

	<p>Fall Registration Aug 4 to Aug 14 10 am to 2 pm Fall Brochure</p>	<p>Book Club Review</p>	<p>Spanish Classes Sept 23 – Dec 2 2:00 pm to 3:00 pm</p>	<p>Reopening of the Boutique will be Thursday August 6th</p>
---	--	-----------------------------	---	--

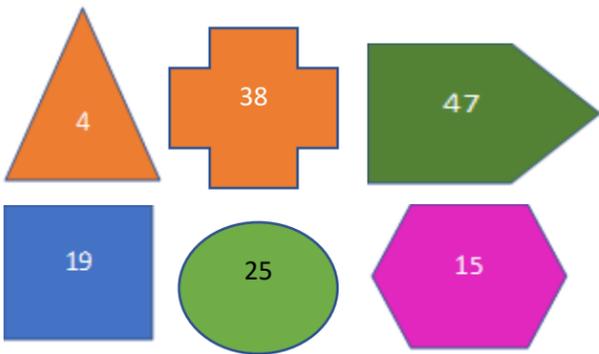
Confederation Park 55+ Activity Centre

THE LOBBY NEWS

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column and Each nine 3X3 grids contain one instance of each of the numbers 1 through 9. (courtesy www.puzzles.ca)

		5	1			9	7
							1
6			3	4			
				7	8	2	4
	9						3
4							
3		1				6	
				7			8
2							9

Study these shapes for a minute and see if you can answer the questions on the other side of this page.



LIKE US, FOLLOW US AND SUBSCRIBE

We have a Summer Student – Cole Desautels. Cole will be looking after our Social Media. Remember to follow us on Facebook and Instagram. Check out what he is posting.

Remember to follow us, like us and subscribe!

Have you seen our latest YouTube video? You didn't know we had our very own YouTube Channel? Please follow us and subscribe. Make sure you like, comment, share and subscribe to our YouTube channel. Follow us as we develop our classes and YouTube presentations.

Opening up to others is hard and equally hard is knowing how to respond.

Comparing your anxiety to someone else's is not helpful. But this is: "I'm always here for you." You don't have to understand what your friend is going through to be there for them. Showing that you care will help. Listening without judgement to what they have to say is a powerful way to show support.

Hey have your tried meditation or yoga? Don't offer unsolicited advice offer: "What can I do to help you?" Ask what they need and then do it.

Remember when someone confides in you, the most important thing to remember is that their feelings and telling you about them are a big deal. It takes trust to show that kind of vulnerability.

So please remember to listen and respond with kindness and support.

HARP HEARING CARE
 harphearing.ca
 Phone: 403.475.2979
 2 locations
 Willow Park Village – 400 10816 Macleod Tr SW
 Kingsland Plaza – 7726 Elbow Dr SW

Home Care Services:
 • Complimentary in-home consultation
 • Personal care
 • Home support
 • Companionship
 • Respite
 • Nursing services

Areas Served:
 Calgary
 Surrounding areas

Better care for a better life 1.877.289.3997

BEST MANAGED COMPANIES
 Bayshore Home Health

HOME INSTEAD SENIOR CARE

Calgary North Senior Care Inc
 404-5723 10st NE
 Calgary, Alberta T2E 8W7
 Office: 403-910-5860




"Dos cervezas por favor?"

Are these the only words you know in Spanish? Then this beginner fun Spanish class is for you. You will be introduced to every day related vocabulary and basic phrases. Join Cristina, born and raised in Buenos Aires, Argentina. Cristina studied physics and has taught students from elementary to grad school.

Equipment: notebook and pen
 Homework: YES!!!!

C
O
N
F
E
D
E
R
A
T
I
O
N

P
A
R
K

5
5
+
B
O
O
K
C
L
U
B

As mentioned in last month's Book Club Review, we added an extra meeting in July because the zoom meetings had been such a success and several members were willing to expand their technical "know how" by learning how to conduct a meeting via zoom.

We met on July 7th to discuss "The Gown" by Jennifer Robson which was an excellent choice with which to round off the year. All the members were enthusiastic in their comments about this novel and agreed that, while it was historical fiction, the author made the characters appear authentic and very believable.

The gown referred to in the title is the wedding gown worn by Princess Elizabeth (now the present Queen Elizabeth II) when she married Prince Philip Mountbatten on November 20th, 1947 in Westminster Abbey and is, in fact, the main character of the story.

The events surrounding the making of this stunning wedding gown are introduced through the character of Heather Mackenzie, a young woman living in Toronto, Canada who, in 2016, is left a few remarkable pieces of embroidery by her beloved Nan, Ann Hughes. Heather's Nan has told the family very little of her life in England prior to emigrating to Canada after the war; not even the name of the husband who died in the war. No-one has ever seen her do a stitch of embroidery so what is the significance of these pieces left specifically to her granddaughter?

Heather, intrigued and recently unemployed, uses her severance pay to fly to England to unravel the mystery. What she finds is the story of the many women involved in the hand stitching of not only the wedding gown itself but the 15-foot-long train in ivory silk embroidered with flowers such as jasmine, roses and ears of wheat encrusted with diamanté and pearls imported from the United States. The couturier, Norman Hartnell who was chosen to design the gown was inspired by a famous Botticelli Renaissance painting.

The wedding took place during one of the bitterest cold winters experienced in Britain in a country battered by World War II and suffering from shortages of food and other items along with strict rationing. The Princess herself had to save up the coupons required to buy the material for the gown, and generously donated coupons had to be returned as no-one was allowed to use another person's coupons.

Contrary to what one might expect, news of the Royal Wedding was gladly received in a post-war England which in 1947 appeared drab, dismal and depressing. The Royal family were well loved due to George VI, Queen Elizabeth and their two daughters remaining in England throughout the war when they could have left for safety elsewhere and Princess Elizabeth had joined in the war effort as a mechanic and military truck driver. The "people's wedding" as it became known was heard by 200 million radio listeners around the world and even Sir Winston Churchill is quoted as saying, "Millions will welcome this joyous event as a flash of colour on the long road we have to travel."

The meeting was rounded out by those members born and raised in England during the war sharing their memories of post-war England and rationing in particular. The Book Club is closed for the summer but will return in the fall. At this point in time, it is not yet known whether we'll be meeting at Confederation Park 55+ or via zoom. Anyone interested in joining, please contact the Centre so that they may notify the club and have you added to the zoom invitation if necessary. We meet again on Tuesday, September 8th when the book being discussed will be "The Gentleman in Moscow" by Amor Towles.



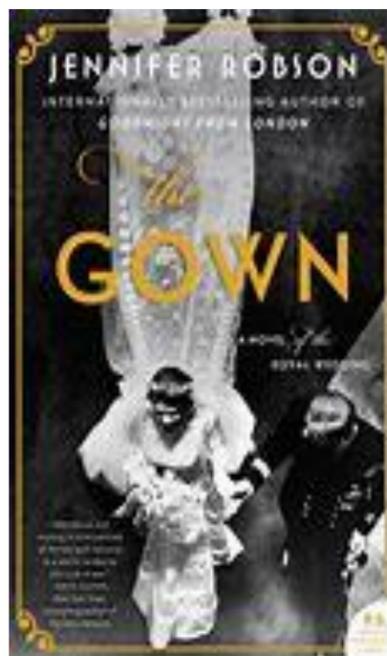
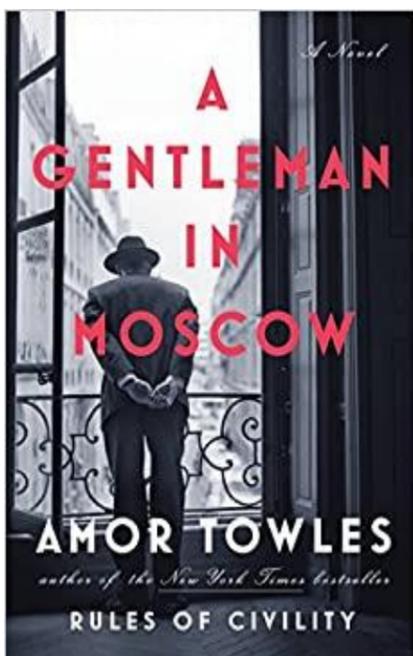
Solutions (courtesy: www.puzzles.ca)

8	4	5	1	2	6	9	3	7
9	2	3	7	8	5	4	1	6
6	1	7	3	4	9	5	8	2
1	3	6	9	7	8	2	4	5
7	9	2	5	1	4	8	6	3
4	5	8	2	6	3	7	9	1
3	7	1	8	9	2	6	5	4
5	6	9	4	3	7	1	2	8
2	8	4	6	5	1	3	7	9

Can you answer these questions about the puzzle on the other side of this page? Without looking back?

1. How many shapes have odd numbers?
2. Which three numbers will total a fourth number shown?
3. What is the total when you multiply the number on the blue shape by that on the shape directly above the blue shape?
4. Which shapes have even numbers?
5. What is the total of the numbers on the green shapes?
6. What is the total when you add the number on the pink shape to that on the circle, then subtract this total from the number on the pentagon?
7. Which two shapes of the same colour are horizontally next to one another?
8. What is the total of the three numbers in the shapes on the top row?

Answers:
 1. 4
 2. 4+15+19=38
 3. 4x19=76
 4. Triangle (4) and cross (38)
 5. 72
 6. 7
 7. The orange triangle and the orange cross
 8. 89



Please expect a phone call from one of our Social Connection Network volunteers. Do you want to be CONNECTED? Do you want to LINK up? Do you want to enjoy a BREW of PARADISE (coffee)? Or go for a walk?