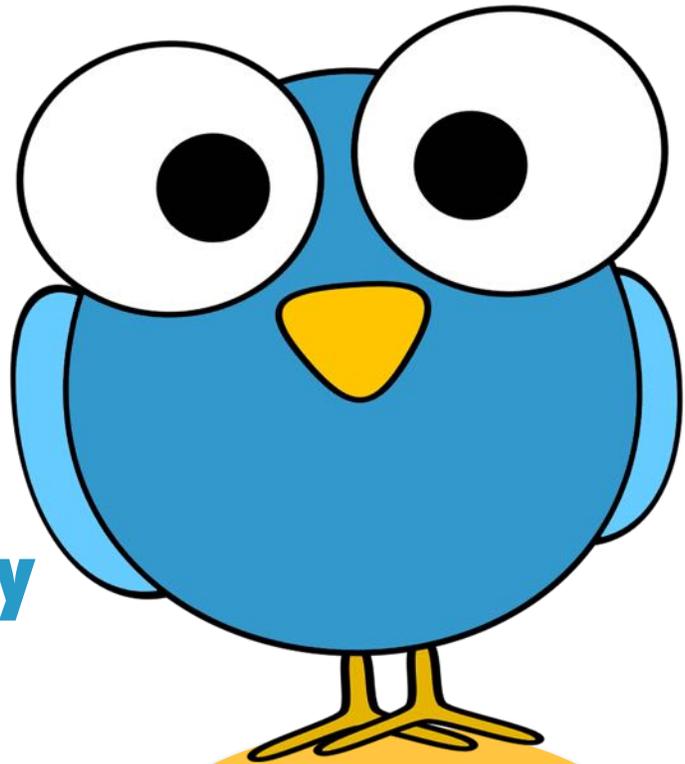


Join a
club



Volunteer



2014 Supplementary Reports



Confederation Park 55+ Activity Centre
2212 13 Street NW, Calgary, AB T2M 4P7
confedpark55plus.ca
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Book Club

Throughout 2014 the Book Club continued to meet the first Tuesday of each month (excluding July and August) from 12:30pm to 2:00pm. Nine members read a varied selection of books, which are always chosen at the last meeting of the year in June.

Over the year past we read Chris Hadfield's, *An Astronaut's Guide to Life on Earth*, several books from authors' that we enjoyed in the past and several Canadian authors' books.

One of the Club's favourite books over 2014 was *Flying Time* by Susan North. This was a story about a Calgarian's recollection of her early working life. The author wrote the book in the late 1930s while in a nursing home recuperating from a broken hip... well worth the read.

2015 is gearing up to be one of great reads. Starting with the *Outlander* by Canadian author Gil Anderson, and a novel by one of our favourite authors, Twan Eng Tan and his first novel *The Gift of Rain*.

All members of the Centre are welcome to join us. We welcome suggestions for any genre of books. It's a great way to meet new people, share the love of reading and have interesting discussions and perhaps read a book you never would have considered.

Jenifer Stott
On Behalf of the Book Club



Chorus

The Confederation Park Senior Chorus was again successful in 2014 in providing enjoyment through song to its members, as well as entertainment to a large number of seniors who live in group residences throughout the city. Special thanks are to be given to all those who contributed to the success of the Chorus, especially to our director and accompanist, Lee Dowan and Nevone McIntosh respectively.

During 2014, the Chorus entertained twice at Edgemont Retirement Residence, Scenic Acres Retirement Residence and Prince of Peace Manor, as well as once at Arbour Lake Residence, Wentworth Manor and Spruce Lodge. The Chorus also entertained at Tea & Conversation twice and was the entertainment at the Rotary Club Christmas dinner. Unfortunately, due to a flu outbreak at the residence in December, one of our planned sing-outs at Fountains of Mission was cancelled.

Increasing costs for buses used for our sing-outs continues to stretch our financial resources, but the financial help the Chorus has received from the Rotary Club, other private donations and our recycling project have allowed us to continue to do the number of sing-outs that we normally do.

We again welcomed several new members to the Chorus but unfortunately lost some singers, although our membership continues to range between 45 and 50 members each session.

Brian Peters
Chorus President



Floor Curling Club

Floor curling becomes even more enjoyable for most when we have a bonspiel to look forward to.

Last March we were invited to Bowness Seniors' Centre for a tournament between our two clubs. A team from Bowness was the winner and we came home with second prize. It was a very enjoyable afternoon, and a delicious lunch was served.

Confederation Park is busy planning for a similar event to be held April 1, 2015. Everyone from the Floor Curling Club is involved in putting on the tournament and we are looking forward to having a great day here at Confederation Park.

Our weekly drop-in numbers have held steady through 2014 with an increase the past two weeks. We have two new members this year, and still welcome more. We hope our club remains strong, and look forward to many Wednesday afternoons of having fun and testing our floor curling skills.

Art Pahl & Eileen Billings
On Behalf of the Floor Curling Club



The Gliders

Every Wednesday evening from September to April at 7:00 pm sharp the main hall at the Confederation Park 55+ Activity Centre comes alive to the sounds of music. Yes, on any one night doing the Skaters Waltz to Edelweiss could be one of the many wonderful combinations of music and dance patterns that is drawn from our varied menu of more than 60 dances; waltz, polka, two step, schottische, fox trot, barn dance or cha-cha selections.

Most dances are done as couples with occasional “mixers” where partners change as we move around the line of dance. A few dances involve foursomes and once in a while we do a square dance.

Every night starts with an instruction/practice time from 7:00 to 7:30 led by Keith and Pat Cornelius. Both newcomers and most regular members attend, to learn or brush up technique on two or three of our dances. Occasionally a brand new pattern dance will be introduced. As our ever happy and confident dance leader, Keith Cornelius, says to everyone, (whether newcomer or 30 year veteran) using his new body mounted remote mica, “Just follow Pat and me and keep smiling. These dances aren’t too hard at all!” The fact is he’s right, they really are pretty simple once you’ve had a practice or two.

At 7:30 our regular dance starts. The dances/music are selected and played each week by a different volunteer couple, on our new 5 disk CD machine. At around 8:30, we have a 15 to 20 minute break for tea, coffee, a light snack and socializing. One of the enjoyable club traditions during this break, is that the Club President (beyond regular Club business), tells a new joke or two, which vary from groaners to great, but always good fun. Dancing then resumes and concludes at 9:30.

In addition to our Wednesday evening sessions, the club has a very active outreach program, performing pattern dances at seniors’ lodges/nursing homes and occasionally at the Thursday T&C at Confederation Park. These are unfailingly enjoyable and worthwhile events, both for the dancers and those being entertained. The honorariums the club receives for these events help finance the Club’s activities, including the annual donation we make to Confederation Park.

The Club has been quite successful in attracting new members over the last couple of years and we are striving to maintain that trend as we always have room for more. If you think you might enjoy joining our happy dancing gang, come and try us out. The cost is only \$3/couple per week and free for newcomers for the first three weeks. For more information call Keith and Pat at 403.282.5964 or Rick and Sandy 403.274.3257.

Bob Liddle, Secretary
On Behalf of the Gliders

Scottish Country Dance Club

The Confederation Scottish Country Dance Club, the Centre's newest club, had a very successful start in September 2014. Dancers met every Thursday evening from 6:30 - 8:30pm in the Social Room.

By the end of 2014 the Club had 19 enthusiastic members, who were mostly beginners, under the keen eye of professional dance instructor, Janyn Bertram. Since September, we have learned new dance skills and enjoyed much fun and fellowship (camaraderie). Our members have developed into a touring dance troupe and have performed successfully at six centres as part of our outreach program.

Our fledgling instructors, Debby Henderson and Ann Vanderwal, have certainly been successful, honing their teaching skills as the class has improved immensely under their direction. If you love to dance, to exercise, and to be mentally stimulated, come and try one of our classes. We are always looking for new members.

1. Bowcrest Centre
2. Edgemont Retirement Residence
3. Spruce Lodge
4. Aspen Lodge
5. Clifton Manor
6. Confed Park

Jeannie McCauley
On Behalf of the Scottish Country Dance Club

Volunteering

Confederation Park 55+ Activity Centre is a Volunteer run centre. That means volunteers are more than just helpful – they are absolutely vital to the daily operations of the Centre. In 2014, 290 volunteers gave over 16,174 hours of their time to the Centre – the equivalent of almost 9 additional full time employees. Together, volunteers donated time worth approximately \$251,000 but the value of their hard work, dedication, positive attitudes and creative ideas is priceless.

In fact, even more people donated even more time – but unless it is recorded, either in the log book or in a monthly report, we are unable to claim it. The recorded hours show the city how much we rely on our volunteers, and can affect the funding we receive from the city. So please, if you help out around the Centre, or assist seniors in some capacity outside the Centre (and don't claim that time through another volunteer organization), let me know. Every hour makes a difference.

The hours our volunteers contribute make the services provided through the Kitchen, Reception Desk, Boutique, Travel Desk, Book Nook, and weekly dances possible. Those are the volunteers we see regularly. Many others work behind the scenes on the Board of Directors, managing the database, sitting on committees, and setting up for special events. Others take on extra duties that might go unnoticed, like collecting the recycling from the kitchen, fixing loose hinges, decorating bulletin boards, shovelling snow, driving bags of donated items across the city, and generally stepping up when help is needed.

What do those things show? To me, they indicate that volunteers at the Centre invest more than their time – they invest themselves whole-heartedly in the mission, vision and values of the Centre. They take pride in the work they do, and continually find new ways to support the Centre in every facet of its operations.

Submitted with respect and appreciation,



Janice Hillmer
Coordinator of Volunteers

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