

MSM MONTHLY

Senior's news and helpful information, at the click of a button, brought to you by Muskoka Seniors Magazine

September 2018



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SENIOR'S GOOD NEWS

According to CTV News, Barrie, the verdict is out about music being a great tool for improving the lives of seniors. They reported that benefits include helping one to feel young, social interaction if it's in a groups, inspires positive past memories, events and involves "a deep part of the brain," said Chelsea Mackinnon, of the Room 217 Foundation, (Apr. 13, 2018). With the cooler temperatures approaching, keeping us inside more, it seems a perfect time to use music to lift your spirits. **MSMM**

HELPFUL RESOURCES

Muskoka Victim Services - Do you have a desire to help victims of crime and tragic circumstance? No experience necessary. Muskoka Victim Services will train you! Volunteer Crisis Responders come from all walks of life and respond to offer emotional and practical support. Contact: jody@muskokavs.ca

EVENTS & MORE

Seniors Wellness Fair - Sept. 18, 10am - 2 pm at the Ryde Community Co op. 1624 Barkway Road, for more info, contact: Nancy Cronin at necronin11@gmail.com

Huntsville Hospital Auxiliary - Saturday, September 22nd, 2018, 10:00 a.m. - 4:00 p.m., Ticket Deadline September 14th. Includes an Elegant Lunch - 11:30 or 1:00 sittings at the Port Sydney Community Hall. Tickets \$30 Algonquin Theatre 705-789-4975 www.algonquintheatre.ca, Castle Antiques, 30 Main Street East, "Branches" Hospital Gift Shop

Probus Muskoka Lakes - September 18 PROBUS Club of Muskoka Lakes; September 25 Bracebridge Horticultural Society Autumn House Plant Show and Photography Contest, Andrew Collett, Photo Judge and speaker, 7:30 Centre for Active Learning, 54 Dominion Street, Bracebridge.

Book: At Your Age? - 52 true short stories and poems written by seniors from 70 to 103, including stories of romances that failed and flourished, WW2 stories and the Nazi occupation of Holland and lots more. Sales go to Muskoka charities. Order it at: liamdwyer2@aol.com

Book: 150 Soup Recipes - All proceeds go to support Muskoka Family Focus. Makes for a reference for your kitchen and gift, for only \$20! Contact Brenda Paterson at: groveparkmuskoka@gmail.com or 705-645-3027 to order your copy.

Muskoka Lawn Bowling - The lawn bowling facility, located on the grounds of the beautiful Muskoka Highlands Golf Links, is also available to rent for corporate events, parties, and other private functions. www.muskokabowls.ca or 705-646-0086 or office@muskokabowls.ca.

Huntsville Community Choir - For more information about us, visit our website at: <http://www.huntsvillecommunitychoir.com>

APPRECIATION TO...



Kathy Brenn, Huntsville, ON - for your kindness to others, whether it's lifting someone's spirits with a little laughter, or visiting the hospital to talk to people and to see if other's need help. Your efforts are greatly appreciated. It truly is the little things that can make the world of difference to someone's day. Thank you Kathy, for being you!

FOR SALE / WANTED

REAL ESTATE - Mature artist wishing to PRIVATELY purchase a DETACHED RESIDENTIAL home in town of Bracebridge, WEST of river. Closing NEGOTIABLE. Call Carmon, 226-738-0604, cell 519-381-0521.

AN OLDIE BUT A GOODIE

The Invasion, By Bessie Grimes

Come on, troops, get ready to go.
There's one more victim we must know.
Will we let up? Oh, no, not us!
We'll fill his throat with little fuss.
Now reproduction time is here.
For him, it's pain and stress and fear.
Coughs and sneezes will fill the room
As we fill up his lungs with rheum.
Days and nights of acute distress;
Oh, we do love to make a mess.
Yuck! It seems he is fighting back.
But my good friends we do not lack

The means to keep our forces strong So we can
make our stay quite long.
Chicken soup? Oh, no, that one's mean!
It weakens us and we're not keen
To have that happen, you must know,
For sooner, then, we'll have to go.
Menthol, liquids, vitamin C;
This one is tough as he can be.
We've lost it, boys, we have to go.
We're fading fast. We're now too slow
To spread infection as we'd like.
Our day is ending. Soon is night.
For our dominion her is done.
Goodbye, goodnight, our foes have won.

INSPIRING QUOTE

"What lies behind us and what lies before us are tiny matters compared to what lies within us." - Ralph Waldo Emerson



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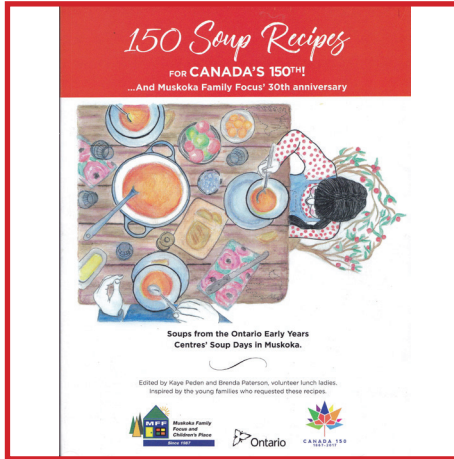
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150 Soup Recipes
FOR CANADA'S 150th
And Muskoka Family Focus' 30th anniversary

Edited by Steve Fisher and Brenda Paterson, volunteer lunch ladies, inspired by the young families who requested these recipes.

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