

Parish of New Maryland
ZOOMERS



NEWSLETTER

October, 2019 Issue

**President's
 Corner**



The PNM Zoomers are off to a great start this Fall! The Pot Luck Social had one of the largest turnouts on record. Besides the popular exercise classes and line dancing, we have started yoga on a trial basis. There are other new activities being planned such as the craft group and cards. We will be celebrating our 10th Anniversary at the Soup Luncheon on 17 October! Always a great meal! If you haven't joined us, why not? Have a great Thanksgiving and a happy Hallowe'en.

Gary Campbell pnmzoomers@gmail.com

OUR PROGRAMS AND OPPORTUNITIES

**Fitness
 Social
 Educational
 Crafts
 Advocacy**

**Volunteer of the
 Month
 Diane Foster**



Diana is no stranger with the PNM Zoomers. She has been a volunteer instructor for the stretch & strengthening classes for the last 10 years. Her time and commitment have been relentless. In gratitude, the PNM Zoomers are recognizing Diana as the "Volunteer of the Month." Thank you and congratulations Diana!

WHO ARE WE?

The PNM Zoomers is a 50 Plus Group for residents of the Village of New Maryland and surrounding areas. An annual membership fee is only \$20.00.

Membership includes access to a variety of activities AND MORE. We are grateful to Dana Demmings for printing this newsletter.

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**Canada's Food Guide
Eat Well Live Well
Focus on Vegetables and Fruits**

A key message of the new Eat Well Plate is to include vegetables and fruits as part of your regular eating pattern. In fact, we should try to make half of our plate vegetables and fruits!



Why are vegetables and fruit so important? Vegetables and fruits provide a wide variety of vitamins and minerals to help keep our bodies healthy. Vegetables and fruit are also great sources of fibre which is important for keeping our digestive track healthy and our bowels regular. Vegetables and fruits can also help to lower our risk of chronic diseases such as cancer, diabetes and heart disease.

Include plenty of vegetables and fruits in your meals and snacks. They come in many forms, such as fresh, frozen and canned. Variety is the spice of life! Try to include different colours and textures of vegetables and fruit. This helps to keep meals interesting and will provide your body with a variety of different nutrients that are needed for good health. Remember that fruit juice is high in sugar. Replace juice with water and choose whole or cut vegetables and fruits instead of juice.

Fall is a wonderful time to enjoy fresh, delicious New Brunswick produce! Look for local vegetables and fruit at your grocery store or at your community market. Next spring consider planting a patio planter, small garden or purchase a plot at a community garden. To find out more about buying local visit BuyLocalNB.com.

Check out [Eat vegetables and fruits](#) for more information on choosing and preparing vegetables and fruit. Bon Appétit! **Article provided by Registered Dietitians, Public Health/Fredericton/Upper River Valley**

Ongoing Programs for Members & Guests

◇ **Line Dancing with Mable**
Mondays at 9:15 am at Victoria Hall for beginners (\$5.00 /lesson charge)

Mondays at 10:30 am at Victoria Hall for intermediate level (\$5.00/lesson charge)

◇ **Stretch & Strengthening Classes with Diana**

Tuesdays & Thursdays at the Seniors Centre, New Maryland Centre at 10:00 am

◇ **Yoga with Nicole**

Wednesdays & Fridays at the Seniors Centre, New Maryland Centre at 10:00 am

◇ **Book Club**

Fourth Thursday—October 24 at 11:00 am, Board Room, New Maryland Centre

◇ **Halloween Soup Luncheon**

Thursday, October 17 at 11:30 am., New Maryland Centre (held every second month)

This month's Sponsor: Larry DeLong, RCIC, Immigration Counsel



◇ **Pot Luck Supper**

Third Wednesday, Nov 20 at 5:30 pm, Seniors Centre, New Maryland Centre (held every second month)

◇ **Monthly PNM Zoomers Board Meeting**

Monday, October 7 at 10:00 am, Board Room, New Maryland Centre. All are welcome!

◇ **Recreational Card Games**

Starting October 2

Wednesdays at 1:30 pm, Seniors Centre, New Maryland Centre (please advise if you are interested)

◇ **Crafts**

Will begin in late fall on Wednesday mornings, starting date to be determined if enough interest (please advise if you are interested)

PNM Zoomers Monthly Calendar

Unless otherwise noted, all activities and programs are free to members and special guests. The programs and events listed are benefits for our members. If you are not currently a member or a volunteer and are interested in participating in these programs as a special guest, please give us a call at 455-3825. We'd love to talk to you about our organization.

October 2019



Sun Mon Tue Wed Thu Fri Sat

		<i>1</i> <i>Exercise</i>	<i>2</i> <i>AM Yoga</i> <i>PM Cards</i>	<i>3</i> <i>Exercise</i>	<i>4</i> <i>Yoga</i>	<i>5</i>
<i>6</i>	<i>7</i> <i>Board Meeting</i> <i>Line Dancing</i>	<i>8</i> <i>Exercise</i>	<i>9</i> <i>AM Yoga</i> <i>PM Cards</i>	<i>10</i> <i>Exercise</i>	<i>11</i> <i>Yoga</i>	<i>12</i>
<i>13</i>	<i>14</i> <i>Line Dancing</i>	<i>15</i> <i>Exercise</i>	<i>16</i> <i>AM Yoga</i> <i>PM Cards</i>	<i>17</i> <i>Exercise</i> <i>Soup Luncheon</i>	<i>18</i> <i>Yoga</i>	<i>19</i>
<i>20</i>	<i>21</i> <i>Line Dancing</i>	<i>22</i> <i>Exercise</i>	<i>23</i> <i>AM Yoga</i> <i>PM Cards</i>	<i>24</i> <i>Exercise</i> <i>Book Club</i>	<i>25</i> <i>Yoga</i>	<i>26</i>
<i>27</i>	<i>28</i> <i>Line Dancing</i>	<i>29</i> <i>Exercise</i>	<i>30</i> <i>AM Yoga</i> <i>PM Cards</i>	<i>31</i> <i>Exercise</i> 		

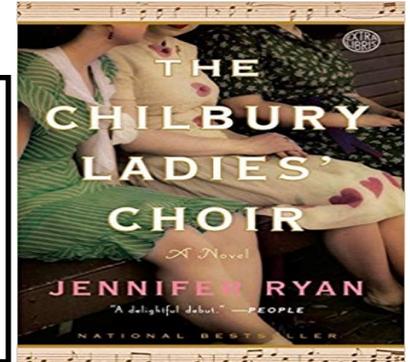
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Book Club Meet at the New Maryland Centre

Next Discussion: Thursday, October 24 @ 11:00 AM

Reading Selection by Lynda

The Chilbury Ladies' Choir by Jennifer Ryan



PNM Zoomers Scholarship Program-



Photo from left to right: Pat Richardson, Brooke Ingraham, Pauline Love and Gary Campbell

Since 2016, high school and university students have been invited to apply for the PNM Zoomers Scholarship. Students may receive up to \$500 towards their studies. Recipients must live in the Parish of New Maryland (Village of New Maryland, Beaverdam, Rusagonis, or Charters Settlement) and be enrolled in a geriatric or a related field. Applications are due on June 1st of each year.

On behalf of the PNM Zoomers, the co-chairs of the PNM Zoomers Scholarship program (Pauline Love & Pat Richardson) recently presented a \$500 cheque to Brooke Ingraham, recipient of the 2019/2020 scholarship. Brooke is from Rusagonis and has started her second year in the nursing program at UNB. Congratulations Brooke and best of luck in your studies!

Fall Soup Recipe

½ cup (125 mL) chopped onion
¼ cup (65 mL) butter or margarine
6 cups (1500 mL) chicken or vegetable broth
4 cups (1000 mL) butternut squash, cubed
2 apples, peeled and cubed
1 potato, peeled and cubed
2 carrots, sliced
½ tsp (3 mL) thyme
Salt, pepper, parsley to taste
½ cup (125 mL) milk



In a large pot, sauté onion in butter/margarine. Add broth, squash, apple, potato, carrot and spices. When veggies are cooked, remove from pot and puree. Return to pot and add milk. Reheat but do not boil. Enjoy!

Recipe provided by Registered Dietitians, Public Health/Fredericton/Upper River Valley

Calling All Members & Friends

What would you like to see happening in our community?

What would inspire you to volunteer with the PNM Zoomers?



We'd love to hear from you with your great ideas for programs and events

Please phone Gary Campbell at (506) 455-3825
or Email: pnmzoomers@gmail.com



PNM Zoomers

