

Weather Forecast

Beginning of April... hovering around 8 degrees.
A few days of cloud and rain then mostly sunny.



GSS Contact info: 686 Harmony Lane, Gibsons V0N 1V8
Phone: 604.886. 3919 Email: gsshall@gmail.com
<https://gibsonseniors.com>

Buy and Sell

Scooter: \$2,000.00. **2 Walkers:** one indoor push type, one outdoor upright. **Please** Call Lorinda 604-886-0438

Pool table: Free. Prefer to go to a church, school organization. All accessories. Call Susan: 604-886-1814

Lost and Found

- 3 small batteries found on the floor Thursday, Feb. 29
- Honda power key found at greeters' desk in November



The Hall Mirror

Gibsons Seniors Society at Harmony Hall

Contact: Gail Rines
604-989-1183
gailrines3@gmail.com

Wednesday, March 27, 2024 Volume 1, Issue 3

A message from the president: Manfred Scholermann: It was a dream for many years. On March 19th construction began on our new dining room facility. No one was more pleased than Arthur Geikie (Chairman of our Building Committee). Stay tuned for future updates.

Dining room expansion update

The Building Committee is very pleased to announce that on March 19, 2024 construction started on the expansion of Harmony Hall. Our new facility will provide for an expanded dining and multipurpose space. It is expected that with our existing kitchen and new adjacent dining area that scheduled noon time lunches will be available. Longman Developments have provided initial financial estimates and have been contracted for construction. With a BC Gaming Grant and expected member donations, the project can be completed within budget. Please contribute.

Arthur Geikie
Chair, Building Committee



Annual General Meeting: The date has been changed to

April 25 at 1:30

Please welcome our guest speaker: **Patrick Weiler**

Member of Parliament for West Vancouver-Sunshine Coast-Sea to Sky Country.

Thank You!

★ Arthur, the vision you held for two years has finally become a reality! What a feat. Congratulations!

★ To **activity leaders** for your enthusiasm, commitment, patience and the wonderful programs you deliver.

★ To Susan French and Gayle Bennet for co-chairing our nomination committee. They found three wonderful candidates to be nominated to our board.

★ Another huge thanks to Christine Tingle for revitalizing our foyer with fresh paint on the doors and desk and local art work on the walls. She alone did the planning & purchasing and gave up two weekends to do the painting. It looks so much brighter! Thank you Christine.

★ To Betsy for all the "behind the scenes" work she does and for the incredible amount of time it takes to keep the hall financially fit!

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Weekly schedule- Gibsons Seniors Society at Harmony Hall



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM							
9:00	Hall Maintenance	Mahjong 9:00-11:00	Qi Gong 9-9:30		Qi Gong 9-9:30		
10:00	↓	Table Tennis 10:00-12:00	Tai Chi 9:30-10:15	Table Tennis 10:00-12:00	Tai Chi 9:30-10:15 GSS Board 10:00	Table Tennis 10:00-12:00	Table Tennis 10:00-12:00
11:00		↓	Beginners Line Dancing 11-12	↓	Strong & Steady 11:00-11:45	↓	↓
12:00						Qi Gong with Kevin 12:30-1:45	
1:00 PM	Fiddle Group 1:00-2:30	Sing Along 1:00-3:00	Bridge Group 1:00-4:00	Ukulele 1:00-3:00	Bridge Group 1:00-4:00	Mexican Train 1:00-4:00	
2:00	↓	↓	↓	↓	↓	Line Dancing 2:00-3:30	
3:00		Tai Chi 3:30-4:30	↓	Active Age 3:00-4:00	↓	↓	
4:00		↓	Hatha Yoga 4:15-5:15	Choose Move 4:00-5:00	Hatha Yoga 4:15-5:15	Chair Yoga 4:00-5:00	
5:00		↓	↓		↓		
6:00		Toast Masters 6:30-8:30		Garden Club 6:30			
7:00		↓		↓	Table Tennis 7:00-10:00		

Pool room available any time. Drop-in fee: \$2.00 for all activities, including pool room.

Fundraising Team Join the team! If you have a bit of time to be a canvasser, event planner or have ideas for fundraising, call or email Greg: 604-741-5490
montague.grant@gmail.com

Membership: 495 members at time of printing.



From the greeters' desk

Welcome to our new Greeters: Gail, Fran, Rosemary and Paulette. They join a staff of volunteers who welcome you and provide information about procedures and activities concerning the Hall. As well, you can also purchase "activity punch cards". The greeters are available Monday to Friday from 10 AM until 2 PM. We look forward to seeing you upon your next visit to the Hall!
 Lee Ferguson -organizer

New Dental Benefit

Canada Dental Benefit

Canadian Dental Care Plan for people 65 years or older
 You may be eligible to apply for the new [Canadian Dental Care Plan](#). If you are over 70 years old, you may receive a letter by March 2024 with instructions on how to apply. If you are between 65 and 69, you can apply online starting in May 2024.

Current status

Letters including a personalized application code and instructions on how to apply are now being sent to **seniors 70 and over**.

- ▶ If you receive a letter
- ▶ If you're eligible to apply but have not received a letter

Personal application code expires on April 30, 2024
 If you are a senior over 70 years of age and have received a letter inviting you to apply for the Canadian Dental Care Plan, please remember that your personal application code will expire on April 30, 2024. More information on how to apply after April 30th will be available at a later date.

Did you know that if you have a low to modest income you may be able to have your taxes done for free?

HARMONY HALL FREE TAX CLINIC SERVICE

The Community Volunteer Income Tax Program (CVITP) is now offering a free service at Harmony Hall, if your individual income is less than \$45,000, family income is less than \$55,000 for two, + \$2,500 for each eligible dependent. *This program does not serve clients with employment income, rental property income or capital gains. Interest income must be less than \$1000.*
 Please provide your legal name, address, phone number and Social Insurance number. You will be called when your return is completed.

Drop off tax information **in the box at the greeters desk** and pick up completed tax returns **after you are called that your return is ready to pick up. It will be in the same box, in the envelope with your name. Greeters are on duty, Monday to Friday, usually 10 to 2pm.**

Application schedule

Group	Applications open
Seniors aged 87 and above	Started December 2023
Seniors aged 77 to 86	Started January 2024
Seniors aged 72 to 76	Starting February 2024
Seniors aged 70 to 71	Starting March 2024
Seniors aged 65 to 69	Starting May 2024
Adults with a valid Disability Tax Credit certificate	Starting June 2024

If you receive a letter

1. Follow the instructions in the letter to apply by phone.
2. Wait for Service Canada to let you know if you qualify for the CDCP.
3. If you do qualify, wait to receive your welcome package from Sun Life before scheduling any dental appointments. It will explain how and when you can get your care paid for.

What's happening at the hall

Introduction to line dancing

Learn the steps and basic line dances. We are dialling it back and keeping moving! The class started March 19. It runs from 11 'til 12 noon on Tuesdays! Please join us.

Tai Chi and Qigong

"Chi Kung (or Qigong) and Tai Chi have both been praised as the perfect, gentle exercise for seniors, and Qigong can even be done sitting in a chair. We currently have three groups at the Hall—on Tuesdays and Thursdays at 9am, Qigong is followed by Tai Chi, (Yang Style short and long forms.) And at 12:30pm on Fridays, there's a longer, more advanced Qigong session." Steve Sell



New activities – Do you have an idea?

To start a new activity, fill out a form and send it to Fran. Ask for a form at the desk.

Calling all gardeners

Would you like to lead us in a workshop about making a hanging basket, flowers or could even be edibles. Or, would you be interested in attending a workshop like this? Let Fran know!



Upcoming Events

Bus Tours

April 11	Silk Road Adventure, Tai Chi Lesson & Dim Sum Lunch, Dr. Sun Yat Sen Garden and a walking tour of China Town guided by Manfred Scholermann	\$40/\$55 + Lunch + Entry
April 18	Tea & Trumpets, Orpheum Theatre <i>Under the Palm Trees</i>	FULL
May 16	Vancouver Garden Tour & Museum of Anthropology, Vancouver Queen Elizabeth Park, UBC Museum of Anthropology, Nitobe Memorial (Japanese) Garden. Guided by Manfred Scholermann.	\$40/\$55 + Entry Fees
May 23	Tea & Trumpets, Orpheum Theatre <i>Back to the Baroque</i>	\$40/\$55 + Show Ticket
June 13	Photography Escape in Nature Sunshine Coast Knowledge of natural history and observation skills are needed to find subjects. On this trip, explore and discover some of the opportunities that nature provides while taking fabulous pictures on the Sunshine Coast. Guided by Manfred Scholermann.	\$10

Fran's Corner

franmiller0@icloud.com

There are a few things that none of us like to talk about, aside from the taboo three, sex, politics and religion of course. Most likely we are reluctant to tell people if we think we have been scammed... well, it's not necessary to share that with the neighbours but it is always a good idea to make a confidential report to the RCMP. The second taboo is when we think we are being taken advantage of by a friend, family member or support worker. Taking advantage could include financial, physical or emotional abuse. Not sure? Well there is a great resource where you can have a chat, talk about the issue and get some ideas of next steps: Seniors Abuse & Information Line (SAIL)
 SAIL is a confidential means for seniors to speak to a professional intake worker about issues that affect their well-being, receive information, or learn about our programs. Call 604-437-1940 or Toll-Free at 1-866-437-1940 weekdays 8am to 8pm and weekends 10am to 5:30pm.