

## [55+ Club – Update for May 1st](#)

**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](#)

### [Uffizi Gallery, Florence](#)

This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medicis. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from anywhere in the world.

<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

## [Smithsonian National Museum of Natural History:](#)

Move at your own pace through the 360-degree room-by-room tour of every exhibit in the museum. <https://naturalhistory2.si.edu/vt3/NMNH/>

### [Royal Botanical Garden, Kew](#)

The Royal Botanic Gardens, Kew is in Richmond on the outskirts of London, and is one of the most amazing gardens in the world. It has an extraordinary diversity of plants, over 14,000 trees and it is all set within a vast and beautiful landscape layered with history and heritage.

[https://www.youtube.com/watch?v=ioG\\_Vfh0Kxw&feature=emb\\_logo](https://www.youtube.com/watch?v=ioG_Vfh0Kxw&feature=emb_logo)

### [Epic Car Museums](#)

These **virtual tours** bring the world's best car collections to you. ... Click on the link to see the best **car museums** that you can view online. Check out the digital vault tours led by collection manager Dana Williamson which is all for **free**.

<https://www.motortrend.com/news/best-car-museum-virtual-tours/>

## [Adventures in Replying to Spam – James Veitch](#)

<https://www.youtube.com/watch?v=C4Uc-cztsJo>

## Keeping Active this Week

### Exercises to Improve Balance and Prevent Falls

<https://www.youtube.com/watch?v=IhFmlZGvU8A>

### 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

### Healthy Peanut Butter Banana Muffins

Measurement	Ingredients
3	Large ripe bananas
1/2 Cup	Natural Peanut Butter
4 Tablespoons	Honey
2	Eggs
1 ¼ Cups	Oat Flour *
1 Tablespoon	Baking Powder
½ Teaspoon	Sea Salt
1 Cup	Dark Chocolate Chips

#### Directions:

1. Preheat oven to 425°F. Line a muffin tin with 12 muffin cups and spray the muffin cups with an oil-based spray. Set aside.
2. In a large bowl combine the bananas, peanut butter, honey, eggs, and vanilla. Stir until well combined. Add the oat flour, baking powder, and salt and fold to combine. Add the chocolate chips. Make sure to not over mix.
3. Scoop batter into prepared muffin cups, filling just shy of the top of the cups. Bake for 5 minutes at 425°F, then, without opening your oven door, turn the oven down to 350°F and bake for an additional 15 minutes.
4. Remove from oven and allow to cool for 10 minutes, before transferring to a wire rack to cool completely.

NOTES \*If you don't have oat flour on hand, you can make your own by placing 1 1/4 cups of oats in a blender or food processor and pulsing until the consistency of flour!

## Trivia of the Week

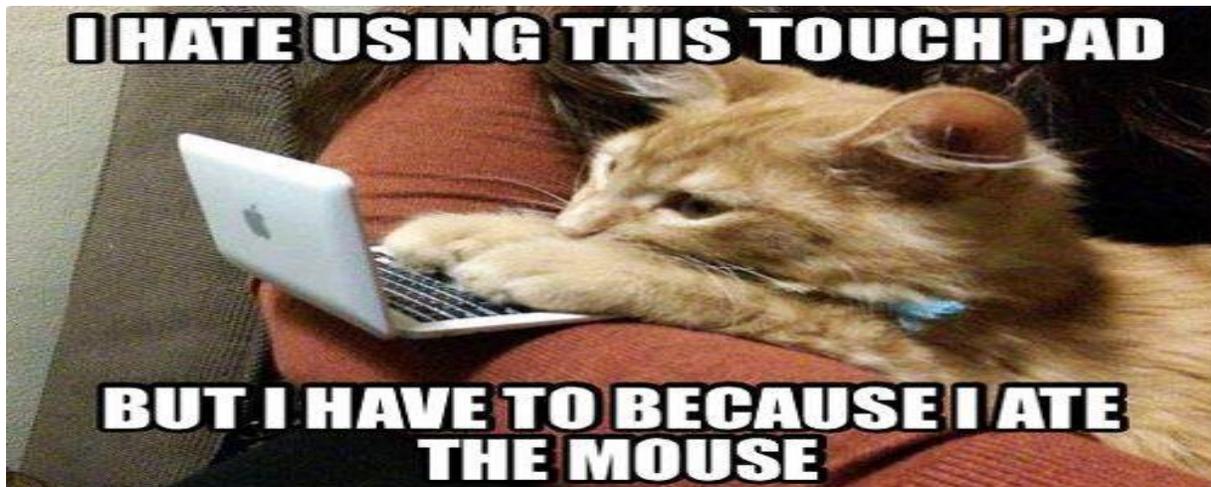
### A Trivia Test for Older Kids – Part 2

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. What takes a licking and keeps on ticking? \_\_\_\_\_.
2. Red Skeleton's hobo character was named \_\_\_\_\_  
and Red always ended his television show by saying, 'Good Night, and  
'\_\_\_\_\_.'
3. Some Americans who protested the Vietnam War did so by burning their\_\_\_\_\_.
4. The cute little car with the engine in the back and the trunk in the front was called the VW.  
What other names did it go by? \_\_\_\_\_ &\_\_\_\_\_.
5. In 1971, singer Don MacLean sang a song about, 'the day the music died.'  
This was a tribute to \_\_\_\_\_.
6. We can remember the first satellite placed into orbit.  
The Russians did it. It was called \_\_\_\_\_.
7. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around  
our waist. It was called the \_\_\_\_\_.
8. Remember LS/MFT  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_?

Smile or Laugh for the Day



ANSWERS TO THIS WEEK'S TRIVIA QUESTIONS:

1. The Timex Watch
2. Freddy, The Freeloader and...'Good Night and God Bless.'
3. Draft Cards – (Bras were also burned. Not flags, as some have guessed.
4. Beetle or Bug
5. Buddy Holly
6. Sputnik
7. Hoola-Hoop
8. Lucky Strike means Fine Tobacco

## Phone Calls

Are you feeling lonely, isolated or would simply like to engage in friendly conversation over the phone? If so, [Routes Connecting Communities](#) offers a friendly calls program which brings compassionate conversation into the lives of residents. If you are interested, please see the attached flyer for details or contact them directly at 905-722-4616.

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 May 5th, so that they can be included in the Friday May 8th update!

**We look forward to returning to our schedule of events as soon as possible. During this time of closure, there is a great deal of planning that is occurring behind the scenes relating to activities, lunches as well as events.**

**Please note that we are following the protocol and guidelines set out by the Provincial Government, so when we receive those updates, we will be able to further our planning.**

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

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

Jen and Barb