

Newfoundland & Labrador

50 + Federation Inc.

P. O. Box 407

Glovertown, NL

A0G 2L0



50 + FEDERATION

NEWSLETTER

April 2017

REMINDER

Just a reminder that 2017 Member Club Reports have been mailed to each club and should be completed and returned to Kevin Thorne, Treasurer. This form is required in order to continue your Club's membership in the Newfoundland and Labrador 50 + Federation. Most Clubs have registered, however if you have not received this form or have misplaced it, please call your President Robert Rogers at 709 533-6189 and a new form will be mailed to you.

ACTING PRESIDENT

President Robert Rogers will be out of the province during the month of April and 1st Vice President Linda Oldford will be Acting President and can be reached at (709)-256-7642.

Our Newsletters can also be viewed on the Seniors Resource Centre of Newfoundland & Labrador web site:

<http://www.seniorsresource.ca/publications.php>

PLAN WITH SENIORS NOT FOR SENIORS

42ND ANNUAL CONVENTION

Just a reminder that the 42nd ANNUAL CONVENTION of the 50 + Federation will be held in Gander, on September 5th, 6th, 7th and 8th, 2017. Clubs are invited to attend, and send TWO (2) Club Members as Official Voting Delegates, plus as many other club members as they want to attend. Your whole club may come, if you wish.

This year the theme of our Convention will be to help change the general perception of our aboriginal. Chief Mi'sel Joe of the Miawpukek First Nation will be attending the three day Convention. His Honour The Honourable Frank F. Fagan, Lieutenant Governor of Newfoundland and Labrador, has accepted our invitation and will be attending the Convention Banquet.

Invitations have been sent to the Premier Ball who is also the Minister of Intergovernmental and Indigenous Affairs, to speak at our Convention Banquet and the Honourable Sherry Gambin-Walsh, Minister of Seniors, Wellness and Social Development to be our Key Note Speaker at the Convention. Both indicated that our invitations would be reviewed and given consideration.

RESOLUTIONS

Resolutions should be received by August 4, 2017 so that they can be reviewed by the Resolutions Committee. Resolutions should be sent to Federation Secretary, Malcolm Rogers, P. O. Box 16, Trinity, Bonavista Bay, NL A0G 4L0.

ENTERTAINMENT - 2017 CONVENTION

It is our hope, to present again this year, a variety of Songs, Skits, & Poems etc. by as many Clubs as possible. To be successful, we want you to strongly consider being a part of the entertainment. It is now time to 'GET YOUR ACT TOGETHER'.... Please let us know before the end of August, the type of entertainment you wish to provide and the time required. For more information you are asked to call Amy Farrell, 2nd Vice President at 709 279-2358.

CONVENTION TICKETS

Federation Tickets will be mailed next month to the Clubs. The prize structure will remain the same as last year: **1st Prize \$ 2,500.00 - 2nd Prize \$ 1,000.00 - 3rd Prize \$ 500.00** Plus **\$1,000.00** to the club selling the 1st Prize ticket and **\$100.00** to the person selling the 1st Prize Ticket. Remember your club will receive 40% of the proceeds from all tickets sold, by their club. If your club requires extra tickets you may call our Treasurer, Kevin Throne at 709 592-2169.

CONVENTION BOOKLET

As you are probably aware, the cost of running a convention has escalated in recent years. During the last several years the Federation has embarked upon a project to obtain sponsors for our Convention Booklet from **Clubs, Organizations and Businesses**, throughout the province. They were asked to consider supporting our convention, by becoming a sponsor. Donations were acknowledged in our Convention Booklet as follows: Diamond \$ 100.00 or more Gold \$50.00 - Silver \$25.00. This project was extremely successful last year and we would like for you to contact businesses in your area, to obtain at least one sponsor, from your community, for our Convention Booklet. Cheques should be made payable to Newfoundland & Labrador 50 + Federation and mailed to Robert J. Rogers, P. O. Box 407, Glovertown, NL A0G 2L0.

ACCOMMODATIONS

The 42nd Annual Convention will be held in Gander September 5 to 8, 2017. The Convention will be held at the newly renovated Hotel Gander. Last year at our 41st Convention a resolution was passed, that 2 rooms would be reserved for each Club's Voting Delegates. Voting Delegates must confirm their reservation at the Convention Hotel before July 15, 2017 after which all rooms will be released to general accommodation.

Rates for Hotel Gander: Single with Breakfast \$126.00; Two with Breakfast \$136.00; Plus \$10.00 for addition person in the room. Other hotels in the area are Sinbad's Hotel Gander 709 651-2678, and the Albatross Motel Gander 709 256-3956.

REGISTRATION

The time will soon be here to elect your club's Voting Delegates and Alternates for the 42nd Annual Convention. If your voting delegate is unable to attend, your alternate may assume the position of a voting delegate. There will be no other changes in voting delegates at the Convention. We are enclosing copy of the registration form so you can begin this process.

NOMINATIONS AND ELECTION OF OFFICERS

The Election of Officers shall take place at the Annual Convention in September 2017. To be eligible for any office, a member must be nominated by a voting delegate. Each Club, in good standing, may send two voting delegates to the convention. The Board of Directors of the Federation are also voting delegates.

An election this year will be held to fill the following two year term positions: Secretary and Treasurer. Directors: Area 2 Avalon South, Area 3 Burin, Area 4 Terra Nova-Bonavista, Area 5 Gander-Fogo Island, Area 7 Northern Peninsula, Area 8 Pasadena- Port Aux Basques.

CLUB PRESENTATION

Voting Delegates will be given the opportunity to speak, at the convention, on any unique activities or projects of their clubs. It is requested that you inform President, Robert Rogers at (709) 533-6189 by August 21, 2017 that its your intention to make a presentation.

CONVENTION CRAFT TABLE

As usual your club is asked to donate crafts, knitted goods, preserves etc. and be brought to the Convention.

HST REBATE

It has come to our attention that many of our Clubs are not taking advantage of the HST rebate. Under the umbrella of the Newfoundland and Labrador 50 + Federation, all clubs can obtain a rebate of half the amount of HST paid by the club. Over the years, thousands of dollars have been claimed by our club though the Federation.

We are enclosing a form that should be completed by your club, listing all your invoices that were paid by your club. On the form you must indicate the date of invoice, supplier, amount on the invoice and the HST paid. The form then should be mailed to Treasurer, Kevin Thorne, P. O. Box 99, 11 Pond Side Road, Chapel Arm, NL A0B 1L0

If you required any further information do not hesitate to call Kevin Thorne at 709 592-2169 or Robert Rogers at 709 533-6189.

55 PLUS ASSOCIATION INC.

Whitbourne, NL

Club Report 2016

2016 has been another wonderful year for our club. Our one drawback is we have not received any funding for the last several years. That makes it difficult to carry on our present activities. We have applied for a community grant this year. Hopefully we will receive it. We must get creative and do some good fund raising in the near future if we wish to continue our current activities.

Hilda Whelan

President

INCORPORATION

The Government provides funding from Community Healthy Living Fund to communities, community groups and organizations to plan and deliver initiatives to improve the health and well-being of Newfoundlanders and Labradorians, to enhance opportunities for people to live healthy, active lifestyles, and to promote the creation of age-friendly communities. **Effective April 1, 2017** all applicants seeking funding in excess of \$ 1,000.00 from the Community Healthy Living Fund, must be incorporated.

Although some of our clubs are incorporated, we are encouraging all clubs to incorporate, which provides an organization with legal status and is an indication of stability, as incorporated organizations have perpetual existence.

A non-profit corporation provides a service to its members or the public. Profits received from its activities must be used to further its purpose. Why do organizations incorporate? To have a formal structure under which to operate;

- To hold title to land;
- To qualify for grants or funding;
- To apply for a lottery license; and
- To limit the personal liability of members.
-

You may incorporate by filing online or by completing the following forms and returning them to the Registry of Companies.

- Articles of Incorporation (Form 1A) Schedule "A" & "B"
- Notice of Registered Office (Form 3)
- Notice of Directors (Form 6)
- There is a onetime fee of \$70.00 to be incorporated for Not-For-Profit companies, payable to Newfoundland Exchequer Account.

Non-profit organizations are required to file an information return each year with the Canada Revenue Agency. However, organizations that (1) have income from rental, interest and dividends less than \$10,000 and (2) total assets are less than \$200,000 are not required to file this return. Amount of money in the bank has nothing to do with it. I don't think there are many clubs that will meet these requirements.

Almost fifteen of our clubs are in the process or are incorporated as non-profit organizations. We would recommend that clubs consider the Directors Insurance for their club.

Your Area Director will be available to help any club experiencing trouble with regards to incorporation, Kevin Thorne, Treasurer of the Federation can be reach at 709 592-2169 for any help pertaining to this matter.

For information on the benefits of incorporation and on the incorporation process, please visit http://www.servicenl.gov.nl.ca/registries/companies/corp_why.html.

Executive Council
Children, Seniors and Social Development
March 06, 2017

Recognizing Contributions and Achievements of Older Adults

Provincial Government Announces 2017 Seniors of Distinction Awards Call for Nominations

The Provincial Government is inviting individuals, groups and organizations to submit nominations for the 2017 Newfoundland and Labrador Seniors of Distinction Awards.

“This awards program celebrates seniors who are committing their time, energy, and experience toward making Newfoundland and Labrador a better place. I encourage everyone to think of an inspiring senior who is doing great work to create positive change in their communities and recognize that person with a nomination.”

- The Honourable Dwight Ball, Premier of Newfoundland and Labrador

The awards program, which is an initiative of the Provincial Healthy Aging Policy, recognizes and celebrates the contributions, achievements and diversity of seniors throughout Newfoundland and Labrador. The deadline for submissions is April 21, 2017.

“Seniors play an integral role in shaping our communities by influencing others, promoting healthy aging and positively affecting the way we view older adults and aging. The Seniors of Distinction Awards recognize and applaud those who make such valuable contributions to our province.”

- The Honourable Sherry Gambin-Walsh, Minister of Children, Seniors and Social Development

To be eligible, a senior must be nominated by an individual or group, must be 50 years of age or older and be a current or past resident of Newfoundland and Labrador. Nominees will be considered for both voluntary and paid work, and nominations from last year will be reviewed again this year at the request of the nominee. Posthumous awards may also be given.

“The activities and contributions of older persons in our province play an integral role in improving the lives of others. I encourage all those who take on such roles to apply for this award and be recognized for the positive difference you make in our communities.”

- Leo Bonnell, Chairperson of the Provincial Advisory Council on Aging and Seniors

For more information and to download an application, visit: www.cssd.gov.nl.ca/seniors/sda/.

QUICK FACTS

- The Provincial Government is accepting nominations for the 2017 Newfoundland and Labrador Seniors of Distinction Awards.
- The awards program recognizes and celebrates the contributions, achievements and diversity of seniors throughout Newfoundland and Labrador.
- To be eligible, a senior must be nominated by an individual or group, must be 50 years of age or older and be a current or past resident of Newfoundland and Labrador.
- The deadline for submission is April 21, 2017.

RIVERSIDE 50+ CLUB

MIAWPUKEK FIRST NATION

Conne River, NL

Year in Review 2016

Happy New Year and wishing everyone the best in 2017! Our club started out 2016 with our first meeting on January 5th. Our Executive has remained the same as follows: Maggie John, **President**, Rose Benoit, **Vice President**, Regina Jeddore, **Treasurer**, Christine Drew, **Secretary**.

Our membership increased in 2016 by two members, **bringing our total membership to 15**. Our club meets every Tuesday and our activities are bingo and cards. These activities are enjoyed by all members but we are always open to trying new things.

Our fundraising efforts are ongoing with ticket sales for 50/50 draws and rental of the club's bingo cards for community social events. Plans for future fundraising events include a rummage sale, open mic night and a toll gate during the annual Powwow. The long term plan for our group is to raise enough funds to take a trip to Quebec to participate in the Philomena Chafe Pilgrimage to St. Anne de Beaupre in 2018.

Only one presentation was made this year to the club by the local Band Government. A presentation on Matrimonial Property Law was given by Judy White, representing the Band's legal counsel. In addition to that presentation, our club enjoyed some of hot muffins made and delivered by our community girl guides, which was very well received! It's always nice when our children spend time with us elders.

Even though our club is very thrifty with our spending, we did manage to enjoy a couple of social outings. It was nice to get together for a delicious supper to celebrate the Christmas season and the end of our 2016 50 + meeting season. We also enjoyed the monthly suppers for our community elders, which were provided by Conne River Health and Social Services. In addition, CRHSS purchased tickets for our club members to attend the International Women's Day Gala and they provided the financial support for us to attend the annual 50+ convention. They are very supportive of our 50+ group and we appreciate the effort shown us.

In closing, I would like to thank Ruby Patey, Robert Rogers and Linda Oldford for taking the time to visit our club. I understand there was also a productive meeting with our Chief and I look forward to hearing about the outcomes of the meeting. Overall 2016 was another good year for our club and I look forward to an even better 2017!!

Maggie John
President

THE MARYSTOWN LIONS GOLDEN AGE 50+ CLUB

Annual Report 2016

The Marystown Lions Golden Age 50+ Club has had a very busy 2016. President Leo Scott, executive, and directors oversaw our many activities and the addition of twenty-three new members.

Membership:

Due to a re designation of our club space by the fire department, we were able to increase our membership to one hundred and twenty-three. This cleared our lengthy waiting list. To support our new members a membership committee was put in place and a club leaflet was made. This leaflet outlines the benefits and responsibilities of membership. We also had three honorary members who have reached the age of eighty years and have been a member for five years.

Activities:

We continue to enjoy weekly dances, card games and floor curling. This year a grant allowed us to offer strength training exercises two days a week with a certified trainer. In September we began a Sunday night dart game which has become popular with many members. The monthly jamboree continues with member entertainers joined by local guest entertainers, providing an afternoon of music, song, dance, jokes and recitations. There is no admission and the event is open to all local seniors.

Again this year our members enjoyed a catered dinner and dance in June and December. In September a day trip to Grand Bank, taking in events and a dinner theatre, was available to our members. We held our annual yard sale/bake sale in June, and in September hosted the Newfoundland and Labrador 50+ Federation Annual General Meeting. We also held a ticket fundraiser to support our club activities.

This year we purchased an AED defibulator and a number of our members have been trained to operate it. We also welcomed Federation president, Robert Rogers to our May meeting.

Amy Farrell will return as president for 2017. With such a large active club we look forward to another year of offering our members many opportunities for physical and social involvement.

Executive Council
Children, Seniors and Social Development

December 13, 2016

Supporting Seniors in the Province

Provincial Government Introduces Legislation to Establish Office of the Seniors' Advocate

Legislation to establish an Office of the Seniors' Advocate will receive second reading in the House of Assembly today. Once established, the Seniors' Advocate will collaborate with seniors, their families, caregivers, policy makers and frontline service providers to identify and address systemic issues facing seniors in the province.

"During our Let's Connect initiative in 2014, and on many occasions since, seniors in our province have consistently, and strongly, expressed the need for an Office of the Seniors' Advocate. As a government, the challenges and opportunities resulting from our aging population must be considered as we evolve our policies, programs and services. The legislation introduced in the House of Assembly today delivers on our commitment and will strengthen support for seniors in our province."

- The Honourable Dwight Ball, Premier of Newfoundland and Labrador

The Office of the Seniors' Advocate will work with other entities, including the Office of the Citizens' Representative and the Seniors Resource Centre of Newfoundland and Labrador, but will not duplicate or impede their mandates. Rather, it will focus on systemic issues affecting seniors in the province and make recommendations to government accordingly.

"While we currently have mechanisms in place to handle requests for information, referrals to services and ways to address individual issues impacting seniors, there is a gap when it comes to addressing systemic issues. That is why seniors, seniors' organizations and major stakeholders have called for the establishment of an Office of the Seniors' Advocate. The advocate will be instrumental in making recommendations to government respecting changes to improve services for seniors."

- The Honourable Sherry Gambin-Walsh, Minister of Children, Seniors and Social Development

The Seniors Resource Centre of Newfoundland and Labrador is a non-profit organization dedicated to promoting the independence and well-being of older adults in Newfoundland and Labrador through the provision of information and various programs and services. Budget 2016 provided support of \$300,000 for the Seniors Resource Centre to enhance its information and referral services.

"The Seniors Resource Centre of Newfoundland and Labrador proudly supports the establishment of the Office of the Seniors' Advocate. We share the goal of promoting healthy aging and independence of seniors throughout our province. We look forward to continuing to work with the Provincial Government, providing programs and services to meet seniors' needs."

- Edwina Kirkland, Chairperson of the Board of Directors, Seniors Resource Centre of Newfoundland and Labrador

Regulations will be developed in consultation with key stakeholders over the next several months and the Seniors' Advocate will report to the House of Assembly.

QUICK FACTS

- Legislation to establish an Office of the Seniors' Advocate will receive second reading in the House of Assembly today.
- The Seniors' Advocate will address systemic issues facing seniors in the province.
- The new Office of the Seniors' Advocate will complement the work of the Office of the Citizens' Representative and Seniors Resource Centre.
- The Independent Appointments Commission will actively recruit for the Seniors' Advocate position.

THE 50 + LEISURE CLUB

Port au Port West, NL

You may not heard from us in a while but we are alive and doing very well! Over the last few years there have been changes of Executive but now, our Club is on an even keel and we proudly report that we are growing again! To date, we have eighty five members and are supported by people from Cape St. George to Stephenville Crossing. We have our regular Saturday night dances which are very well attended by Seniors, as well as younger adults.

In 2016, we catered to three visiting Clubs, who left very pleased and expressed a hope that they will be able to come back. We collected approximately \$ 2,000.00 worth of non-perishable items for the local Food Bank and we also collected items for the Women's Center. We have Bingo, usually in the Spring and in the Fall. This is not a profitable venture for the Club but it is something that some of the Senior in our area like, so why not have it.

We remember our shut-ins at Christmas with a lovely Fruit Basket, which they always appreciate. Over the last few years, we have had a number of Fundraisers for different causes; people with Cancer who have to travel to St. John's or Halifax for on-going treatment.

In April, we will be having a fundraiser and the proceeds will be divided between the Bay St. George Sick Children, the Janeway Hospital and the Sir Thomas Roddick Hospital Foundation. Also in 2016 we received a New Horizon's for Seniors Grant which enable us to have new windows, doors, siding and some flooring which was all in dire need to be replaced.

We take pride making everyone welcome and accepted and look forward to meeting and greeting any Seniors from any Club.

Veronica Jesso

President
The 50 + Leisure Club

PARADISE ADVENTURE 50 + CLUB INC.

RECAP

On January 2016 our Annual Dinner and Dance was sponsored by the Paradise Town Council. Members of the Federal and Provincial Government and the Mayor of Paradise were in attendance.

We also held our socials dinner and dance for once every month from February to June and September to Christmas and New Year.

June is our special. We serve lobster and steak. On June 6 we bused seniors from Karwood and Meadow Creek and served lunch and had live music. They really had a good evening and enjoyed dancing. We held two dart social dinner and dances a year.

On June 8th we took 80 of our members to Hillview Seniors Club where they served us with a hot meal and music. We all had a lovely time. It was greatly appreciated.

On July 26th we went to a Dinner Theatre in Trepassey.

In August we went to the Brewery in Whitborne and had dinner at the restaurant.

In April, we also held a conference for all the seniors of the area which was sponsored by the Seniors Resource Centre. It was very educational for our members.

We had four of our members attend the Newfoundland and Labrador 50 + Federation Annual Convention held in Marystown.

On December 6th we brought in seniors from Karwood and Meadow Creek Seniors Homes. We served a meal and had Santa Claus in attendance. We gave out a small gift to everybody, had music, dance and had an enjoyable time.

On December 31st we held our New Year's Ball with a hot chicken breast meal and a lovely desert with live music and dancing until one o'clock.

During the year we held cards and bingo every Thursday at 2:00 p. m. and darts every Monday from Labour Day until late May.

We do some fund raising by selling tickets on an Easter basket Christmas basket. And with good support of our members we do very well.

We also want to remember the long term members who passed away in the last two years: Grant Wayne, Robert Sharpe, Chesley Bishop, Shirley Tucker and Jim Butler.

We also had an invitation to the Government House. They served a light meal and had music. The people who attended had a lovely evening.

On January 21, 2017 we held our election of officers for the next 2 years: Cyril Troke, Re-elected President; Clara Troke, Elected, Vice President; Vera Scott, Elected, Second Vice President; Vida Clarke, Re-elected, Treasurer; and Ruby LeBlanc, Elected, Secretary.

Board members elected; Edward Noseworthy, Daphne Noseworthy, Barb Taylor, Elsie Reid and Peggy Goodyear.

Cyril Troke

President

Ruby LeBlanc

Secretary

TWILIGHT 50+ CLUB, PORT AU PORT EAST

Annual Report 2016

During the year, 2016, the members of the Twilight 50+ Club were again involved in many activities. During the Fall and Winter months, some of our seniors attended Crochet, Embroidery and Quilting classes. A group of 20 seniors, 3 males and 17 females, were taught skills in Painting by artist, Michael Lainey. Another group played Stick Curling from January to the end of March. On Monday evenings, Step Dance lessons were available to Seniors and any interested residents. 45s Card Games were held on Tuesday evenings during the spring and fall. Our treasurer, Theresa Hann, organized the "Tree of Love" campaign for the 18th year at our club. Included in this celebration was the lighting of our Christmas tree, caroling, dancing and hot chocolate for all!

Fundraising played a big part this year. Our major goal was to raise enough money in order to pave the parking lot. At a cost of \$25 000, (\$12 500 which had to be raised by June 2016) it seemed impossible at the time! However, thanks to donations from various sources the money was raised. Paving will be done during the spring, 2017.

Other means of fundraising included two concerts, Merchandise Bingo held every month, ticket sales on a painting and quilt donated by members, Garage/Bake Sales held in the spring and fall, sale of "Twilight 50+ Club Heritage Cookbooks", a loan from one of our members, and rental of the facility for parties, elections, and other celebrations. The Stephenville Lions Club made a substantial donation to our club. Members and residents also donate their recyclables.

Seniors attended a variety of presentations which included Food First NL, Funerals and Cremations by Fillatres' Funeral Home, Health Issues by Lisa Henley and demonstration of Chair Yoga.

A very pleasant afternoon was enjoyed by all when Seniors from the Town of Curling visited our club in June. The Seniors had a great time together as they shared a delicious lunch, plenty of laughter, lots of music and dancing, 45s card games, and photos. Many thanks to Howard Doman, President of the club in Curling, for planning and organizing the event!

The Seniors are very grateful for funding received: ACOA(paving), ARTSNL (Painting classes) and the Community Healthy Living Fund (stick curling).

Doreen Bennett, a very active member of the club, was acknowledged in the Healthy Aging Calendar 2016 for her involvement in the club, particularly in sharing her quilting skills.

Mary Hynes

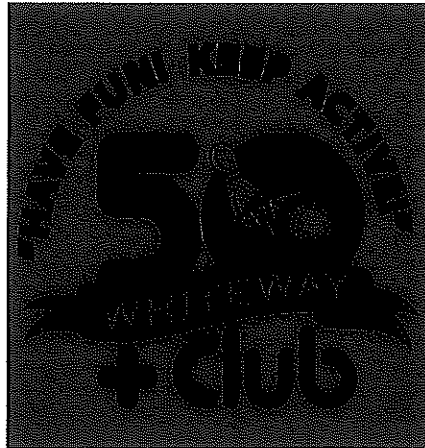
President

Theresa Hann

Treasurer

Ida Hawco

Secretary



WHITEWAY FIFTY PLUS

REPORT 2016

January to March – Meetings are held the first Thursday of each month and Activity Night games are held on all Thursday nights. A Valentine Party was held on February 14th and the club attended Revue 2015 on February 25th. A St. Patrick's Celebration was held on March 18th.

From March to August Meetings and Activity Nights were held on a regular basis. Our club went bowling in Bay Roberts on March 3rd. An outing to Sun Wei Restaurant in Bay Roberts served as a very worthwhile night out for our club in April. A Presentation on health related activities was held in April and a CPR Training Course was held for interested members of our club on May 24th. Our club held a Barbecue on May 26th to round out our activities for the winter and spring.

Plans were then put in place for the Summer Shag Rock Festival Newfie Night Fund Raiser. Our club held a Newfie Night and Kitchen Party to the delight of a packed audience. Delicious Newfoundland dishes and an evening of entertainment helped us raise approximately \$2000.00 for our club.

Our club contributed to the purchase of an AED Defibrillator which was installed in the Whiteway Memorial Centre where we hold our meetings. Several donations were made to help Whiteway Recreation replace and maintain some of the facilities we use for our meetings and activities.

Our club was represented at the Fifty Plus Federation AGM by delegates, Calvin and Verly George, and they brought back a comprehensive report on their activities at the 2016 Convention.

Our club resumed our Meetings in September and we continued with a succession of Activity Nights, Bowling nights a Pizza Night and Hallowe'en Night. A Christmas Party shared with the Cavendish Fifty Plus Club was held on December 2nd followed a week or so later by our own Christmas Activity Night celebration.

The following are some notable accomplishments our club has achieved over the past year or so which gives us a great sense of pride: Our Club Logo, Our Club Tee Shirts, Cooperation with other groups within the community, Our on-going contribution towards improving our community, Donations, etc. to help with improvements to the Memorial Centre, Support and cooperation given to us by Whiteway Recreation and the Town of Whiteway and other affiliates.

We are very proud of our club's accomplishments and we look forward too much of the same for many months and years to come.

Albert Legge, President, Whiteway Fifty Plus Club Inc.

GOLDEN CLUB OF SENIOR CITIZENS

Freshwater, NL

Twenty seventeen has already started out as a busy year for the Golden Club of Senior Citizens of Freshwater (GCSC). Already we have held our annual general meeting and election of officers, with many returning names and faces but we also have some new directors to oversee our fundraising and community initiatives.

The Valentine Potluck Dinner and Dance was a great success good food (you can never have too many deserts), good music (thank you Brain Finn) and good times as about 50 seniors and guests tripped the “light fantastic” and danced the night away.

Community involvement focuses on the youth of Freshwater and surrounding area his past year the GCSC partnered with the ladies of the Freshwater Quilting Circle to complete sewing projects like the making of Christmas ornaments, something that proved to be fun for all participants, mentors and our young and not so young learners alike.

The GCSC also partnered with the Town of Placentia, the Winter Carnival Committee and a local business, The Great Canadian Dollar Store to bring the Placentia Winter Carnival Birthday Bash to the Freshwater Community Center featuring entertainment and a DJ for the dance party for our under 12 revelers. And what birthday would be complete without a cake to help the town mascots celebrate their big day? Excellent cake with hardly a crumb left.

The GCSC also holds a weekly card game every Monday night with 25 – 30 dedicated players enjoying a rousing game of 45’s. Special games were held during the Winter Carnival celebrations and the refreshments and prizes were sponsored by the Carnival celebrations and the refreshments and prizes were sponsored by the Winter Carnival Committee and the Freshwater Community Center.

And it’s only the end of February with the rest of the year looking to be even busier than the last. Did someone say “let’s dance”?

Violet Flynn

President

The Golden Club of Senior Citizens

P. O. Box 334

Fereshwater, NL A0B 1W0

FLATROCK FIFTY PLUS FUN CLUB

663 Wind Gap Road

Flatrock, NL A1K 1C7

The fifty plus club has started our bi-weekly meetings for the year September 2016 – June 2017. The executive met early in September and made some great plans for the year. Listed below is a list of activities for the year, of course there may be changes made as the year progresses but you can see we have a busy and fun filled year ahead.

September 15	First meeting for the year, review financial statements and plans for coming year. Visit from Provincial President Mr. Robert Rogers.
September 21	Walk to beamer, back to Community Centre for pizza and Music
October 18	Spa Night at the Community Centre
October 20	Presentation by Travel Agent Jaime Murphy
October 22	Bowling Holiday Lanes
Nov 12	Laser Tag
Nov 18	Friday Night Social Community Centre
December	Lester's Farm – sleigh ride and brunch
December 4	Breakfast with Santa and Santa Claus Parade
December 10	Christmas Pot Luck and Dance
January 20	Friday Night social at Community Centre
February 18	Anniversary Dinner and Dance
February 26	Snow Fest Card Game
March 2	Pool Night at West Side Charlies
March 24	Friday Night social at Community Centre
April 14	Friday Night social at Community Centre
May 6	Mother's Day Dinner and Dance
June 17	Year End Potluck

Of course, we have our weekly exercise class on Monday afternoon from 1:00 to 2:00. This is open to anybody who wants to attend, \$50.00 for ten weeks. We also have yoga class on Tuesday evenings from 7:30 to 9:00, ten weeks for \$30.00.

Please feel free to contact any member of the executive with any questions or concerns.

Carm Martin, President	437-6921
Viola Mulrooney, Vice President	437-6422
Danny Kavanagh, Second Vice President	437-6902
Marg Parsons, Secretary	437-5789
Paula O'Keefe, Treasurer	682 8023

Form 1

Club name: _____

[illegible]

Kevin Thorne
P. O. Box 99
11 Pond Side Road
Chapel Arm, NL A0B 1L0

NEWFOUNDLAND AND LABRADOR

50 + FEDERATION INC.

Pre-Registration

Please accept the following persons as Voting Delegates to the **Annual General Meeting** of the Federation at **Gander, NL**.

During September 5th, 6th, 7th, 8th, 2017

A Pre-Registration FEE of \$ 40.00 for each delegate **AND THIS FORM** must be sent to: **Kevin Thorne, Treasurer, P. O. Box 99, 11 Pond Side Road, Chapel Arm, NL A0B 1L0**

Before Aug 12th, 2017.

CLUB _____

These are the 2 voting delegates selected by our Club

Person's Name: _____

Alternate: _____

Person's Name: _____

Alternate: _____

The names of other persons from our club who will be attending the Convention are as follows and a \$40.00 registration fee for each of them is enclosed.

