

A Senior Moment

Fort Smith Senior Citizens' Society
Seniors Serving Seniors

By Ib Kristensen
October, 2009

As I sit down to write this column and a report of our activities during Senior Citizens' Week just two weeks ago, I am reminded that we just have to change the dates of this event to mid-summer as not to interfere with the oncoming of winter. I'm looking out the window watching the snow just coming barrowing down.

Our first day celebrating the Senior Citizens' Week, Sunday, September 20th, was a cool day, and yet, a good crowd showed up at the "River Look Out" for a BBQ sponsored by the Town, prepared and served by the Mayor and Councillors.

Monday was another cool, windy day and yet a good attendance showed up at the Northern Life Museum and Cultural Centre (new official name) for a special tour of the Aboriginal Culture Centre. Bev Tupper, who envisioned, designed and supervised this great addition to Fort Smith, took us for a visit to bush camp (which some of us never had experienced). It would have been to much more "realistic" if we could have sat around the fire pit and listened to Bev describing the work yet to be done as well as listen to those of our members recollecting stories of their times in the bush and on the trap line. We had our tea and bannock inside the Museum before having a tour of the new exhibits, guided by Laurie Young.

Tuesday, this being one day most of us were looking forward to, I believe, the JBT invitation for "Tea with the Grandparents" must have become a tradition. This is an hour of socializing, listening, and observing as the youngsters served refreshments and baking of all kinds while we listened to choirboys and girls from different grades as well as watching a performance by JBT Dancers who just had enough space to twirl without collisions; truly an action-packed event. A survey was taken at the party as to how many Grandchildren the guests represented and the total was just over 200! (Not everyone attending JBT).

Wednesday, finally, the weather turned in our favor, just in time for our planned outing to the Thebacha Camp site for a picnic, berry picking and fellowship. It so happened that a group from the Territorial Womens' Correctional Centre had the same thought about the weather and was present at the campsite so we shared fellowship, food and tea. It also happened that some of the women were engaged in scraping a moose hide at the site and could demonstrate the traditional skills. At this trip we also had a few of the elders from the Special Care Facilities coming along. A great day was had by all, some even managed to harvest berries.

Thursday, from 2-3, Bingo was held at the Special Care Home with all the excitement, treats and prizes too. About 3:30, the "Fellowship Centre Youth Group" met up with our group of seniors at the Centre to demonstrate and teach their skills in the world of computers, programming and games. We, the seniors, surely learned that it takes more than an hour to be proficient in those challenges. The food and coffee was appreciated.

Friday, by 12:10, the Seniors Room was full and it was standing room only for the "Lunch with the Bunch". We even had the R.C.M.P. showing up to quell the excitement, which they had by showing up with two trays of layer cakes as well as pins and small gifts. We do work well with those members (seniors in training!).

The "Lunch with the Bunch" and Friday evening with the Friendship Centre Youth Group who challenged the seniors to "Wii Games", bowling, baseball as well as a demonstration of boxing. Refreshments and prizes were given out, concluding our 2009 Senior Citizens' Week, and by all measures and comments, it was a successful week. We will do it again next year. It remains now only to give Thank You to the community and especially to the individuals who gave that little extra, including, of course, all the youngsters who gave us memories to last a long time.

Our monthly meetings (first Tuesday in each month – not to forget) was held without our President in the Chair. We had sent Leon Peterson to Yellowknife with instructions for him to express our concerns in regards to issues of health, welfare, housing, etc., so Barb-Kaeser McArthur, Vice-President, very skillfully got us through our meeting with all the above items mentioned in this column. Our group, as are many others in our community, is waiting for word from Public Health in regards to vaccination(s), regular flu shots as well as the H1N1. The seasonal flu shot may be ready for the 65+ by the time you read this, and we are hoping to set up a flu shot station at the Seniors Room as soon as possible. Please keep checking posters, www.fortsmith.ca, and this paper for more information.

We are also working on starting a Cribbage Tournament at the Seniors Room. Again, please check for posters, etc. later this month for times. Curling is also ready to commence and again the seniors are invited to partake. There is a special fee, timing, etc., for senior members. Please get in touch with Karen Price at 872-2730.

LUNCH WITH THE BUNCH is set for Friday, October 16. If you were turned away last time because of lack of seating space, make sure to come early. An added excitement for this next lunch is that the "Boys" are cooking and serving, giving our hard-working ladies a break.

Our next meeting will take place on November 3rd at 1:30 in the Seniors Room.
Check posters and www.fortsmith.ca

Don't forget to vote.

*Be kinder than necessary;
for everyone you meet is fighting some kind of a battle.*