



GAZETTE

\$1.00

Inspiring Adults to Stay Active and Stay Involved

2212 13TH STREET NW, CALGARY, AB YYCSENIORS.COM

MAY 2021



Charitable Registration # 13217 1638 RR0001

MAY 2021

2212 13th STREET NW CALGARY AB T2M 4P7 | 403.289.4780 | WWW.YYCSENIORS.COM

what's inside

From the Desk of the Executive Director	3
A Word From Your President	5
Introducing Our New Home	6
Tea and Conversation	7
Team Information	9
Pantry/Take Away Meals	10
Working Daughter Article	11
Centre Services	12
Senior Resource Page	13
Volunteer of The Month	14
Cross Word	15
Book Club Review	16
Crossword Solution	17

Join us to Stay Active and Stay Involved!
Check out our website at
yycseniors.com
for a list of activities.

DIGITAL EDITION
MAY 2021
available online at
www.yycseniors.com



from the desk

of the Executive Director



Happy Mother's Day Ladies!!!

Hi all! It has been a very exciting time for the Board and staff to date.

We have found a new home and now the big work begins!! We have a schedule prepared for the next few months and this is how it will look:

- Events will be held only as COVID measures are lifted,
- Packing will begin,
- We will have giveaways and sale items on Facebook and our website,
- We will be hosting an online garage sale for all items being sold from the Centre. Members and their families will have first choice and the items will be featured on our Website and Facebook pages. An Eblast will go out as soon as we are ready,
- Registrations will be held the last two weeks of June for the September session. We will have to have everyone registered at that time as we will not have access to our computers once we start packing,
- We will be closed for the month of July to do the final packing and the move August 3rd,
- The month of August will be spent setting up our new offices and then in September, we will be hosting meet and greet sessions for people to come in and see where their classes will be held.

Anyone who has art pieces at Confederation Park wishing to have them back, please let us know as soon as possible. We unfortunately will have no space for art in our new home.

Finally, **we will have access to our phones at all times**, except in our last few days at Confederation Park in July and our first few days in August in the new home. During that time there will however, be a number that members can call to leave messages for us.

Jeannette

saturday night dances - confederation

We would like to announce that Saturday Night dances will no longer be hosted by Confederation Park 55+ Activity Centre moving forward.

I would like to thank all of the people who have given your time and energy to make the dances a success over the many years they have been going. Many people helped organize the dances, hosted, bartended, made lunches, held executive positions and set up. The dance participants enjoyed the benefit of dancing as well as making friends along the way.

Confederation Park 55+ Activity Centre was the host site and all proceeds from the dances were donated back to the Centre. I would encourage those who love to dance to continue to support other dance venues in the city, as well as those in the communities outside the city.

See you on the dance floor. Keep smiling, as this too (COVID) will end.

Sandy Staple



I would like to thank the Saturday Night Dance Volunteers on behalf of Confederation Park 55+ Activity Centre, for all of your hard work over the years. You have given generously of your time and it has not gone unnoticed by the staff and board.

To continue the dances in the new venue would have meant additional costs to the group which they did not have here at the Centre, those costs directly associated with the use of the facility.

We are sorry that not all of our groups can be accommodated in our new home. However, we have done our very best to have as many groups as possible. We will still have the Gliders with us during the daytime operations, so if you are interested in dancing, please consider that group as one to join.

Jeannette, Staff and The Board of Directors

a word from your President Bill Kurtze



It's hard to believe we just completed our second annual AGM via Zoom. People around the world continue to cope with the most profound global crisis any of us have experienced. During these times, our resilience is being tested as never before.

Just weeks ago, the Alberta Premier announced a return to stage 1 of the Province's four stage reopening strategy. Social events remain restricted, with indoor gatherings banned and outdoor get-togethers being capped at 10 people. For Confederation Park 55+ that means we will remain closed for the foreseeable future.

Because our doors are closed, does not mean we have stopped working, nor does it mean that we remain unaffected by the changes occurring around us. Your dedicated staff continue to ensure that many of our classes and programs are available online. By investing in this transition, Confederation Park will be better able to offer expanded online opportunities in the future.

An unavoidable (temporary) casualty of the pandemic has been our most popular, Tea and Conversation program. In lieu thereof, we strengthened our outreach efforts providing frozen meals, friendly phone calls and emails to those struggling with social isolation. We also provided food hampers at Christmastime. Thank you to our volunteers who made sure these members were not forgotten.

As many of you know, on December 8 the Alberta Housing and Seniors Minister officially advised us that the lease on our current space would end effective December 2021.

While the Minister's news was not totally unexpected, we view it as a huge opportunity to refresh the Centre and restructure our offerings to meet current trends and better satisfy the future demands of members.

Yes, we are moving. Remember, no matter where it is located, Confederation Park 55+ is more than a building. It will always be about programs and services offered, the staff, the camaraderie and caring atmosphere within. I am delighted to advise that we are close to signing a 2-year lease with a well-known community centre located not far from our current location. Thanks to Lynn Greig, facilities Committee Chair and retired real estate agent whose tireless efforts helped secure our new home.

We were fortunate that our new landlord welcomed us as a tenant. It's also exciting to realize that long term, we have agreed to spend the next two years determining whether it's possible for the two organizations to join together in a more permanent way. It's our fervent hope that we have found our forever home.

What does 2021 look like for Confederation Park 55+ and our members? For the membership, most members have had their initial COVID vaccine, and even more are fully vaccinated. Your health and safety will continue to be our number one concern.

We will continue to strategize about what existing programs will continue (given the new space) and what new efforts we will undertake. We recognize that new efforts will cost money and for that we are relying on Board Member, Celia Barrington and her Fund Development Committee and community support.

Finally, what do you want in our new centre? Dream with us. Signature Programs like Tea & Conversation - of course. Exercise classes, of all types and yes, perhaps even pickleball in the arena. Activities to strengthen and soothe the creative soul, yes. Learn a new language - undeniably. Don't keep silent. To those of you who have given us your views, thank you. To the rest of you, we would love to hear from you.

introducing our new home



At long last, we are pleased to announce that effective August 1 we will be moving to Triwood Community Association. We are so grateful to Lynn Greig, Facilities Committee Chair for her tireless efforts in helping to secure our new home. Special thanks also to the folks at Triwood for making room for us.

Once we've moved, and following COVID protocols, we will be welcoming our members to our new home with open arms. If you have any questions, please reach out to Jeannette at ed@yycseniors.com.

Bill Kurtze
President

tea & conversation



Thank you all for your donations to the Tea & Conversation Program, your support is greatly appreciated and needed. And to all our Volunteers, thanks a million.

Watch your email for updates on the T&C Program. As you know with Covid, policies and procedures can change daily. We pride ourselves in keeping us all as safe as possible with the information we have available.

PLEASE BE KIND AS WE RE ALL DOING THE BEST THAT WE CAN

THE PANTRY

To date the Pantry has been able to help over 1,200 folks with food for their tables. We thank you all for your generous donations of food and cash. Donations to the pantry would be appreciated, however, we do not accept expired food items. All cash donations are greatly appreciated and donations of \$20.00 or more are eligible for a tax receipt. We are always in need of fruit, vegetables, peanut butter and jams. If you, or anyone you know, can us "THE PANTRY" please reach out to us @ 403-289-4780.

BOUTIQUE

Thank you all for your kind words and donations to our beautiful Boutique. We accept gently used clothing donations on Fridays by appointment only please. Appointments are necessary for the following reasons:

- We must comply with current COVID 19 restrictions,
- We have the ability to contact you after the fact if in error, a family treasure is left behind or
- If you have included items in the bag that we are unable to use, such as household items.

At this time, we are only accepting the following:

- Gently used clothing
- Purses
- Shoes/boots
- Ties
- Scarves
- Coats
- Jewellery

We can only accept undergarments if they are new. We are **NOT** accepting any household items at this time. We are offering exclusive shopping and/or viewing times Wednesday-Friday also by appointment only. Call at the centre to arrange your shopping times, 403-289-4780.

Boutique POP UP Sale

Don't miss our capri and shorts event. For the entire month of May all capris and shorts are 50% off.

recommended read

We recommend the following very interesting article posted March 16, 2020 by: Emily Guarnotta, PsyD, a licensed clinical psychologist.

How Do I Cope With My Coronavirus (COVID-19) Anxiety

Should I be feeling anxious about the coronavirus? Feeling anxious during a disease outbreak like the coronavirus is normal. In fact, having some anxiety can motivate you to maintain good hygiene habits, like washing your hands more frequently and minimizing contact with other people. Severe anxiety, on the other hand, can be debilitating. You may have too much anxiety about the coronavirus if you:

- Are preoccupied with thoughts of it for most of the day
- Are unable to concentrate on other things
- Have difficulty sleeping and/or eating

If the stress from the coronavirus is worsening a physical or mental health condition or causing you to self medicate with drugs or alcohol, then it is also a problem. If you're feeling overwhelmed or panicked about the coronavirus, you can take steps to help keep your anxiety controlled.

- Keep your news consumption to two to three credible sources for 30 minutes or less per day. Too much news consumption can make your anxiety worse. So, if you're feeling overwhelmed by the media coverage of COVID-19, then make an effort to keep it to a minimum. If you notice that you're anxious at night, avoid the news a few hours before bed.
- Challenge your irrational thoughts and replace them with facts: Irrational thoughts and beliefs are untrue or exaggerated thoughts about a situation. In contrast, rational thoughts are accurate and based on facts. An example of a rational thought would be: "There is a risk that I could catch the virus. But if I take the recommended precautions, then I will significantly decrease my risk." Irrational thoughts foster anxiety, while rational thoughts help you view a situation more accurately and calmly.
- Practice at least five minutes of relaxation each day: Counteract your stress with time spent in relaxation. For some people this may mean taking a hot bath, reading a book, or meditating. If you're unsure what to do, you can try deep breathing, which stimulates the parasympathetic nervous system and helps induce calm. Start by setting a timer for five minutes and sitting in a comfortable space. Breathe in through your nose for four seconds, hold it briefly, and then exhale through your nose for six seconds. Continue this practice for the remainder of the time.
- Stay in contact with your support system through phone, internet, and social media. This is very important. Humans are social creatures, and if you have to limit contact with loved ones, it can lead to feelings of isolation and depression. Whether you're quarantined, social distancing or just being careful, maintain contact with friends and family in whatever way you can.



OFFICE HOURS
Monday to Friday

OFFICE HOURS
9:00 AM to 3:00 PM

REGISTRATIONS
10:00 AM TO 2:00 PM

BOUTIQUE
10:00 AM to 2:00 PM
Wednesday -Thursday - Friday
Exclusive viewing by appointment only
Call 403 289-4780 to book your session

KITCHEN
TEMPORARILY CLOSED
FROZEN MEALS CAN BE ORDERED
lunchestogo@yycseniors.com
403 289-4780

meet our team

CURRENT BOARD OF DIRECTORS

BILL KURTZE
President

PAT PITSEL
Past President

MARLENE MONILAWS
Vice President

DOROTHY DYER
Secretary

GILLIAN LINES
Treasurer

Directors

BEV CUMMING
LYNN GREIG
CELIA BARRINGTON
MUYIDEEN ELEGBEDE
RAEL KALLEY
SHARON DUN

STAFF

JEANNETTE PROVO	Executive Director
JADE NIELSEN	Executive Assistant
TRISH WEATHERUP	Fund Development/ Marketing Coordinator
RICHARD MA	Volunteer Coordinator/ Office Administrator
DEBBIE NAY	T&C/Volunteer Coordinator
AMAN GILL	Bookkeeper
MATT LUCY	Janitor

Special Thanks to all of our Donors and Sponsors.



To discuss the various ways in which you can support our Centre please contact Trish Weatherup at 403-289-4780, ext. #201 or fundandmarketing@yycsenior.com.

Confederation Park 55+ Activity Centre welcomes food and donations for our pantry. The COVID-19 pandemic has been tumultuous and has created an uncertain time for so many, and especially for those who have food insecurity. Now more than ever, our community and our most vulnerable neighbours need our help. This is why, during COVID-19, we are providing nutritional meals at a cost of \$7.00 per meal. We are happy to offer this service and hope that the money save through this service will give you one less bill to have to worry about. Your kind donations of food will be gratefully received each Wednesday, Thursday and Friday by Debbie Nay. Please call ahead to let her know you are coming. She can be reached at 403 289-4780 ext. 206. Cash donations are welcome anytime.



We are happy to be part of the Good Food Box program through Calgary's Community Kitchen. Boxes filled with an array of fresh fruit and vegetables are available to all members at a cost of:
\$25/20 lbs., \$30/30 lbs. and \$35/40 lbs.
Order your **Good Food Box** through Richard Ma, 403 289-4780, ext. #200.

DEAR CAREGIVER, WHAT YOU'RE FEELING IS NORMAL

Dear Caregiver,

I want you to know that what you're feeling is normal.

It's normal to feel like caregiving is a burden, not a blessing.

It's normal to want this all to be over.

It's normal for hating yourself for feeling that way.

It's normal to enjoy aspects of your parent's age and illness – like the quiet time it gives the two of you to just sit and be together.

It's normal to silently scream, "HURRY UP," as your parent shuffles on a walker or a cane.

It's normal to have judged your mother or father for how they talk, walk, dress, or eat, and wonder, "Why do they have to act so old?"

It's normal to question what will last longer: your parent's illness or your marriage because the strain of caregiving is creating a rift at home.

It's normal to feel nothing as you plow through your to do list, because it's better than being felled by a wild range of emotions.

It's normal to never cry.

It's normal to burst into tears whenever someone asks you how you're holding up.

It's normal to wish you could quit your job because pretending to care about your paid work is too much right now.

It's normal to swear at a medical insurance rep on the phone and then feel bad about it.

It's not nice, but it's normal.

It's normal that you have no clean laundry and wear sweat pants every day because who has time to wash clothes or get dressed anymore?

It's normal to look at other middle-aged daughters who accompany their parents to the doctor's office and wonder how they could let themselves go.

It's normal to look in the bathroom mirror and realize you have let yourself go.

It's normal to resent caregiving for robbing you of the prime of your life.

It's normal to find the beauty in life and in death, in joy and in sorrow.

It's normal to spend a good chunk of your day just holding your mother or father's hand.

It's normal to like the fact you are needed and capable and able to return the gift of caring for someone you love.

It's normal to ask your parent's doctor 20 questions and form a medical opinion based on research you did via Google.

It's normal to feel guilty because you made time for a manicure, or a run or a nap.

It's normal to miss your friends because time with your friends is at the bottom of your to-do list, right after sleep and self-care.

It's normal to want to hurt anyone who tells you that you should take care of yourself.

It's normal that your diet consists of Twizzlers and Diet Coke because it's all you have time for, and you can throw a bag of candy and a can of soda in your bag every day.

It's normal to doubt your ability as a mother or father, a daughter or son, a wife or a husband, and an employee.

It's normal that you want to be with your kids when you are with your parent, your parent when you are with your kids, at home when you are at work and at work just so you can feel in control again.

It's normal to just want to be alone.

Caregiving is a roller coaster. Sometimes you must hang on for dear life and sometimes you need to just let go. It's normal.

Workingdaughter.com

centre services

COMMISSIONER OF OATHS

Jeannette Provo, Executive Director for Confederation Park 55+ Activity Centre
Please call 403.289.4780 Ext. 202 *Services by appointment only.*

MCPHAIL HARDING LAWYER - MEMBERS ONLY - *Pending till further notice*

PODIATRIST - MEMBERS ONLY

MAY 28, 2021

\$10.00 per visit

payable to Dr. Somer

Bring your Alberta Health Card

Phone for an appointment

403 289-4780

TRIVIA

1. What century was the setting for The Adventures of Robin Hood?
2. Who replaced Brian Wilson on the Beach Boys' 1965 tour after his December 13, 1964, nervous breakdown?
3. What country did Art Linkletter turn down Richard Nixon's offer of an ambassadorship to?
4. What Robert Ludlum novel's bad guys sported circles tattooed on their chests?
5. What dance did California's Roger English withstand for 102 hours, 28 minutes and 37 seconds to set a record in 1973?
6. What was the first No. 1 song for The Animals?

1. The Twelfth 2. Glen Campbell 3. Australia 4. The Matarese Circle's 5. The Twist
6. House of the Rising Sun

seniors centres contact list

Centre	Address & Phone	Executive Director/CEO/Coordinator	Known For
Bow Cliff Seniors	3375 Spruce Drive SW 403-246-0390	John Yannitsos John@bowcliffseniors.org	Art & Music Weekly Luncheons
Good Companions 50 Plus	2609 19 Ave SW 403-249-6991	Tom Gillespie tomggc50plus@gmail.com	Community Garden Online Fitness & Wellness Programs
Bowness Seniors Centre	6422 – 35 Ave. NW 403-286-4488	Christine Barlow info@bownessseniorcscentre.com	Community Sunday Brunch Card making/crafts
Calgary Chinese Elderly Citizens Association CCECA	111 Riverfront AVE. SW 403-269-6122	Liza Chan 403-269-6122 ext 230 Liza.chan@cceca.ca	All services for Chinese Seniors Advocacy
Confederation Park 55+ Activity Centre	2213 – 13 St. NW 403-289-4780	Jeannette Provo ed@yycseniors.com	Tea & Conversation Pantry & Frozen Meals Online Fitness and Art Classes
Parkdale Nifty 50's	3512 – 5 Ave NW 403-283-0620	Michael Stellmach mstellmach@pdfn.org	Art classes & Art sale Bridge
West Hillhurst Go-Getters	1940 – 6 Ave NW (inside WHCA) 403-283-3720	Carole Saviak gogetters@telus.net	Day trips (own bus) Bingo
Greater Forest Lawn / Albert Park	3425 -26 Ave SE 403-272-4661	Jenna Jepson jenna@gfls.org	Home Maintenance Program (housekeeping, snow removal & lawn care) Agency partnerships
Ogden House 55+	2102 -69 Ave SE 403-279-2003	Renata Michalski renata@ogden50plus.org	Language training Happy hour / meal
Kerby Centre	1133-7 Avenue SW 403-265-0661	Larry Mathieson larrym@kerbycentre.com	Being the largest centre in Calgary
Oakridge Seniors Assoc.	403-801-7254	info@oakridgeseniors.ca	Virtual Programs

SENIORS CENTRES CONTACT LIST

Note: All Centres are membership-based, and annual membership fee is reasonable. All provide activities at a low cost. In addition to the activities they are “known for”, all Centres offer social and exercise and health and wellness activities, classes, drop-ins, Tea & Conversation, meals, clubs, gathering place for connections, crafts, trips, bingo, etc. Check their website for the full monthly calendar.

volunteer of the month for the month of May



We would like to recognize Jean Pritchard for all her volunteer work at Confederation Park 55+ Activity Centre.

Behind every successful organization there is an extraordinary volunteer. Jean is that person. She is a valued member of our community and always goes above and beyond.

She has been with us for 20+ years, as one of our long time T&C callers. With Jean, any task becomes accomplishable.

Thank you, Jean, for all your time and dedication to our members and our Centre.

2021 ADVERTISING RATES

SIZE	COST
Full Page	\$100
1/2 Inside Page	\$50.00
1/4 Inside Page	\$25.00
E-Blasts (4weeks)	\$400

Printed in black and white

Submission Deadline: 20th of the month

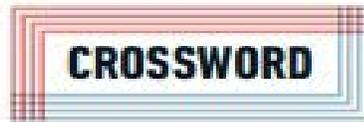
Submit to: ea@yycseniors.com

File Format Accepted: JOG, GIF, PNG, PDF, WORD or EXCEL

Editing and layout at additional charge at a rate of
\$25/hour

crossword

READER'S DIGEST



Word of Mouth

BY Barbara Olson

1	2	3	4		5	6	7	8	9	10
11					12					
13				14						
			15							
16	17	18						19	20	21
22							23			
24				25	26	27				
		28	29							
30	31							32	33	34
35								36		
37								38		

38 Love letter letters based on the first words of 13-, 16-, 25- and 30-Across

DOWN

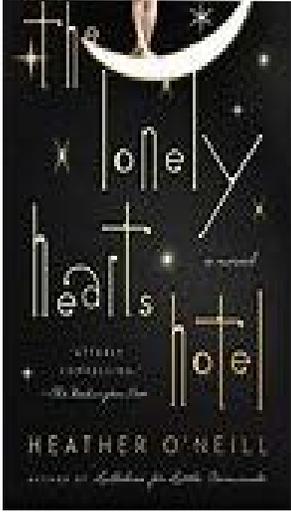
ACROSS

- 1 The Snowbirds mil. org.
- 5 Omitted, as a syllable
- 11 Pad ____ (noodle dish)
- 12 Tends to a squeak again
- 13 Had fruitful business talks, say
- 15 Treasure collections
- 16 On the rocks, at the bar
- 19 Like yesterday's news
- 22 Feeling a workout

- 23 Dial ____ Murder
- 24 Go cross-country, say
- 25 The merest amount
- 28 Saskatchewan's capital
- 30 Blab about one's love life
- 35 Doesn't need the joke explained
- 36 "Bump bump ____" (The Wiggles song lyric)
- 37 Hockey player Hextall and singer Ferry

- 1 Some CFL positions
- 2 Revolutionary Guevara
- 3 Skinny battery size
- 4 Like a pigsty
- 5 Brian Goldman at Mount Sinai Hosp.
- 6 Soldier's sabbatical
- 7 Women's charity org.
- 8 Peters out
- 9 It might be the end for Pam?
- 10 Alternative to cable or fibre
- 14 Verdi's "Eri ____"
- 16 Follower of "Fuzzy Wuzzy"?
- 17 "Eww!"
- 18 Needing a drink
- 20 Digital chuckle
- 21 Dr. of rap
- 23 Sporty Mazdas whose name means "reward"
- 25 From the top
- 26 Colourist's array
- 27 Sphere-shaped: Abbr.
- 29 Fem. "it", in Italy
- 30 Soviet spy agcy.
- 31 Suffix with cloth or cash
- 32 Part of P.E.I.: Abbr.
- 33 Perrins's partner in the sauce
- 34 Albanian coin

confederation park 55+ book club review



The Lonely Hearts Hotel by Heather O' Neill

Heather O'Neill is an acclaimed writer who lives in her home city of Montreal.

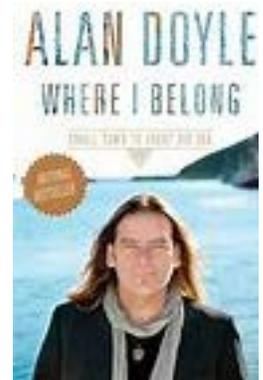
Her 1st book, Lullabies for Little Criminals won the CBC's Canada Reads, 2007, and this book won the Hugh MacLennan prize for fiction, 2017. She has been shortlisted for the Scotia Giller prize more than once, and is a prolific writer.

The Lonely Hearts Hotel is set in pre-depression and depression Montreal, this is an Urban fable written in the heart of a very real, very gritty and crime ridden period of the history of Montreal. The protagonists are 2 unlikely talented orphans of fantastical beginnings who despite their horrific orphanage experiences fall in love with each other.

They dream of creating a vaudevillian extravaganza incorporating clowns and their own talents - Pierrot his music, and Rose her dancing and other creative skills. However, when their time comes to leave the orphanage, they are separated and unable to find each other. Pierrot finds himself in the home of a millionaire. Despite this affluent start and the wonderful veneer of a charming young man about town, he is unable to shake off his early experiences and drifts into drug addiction, with only his piano playing as a useable skill.

Rose, on the other hand takes control of her life, acquiring a sugar daddy, who is a crime boss and from whom she sets out to learn all she can about operating in the criminal world. After infinite obstacles our lovers are united, but it is not forever, and the dream of their extravaganza is never realized. Being a fable there are many fantastical twists and turns in this lyrically written book that help to ameliorate the gritty realities of its setting.

Understandably this novel was very polarizing for our club. Our views ranged from negative ratings to the few who enjoyed it. The energetic discussion brought about made this one of our best book club debates ever. This book is not for everyone, but it has a story to tell and its background is real enough. While researching the Author on line, I discovered her motivations for writing this book and I gained insights into a history I did not know, and also the person who chose to write it. I am now curious to revisit this book with those fresh perspectives in mind. Our next book is in a much warmer vein. It is "Where I Belong" by singer, songwriter Alan Doyle.



Submitted by Jean Kensit.

crossword solution courtesy of readers' digest

R	C	A	F		E	L	I	D	E	D
T	H	A	I		R	E	O	I	L	S
S	E	A	L	E	D	A	D	E	A	L
			T	R	O	V	E	S		
W	I	T	H	I	C	E		O	L	D
A	C	H	Y				M	F	O	R
S	K	I		A	T	R	I	F	L	E
		R	E	G	I	N	A			
K	I	S	S	A	N	D	T	E	L	L
G	E	T	S	I	T		A	D	E	E
B	R	Y	A	N	S		S	W	A	K