

# Seniors enjoy a free lunch in Colborne

By Ray Yurkowski  
**EMC News - Colborne** -  
Cramahe Township seniors  
took advantage of a free  
lunch last week, courtesy of

Community Care, the Col-  
borne Masonic Lodge, the  
municipality and a host of  
sponsors and volunteers.  
The annual summertime

picnic has been a fixture in  
the community for decades  
says municipal councillor  
and Community Care vol-  
unteer Pat Westrope, who  
recalled an event started in  
the mid-1980s by a former  
reeve of pre-amalgamation  
Cramahe Township.

But Community Care  
Northumberland executive  
director Trish Baird calls it "a  
celebration of our seniors."

The more than 100 who  
signed up for the event, held  
at Victoria Square in the cen-  
tre of Colborne, were treated  
to some live lunchtime en-  
tertainment from local coun-  
try singer Jeannie Mintz.



Those attending the annual Community Care senior's picnic in Colborne last week were treated to some live lunchtime entertainment from local country singer Jeannie Mintz. Photo: Ray Yurkowski

Community Care pro-  
vides a host of programs for  
seniors in the Colborne area.

A diner's lunch is held on  
the second Wednesday of  
month at the Keeler Centre.  
The \$10 fee includes a full  
course meal, door prizes and  
a short program.

Meals on Wheels are de-  
livered every Tuesday and  
Thursday during the noon  
hour. The five-dollar meals  
are prepared in town and in-  
clude an entrée, salad or soup  
and a dessert.

A transportation program  
is offered for people who  
need a lift to medical appoint-  
ments, shopping or for social  
outings. The cost depends on  
the length of the drive.

Every morning, security  
calls check up on a client's  
health status and allow a  
short visit on the telephone.  
As well, volunteers do some  
Friendly Visiting at their  
home on a regular basis.

The Community Care  
meeting room is a busy place.  
A knitting group meets there  
Mondays at 10 a.m. and Tues-  
days, there's the men's coffee  
group at 10 a.m. and a ladies  
group at 1:30 p.m. At 10 a.m.  
on the first Wednesday of  
the month it's Eyes Forward,  
a group for sight-impaired



More than 100 Cramahe Township seniors showed up for a free lunch last week at the annual Community Care picnic in Colborne. Photo: Ray Yurkowski

people to share information  
and encourage one another.

A quilting group, a time for  
socializing and making quilts  
to donate or for themselves,  
is held every Wednesday at 7  
p.m. at the Salem church.

For more information on  
these and other programs,  
email <colborne@commcare.  
ca> or call 905-355-2989.

As well, Community Care  
is looking for players and  
teams to compete in the first  
annual Road Hockey Rally,  
to be held on September 22 at  
the new facility in Colborne.

The single-day, double-elim-  
ination competition guar-  
antees two games, lunch, an  
event T-shirt and a grab bag  
full of goodies. Players ages  
eight through 13 are eligible  
to participate with boys and  
girls playing together in a  
mixed-tournament format.  
Divisions will be organized  
by birth date and registra-  
tion is limited to 144 (48 per  
division). The event has been  
organized and will be run by  
a team of area volunteers in  
an effort to raise \$3,000 in  
support of Community Care  
Northumberland.

"This volunteer commit-  
tee wanted to offer a great  
annual event to the children  
of Northumberland County,"  
said Baird in a press release.  
"It helps keep them active  
and teaches them about giv-  
ing back to their local com-  
munity."

Better hurry though; the  
registration deadline is Au-  
gust 31. Log onto <www.  
roadhockeyrally.ca> for  
more information.

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