

# Calabogie 55+ Club

## 2019 Annual Report

This report is a summary of our Club's activities and community involvement over the past year.

The Club is chartered by and affiliated with the United Senior Citizens of Ontario (USCO). We have 133 members and meet monthly on the last Thursday of the month either at the Calabogie Community Centre (CCC), Barnet Park or at a local establishment in Calabogie. The catering is done by local establishments such as Annette Charbonneau, the Calabogie Pizzeria and Brown's.

Our Club is what we make of it – not more, not less. For some, it is a nice venue to meet socially at frequent intervals which serves to form new friendships, strengthen old ones and welcome new residents. We also take part in activities of interest and community engagement.

As this report outlines, many members choose to take the lead in very varied activities. Their contributions are highly appreciated as they help to enrich the experience of all.

It has been a great year! Members participated in numerous activities and community events. Your Executive appreciates your support.

We hope you had a safe holiday season and we wish you all the best in 2020.

### **Executive Committee for 2019/2020**

President: Jean Libbey

Past-president: Denise Lavallee

Vice-President - Heather Morlan

Secretary: Val Trotter

Treasurer: Sue Beaton

Membership Coordinator: Marilyn Warnock

Dinning Co-ordinator: Marjorie Watts

Social: Debbie Murphy

Executive Committee for 2019

## **Sub-committees for 2019 & 2020**

Golf - Marjorie Watts - we are looking for someone to take over for 2020

Newsletters - Val Trotter

Senior Games - Don Strachan & Dave Larabie

Sick & Visiting - Jane Benoit

Bogie Lights - Debbie Murphy

Santa Clause Parade - Lorna Johnston

Website - Rick Brown

Barnet Park Gardens - Heather Morlan

The following are some of our Club's activities;

### **Dining**

Thank you to Marjorie Watts for organizing our dinners this year. The dinners took place at either the Community Centre Hall or Barnet Park. With one special road trip to the Rocky Mountain House in Renfrew. A special thank you to the Lion's Club for running a bar for us at the Calabogie Community Centre Hall and Barnet Park.

### **Indoor Curling**

We have the indoor curling equipment. If anyone is interested in organizing some curling games. Please let Debbie Murphy know.

### **Cards and Visits**

Jane Benoit sent more than a dozen cards (condolences, get well and thinking of you cards) and made several visits to club members. Please let her know of any member she should send a card to or someone she should visit.

### **Hike to Eagle's Nest**

As one of the activities Debbie Murphy organized this year the hike to Eagle's Nest was so enjoyed by all that it was decided that it should be an annual event.

### **Bogie Lights**

The celebration of the turning on of the lights at Heritage Point took place on November 15th. This is an event organized annually by the Club for the community. This year approximately 100 people took part who enjoyed the singing, hot chocolate, apple cider and cookies provided by the club.

Thank you to Debbie Murphy for organizing this.

### **Craft Group**

Meets the second Monday of each month at the Calabogie Community Centre Hall. This group tries out a variety of crafts. It is co-ordinated by Jean Libbey. If you are interested in joining please contact her.

### **Golf**

Marjorie Watts has co-ordinated the monthly “nine and dine” golf days at the Highlands for our club for many years. We greatly appreciate all the time and effort she has put into this popular activity.

### **Mixed Bridge**

Is held at Brown’s (coordinated by Marie Kennedy) – Meet every Friday (except 3rd Friday of the month and summer months). This bridge is for learners as well as those who want to improve their game or just simply play bridge. On average 20 people attend on a weekly basis.

### **Mixed Bridge (summer)**

About a week after Mixed Bridge finishes for the summer, Val, Sue and Denise organize the summer version which is open to all. It is held at the Valley Food & Drink on Tuesdays afternoons

### **Big Bridge**

Is held at Brown’s (coordinated by Dona Lamoureux and Lorna Johnston) – Every 3rd Friday of the month except summer months. Mixed bridge is well attended by both club and community members. On average 40 people attend. The Mixed Bridge Club made a generous donation to the Calabogie Food Bank.

### **Bowling**

Another successful year at bowling. Our bowling season starts in September and runs until April 14th when we will end our season with dinner and awards.

We bowl on Tuesday mornings throughout the season.

We have 36 regular bowlers; although this year we have been missing a few – so, we are on the lookout for a few more who might like to play regularly.

We also have about 9 spares in our group that are on call for whenever they might be needed.

We encourage anyone who might be interested to come out for a fun morning of exercise and socializing– even if you have never bowled before. We'd love to see you.

*Submitted by Rick Copely and Debbie Murphy*

### **Christmas Float**

The club 55+ float did not disappoint. We placed 2nd, those who participated both on and off the float had a simply wonderful time.

Our Grinch that stole Christmas float was admired by those who came from near and far. There were approximately 15 entries in this year’s parade and we found ourselves in the lineup just ahead of Santa himself.

We all had so much fun throughout the year, whether it was deciding on the theme, building the set, putting costumes together, painting the props, etc. that we will do it again next year.

If you are interested in participating, please watch our newsletter for spring meeting times.

For your information, the wood stove that was on our 2018 float is now in the information centre at Heritage Point.

*Submitted by Val Trotter*

### **Pickle Ball**

Pickle Ball is played at St. Joseph's School in Calabogie every Tuesday and Thursday nights from 6:00 pm to 8:00 pm. It is open to anyone 18 years or older. Exemptions are school statutory holidays and summer closure.

The game combines elements of tennis, badminton and table tennis. Our group plays for fun and exercise and we can have anywhere between 4 to 16 people on any given night. We have 2 courts to play on and play 4 people per court. For those who do not own their own paddle, there are some available for anyone wishing to try this sport.

Most of our players are in the range of 50-70 years of age and we have also had the pleasure of playing with visitors who summer/winter here. We are so fortunate to have the use of the school gym for this activity, free of charge, although the court size is smaller than the regulation size.

As we did last August/September, we were able to use the regulation size court at the Calabogie Lodge for a designated 2 hour period. I will be contacting the township to ask for permission to play outdoors this summer 2020.

We provide the training to play and score and a good time is had by all!

*Submitted by Marilyn Warnock*

### **Exercise Program**

Research provided by the Canadian Society for Exercise Physiology conducted a study in 2007 and 2010 which concluded, "older adults can adapt physiologically to exercise training, and as a result will increase their functional capacities and reduce their risk of developing age-related chronic diseases"

The Canadian Physical Activity Guidelines for Adults 65 years of age and older states "to achieve health benefits, and improve functional abilities, adults aged 65 and older should accumulate at least 150 minutes of moderate to vigorous-intensity aerobic physical activity per week, in bouts of 10 mins or more".

We are quite fortunate to have The Falls Prevention Program offered right here in Calabogie twice weekly. Mondays are focused on strength training and Wednesdays focus on aerobic fitness. The environment is safe, the program is fun, interactive and functional... and the instructor is, although left/right challenged, well trained in the needs of senior fitness and quite creative with exercise.

Staying in one's own home and living independently for as long as possible is always a goal as we age. Having a consistent, regular fitness program is crucial to that outcome.

Please consider joining us, there is always room!

*Submitted by Susan Veale, BSc. Kin.  
Senior Fitness Instructor  
Certified Pilates Instructor  
Heart Wise Certified*

## **Senior Games**

The May Games saw a drop in overall participation from Calabogie Club 55+.

However one hot spot was in floor shuffleboard where the perennial top team of Marjory and John Watts had their hands full with a ringer team from Cobden and had to settle for silver medals, The Bronze game was hard fought by Dave Larabie and yours truly against Phyllis Wagorn and Doug Cotnam with bronze going to Dave and Don... better luck next time Phyllis and Doug! Anyone interested in playing floor shuffleboard thru the winter can join the group at the Wing in Renfrew, regular, or casual drop in.

Golf was another hot spot with gold medals for Jane Benoit and John Watts, silver medal for Joan Wallace and bronze medals for Marjorie Watts and Sue Beaton.

In Prediction Walking Linda Cloutier took gold in standard and nordic, Val Trotter and Marilyn Warnock tied for silver.

In 2020 we hope to have teams entered in contract bridge, cribbage and euchre

The District level co-ordinating committee are recruiting members. Info call Don 613-401-9996

*Submitted By Don Strachan*

## **Newsletter**

We would like to thank Val Trotter for keeping us up to date with what is going on in our club.

## **Website**

Our thanks to Rick Brown who not only is our webmaster but also takes many of the photos that appear on the site.

## **Barnet Gardens**

Heather Morlan leads a group of volunteers to upkeep the gardens at Barnet Park. This year as you are starting your gardens in the spring we ask that you think of the Barnet Gardens. If you are splitting perennials we would appreciate you donating some to the Gardens as we are planing on making them all perennial beds. Please contact Heather if you would like to get involved in this activity in any capacity.

## **Financial Report 2019**

The report was submitted by Sue Beaton. The detailed report will be available for viewing at upcoming meetings.

Our opening balance on January 1 2019 was \$2,220.94 and our closing balance as of December 31 2019 was \$2,641.93.

A thank you goes out to the Lion's Club for giving the proceeds of the 50/50 draws to the club.

## **A Final Word**

The members of the executive committee appreciate your support and would like to especially thank all members who volunteer to make our club such a success.

We hope you enjoyed 2019 and we are looking forward to 2020 and some special activities. If you have an idea of something you think the club would like to do please contact Debbie Murphy.

Your Executive Committee  
Calabogie 55+ Club #971