



Canyon Lake Senior Center

September 2009 Online Newsletter

Memorandum from Michael

By Michael LaBelle

Canyon Lake Senior Center

What do you think about the flowers around the Center? I think they are looking better every year and we owe a word of thanks for the wonderful job the volunteers have done. Also, you should also take a look at the vegetable garden by the garage. It is full of plants and vegetables. Some of the harvest will make its way into the Office for donations from our members. Here again are a couple of prime examples of a group of volunteers that take pride in their Center.

Volunteers are the lifeblood of the Center and they don't get enough recognition. From the Activity leaders to the set-up/take-down crew for dinners and other events, it is not the staff, but volunteer members who keep the Center running. Each and every one of us need to say "Thank you" for all that they do. Annually we recognize volunteers with an appreciation banquet, but that is from the board of directors and staff. I try to thank them whenever I see them. Hopefully, you can do the same. Without them no cards would be played, no dinners prepared or no rummage sales and other fundraisers held.

So to each and every volunteer who helps keep the Center running I extend a gracious Thank You for all that you do.

Canyon Lake Prez Sez

By Marvin Espeland

Canyon Lake Senior Center

In my August Prez Sez article, I referred to when we "demonstrate to ourselves and grant sources that we are willing and capable of doing more than just exist." I am confident that day will come and now I believe is when we should do some preparation. Let me be more specific.

Many have suggested one of the first things we should plan for is to provide an outstanding facility for people to exercise. They suggest we should model like successful area health clubs have done - ample space, quality and abundant quantity equipment, showers and locker rooms, peripheral lounge areas within reach of refreshments.

I support those suggestions because it fits my lifestyle. I have exercised nearly all my adult life. Since we have attributed so much of our time to exercise, it has made us more aware

of the benefits it provides. Today, the evidence is overwhelming as to the benefits exercise adds to quality and length of life. Not only for the body but also to the mind.

I believe we can make an excellent case that quality exercise opportunities are one of the most important facility seniors can have. The various health magazines and bulletins are pounding that home. If we could properly assemble that data into a convincing document that would make the Mayo Clinic envious, we would be sitting in excellent position to fire off grant applications when the time comes. For now, I will ask the question, "Is there anybody out there that would like to undertake the development of such a document?"

Canyon Lake September Announcements

By Canyon Lake Coordinators

Canyon Lake Senior Center

September Announcements

Saturday 5	5 p.m.	Moon Walk
Monday 7	all day	Office Closed for Labor Day
Tuesday 8	9 a.m.	Silverado
Tuesday 8	4:30-6:30 p.m.	Beef Stew Dinner
Thursday 10	7:30 a.m.	Hikers
Thursday 10	2 p.m.	Mighty 90's Party
Friday-Saturday 11-12	3-11 p.m.	Polka Fest
Monday 14	2 p.m.	September Birthday Celebration
Wednesday 16	10:30 a.m.	Wild Red Plums
Thursday 17	9 a.m.	Tin Lizzie
Saturday 19	10:30 a.m.	WSDCSC
Monday 21	9 a.m.	Lunch Bunch
Wednesday 23	2 p.m.	Ice Cream Day
Wednesday 23	3:15 p.m.	Buck-A-Month Club
Thursday 24	7:30 a.m.	Hikers
Saturday 26	9 a.m.-3 p.m.	Hobby/Talent Show
Wednesday 30	1 p.m.	Rummage Set-Up

October Announcements

Thursday	4-7 p.m.	Rummage- Pre-Sale
Friday	8 a.m.-7 p.m.	Rummage Sale
Saturday	8 a.m.-1 p.m.	Rummage Sale

Beef Stew Dinner

By Marilyn Bergman

Canyon Lake Senior Center

Tuesday, Sept. 8, from 4:30 to 6:30 p.m., Canyon Lake Senior Center will start the fall season with its beef stew dinner. This will be held in the Main Room and Library Lounge. You will receive a generous serving of homemade stew, relishes, a biscuit with honey, a small dessert and coffee.

We would appreciate donations of garden-fresh vegetables for the dinner. Just call or bring the produce to the Canyon Lake Office.

Come early and enjoy the food, atmosphere, and piano music by James Gardiner. The public is invited. Cost is \$6 for adults and \$3 for children.

Fall Rummage Sale

By Rummage Committee

Canyon Lake Senior Center

Are you finished with your fall cleaning? Have you separated the items you need and those you are just holding on to? Do you need a place to take those never to be used again items?

The Canyon Lake Senior Center's rummage sale is a place for you. We are accepting all kinds of rummage in preparation for our fall sale on Thursday, Oct. 1, from 4 to 7 p.m. with an early bird sale (\$5 entry); Friday, Oct. 2 from 8 a.m. to 7 p.m. and Saturday, Oct. 3, from 8 a.m. to 1 p.m.

Obviously, a sale of this size needs lots of workers in all areas. A sign-up sheet will be on the Activity Counter. Please add your name. The fun will make the work worthwhile.

A bake sale and lunch will be served to the public. The fall and spring sales use the whole Center—Viking Hall, Library Lounge, Card Room and Main Room.

The rummage committee, chaired by Barb and Clubby Norwick, and sorters are already at work to make another successful event. Two words to remember--donate--buy. See you there.

Hobby and Talent Show

By Barb Norwick

Canyon Lake Senior Center

"It was my mother's." She lovingly touched a beautifully decorated cup and saucer. It and 15 others were arranged on an eight-foot table in Viking Hall at Canyon Lake Senior Center. Others filled with an assortment of hobbies and collectables surround her table. She will probably display her collection at the Hobby and Talent Show on Saturday, Sept. 26, from 9 a.m. to 3 p.m.

The show has been at various senior centers in the hills. This is the seventh year. Exhibitors come from many towns. This year co-sponsor is Somerset Court. There is no charge to reserve a table unless you wish to sell handmade items then there is a \$15 dollar table fee.

When the public is tired of looking, visiting with exhibitors and purchasing items, there will be a place to sit and watch a talent show performed by seniors. When they get hungry, a lunch will be served in the Main Room at a reasonable price.

Included in this edition of the Senior Citizens News is a registration form to be turned in to Canyon Lake Senior Center's Office by September 21. Exhibitors may set-up at 7:30 a.m. September 26.

The public is invited to attend. Mark your calendars, spread the word and come to the hobby show. For further information contact Clubby Norwick at 605-440-1585.

Published monthly by:

Canyon Lake Senior Center

2900 Canyon Lake Drive

Rapid City, SD 57702

605-721-8710

www.canyonlakecenter.com