

Spindrifters Inc.

JANUARY 2023 For Those 50+



RECENT ACTIVITIES



A FUN-FILLED DECEMBER 2022

pictures submitted by Carla and Leona

Spindrifters kept themselves busy and enjoyed the holidays as the Saint Andrews' community exuded the Holiday Spirit and held many opportunities to "show your spirit.". The town was exquisitely decorated and walking down Water Street felt like you had traveled back in time.



Members were seen enjoying the Santa Parade, Tree Lighting, Caroling, attending the Community Concert and, of course, taking advantage of the varied shopping experiences. The Morning walking group gathered for lunch at the Algonquin Resort.

The annual Farmers' Market was held at the high school where Spindrifters members Hans, Carla and Leona manned our annual informational table. They listened to your comments and

ideas as well as answered questions. They also accepted 2023 membership renewals and signed up a number of new members.



*Pictures: Leona and Hans
Good Morning Walkers
Victorian Carolers*



PHOTO CHALLENGE 2022 RESULTS

...and the Members' Choice Award goes to
***Tranquility* by Nancy Mandly**

During the fall months, members were invited to enter a photograph in Spindrifters' sixth annual Photo Challenge. The 2022 category was "Emotions". Nine amazing submissions were received.

Current members then had the opportunity to vote for their favourite. First-time entrant Nancy Mandly's *Tranquility* received the highest number of votes and is featured on the 2023 calendar.
below:



MARK YOUR CALENDARS!

- January 9
Cards/Games Resume
- January 9
Crafting Workshop
- January 10
Exercise Classes Resume
- January 18
Scams/Frauds Presentation
- January 26
Lunch -Red Herring
- January ry 27-29
Winter-Warmer Festival
- Monday/Wednesday/Fridays
Morning Walks
- Saturday Mornings
Coffee Break
- Winter Activities
Sign up with Muriel
529-4099

The 2022 Spindrifters' calendars featuring the Members Choice Award photograph submitted by Nancy Mandly will be distributed at our events as they resume in 2023.

They are free to current members of Spindrifters Inc.



SPINDRIFTERS INC. BOARD OF DIRECTORS 2022-2023

Leona Golding	Chair
	Vice Chair
Carla Perkins	Treasurer
Nancy Mandly	Secretary
Betty Stuart	Membership

Directors:
Elenna Thompson
Claude Vienneau
Hans Obermeier



SURVIVORSHIP WORKSHOP HELD IN NOVEMBER

submitted by Barry Murray



*Back: Ray, Sue, Susan, Barry, Donna and Alan
Front: Heather, Geoff, Sylvia and Stan*

On Wednesday, November 23, a group of Spindrifters met in the artists studio at Sunbury Shores on what turned out to be a wet /snowy afternoon. The workshop *Navigating Survivorship* was presented by Barry Murray who has previously offered similar workshops to the Spindrifters organisation

The workshop began with some informal introductions, with participants telling the group something that they thought no one would know about their lives. They learned all sorts of interesting facts about each other but promised not to share

The workshop is based on the premise that we all will die one day, and leave someone as our survivor (perhaps a spouse, a partner, a family member, an executor....). Rather than leave them floundering in the dark when they are grieving and vulnerable, the session concentrated on getting things organized such that the survivor will not be overwhelmed. Topics included: the responsibilities of executors, the new legislation for Powers of Attorney in New Brunswick, medical directives, where to get help and assistance, and how to document your estate.

Participants were encouraged to create a "Survivors" file so that critical information would be readily available when it would be most needed.

The session then moved to the topic of "What Now" ..ie what do I do when someone dies? Participants were given key contacts, a timeline of what needs to be done and when; how to deal with Pensions, death benefits, and finances, and dealing with the myriad of notifications that must be completed. There was also an update on Federal Legislation on " *Medical Assistance in Dying*", as well as your " Cyber " estate.

Barry left the group with some essential homework...*Get your stuff in order so you WILL survive being a survivor!*

Spindrifters Inc. Ongoing Activities

<p>CARDS AND GAMES Mondays - 1:30 to 4:00 Anglican Parish Hall Spindrifters \$2 - Guests \$3</p>		<p>CRAFTING WORKSHOP Mondays - 1:30 to 4:00 Anglican Parish Hall Spindrifters \$2 - Guests \$3</p>
<p>COFFEE BREAK SATURDAY MORNINGS 10:00 AM HONEYBEANS</p>	<p>EXERCISE CLASS Tuesdays and Fridays 10:00 - 11:00 WC O'Neill Complex Spindrifters \$2 - Guests \$3</p>	<p>"GOOD MORNING" WALKS Mon/Wed/Fri Leaves Algonquin Resort at 8:30 AM</p>

January's

Events and Activities:



*"Here's a toast to the future,
a toast to the past,
and a toast to our friends, far and near."
Spindrifters, Inc. wishes you a healthy and prosperous 2023!*

January 9



Crafting Workshop



Monday afternoons
1:30 pm to 4:00 p.m.
Anglican Parish Hall
Cost...members \$2, guests \$3



Cards/Games Socials

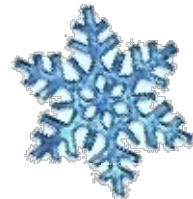


1:30 pm to 4:00 pm
Anglican Parish Hall
Cost... Members \$2, guests \$3
The kitchen remains closed but you may
start bringing snacks to share.
Be sure to bring your own beverage.

January 10

Exercise Classes

Tuesday and Friday Mornings
_10:00 a.m. to 11:00 a.m.
WC O'Neill Complex
Cost..... Members \$2, guests \$3



The twice-weekly exercise class lead by Carol MacLean resumes for the winter. The classes include a complete series of seated and standing exercises. Chair support is provided for safety when performing a variety of postures designed to increase flexibility, balance and range of movement, coordination, agility, muscular strength and cardiovascular improvement.

Weekly Coffee Break



Saturday Mornings
10:00 am
Honeybeans
Questions/Information: Hans 529-8372

January 18

AN INVITATION TO ALL SENIORS

Join Lisa Williams, Community Program Officer with the J Div RCMP Innovation & Crime Reduction Unit, to learn some Tips & Tricks to protect yourself from Frauds & Scams and also Senior Safety at Home.

**WC O'Neill Theatre
1:00 PM FREE
Public Welcome!
Sponsored by Spindrifters Inc.**



January 26

ENJOY LUNCH AT THE RED HERRING

Enjoy lunch in Saint Andrews!
Destination - The Red Herring Pub
Water Street – Saint Andrews
Pub Fare Available - Licensed Dining
Reservation is for 1:00
Register with Betty (529-4802) by **January 21**



January 27 to 29

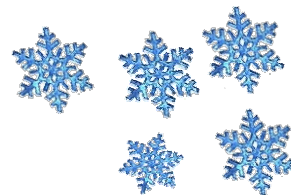


WINTER WARMER FESTIVAL

An annual winter warming festival in beautiful Saint Andrews features a series of intimate and cozy performances by many talented musicians from around the Maritimes. Add to that lots of great food and drinks and you have a recipe for a great weekend. Ticket information and the schedule for all the performances will be available soon at the following:
<https://www.winterwarmerfestival.ca/>

Winter Activity

**ATTENTION SNOWSHOERS
AND CROSS COUNTRY SKIERS**



A Ministers Island Adventure

Over the past years Spindrifters Inc has organized impromptu trips for snowshoeing and cross country skiing enthusiasts as the weather permits. In preparation for the 2023 winter season, we are setting up an e-mail alert mailing list. Once again, Muriel Jarvis 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, contact her at 529-4099