

December 2009

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

By Ib Kristensen

We have had our last monthly meeting of 2009 and a successful year it has been; it can be a busy life being a retired senior! Here we are, already planning for a full year of activities for 2010. However, let us first finish this year. Our main thrust this season, is to make our annual 'Christmas Pot Luck', on Sunday, December 20, the best ever. This event will take place at the Rec. Centre starting at 5:00 p.m. Dinner at 5:30. Our ever so busy committee will call on you, the members, to confirm your attendance and contribution. Santa, present draws, and entertainment, will be part of the festivities.

Once a year (usually in June) we have a membership drive. This, I hope, should not stop anyone from taking this great opportunity to become a new member, a full member or even to get started as a 'Senior in Training'. It is like insurance; benefiting from all the effort and rewards we, as members, already have obtained. Should you, in town, recognize the writer of this column, do ask me about becoming a member. 'Membership has its privileges'. It will also get you into our Christmas Pot Luck.

It is good to experience the great turnout at our meetings (usually held on the first Tuesday of each month). At this month's meeting we had the pleasure of welcoming to Fort Smith the Town's new swimming pool manager; Tim Van Dam. Tim, who came from northern Ontario, is very impressed with our facilities and we were impressed with the many new programs he presented as 'in the works for everyone in town'. The pool surely is a great asset to our community benefiting all ages (and aches). This last paragraph was composed while sitting

in the bubbly hot tub after an Aqua Fit session! Do check out the new programs as they develop during the change of seasons and also, Tim would sure like to hear your suggestions and concerns.

Of new business - and old, as always, there were many subjects to discuss and update. We are already into planning the next Friendship Games which will take place June 18, 19 and 20. We are looking into a seminar dealing with Anger Management. A request by the Legislative Assembly for an appointment of an elder to serve at the 'NWT Elder Parliament' representing our riding. More on that subject after our next meeting. During the NWT Seniors' AGM meetings in Yellowknife, our President Leon Peterson was elected to serve as recording secretary.

Our 'Lunch with the Bunch' in November was a roaring success, standing room only was left. The luncheon was a pleasant surprise to visiting former residents, Alban and Gisele Soucy as well as other visitors. The big surprise, other than above, was the entrance of our member, Tri-athlete Dianne Dul in full uniform, complete with the Olympic Torch which she carried through Yellowknife last month. Great going, Dianne!

Because of the festive season and, not to spoil your appetite for the Big 'Christmas Pot Luck', there will be no 'Lunch with the Bunch' during December. But make sure to be in good shape for our first meeting in the new year on January 04.

It remains only to wish the reader a very Merry Christmas. All the best wishes for a Happy New Year to our entire community (and the world) from the Fort Smith Senior Citizens' Society.

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