

VEINER CENTRE

NEWS & VIEWS



EDITOR

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BUILDING CLOSURES

Veiner and Strathcona Centres will be closed Monday, September 6 for Labour Day.

ACTIVE LIVING & WELLNESS WEEK AT VEINER CENTRE

September 27—October 1 MARK YOUR CALENDERS NOW!

You are invited to drop by either Veiner or Strathcona Centres between the hours of 8 am and 4 pm to see what happens here. Anyone and everyone can participate in the activities. It might be just what you need to get you on the road to “staying or becoming active and well”. It is also a time when anyone in the community can drop in, try out anything that interests you and enjoy all that we have to offer.

Monday, September 27

EARLY BIRD 2011 MEMBERSHIPS ON SALE TODAY

Once again it is time to think about renewing your annual Veiner and Strathcona Centre membership. By buying it early, you are automatically eligible for the early bird prizes which will be drawn at the Christmas Membership Dinner on December 3. Buy a membership for yourself or remember this would make a great gift for Christmas, a birthday or just because. Don't miss this opportunity!

Tuesday, September 28 from 10-2 pm

STRATHCONA ART STUDIOS ART FAIR

Enjoy the work of local watercolour artists.
Door Prize Draw and more!

Wednesday, September 29 @ 1 pm

FREE MOVIE AFTERNOON—“Calendar Girls”

Enjoy a great movie, popcorn and refreshments.

Thursday, September 30

50+ CLUB FUN EVENING @ 7 pm

Enjoy cards, bingo and dancing to a live band.

Friday, October 1

STEAK BBQ and DANCE to Follow at 12:30 pm

Enjoy a great meal in Park Side Eatery and then “kick up your heels to some great country dance music.

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VEINER CENTRE

225 Woodman Avenue SE
Medicine Hat, AB T1A 3H2
(403) 529-8383
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WELLNESS WEDNESDAY EVENTS

WELLNESS PLUS PROGRAM

Wednesday September 8 ~ 9:00 am to noon

Free telephone or in-person consultations with Medicine Hat Family Service Professionals on Stress Management; Family Issues or Health and Age Related Losses. Please call **403 529-8383** for an appointment.

SENIORS HEALTH CLINIC

Wednesday September 8 from 12:30 to 3:00 pm

Free health counseling including blood pressure testing and referrals to community resources; blood sugar monitoring is \$2 and foot care is \$10. Please contact the Home Care Nursing Team at **403 581-5750** to register.

FREE WELLNESS WORKSHOP ~ Wednesday, September 15 ~ 9:45 am to Noon

9:45 am Registration and refreshments, presentation to follow at 10 am

TOPIC: Alzheimer Disease Awareness

Guest Speaker: Carol Lees, Regional Manager of the Alzheimer Society

- learn about the disease and how to connect with community supports
 - free admission, hand-outs and door prize entry
 - Please call 403 529-8383 by September 14 to reserve a seat
 - Everyone is welcome to this community event.
- Bring a friend and stay for Cook's Choice \$5.00 Special in the Eatery.

FREE WELLNESS WORKSHOP ~ Wednesday September 22 ~ 9:45 am to noon

“DILLS” ~ The Drop In Lifelong Learning Series

created especially for the Medicine Hat area's 50-plus population
Timely topics will suit your interests ~ from stress management techniques to enhancing communication skills.

Topic: “Guilt and Shame”

Guest Speaker: Our friends from Medicine Hat Family Service
Enjoy refreshments and the company of others.

Everyone is welcome! Bring a friend!

Dinner in our Park Side Eatery for “DILLS” participants is only \$5 on September 22!
Please call **403 529-8383** by September 21 to reserve a seat.

VEINER HEALTH AND FITNESS CENTRE

The Fitness Centre is open all year round, Monday through Friday, from 8:00 am—4:00 pm. There is no rest allowed for the fitness patrons! Enjoy the warm weather, your gardens, visiting family but don't forget to work out.

**STROKE RECOVERY ASSOCIATION OF MEDICINE HAT
COMMUNITY RESOURCE GROUP MONTHLY MEETING**

Monday, September 13 - 7:00 pm

Medicine Hat College, Meeting Room E160/61 Everyone is welcome.

To confirm date and time of meeting, call Gail - 526-6764 or Carolyn - 526-7645

MEALS ON WHEELS DRIVERS NEEDED

If you are interested in making a difference in someone's life, the Meals on Wheels Program may be for you. Drivers are needed for regular shifts (commitment one week per month) or backup shifts. **Call Marilyn at (403) 529-8384 for more information.**

FALL COMPUTER CLASSES

The beginner classes are filled until December. There are some spaces still available for the Advanced Classes. For more information call Linda Bide, Computer Program Coordinator at (403) 528-2401.

PARK SIDE EATERY HOURS OF OPERATION

Veiner Centre Park Side Eatery is open to the public. We provide hot meals, soup, sandwiches and more, Mondays through Fridays, during the hours of 11:30 am—1:30 pm. Meals are \$6.50 for members and \$8.00 for non-members.

FREE "LIVE AND LEARN" Wednesday afternoon program for all ages!

Come for one or come for all eight workshops starting **September 22 from 1 to 3 pm.**

Share your knowledge, wisdom or experience in a supportive group setting.

Engage in lively discussion on topics such as: Dealing With Our Emotions ~ loss, grief, fear, anger, or hurt; Coping Strategies on Burnout; Perception and Communication; Aging; Generational Values and Beliefs; and more!

For further information or to register, please call 403 504-8026 or 403 502-8718.

INFORMATION OFFICERS SCHEDULE

If you need assistance filling out application forms for Canada Pension Plan and Old Age Security, we can assist you on **Monday and Wednesday mornings between 10 am and 12 Noon.** We can also assist you with Alberta Senior Benefits and Special Needs Assistance information and forms. No appointments are necessary—we assist on a first-come, first served basis.

FEDERAL SUPERANNUATES NATIONAL ASSOCIATION (FSNA)

The office is open Monday through Thursday, from 1:00 pm—3:00 pm. More information about the FSNA, call (403) 529-8383—ask for extension 1848 and leave a message.

Your call will be returned as soon as possible.

NOTICE OF UPCOMING ADULT RESOURCE FAIR

Cypress Centre (2055 - 21 Avenue S.E.)

Save The Date—Tuesday October 12th, 2010

Start time to be confirmed

Free Influenza Immunization by Alberta Health Services

Over 50 displays! Door prize draws! Refreshments!

Free Admission and everyone is welcome~ bring a friend!

For information call the Veiner Centre at 403 502-8718.

VEINER CENTRE CHOIR LOOKING FOR SINGERS

Veiner Centre Choir is seeking singers who are longing to make a musical difference in our community. Our Music Director is Lillian Torrie and our pianist is Fern Thompson. Music chosen by the Director is usually familiar to everyone. The Choir makes visits to shut-ins who reside in local senior retirement residences. We aim to continue to make music. Qualifications are few—join us for the love of singing and making music. The Choir meets Wednesdays from 10:00—11:00 am at Veiner Centre.

The new season begins on September 8. **For more information, call Lillian Torrie @ (403) 527-2064 or Lil Iwanicki @ (403) 527-8430.**

YOU AND THE LAW—PUBLIC LIBRARY

The Public Legal Education Program at Medicine Hat College provides education and information about law and the legal system for people without legal training. During these sessions you will gain knowledge about the laws of Alberta and how they apply to you. Professionals from related fields instruct these courses and answer your questions. Courses are free of charge, thanks to the professionals who volunteer their time, as well as grant funding from the Alberta Law Foundation.

Personal Directives—Wednesday, September 22, 10:15 am to 12 Noon

Off Campus: Medicine Hat Public Library, Honor Currie Room, Lower Level

Doors open at 10:00 am. Everyone is welcome to attend.

you will be seen on a first-come, first served basis. For more information, please contact Veiner Centre at (403) 529-8383.

VEINER CENTRE WEBSITE

For information about Veiner and Strathcona Centre programs, services, activities, food services and more, log on to www.medicinehat.ca/veiner.

The site outlines all of the resources available to the 50+ and their families in Medicine Hat. It also hosts the Activities Schedule, Park Side Eatery monthly menu, the monthly Newsletter and much more. Check it out today!