

# PNM ZOOMERS



## NEWSLETTER

October, 2020 Issue

### **Executive Corner** **What's New?**

Dear PNM Zoomers,

You can certainly tell that fall is coming! The trees have started to change colour and many of them are starting to drop their leaves. October is here with its promises of Thanksgiving and Hallowe'en! The big question is how can we safely celebrate these two events? No one has the complete answer but I would encourage you to follow the COVID-19 guidelines and act responsibly! That is what Carolyn and I plan to do.

The good news is that our exercise and yoga classes are up and running. Exercise is operating at close to its maximum of 36 participants. If you missed out on this, then I understand that there is room in the yoga class. Something to consider.

In the last newsletter, we had asked for members to tell us if they were interested in the book club or the arts & crafts club. We didn't receive any replies so we have decided to postpone starting up these two groups until the new year. By then, we should have a better idea of how we can run these two activities. I hope to have a proposal for computer classes soon. There will probably be a cost for this to pay the instructor and perhaps to rent space to hold it in. I will tell you more once I have the information.

Don't forget that the PNM Zoomers need volunteers to serve on the Board. If you enjoy the benefits of being a member, please consider running for office! Your club needs you!

Meanwhile, enjoy the fall weather and...stay healthy and safe!

All the best,

**Gary Campbell, President**



### **COVID-19 UPDATE**

Welcome to fall. Enjoy the bright and beautiful fall colours.



We still face many uncertainties as we move into the month of October. As we look forward to Thanksgiving, we may witness smaller gatherings and for some family members they may not be able to travel, leaving an absence at our tables. Furthermore, it is disheartening at this time, we will not be participating in the Reading Buddy Program at the New Maryland Elementary School.

On a positive note, we can be thankful that we have been spared the sadness and suffering that exist in so many other places. Also, I am pleased the exercise classes have resumed at the New Maryland Centre.

Happy Thanksgiving!!! Stay healthy, safe and active.

**Mayor Judy Wilson-Shee**

# Happy Halloween



Halloween is a holiday celebrated each year on October 31, and Halloween 2020 will occur on Saturday, October 31. The tradition originated with the ancient Celtic festival of [Samhain](#), when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.



## Newsletter Publication

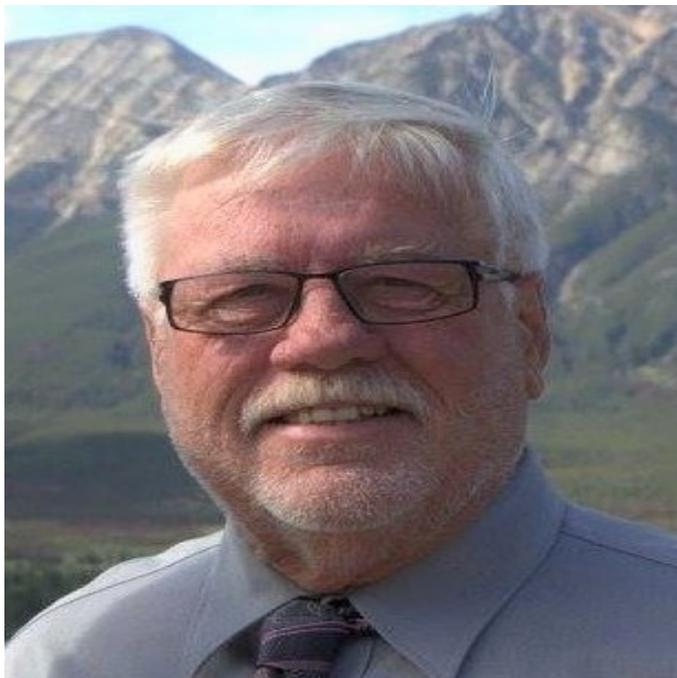
The PNM monthly newsletter will gradually get back to its initial format of providing you with details of social and recreational activities and much more. However, the print version is still cancelled for now because of Covid -19 restrictions.

# Enjoy

*Gisèle McCaie-Burke, Newsletter Editor*

## VOLUNTEER OF THE MONTH

**Brian Price**



Brian has been and continues to be a well known businessman in the community (M.W. Price & Sons) and for his support and involvement with local activities and events. Notably, he is Past President of the New Maryland Lions Club and continues to be an active member, especially with the annual Xmas Food & Toy Drive.

In gratitude, the PNM Zoomers are recognizing Brian as the "Volunteer of the Month." Thank you and congratulations, Brian!

## Ongoing Programs for Members & Guests

### ◇ **Stretch & Strengthening Classes with Diana**

*Tuesdays & Thursdays , Upstairs, New Maryland Centre at 10:00 am*

*Because of Covid-19 restrictions, there is a limit of 36 participants plus the instructor.*

### ◇ **Yoga with Nicole**

*Wednesdays and Fridays at the Senior Centre, New Maryland Centre at 10 am*

*Because of Covid-19 restrictions, there is a limit of 8 participants plus the instructor.*

### ◇ **Monthly PNM Zoomers Board Meeting**

*Monday, November 2 at 10:00 am , via Zoom. All are welcomed! Please advise if you are interested in participating so you can get an invite.*

### ◇ **Book Club**

*Will begin in January 2021 if enough interest. Please advise if you are interested.*

### ◇ **Pot Luck Suppers & Soup Luncheons**

*Postponed indefinitely*

### ◇ **Crafts**

*Will begin in January 2021, starting date to be determined if enough interest.*

### ◇ **Line Dancing with Mable**

*Due to limited space at Victoria Hall, this activity will not be held in New Maryland this fall. Mabel is offering Line Dancing classes in Fredericton and has extended an invitation to our members.*

## 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 paying 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 450-6382. We'd love to talk to you about our organization.



# October 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 <i>Exercise</i>	2 <i>Yoga</i>	3
4	5	6 <i>Exercise</i>	7 <i>Yoga</i>	8 <i>Exercise</i>	9 <i>Yoga</i>	10
11	12 	13 <i>Exercise</i>	14 <i>Yoga</i>	15 <i>Exercise</i>	16 <i>Yoga</i>	17
18	19	20 <i>Exercise</i>	21 <i>Yoga</i>	22 <i>Exercise</i>	23 <i>Yoga</i>	24
25	26	27 <i>Exercise</i>	28 <i>Yoga</i>	29 <i>Exercise</i>	30 <i>Yoga</i>	31 

## Pumpkin Pie à la Pauline

### Ingredients

Pastry shell  
2 eggs  
1 cup milk  
1 1/2 cups pumpkin  
1 1/3 cups lightly packed brown sugar  
1 tsp cinnamon  
1/2 tsp ginger  
1/2 tsp nutmeg  
1/4 tsp cloves



### Directions

1. Preheat oven to 450°F.
2. Prepare a 9 or 10 in pastry shell. Keep in fridge until ready to fill.
3. Beat together: eggs, milk, pumpkin.
4. Mix together and stir into pumpkin mixture the following ingredients: brown sugar, cinnamon, ginger, nutmeg and cloves.
5. Pour into pie shell.
6. Bake at 450°F for 10 minutes.
7. Reduce heat to 350°F. and bake for 45 to 50 minutes, or until almost set.
8. Serve cold or reheat in a 300°F oven.

*You may want to serve it with ice cream, whipped cream or try pouring on 1/4 cup of strained honey mixed with 1/2 cup chopped pecans.*

*My favorite pumpkin pie recipe comes out of the Laura Secord Canadian Cook Book.*

*Happy Thanksgiving to one and all and enjoy...Pauline*