

## **Elderberries April Newsletter**



**April is here! It's time to dream about the onset of milder days, lots of rain bringing flowers to bloom and getting together with old friends and making new ones. How about planning to attend our monthly Potluck Social?**

**We will meet at Northwood Manor (2615 Northwood Terrace) on Sunday, April 9, 2017 from 2:00 pm to 4:30 pm. This free Potluck Social is open to all LGBTTQ people aged 50 and over and families, friends and supporters. It is a great way to meet people you know and meet other members and guests. Not a member? It's easy to join. There are no membership fees. Become a member of an active social group of GLBTTQ people. These meetings take place at the Penthouse. Press P on the elevator and when the doors open you are in the room.**

**For the Potluck, please bring something you would like to eat and share. Home-made and store bought items are welcome. Full kitchen facilities are not available, although there will be tables set up close to electrical outlets if you bring something that requires heating up. Please bring any utensils that your dish requires. If you do come to the Potluck please remember to bring an item or items that can be shared with the group. If you are wondering if you should bring a main dish or sweets, it is best to bring a main dish (example: casserole, plate of sandwiches etc.) we do seem to have more than enough sweets brought in so if you are wondering what to bring, go with a main dish. Remember- no scents, peanut based foods, alcohol or garlic flavoring because of allergies. Pets are not welcome with the exception of service dogs. Northwood is a wheelchair accessible facility. There is paid parking directly across from the building. We have started a donation can to be passed around at our potluck lunches. We will keep you posted on what this money will be used for. Please do not feel obliged to contribute but if you wish to do so and it is something that interests you, then we thank you in advance for your contribution.**

## [Playing With Experience: Tips and Tricks for a Lifetime of Hot Sex](#)

Tips and tricks for a lifetime of hot sex! Taught from a sex positive point of view, this workshop is for anyone who wants to know more about managing the challenges that growing older can bring as well as celebrating the goodness that comes with experience. This is a playful and inclusive discussion for all bodies, identities, and relationship statuses.

**Audience:** Everyone **Led by:** [Shelley Taylor](#) **When:** Thursday, April 6, 2017 from 6:00pm to 7:30pm

### **April's Potluck Topic:**



**We will be welcoming Michael Collins to speak to us from Senior's College Association. This Association was created in 2007 by retired university professors. This is a place where seniors teach seniors. Students experience the joy of learning without the pressure of exams or papers to write.**

**Some of the current studies include: Shakespeare and old Age - A Social Cultural View of African Nova Scotia History -A Beginners Guide the Italian Renaissance**

## **Recipe of the month: Fruit Tart**



### **For base**

**1 ½ - 2 cups of crushed ginger snap cookies or graham cracker crumbs.**

**½ cup of softened butter**

### **For filling**

**8 oz. pkg. cream cheese**

**½ cup softened butter**

**½ cup sugar**

**Fruit topping - Any fresh berries**

**1/2 cup whipped cream**

**½ cup of sugar**

**Mix ingrediants for base. Press into tart pan with removable base. Chill.**

**With electric mixer, combine filling ingrediants. Spoon onto chilled base. Chill**

**Arrange fruit onto filling.**

**Serve with whipped cream and a sprig of mint or a piece of good quality chocolate.**

## **Speaker's Bureau Report:**

**On Sunday, March 26<sup>th</sup>, Allison Brewer spoke to the Rainbow Refugees group on behalf of the Elderberries.**

**Allison reported that there were approx. 10 people in attendance. She spoke of her brief experience lobbying at the UN level.**

**Thanks Allison for your contribution of informing others of the awareness of the Elderberries.**

**Here is an important article that I believe is worth sharing.**

**<http://highline.huffingtonpost.com/articles/en/gay-loneliness/>**

**The Annual General Meeting will take place on Sunday, April 30<sup>th</sup> at 1:30 pm – 4:30 pm. Meeting to begin at 2:pm**

**This meeting will take place in the Penthouse at Northwood Manor.**



**Thank you for reading this month's Newsletter. If you have any ideas for new topics or want to submit an article or share a recipe, please send it to my email address below.**



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