

55+ Club – Update for April 24th

Greetings – we do hope that everyone is keeping well this week & staying safe & healthy! We have a couple more links of things that you can view from the comforts of home.

Virtual Tours and Entertainment

The Bells of Banff, Alberta

<https://youtu.be/XdoPjIGFWds>

Rijksmuseum – Amsterdam, Netherlands

Explore the masterworks from the Dutch Golden Age, including works from Vermeer and Rembrandt. Google offers a Street View tour of this iconic museum, so you can feel as if you're wandering its halls. It really does!

<https://www.rijksmuseum.nl/>

Van Gogh Museum, Amsterdam

Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, almost up close) by virtually visiting this museum – the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters. This one is epic!

<https://www.vangoghmuseum.nl/en>

National Museum of Modern and Contemporary Art, Seoul

One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.

<https://www.mmca.go.kr/eng/>

Complete Some Puzzles – You Can Even Do Them Online

<https://www.jigsawexplorer.com/>

Keeping Active this Week

Love Your Brain – Yoga Videos

<https://www.loveyourbrain.com/yoga-videos>

Join the Active Living Challenge

A weekly activity listing that is ideal for those just starting out. Log your activity for chance to win prizes; challenge your friends to join you in spirit or remotely.

<https://www.cometogetherws.ca/spring-active-living-challenge>

Recipe of the Week

Quick and Easy Brownies

Per Serving:

229 calories; 12.2 g total fat; 62 mg cholesterol; 150 mg sodium. 28.8 g carbohydrates;
3.1 g protein

Measurement	Ingredients
1 Cup	Dark Chocolate
1/3 Cup	Honey
2	Eggs
1 1/3 Cups	Whole Wheat Flour
1	Pinch of Sea Salt

Directions:

1. Preheat the oven to 350°F (180°C).
2. In a small microwave-safe bowl, microwave the chocolate in 15 to 30-second intervals, stirring occasionally, until completely melted. Set aside.
3. While the chocolate cools a bit, beat the eggs thoroughly with a whisk until foamy and pale.
4. Pour in the honey and melted chocolate and whisk until fully combined.
5. Sprinkle in the whole wheat flour and salt. Fold the batter together with a spatula just until the flour disappears.
6. Pour the batter into a greased 8x8-inch (20x20 cm) baking tin and spread the top into an even layer.
7. Bake for 15 minutes, until the batter has just begun to set.
8. Let the brownies cool at least another 30 minutes before slicing and serving.
9. Enjoy! 😊

Trivia of the Week – Answers from April 17th

1. What show set a record when it had nearly 100 million people tune in for its finale on January 30th, 1977? - **Roots**
2. Which horse won the 1973 Kentucky Derby, Preakness, and Belmont Stakes becoming the 9th horse ever to take home the Triple Crown? - **Secretariat**
3. When copyrighted in 1971, what was the original phrase that accompanied the smiley face logo? - **Have a Happy Day**
4. Which band announced their breakup on April 10, 1970? – **The Beatles**

A Trivia Test for Older Kids

THE ANSWERS WILL BE ON THE TIP OF YOUR TONGUE, BUT YOU JUST CAN'T
QUITE REMEMBER THE CORRECT ANSWER.

DON'T LOOK BELOW FOR THE ANSWERS UNTIL YOU HAVE TRIED IT OUT.

1. When the Beatles first came to the U.S. In early 1964, we all watched them on...
2. The _____ Show.
3. 'Get your kicks, _____.'
4. 'The story you are about to see is true.'
5. The names have been changed to _____.'
6. 'In the jungle, the mighty jungle, _____.'
7. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'
8. Nestle's makes the very best _____.'
9. Satchmo was America 's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____

Smile or Laugh for the Day



A middle-aged woman had a heart attack and was taken to the hospital. While on the operating table, she had a near death experience.

Seeing God, she asked, "Is my time up?" God said, "No, you have another 43 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction and tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 40 plus years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child, I am sorry, I didn't even recognize you!"

ANSWERS TO THIS WEEK'S TRIVIA QUESTIONS:

1. The Ed Sullivan Show
2. On Route 66
3. To Protect the Innocent
4. The Lion Sleeps Tonight
5. The limbo
6. Chocolate
7. Louis Armstrong
8. The Timex Watch
9. Freddy, The Freeloader and...'Good Night and God Bless.'

Take care and if you need any assistance please do not hesitate to contact either Jen – jen.mceachen@townofws.ca or Barb at barb.armstrong@townofws.ca – by phone at 905-642-7529 extension 5328.

We are still looking for stories, recipes, jokes or anything that you would like to share with fellow members. Please send these to us by Tuesday April 28th, so that they can be included in the Friday May 1st update!

Thank you to everyone who contributed to this week's update! 😊

Jen and Barb