

Welcome R.W.T.O./O.E.R.O. Sault Branch Members to 2019-2020

Letter from Recycled President Brenda Gallander

I retired my teaching practice June 2012, so this is my seventh year retired. Yet, I continue to find thoughts of September revitalizing. Maybe it is the Back to School sales that have begun, the latest school fashions or the return to a more structured routine that has me making a wish list of new supplies like a fresh binder, notebook and pens. You will see me in Staples a couple of times this month getting ready for September.

I was Past President last year, and it is my pleasure to serve you once again as the Sault Branch President for 2019-2020. The executive team that you have chosen is a devoted, supportive team with whom I enjoy working.

Thank you to Past President, Sherrill Dewar, for her commitment in leading the branch over the past year.

At the end of June, the executive met to consider the answers to the questionnaires that you completed in the spring. We used your input to plan an exciting year for you, so that we can share, care and have fun together.

Again, this year, we are going to focus on the 3 R's: Recruitment, Recognition and Retention.

In this newsletter, I have included the executive list, the program for 2019-2020 and some reminders. Please keep it somewhere readily accessible.

We hope you will find the program stimulating and motivating and that we will see you out participating.

Respectfully,

Brenda Gallander

R.W.T.O General Meetings for 2019-2020

General Meetings are the 4th week of the month at 11:00 a.m. at the United Baptist Church hall at 41 Malabar unless stated otherwise. The hall is at ground level.

Wed., September 25—Let's Remember September is Alzheimer's Month

This Welcome Back meeting will begin with a short business meeting to present the executive for this year, to present the Cora Bailey Award to one of our members, and to update you on pertinent information gleaned over the summer.

We will then have a light lunch and coffee/tea break.

After lunch, Janice Seppala of the Alzheimer's Society will give a presentation entitled "Healthy Brain". She will give an overview of what dementia is, what Alzheimer's disease is, the warning signs and ways to help prevent and lower your risk of getting Alzheimer's disease.

Janice will bring a donation box for those members who wish to make a donation to the Alzheimer's society. Any amount is appreciated. Donors of \$20.00 or more will get a receipt for income tax.

You will have the opportunity to put your name in for a draw. We have two lovely Forget-Me-Not suncatchers and a beautiful deep blue silk scarf with light blue Forget-Me-Nots on it which we purchased from the Alzheimer's Society. Three lucky members will go home with one of these items.

Sandy F. will have her receipt book at the September 27th meeting and will accept membership dues if you have not yet paid them.

Remember: Names of paid members will go in for a draw for a free membership.

Wed. October 23rd—Together We Welcome the Provincial President and the Insurance Convenor to our Joint Branch Meeting

Our Area 11 Director, Joyce Ratz, will chair this meeting.

A creative welcome will be given by the Central Algoma Branch to the Provincial President, Karen Lauzon-Clark.

Both Branch presidents will give their short speeches, followed by the address by the Provincial President.

We will have lunch catered by Sandy Punch. Lunch will be \$15.00 each including tax and gratuity. More information will follow.

The Insurance workshop will take place after lunch, so that those members who wish to leave may. Either Anne Wilde, Provincial Insurance Convenor, Karen Mussen, the new Assistant Insurance Convenor or Terry Kennedy, the Manulife Broker, will conduct the workshop.

The Sault Branch will thank the two visitors for coming north to visit with us.

Wed., November 27th --Caring Christmas Craft

This activity will take place from 10:00 a.m. until 12:00 noon at The Davey Home. We will either meet at The Davey Home or carpool there.

We will be making a Christmas craft with a group of residents this year. Plans are being finalized by Rita W., Sandy F., and Bernice W. The craft will be announced later. Craft materials will be provided.

We may meet for lunch on our own at an agreed upon restaurant after we leave The Davey Home.

Wed., Feb. 26th—Paper Quilling

Carmen C. and Stephanie H. have agreed to share their skills in quilling with us. They state: “Ladies, here is your chance to learn the ancient art of paper quilling. We will show you how to roll strips of paper and then turn them into designs to decorate a small heart valentine.”

Wed., March 25th- EXERCISES FOR RETIRED FOLKS!

We will be introduced to enjoyable and easy to follow low intensity chair and resistance exercises that target legs, arms and balance. This session will even appeal to those of us who don’t exercise on a regular basis, so wear comfortable clothing and join in the fun! Exercises you lean can be done at home to help maintain your mobility. We will exercise after the short meeting but before the light lunch.

Wed., April 22nd—Fun and Games

Brenda O. announces the activity she will lead again this year: “Ladies, put on your thinking caps and game face for our Games meeting. Enjoy cards, word games and more.”

Wed., May 27th— Annual Branch Meeting

This get-together is a celebration and a time to socialize before our summer break begins.

We will be starting with lunch in the River Room of North 82 Restaurant. We will order our own lunches from the menu. Lunches range from \$10.95 to \$15.00 plus tax and gratuity.

At this meeting we will present nominations for our executive. Nominations from the floor will be taken. We will vote if necessary. Our Area director, Joyce Ratz, will install the new executive and the Cora Bailey Award will be presented. Be sure to come to support fellow members!

CLUBS: This is a reminder that we have a Breakfast Group, a Book Club and a Scrabble Club. Information about these activities will be presented at the September meeting.

WEBSITE: Be sure to check out our website which is updated regularly throughout the year with information and photos of our activities. Go to www.rwto.org and click on Branch News. Scroll down to Area 11. Click on Sault Ste. Marie and enjoy!

**WE ARE LOOKING FORWARD TO SEEING YOU
THROUGHOUT
2019-2020 FOR SHARING, CARING AND HAVING
FUN!**

