cookies will be provided. Thanks to Val Ramsay, Pat Keefe, and Bert and Helen Wreford for organizing these monthly events this fall.

Fun and Games - Fellowship Hall Thursday Nov 17th - 1:30 - 3 PM

Join fellow seniors and bring friends and your favourite game. Cribbage Boards, Scrabble and cards will be available but other games are welcome. This is a chance to have a social time and some fun with fellow congregants in an informal atmosphere. Barb Kulcher and Pat Keefe organize this event.

Three Sisters Dinner Monday Nov 21st Fellowship Hall

All welcome (not just seniors) for the annual "Three Sisters" dinner November 21st. Please sign up on the

seniors' bulletin board so we have some idea of how much food to prepare. This follows the traditional native meal of corn, squash & beans, and also includes salmon (in some form) and blueberries. Come at 4:00PM to help setup or just come to eat at 5:30. Leftovers go to the freezer for our casserole ministry. Special thanks to Anne Stewart for both the concept and the lead on this initiative. Price \$4.00.

Older Adults and Mental Health - Fellowship Hall - Wednesday, Nov 30 at 2:00 PM

We are fortunate to have a member of our congregation with the experience to enter into a discussion with us on this topic. Sue Ryan is a professional Mental Health Counsellor with the Family Health Team. Please join us for some lively conversation on a topic that is both interesting and timely.

Looking ahead to December....



Seniors' Seasonal Celebration Potluck Lunch Party-Wednesday December 14th 11:30 AM

Mark your calendars *now* for this joyful event for *ALL OUR SENIORS and their friends and family members...all people who see themselves as seniors are welcome....bring potluck dish, IF you can!* Don Bragg will play his own special 'Easy Listening' piano music at lunch *and* for singing afterwards and there will be some great Readings (*so that Don gets to eat!*). We'll honour the birthdays of all new 2011/12 Octogenarians and just have good, old-fashioned fun. There'll be sign-up sheets on the notice board in November for names and help needed (decorating, set-up, clean-up and potluck choices. *See you there!* (For info: Nora Prosser, Gordon Beckett, or William Laferla)