



Hamilton First Seniors’ News

Vol. 1 No. 7 Summer 2011

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

September Newsletter Deadline August 24, 2011 - please see Gordon Beckett and/or Gail Rappolt

UPCOMING EVENTS



Summer Fun for Seniors

July 12 – La Salle Park Picnic
11:00 AM (see description below)

July 27th RBG Tour and lunch in
Tea Room Hendrie Garden 11:00
AM – entrance fees paid

August 16 – Art Gallery Tour
10:00 AM - noon –lunch to follow
in cafeteria - entrance fees to be
paid (firm date)

August 25th Picnic - Gage Park –
11:00 AM

A Note about Seniors’ Summer Picnics - Bring your own picnic lunch!

When: Tuesday July 12th from
11:00 AM til 3 PM

Where: La Salle Park in
Burlington
Hosts: Pat Keefe, John Mitchell,
Val Ramsay

See page 2 for more information

Welcome to the First Unitarian Church of Hamilton Seniors’ Newsletter

Looking back on the year from an *older adults* perspective

Last summer Gordon Beckett talked with me about how he might get more involved in the life of the church. He was very clear that he wanted to be engaged with people, do things in the daytime during the week and have some fun. About the same time Peggy Leppert was wondering how the adult potluck idea could be given new life. Peggy and Gordon got together and the idea for a seniors’ group of some type was hatched. They put together a questionnaire and called together all who were interested on September 24th. Thus began the First Unitarian Senior’s Group or as I would prefer to call it “Older Adults Group” - more about that later.

Looking back at the end of June what can the rest of the congregation learn from the experience of the groups’ start up? Because one of the main goals of the volunteer coordinator role is to help congregants find volunteer experiences that are positive, the first learning from their experience is to get involved in something that you are passionate about and that makes you smile. The second thing I have observed is how much the members of the advisory committee have enjoyed learning; learning about the computer, about how things get communicated at church, and about who does what. Pat Spadafora from a Seneca College Research project did a very thought provoking presentation where she only used the words *older adults*. When I asked her about why she did not use the words *seniors*, she indicated that the term seniors held images for many people that were not positive; older adults has a very different connotation. Some food for thought in our congregation...

And finally, the group demonstrated the importance of saying thank you. Peggy has been the source of many of the great ideas for programming that have worked – not the least of which was the Halloween party. Gordon has been the stalwart who has prepared materials, written articles chaired meetings and done endless follow up. William La Ferla joined part way through the year and brought new enthusiasm and great skill. And thanks too to all the advisory committee who have worked hard. Val Ramsay, Pat Keefe, Ruth Pollard, Sheila McAllister, Anne Stewart, Daphne Payne, John Mitchell, Bert and Helen Wreford, Barb Kulcher, Barb Jepson, Maureen Ellison, and John Griffiths.

When: Tuesday July 12th from 11 AM til 3 PM

Where: La Salle Park in Burlington

Hosts: Pat Keefe, John Mitchell, Val Ramsay

- Come join us for a lazy day under shady trees in a lovely setting and find old and new friends.
- Bring along your lunch and beverage and games to play or a book to read and a chair if it is more comfortable for you than a picnic bench.
- Look for the tables with the church's black and white table cloths on the benches under the trees near the children's swings behind the baseball diamond. There is lots of parking.

When: Thursday August 25th from 11 AM til 3 PM

Where: Gage Park near the tennis courts

Hosts: Gordon Beckett, William La Ferla

- Come join us for a picnic in beautiful Gage Park in the centre of the city
- Bring along your lunch and beverage
- Look for William's sign by the tennis courts that says First Unitarian – parking available.



Tour and Lunch of YWCA

Congratulations to Bettina and Charlie Campbell for their years of personal and financial support to the YWCA.

As the director spoke it was clear that they have made amazing contributions to the work there and are revered by the staff.

Thanks to Peggy Leppert (also a Board member there) for the idea to visit.

Look What's Coming for Seniors - Fall 2011 and Spring 2012

September

Mon Art Lessons – 12, 19, 26 – 2 PM -William La Ferla

Wed Sept. 14th - Coffee and conversation 1:30 PM Val, Sheila, Bert and Helen

Tues Sept 20th – Games in Fellowship Hall 2:00 PM – Pat and Barb

Wed Sept 28th – Dinner Harvest Moon – 5:30 PM - William

October

Mon Art Lessons 2 PM - 3, 17, 24, 31 - William La Ferla

Wed Oct 12 Coffee and Conversation 2 PM - Val, Sheila, Bert and Helen

Tues Oct 18th Slides of Tour – Steve Gaudun 2:00 PM - William

Fri Oct 28th Hallowe'en Party 5:30 – 9 PM – Gail, Ruth, William, John, Barb

November

Mon Art Lessons 2:00 PM – 7, 14, 21, 28

William La Ferla

Wed Nov 09 - Coffee and Conversation - Val, Sheila, Bert and Helen

Thurs Nov 17th – Games in Fellowship Hall 2:00 PM – Barb and Pat

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

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

December

Mon Art Lessons 2:00 PM – 5, 12, 19

William La Ferla

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