

Spindrifters Inc.

For Those 50+

FEBRUARY 2021



MARK YOUR CALENDARS!



Some of the activities planned for February are affected by what COVID recovery phase we are in at their scheduled time. Call ahead to see if the program will be running.

Tuesday/Thursday
Speaker Series

Tuesdays
Art Classes

Sundays
Open Studio for Seniors

February 6
ZOOM Craft Class

February 14
Happy Valentine's Day

February
Impromptu Winter
Adventures

February
Rock Painting

February
YAWNS Sleep Study

February
2021 Calendar Pickup

SPINDRIFTERS INC.
BOARD OF DIRECTORS
2019 - 2021

Leona Golding Chair
Bill Fife Vice Chair
Kats Haya 2nd Vice Chair
Taryn Taylor Treasurer
Betty Stuart Secretary
Directors: Membership

Muriel Jarvis
Wilma Blokhuis
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Nancy Mandy
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RECENT ACTIVITIES:

WHEN LIFE GIVES YOU SNOW...ENJOY IT!

On a crisp day in early January, an excited group of eight keen snowshoe enthusiasts enjoyed the first impromptu outing of the 2021 season. With the first snow fall and a clear day, the group enjoyed a trek along the Van Horne Trail to Katie's Cove.



The group included Katherine, Taryn, Carol, Carla, Anna, Heather, Muriel and Caroline.

Watch for more impromptu outings--weather and snow conditions permitting. Register with Muriel at 529-4099 to be added to the contact list.

GOOD MORNING WALKS CONTINUE...

(following COVID guidelines)

Under the guidance of Muriel Jarvis, Spindrifters Inc. began hosting the 'Good Morning Walks' in the summer of 2014. The walks begin at 8:30 am on Monday, Wednesday and Friday mornings. The route begins from the parking lot of the Algonquin Resort, travels through downtown along Water Street, around Passamaquoddy Point, up Prince of Wales Street and back to the Algonquin--a total of five kilometres.



There are always opportunities to smell the roses, view the wildlife, enjoy the ocean air, check out any new building projects and enjoy the company!

Participants build their fitness levels while enjoying the company and conversation of others. The walks take place through all types of weather...barring a true blizzard! Why not join them- they are a mixture of beginners and seasoned walkers, and would enjoy your company.

February's

Events and Activities:



February 2, 9, 16, 23

TUESDAY ART GROUP FOR SENIORS RETURNS!



Working with the Saint Andrews' Spindrifters and other seniors Sunbury Shores introduced this program in 2020. Blocks of four sessions focusing on pottery, printing, painting, and other activities are available for a nominal charge. The aim of the classes is to provide informal and fun, creative opportunities - primarily for seniors.

Places **MUST** be prebooked due to COVID guidelines. Please call Sunbury Shores for more information on current status of classes, or check their website at <https://sunburyshores.org/product-category/adult-courses/>

SOCIAL SUNDAYS FOR SENIORS

An increase in grant funding received in 2020 enabled Sunbury Shores to move forward and expand their Seniors programming. Funds from ESDC New Horizons for Seniors were received which facilitated the installation of a chair lift for access to the second-floor studios.

This grant is also funding a Seniors Open Studio program (Social Sundays), enabling community seniors to plan, develop, deliver, and use a series of studio sessions covering print, pottery, painting, and other activities. Being heavily subsidized these informal classes are readily accessible. Art materials are supplied.

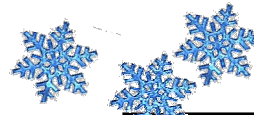
February 6

'ZOOM' CRAFT CLASS



Partnering with the Anglican Church, Spindrifters has arranged for members to enjoy craft classes while spending time at home. The instructor for the classes will be Shelly Chase, a well-know local crafter.

The first class offers you the opportunity to complete three wintery items: a small gnome, a snowy owl and a mini snowflake. Arrangements for preregistration and payment can be made by contacting Shelly at scroogemarleys@hotmail.com or 529-8588



You will need the following materials:

- Supplies Kit \$20 (contact Shelly to arrange pickup)
- Hammer
- Glue Gun
- Ruler
- Scissors
- Pen/Pencil
- Needle/Thread

Spindrifters Inc.
Ongoing Activities

CARDS AND GAMES
Mondays - 1:30 to 4:00
Anglican Church
Spindrifters \$3
Inquiries: Jayne 469-4649

MEN'S COFFEE BREAK
Saturdays 10:00-11:00
Spindrifters \$3
Inquiries: HANS 529-8372

EXERCISE CLASS
Tuesdays and Fridays
10:00 - 11:00
Spindrifters \$2 - Guests \$3
Inquiries: Carol 529-3923

Impromptu Winter Outings
Snowshoeing/XCountry Skiing
Register with Muriel 529-4099

"GOOD MORNING" WALKS
Mon/Wed/Fri
Leaves Algonquin Resort at 8:30 AM
Inquiries: Muriel 529-4099

Month of February



ATTENTION SNOWSHOERS AND XCOUNTRY SKIERS

For the past six years Spindrifters has organized impromptu trips for snowshoeing and Xcountry skiing enthusiasts as the weather permits. In preparation for the 2021 winter season, we are setting up an e-mail alert mailing list. Muriel has volunteered to organize excursions on a 24- or 48-hour notice. If you are interested in receiving e-mail notices of where and when to meet, register with her at 529-4099.

February/March

JOIN OUR WINTER PROJECT – ROCK PAINTING

How are you doing? Do you have your rock painting done? No, why not? During these long, lonesome winter months, you are challenged to paint a masterpiece on a rock. This activity has many positive outcomes from spreading kindness to those who find the rock to honing creativity for those who paint them.



Here's how it works:

*Scour the beaches, yards and the roads for smooth, mid-sized rocks (you can also buy them in the craft department of most stores).

*Paint designs using acrylic paints.

*Take a selfie with your creations and send it to Betty at stuartbetty@gmail.com who will post them for everyone to see and enjoy.

*Spray/paint your masterpiece with a varnish to waterproof it.

*Accumulate the rocks until spring when we, as a group, will place them around the community for people to find.



NOTE: If you need inspiration, there are many ideas on the internet by keying 'painted rock images' in Google.'

February**SPINDRIFTERS REQUESTED TO PARTICIPATE IN RESEARCH STUDY**

Dr. David Gardner, a professor with Dalhousie University, is leading a research study for people 65+ focusing on how to improve your sleep. He would like to have Spindrifters who are taking a prescribed sleeping pill join the research group.

From the comfort of home, participants in the study (sleepstudy.ca) will be asked to complete two telephone interviews (six months apart) and they will receive an information package by mail. To learn more or to sign up for the study, call 1-844-929-6762 or email him at sleepstudy.ca.

Over the next few months, Dr. Gardner will share information through this newsletter (See below for the first installment) to help raise awareness on how to get a good night's sleep.

Top 10 Tips for Getting a Good Night's Sleep (without sleeping pills)

Dr. David Gardner, Professor, Department of Psychiatry, Dalhousie University



For people 65 and older, did you know that New Brunswick has the highest rate of sleeping pill use in the country? The NB rate is 25% compared to 10% for the rest of Canada. The reasons for such a large difference are not well understood. Medical guidelines do not recommend sleeping pills for people over 65 because of their risks. Dr. Gardner will describe these risks in next month's newsletter. What is recommended is *cognitive-behavioural therapy for insomnia (CBTi)*. Heard of it? Most people haven't. To help you get acquainted with CBTi, he created a Top 10 list of tips (based on CBTi) for getting a good night's sleep. These are for everyone, but especially important if you live with insomnia (difficulty getting to sleep, staying asleep, or waking too early).

- #1 Get insights into your sleep patterns by using a **sleep diary** to track your sleep.
- #2 Follow a **relaxing bedtime routine** each night.
- #3 Go to bed when you are sleepy. **Going to bed too early can backfire.**
- #4 Leave the bedroom if not sleeping **after 15-20 minutes** and return when sleepy.
- #5 **Rise at the same time** each morning, even when you have a poor sleep.
- #6 **Move your thinking/planning/worry time** to earlier in the evening (instead of when your head hits the pillow).
- #7 **Avoid stimulating your brain** with screens (TV, smartphone) shortly before bed.
- #8 **Exercise and eat wisely.** Be physically active during the day. Don't go to bed stuffed or hungry.
- #9 **Nap wisely.** 15 minutes or less before 3 pm. Try to avoid napping if not sleeping well.
- #10 **Restrict your time in bed** to match the time you are sleeping. This is one of the most effective solutions for chronic insomnia. As your sleep improves spend more and more time in bed.

Remember: A bad night of sleep is frustrating but it's not the end of the world.



Have you seen a photo in the Newsletter that you like? Contact Betty at stuartbetty@gmail.com or by phone 529-4802 arrange to receive a digital copy.

LAST CHANCE TO GET YOUR 2021 CALENDAR

Due to the restrictions in place this year, we have organized a way for you to pick up your free copy of our annual calendar by contacting Leona at 467-1777. The calendar features Brian Glebe's 'Still Morning on Chamcook Lake' the winner of Photo Challenge 2020's Members Choice Award.



TECHNOLOGY TEAM SEEKING MEMBERS

We are looking for members who would like to join a 'social media team.' With the increasing use of technology to keep in touch with friends and family during the current restrictions as well as being able to design activities that can be enjoyed from home, the Board of Directors would like to expand our use of technology. If you are interested or have skills that you could share, please let Betty know at stuartbetty@gmail.com or call her at 529-4802.

Crafty Corner

Valentine Treats- Chocolate-Covered Strawberries

Your chocolate-covered strawberries will only taste as good as the ingredients you use, so always choose the best you can: Whether you use dark, milk, or white chocolate, choose something you've tasted and liked. Better quality chocolate contains more cocoa butter, and will be smoother and glossier when it melts. To keep berries fresh, plan on dipping them within two days of buying them.

Ingredients

- 1 pound fresh strawberries with leaves intact
- 8 ounces chocolate chips or bar chocolate (chopped into small pieces)
- Optional: 8 ounces white chocolate for drizzling

Equipment

- Paper towels
- Baking sheet
- Parchment or waxed paper
- Saucepan (optional)
- Heatproof/microwave-safe bowl
- Heatproof silicone spatula (wood can retain water)
- Skewer or toothpick (optional)
- Spoons (optional)



Directions

1. Rinse berries under cold water and dry thoroughly, even the leaves. Important: You'll want to make sure not the slightest drop of water comes into contact later with your melted chocolate; otherwise it will go from silky smooth to thick and grainy in an instant. Set the washed and dried berries on a perfectly dry towel and let them come to room temperature while you prep the baking sheet and the chocolate.
2. Line a baking sheet with parchment or waxed paper. Use a large enough pan to allow an inch or two of space between the strawberries.
3. Melt the chocolate.
4. Dip the strawberries. The chocolate should be warm, not hot. Working one at a time, pick up a strawberry by the stem, or insert a skewer or toothpick into the top. Dip into the chocolate, bottom first, to about $\frac{3}{4}$ of the way up. Gently rotate the strawberry as you pull it out of the chocolate, so the excess drips back into the bowl and the last drip rolls onto the strawberry.
5. Place the strawberry on the lined baking sheet. Repeat until all the strawberries are dipped.

How to Store Chocolate-Covered Strawberries

You can't store them for long. One or two days in an airtight container in a cool spot is about the limit. Don't store them in the fridge, though — they tend to "sweat."

More Decorating Ideas (See picture)

An easy way to dress up dark chocolate-dipped strawberries is by drizzling them with white chocolate or do a double dip. Let the dark chocolate cool and harden around the strawberries while you melt the white chocolate.

Drizzle: Dip $\frac{3}{4}$ in dark chocolate; let it harden before drizzling with white chocolate.

Double-Dip: Dip $\frac{3}{4}$ in white chocolate; let it harden before dipping $\frac{1}{2}$ in dark chocolate.

Tuesdays and Thursdays



2021 VIRTUAL WINTER SPEAKERS SERIES

Tuesdays and Thursdays

6:00 PM – 7:00 PM

Available on the Rothesay Hive Facebook page

www.facebook.com/groups/RothesayHive

Are you looking for something to occupy your days? These sessions are offered in partnership with Rothesay and *Go Ahead Seniors*. The topics range from the importance of keeping active and dealing with life after a stroke to the influence of music in our lives.

NOTE: You do NOT need to be on Facebook to access the sessions.

2021 ROTHESAY Virtual Winter Speaker Series

Rothesay in partnership with Go Ahead Seniors presents the 2021 *Virtual Winter Speaker Series* beginning Thursday, February 4. Interviews will be available on the Rothesay Hive Facebook Page: www.facebook.com/groups/RothesayHive

Schedule & Speakers

- | | |
|-------------------------|---|
| FEB 4
6:00PM | STAYING ACTIVE DURING THE WINTER
Paulette Haines, <i>Personal Trainer/Fitness Leader</i> |
| FEB 9
6:00PM | ELDERDOG CANADA
Dr. Ardra Cole, <i>Founder of ElderDog Canada</i> |
| FEB 11
6:00PM | THE IMPORTANCE OF MUSIC IN OUR LIVES
Chris Buckley, <i>Saint John String Quartet</i> |
| FEB 16
6:00PM | NAVIGATING LIFE AFTER A STROKE
Taylor Devlin, <i>Heart & Stroke, Stroke Navigator</i> |
| FEB 18
6:00PM | ANXIETY & DEPRESSION DURING A PANDEMIC
Ashley Delahaye, <i>Clinical Social Worker & Therapist</i> |
| FEB 23
6:00PM | ART DURING THE PANDEMIC
Carol Taylor, <i>Artist & Writer</i> |
| FEB 25
6:00PM | HOW IS YOUR FINANCIAL HEALTH?
Lindsay Palmer, <i>TD Wealth Investment Advisor</i> |