

November 2009

A Senior Moment
Fort Smith Senior Citizens' Society
Seniors Serving Seniors

By Ib Kristensen

It is always a treat to have a guest speaker at our monthly meetings and at this, our November meeting; the treat for our senior group, was to welcome the new President of Aurora College, Sarah Wright-Cardinal whose background and journey through life is making such a fascinating biography and also got her back to the part of the world from where she started. The main trust of our meeting with Sarah was to find ways where we, as seniors, could fit into being part of the learning process at the college. We recognize that we may at times have special requirements but it is important to us to obtain a close working relationship with the student population at the campus for mutual benefits in learning as well as fellowship. There's much to gain from such venture.

As it turned out; these were the thoughts of Sarah as well, and we all got excited about all the possibilities and openings that was exchanged through the meeting. We will let you all in on the progress as it develop.

At this very meeting we also had the pleasure of greeting our Town Mayor; already on the job letting the people know that the 'Town is open for business'. We received an update on our successful '55+ Friendship Games' and an assurance of co-operation from our new Mayor and Council.

The issue surrounding the Extended Health Care Benefits (now a year old) is still being an item on our agenda. We now have a member from Fort Smith appointed to the special government committee dealing with the issues. Marisa Monchuk is our member looking out for our interests.

A letter expressing our congratulations on being part of the Winter Olympic Torch Carrying Team, has been send to Elsie Yanik of Fort Chipewyan, now living in Fort McMurray; A great honor for Elsie.

A Crib Tournament for anyone (you don't have to be a member) will start up on November 18 at 1:30 at the Senior Room.

A Bingo will be held at the Northern Light Special Care Home once a month. The next Bingo will be on Nov. 19 from 2 – 3 pm.

The Chief and Council – Salt River First Nation - recently hosted a week of 'Elder Appreciation Days' at the Salt River Reserve Elders Village. Those of us attending thank the First Nation for their hospitality; Great food and fellowship.

Don't forget that the Pool at the Rec. Center is open every day from 3 – 4 for seniors and persons with Disabilities, free admission. See also information in this week's paper. This is with thanks through a Government Grant.

Important dates for our seniors to remember for this month and December: Remembrance Day this Wednesday. --- "Lunch with the Bunch" Friday, November 20th -- Next meeting: December 1st. -- And the very important Annual Senior Christmas Dinner on December 20th.

Excellence is not a skill. It is an attitude
