



Seniors at Play

*You don't stop playing because you grow old
You grow old because you stopped playing*

A membership publication of the
Bracebridge Senior Citizens Centennial Club Inc

Spring Summer 2016 Issue No.1



From the Presidents Desk by René Mast

Welcome to our introductory membership publication. As we move forward into 2016 the betterment of our members is foremost in our minds. The new Board of Directors has directed a challenge for change in both appearance and in processes at the club. There is no intention to change the activities that serve our members well, but to add additional activities that will attract new members. They feel that we can't sit idle as our membership declines. We need to revitalize our club with renewed surroundings and up to date activities securing the club's future.

We are moving quickly in this new year. It is our intention to update the building's interior by painting and upgrading the carpeted area. This will present to our members and community at large a fresh, clean, warm and welcoming appearance.

The Board of Directors also want to change how we communicate with each other, to you the members and to the community at large. It is important to be informed and to keep others informed. We will be using our newspaper column, event advertising, new signage, web site, pamphlets, business cards, publications and social media to communicate both internal and external. The board has established a Communications Committee and Strategic Planning Committee that have been meeting with community agencies, district and municipality to network and establish relationships for the benefit of the club. The result will be a vibrant club with many happy members. The officers (*former executive committee*) who run the day to day

info@bracebridgeseniorsclub.org

operations will be more visible and readily available to deal with the challenges that occur with our thirty year old building. I personally am attempting to be available at the club as often as I can and be approachable. It takes all of us to make this club a growing concern and the undiscovered gem of Bracebridge and surrounding area. We are only as strong as our volunteers and members.

As we move forward it is up to all of us to promote our club and embrace the changes. I am going to work hard as your president to make our club an inviting and happy place to meet. Our members are important and we are breaking the trail for those who will follow us. We don't ever want to be in a position where we will lose what others have worked so hard to establish and maintain. I look forward to a year of challenges in my position and sharing our vision with many. Change is not always easy but the rewards will be worth the hard work we all put in for the future of our club. We are vibrant and active seniors young and old who all have a role to make this club an important asset to this community.



Bracebridge Senior Citizens' Centennial Club Inc.

54 Dominion Street, Bracebridge, On P1L 2A5
[705 645 9111](tel:7056459111) info@bracebridgeseniorsclub.org
www.bracebridgeseniorsclub.org

How We Operate

The Club has been serving the community for over 40 years. Its mission is to promote happiness and goodwill among senior citizens by organizing various recreational and craft activities which will create interest and participation in a fuller life. It is a registered charity. Please consider supporting your club through a donation for which you will receive an *Income Tax Receipt*.

The Club is regulated by a Board of Directors and the day to day operations are managed by the President with the able assistance of many volunteers. Board terms are for one year, January to December.

[If you are interested in the long-term strategic direction of the club and would like to serve on the Board of Directors, nomination forms can be obtained from Pat Malone, Nomination Chair. 705 645 3551 email pat.malone@encode.com](#)

Board of Directors 2016

James Schmidt, *Chair*
René Mast, *President*
Marie Paule Skretteberg, *VP*
Linda Crawford, *Secretary*
Mel Skretteberg, *Treasurer*
Jim Marrin
Mary Bell
Chris Carr
Pat Malone
Catherine MacDonald

Board Appointed Working Committees

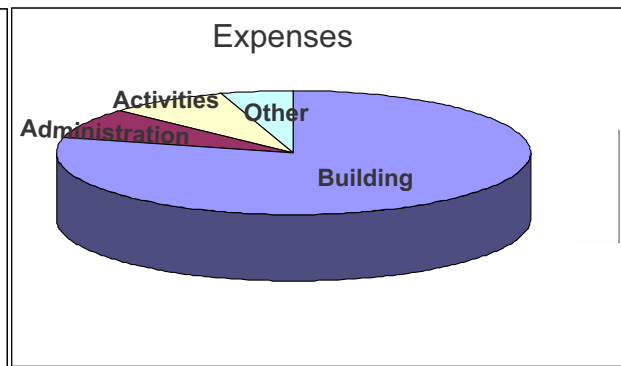
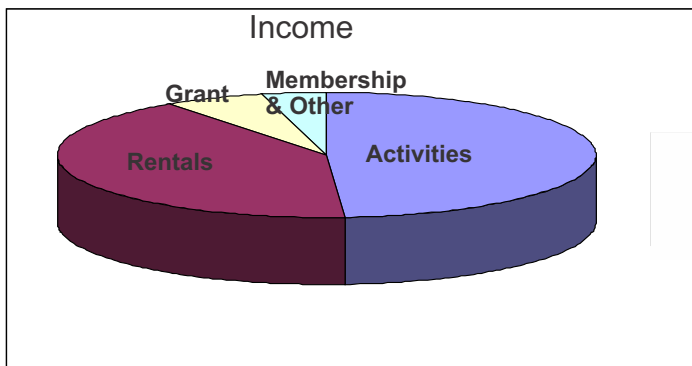
- Nomination: Pat Malone, *Chair*
- Communications: Linda Crawford, *Chair*
 - Finance: Mel Skretteberg, *Chair*
- Strategic Planning: Catherine MacDonald, *Chair*

Bracebridge Seniors Club is a member of



Club 315

2015 Financial Analysis



Memberships are available to adults 50+ years. The membership year is from January to December. If you haven't purchased your 2016 membership, an early renewal will be appreciated.

[Consider giving us your email address to enable us to communicate with you regarding special events during the year.](#)

Contact: Pat Malone,
[705 645 3551](tel:7056453551) or
pat.malone@encode.com



The Club is totally run by volunteers!



Change Equals Progress

by Dr. Nick Bianchi

Yes, I know, you don't like change. A lot of people, or so they say, don't like to change, some dislike it more than others. However I will contend that all *do* like change, except we have to call it something else...Progress!

As human beings, we all share a number of "needs" that are required for living. We have basic needs such as food & water and of course we need things such as shelter & protection. There are many more for sure, things such as love & meaning, but I want to generalize our needs into categories of Constancy or Certainty (lack of change) vs. Variety or Uncertainty (change). While we all have a need for both of these, some need more of one than the other. Some people like to go to the same restaurant and order the same menu item while others like to frequent different restaurants, trying something new every time.

We all benefit from Certainty, for example consider the flow of traffic. We are only able to drive with confidence & safety because we have a high degree of certainty that the other drivers will not decide to skip over to our side of the road. On the other we all benefit from Uncertainty, for example watching a movie or a sporting event and not knowing the outcome.

While personally I embrace certainty and am not so big on change, I certainly embrace progress, which requires change. As an example, I wrote this article on a new laptop – much faster and better overall than the previous one. This required me to change from my old laptop, not without its frustrations of a different layout, keyboard, etc., however I embraced that change because of what benefit I would receive – a better quality of life. I enjoy the look of new clothes, tasting new foods and listening to new health lectures on health, fitness and nutrition.

I like things that progress my life, even if they do require change, and *that is the key – focus on the progress to be made by the change.*

A common and perhaps unfair criticism of older people is that they don't want to change. They recall a better quality of life from the past – less crime, more family time, fewer broken marriages and cheaper gasoline! When we ask you to change – to eat differently, to exercise, to get a facebook account – you may balk at us and state your resistance. However, how much do you benefit from changes you have already made? Improved hearing aids, advancements in medical care and large-print books. Emergency-alert systems, power steering and shower aides!

What we want to do then is to retain the good things of the past and embrace the compelling future at the same time. As a senior, new programs will continue to head your way as we, as a society, try to do more to improve your quality of life. We ask that you embrace the change and know that what we intend to do is to bring about progress and improvement. Of course, we appreciate your input on "things that work" and will make sure to take note of these. Just be patient with us, share our enthusiasm and hold the space for change = better.

Dr. Nick Bianchi is a Chiropractor in Bracebridge. He is also a Consultant for the Bracebridge Senior's Centre, which is in the midst of change (progress). While he doesn't always like change himself, he sees the value in it and considers himself an expert at helping people make changes to their lifestyle. For more guidance, information and tips, visit www.bracebridgechiro.com and www.bracebridgeseniorsclub.org

**Bracebridge
Chiropractic
&
Wellness Centre**



**Keeping Seniors
Straight & Strong**

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Bracebridge, ON
705 645 9544

www.bracebridgechiro.com
info@bracebridgechiro.com



What's Up at the Centre

Regular Monthly Activities

Mondays

9:30 am VON *gentle stretch exercises*
12:30 pm Contract Bridge

Tuesdays

9 am Crafts and Quilting
1 pm Bid Euchre

Wednesdays

9 am Duplicate Bridge
9:30 am Crokinole
Dancing (see p.7)

Thursdays

12:30 pm Contract Bridge
7:30 pm Bid Euchre

Fridays

9:30 am VON *gentle stretch exercises*
10 am Shuffling
1 pm Cribbage

Saturdays

1:30 pm Euchre

Monthly Activities with Irregular Times

1st Monday

District's Wellness Program 10:15 am
Includes free lunch

1st & 3rd Tuesday

Foot Care Clinic
By app't only
Cathy 705 645 5647

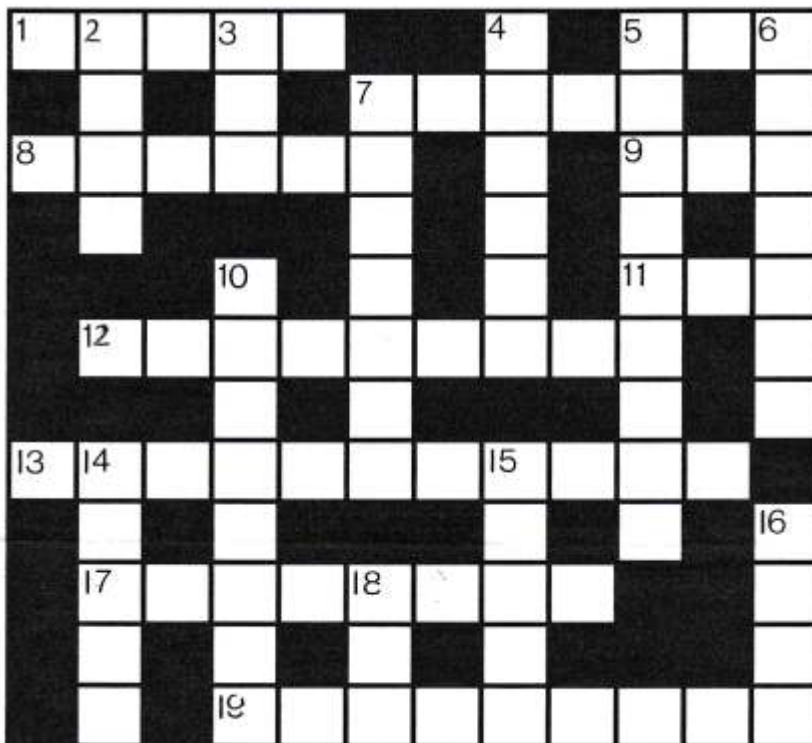
Varied Times

Tai Chi Classes
Call for times
Chris 705 645 5878



Answers are in relation to the
Bracebridge Seniors Club

created by Dave Lawton
answers hidden somewhere in this publication



Clues Across

1. Quilter
5. Male Address
7. The Band takes a stand on it
8. Burger
9. Little one in the wilds
11. Hearing Aid!
12. 16 down is one; 10 down is one
13. Money man currently
17. She takes note of things
19. 4 down was one; 13 across is one

Clues Down

2. Cribbage Lady
3. Matriarch
4. Money Lady Previously
5. What 17 across is
6. Shuffler
7. Meeting Convenor
10. The new Chief
14. High Jinx
15. Decorator
16. Old Chief
18. What you do to the Club

In 1928 Bracebridge gained its first public hospital. It was not built as a medical facility but was originally the home of Bracebridge residents James Lucas (1870-1934) and Lavina (1872-1956) Fenn. Mr. Fenn had acquired the land as early as 1878 but did not commence building the house until 1893. It was an imposing structure and boasted two “third storey” turrets as well as a generous veranda facing the gully on Ann Street.

In 1897, the Fenns sold this home to lumberman Angus McLeod who occupied it until 1923 when it was purchased by another well-known lumberman, John Golden. Organized health care during much of this era was relegated to the local doctors and private homes, the latter providing convenient places for recuperation, the delivery of babies and whatever else might be necessary.

The Arnott Nursing Home

Although there were several nursing homes in Bracebridge, the most noted was one established by Mary Ann (Rutherford) Arnott (1863-1933), a young widow.

Following her marriage to James (Jim) Arnott in 1881, their children started to arrive—all seven of them—from 1882-1899. Although busy at home with her family, life was good. Jim worked as the town's affable constable and was able to well provide for his wife and children.

But this idyllic picture abruptly changed in 1901 with Jim's sudden death leaving Mary Ann with seven children thirteen and under, a large home on north Manitoba Street to maintain (just north of McDonald Street) and no assistance from social safety nets.

Mrs. Arnott may have been down, but she was not out! She was determined to carry on and support her family. She did so by applying her God-given qualities of care and compassion, and using her multi-roomed house to good advantage as the site for the Arnott Nursing Home. It was the “go to” health care facility for patients from various parts of Muskoka.

She dealt with people who had critical medical needs—the sick, the dying and the new-born—all benefitted from her consistent, compassionate nursing care. It was also invaluable for those needing close proximity to a doctor's services. From this humble beginning grew a credible nursing home (sometimes referred to as a hospital) well utilized by both the townsfolk and, in particular, families from the surrounding townships.

Although Mrs. Arnott was not a professionally trained nurse, the example she set was emulated by her daughter Fanny (1899-1975) who graduated in 1922 from Toronto Western Hospital and returned to Bracebridge to assist her mother. Fanny's presence opened new doors of opportunity that were set in motion by Dr. Peter McGibbon when a large front room in the house was equipped as an operating room. At least two other Registered Nurses joined the staff to care for those who came for medical assistance.

As Mrs. Arnott aged, the town grew more populous and new health care procedures developed, the possibility of establishing a publically funded hospital in town began to occupy the thoughts of many interested citizens. The way it played out however, was certainly not all smooth sailing!

Bracebridge Memorial Hospital

The key word here is “Memorial” and it had to do with the approach of the tenth anniversary of “Armistice Day”—a commemoration that would occur on November 11th, 1928.

While many other communities throughout Ontario had erected war memorials to remember those who fought and died during the Great War, Bracebridge did not have such a permanent monument. Public opinion in the town grew stronger each year in favour of a memorial of some kind—but what kind? There were divergent views: a pavilion? a bandstand? a statue? a hospital? The latter view eventually won out; in

part due to the local Veterans' Association (later the Royal Canadian Legion) who felt this would be the most appropriate way to honour the fallen soldiers. Begrudgingly, most of the dissenters gave in but not before they aired their opinions in the press and elsewhere.

The Muskoka Herald carried a front page article in the Thursday, May 3rd, 1928 edition under the headline: *The Proposed Hospital—Muskoka Institution Would Serve Large Territory.* An advertisement in the newspaper invited every municipality in Muskoka to send their “...*Mayor, Reeve and members of Council to Bracebridge on May 8th when the Government Inspector of Hospitals will explain fully the necessary details of the proposed hospital for Muskoka.*”

We need to remember that there was no hospital anywhere in Muskoka at this time other than the specialized tuberculosis sanatoriums in Gravenhurst, and they served a different purpose. Huntsville did not gain its hospital until 1949. So the idea of a “district” hospital wasn't so far-fetched given the circumstances.

Dr. A.F. “Bert” Bastedo, a founding member of the hospital committee once commented that “...*Bracebridge citizens...had more faith than money...*” as the project got off the ground in 1928. A fund-raising campaign brought in \$3500. It was decided to purchase the property owned by Mr. Golden at a cost of \$6000. Since it was necessary to do some interior remodelling, the committee took out a mortgage of \$4000. On November 11th, 1928, Bracebridge Memorial Hospital was officially opened with accommodation for eight patients. On that auspicious occasion, the deeds and keys for the hospital were handed over to the Red Cross Society—the 25th hospital opening under Red Cross auspices. Fanny Arnott was hired as the hospital's first administrator. A memorial plaque to honour the Great War dead from Bracebridge was unveiled—it can be viewed in the foyer of our current facility.

The Red Cross relinquished its connection with the hospital in 1949 and at the same time the name BRACEBRIDGE MEMORIAL HOSPITAL was chosen.

South Muskoka Memorial Hospital

Eventually, despite several additions and other improvements, the need for a new hospital was recommended by the medical personnel...that was in 1956. Three years later Dr. William Monck put forward a proposition for a new hospital to be jointly sponsored by the municipalities of South Muskoka.

Dr. A.F. Bastedo turned the sod to make way for the new hospital on September 8th, 1962. The formal opening of the 65-bed South Muskoka Memorial Hospital took place on October 20th, 1963.

(The full story of hospital and health care in Bracebridge is included in BRACEBRIDGE CONNECTIONS—VOLUME 2 by Gary Denniss, available at *The Owl Pen* (645-1966) or from Gary Denniss (645 9531).



A Picture is Worth a Million Words



**Mark Your Calendar
Special Up Coming Events at the Centre**

July (TBA) Open House
 August (TBA) Volunteer Appreciation Event
 November 4th Christmas Bazaar and Luncheon
 December 2nd Christmas Pot Luck Dinner
 December 31st Newfie New Years Eve Drop In
 February (TBA), 2017 Annual General Meeting

Pot Luck Dinners



3rd Friday every Month
 followed by Bingo
 5:30 pm
no regular dinner in December



Oops! Found it!



Dancing with Aggie

First Monday of the month
 2:00 pm James St.

First 3 Wednesdays
 of the month
 1:30 pm BB Seniors Centre

Last Wednesday of month
 2:00 The Pines

Square dance lessons available
 call Aggie 705 645 4213



If you would like to lead a new program we will love to hear from you.

Tell us your talent/interest in potential new programs

- Darts
- Billiards
- Crafts
- Table Games
- Line Dancing
- Computer Skills
 - Chess
- Mexican Train
(Dominoes)
- Bean Bag Baseball
 - Wii Games
 - Music activity

**The Club Needs Day
Host/Hostesses**

If you can give at least one day a month to host the club, please call
 Sheila Morrison 705 645 9609 or
 Sandy Hansen 705 645 2960



Contact: René Mast, President
 705 646 0364
info@bracebridgeseniors.org

**CONSIDER HOLDING YOUR NEXT EVENT OR MEETING AT THE
SENIOR'S ACTIVITY CENTRE, 54 DOMINION STREET, BRACEBRIDGE, ON.**

Call Dave Lawton at 705 645 6556

Upstairs Auditorium

Complete with stage and sound equipment. Accommodates 75 people, theatre style. If tables are required, only 50 can be accommodated. \$70. (4 hours)

Optional: Use of Kitchen \$30. extra.

Downstairs Game Room

Complete with dart games, billiards table, full size shuffleboard court.

Accommodates 75 people. \$60. (4 hours)

Boardroom

Accommodates 12 people. \$25. (4 hours)

Rentals are for 4 hours. Each extra hour is an additional \$10.

"Seniors At Play" is published twice a year, Spring and Fall. It is a membership driven publication and your ideas, articles, poems and pictures will be greatly appreciated. Submission deadlines are January for the Spring issue and June for the Fall issue.

Publisher: Bracebridge Senior Citizens Centennial Club Inc.

Editor: James Schmidt

Production: Catherine MacDonald

[To contact James and Catherine directly 705 645 3879 or cmac@muskoka.com](mailto:cmac@muskoka.com)



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