

# MSM MONTHLY

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

October 2018



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## SENIOR'S GOOD NEWS

According to McMaster University, research indicates that exercise may help improve daily functioning of people with Dementia. They indicate, "There was promising evidence that exercise may help people with dementia improve their activities of daily living – for example bathing, dressing, eating – which can help people facing cognitive decline to maintain their independence." This is great news because daily functioning can be a challenge for those with cognitive impairments. **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

**Bracebridge Centre for Active Living** - offers a wide variety of activities to suit the older adult, from dancing to just enjoying a hot beverage in our snack bar, while socializing with like minds. Also available is rental space for your special event this holiday season! Contact Catherine 705 645 3879.

**Bracebridge Legion** - Bid Euchre, Sundays at 12:30. Wednesday lunches at 12 noon (\$10 includes full luncheon meal with coffee/tea and dessert). Billy Bishop Goes To War - Award winning Canadian written play, Nov. 9/18, 7:00pm, Cost \$20 (tickets available at the branch), 705-645-8500.

**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

**Gravenhurst Seniors Centre** - Old Time Christmas, Canadian Open Fiddle Champion Scott Woods & His Band, Thursday, November 29th – 7:00 p.m., Gravenhurst Seniors Centre, 480 First Street, North, Gravenhurst. Tickets - Gravenhurst Seniors Centre Monday – Friday 9:00 a.m. – 4:00 p.m. Tickets: Adults - \$25.00 Children - \$10.00.

**Muskoka Lawn Bowling** - INDOOR Lawn Bowling! New activity on indoor "short mats" at Bracebridge Arena. Starting November: Tuesdays 9:30-11:30am, Thursdays 1:30-3:30pm. Full season \$100, 3 months \$60, drop-in \$5. Equipment and instruction provided by Muskoka Lawn Bowling Club. 705-646-2955, muskokabowls.ca.

**Muskoka Stretchers** - Is your muscle strength and coordination diminishing as you age? Do you frequently lose your balance or fall? If you answered "yes" to these questions then Muskoka Stretchers 50+ Fitness Classes exercises are for you! Contact Kate 705-644-9089

## APPRECIATION TO...



**Eva Olsson**, Bracebridge, ON - for sharing your story, your compassion and determination to spread the importance of promoting acceptance, love and peace for one another. Your public speaking has helped many people everywhere. Thank you, Eva for all that you've done to help inspire us all!

## 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

### Grandma's Dishes, By Shirley Cambray

Grandma treasured the pretty pink dishes  
She kept for a special event.

"Can we use them today", I would ask,  
But Grandma just wouldn't relent.

"No, they must stay on the shelf".

What was the use of having nice dishes  
If they had to stay up there.

Why couldn't we sometimes use them  
If we treat them with special care.

And then one day – a surprise!

Grandma asked me to come right away  
I couldn't believe it when she said

"Let's wash the dishes today.

We must have everything ready  
In case a guest comes by this way."

"Why wait for a guest", I did ask,  
But Grandma would not say.

As the dishes awaited a special event,  
They shone in anticipation.

But no one arrived to share our meal,  
So we had no celebration,

And the dishes went back on the shelf.  
Grandma loved to look at her treasure,

Beautifully displayed on high.

"Up there they won't chip or break,"  
She'd say with a contented sigh.

O yes, they were safe on the shelf.

Years have passed, good memories live on  
As her treasure is now in my care.

So if she is watching, I hope she'll smile,  
As we sit down to each meal and share

The dishes that were kept on the shelf.

## INSPIRING QUOTE

*"Dance like no one's watching, sing like non one's listening, love like you'll never be hurt, play like there's no winners, behave like mom's watching, give like you have plenty, and smile." - Author Unknown*



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