

GAZETTE



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

January 2023



IN THIS ISSUE

This month marks the **Grand Opening of Boutique on the Park** featuring a High End Jewelry Sale!
See Pages 7 & 14

Last month's Christmas Lunch was a jolly success!
See Page 9

Tea & Conversation begins again on January 12th
See Pages 10 & 11

Charitable Registration # 13217 1638 RR0001

2244 CHICOUTIMI DR NW CALGARY AB T2L 0W1 | 403.289.4780 | WWW.YYCSENIORS.COM

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Cover Photo: Designed by Spanish architect Santiago Calatrava, the Peace Bridge opened for use in 2012. A wonderful way to commute into Calgary's downtown, the bridge is used by 6000 people daily and is a favourite photo spot for weddings and the like. Thank you to Tourism Calgary for this photo.

We are Located in the
Triwood Community Centre
2244 Chicoutimi Dr NW
Calgary, AB T2L 0W1

Current Board of Directors

Marlene Monilaws	President
Sharon Dun	Vice-President
Linda Earl	Secretary
Neil Little	Treasurer
Celia Barrington	Director
Linda Brown	Director
Lynda Lyster	Director

Staff

Jeannette Provo	Executive Director
Marie Woron	Marketing Coordinator
Richard Ma	Member Services Coordinator
Debbie Nay	Event and Tea & Conversation Coordinator
Nigel Hand	Administrative Assistant
Kim Park	Bookkeeper

OFFICE HOURS:

Monday - Friday 8:30 AM - 4:00 PM
Member Services 9:00 AM - 3:00 PM

403-289-4780
info@yycseniors.com

DIGITAL EDITIONS of The GAZETTE:
Available online at yycseniors.com/The-Gazette



VISION

A community of
full, enriched
lives.

MISSION

Connecting
adults with
opportunities to
stay active and
engaged.

VALUES

Respect
Compassion
Reliability
Sociability

FROM THE DESK OF THE Executive Director

Jeanette Provo has been the Executive Director since 2018. With her many talents and vast experience, she brings diversity, a friendly atmosphere and an excellent reputation for our welcoming Centre.



Happy New
Year all!!

Welcome back
everyone.

Christmas is over and we are back to living the dream!! It is always nice to have the routine in our lives.

Anyways, a new year with many new events coming. Staff and volunteers will be working on our 50th, our Volunteer Appreciation, the Garage Sale and our Fashion Show which will be held a little later this year due to the fact that Volunteer month is April. If you are interested in joining our committee, we would love to have you!

January 27th will be the Grand Opening of our Boutique, as well as our high-end jewelry sale. Please join us on the 27th from 11:30-2:00. Come on in and join us for coffee, tea and goodies, shop a little and have some fun. You can register online for your name to go into a draw for a \$10.00 Gift Certificate to shop in the Boutique that day. Draw will be held at 1:00pm on the 27th.

We are waiting on approval of a grant with the hope of starting a house-keeping program and reimplementing our pantry and frozen meal programs sometime in the spring.

Keep an eye out for more info come April. We will keep you in the loop one way or another once we know if we are approved.

Super Memberships have been very successful to date!! If you travel to other centres who are part of this group it may be worth your while to get a Super Membership for \$50.00. Those centres are Bowcliff Seniors, Confederation Park, Greater Forest Lawn 55+, Kerby and Parkdale Nifty Fifties.

If you have ideas for classes you may want to see us try please let me know. We are very excited to try new things. We completed an Alcohol Ink Christmas Decoration class and the ladies did some beautiful pieces. We will be doing more of these to see what kind of interest is out there for more.

If you are interested in doing a class for Public Speaking, again please let us know in the office. We need a minimum of 10 people to get this class going but would like more if possible. Having taken this type of course before it can do wonderful things like boost your self-confidence. I highly recommend it.

Thank you everyone and let's have a terrific 2023!!

Jeanette Provo
Executive Director

President's Report

Marlene Monilaws, a native Calgarian, has been the President at our Centre since 2021. Marlene is always looking for ways to improve the Centre; feel free to chat with her whenever you see her at our events.



Happy New Year everyone!

I hope everyone had a wonderful Christmas celebrating with family and friends!

Our cold weather last month was reminiscent of my early childhood in Calgary. We were kept home from school one time even though it was only 2 blocks away from our house. Back then it was fun to have a day off, now, not so much.

There are many new classes, events and celebrations coming up this year. One of them is our 50th Anniversary celebration in May. We have grown from a small couples group that met for meals and fellowship into what we are today. Our members and staff have helped immensely in making Confederation Park 55+ Activity Centre into such a wonderful place to learn, make new friends and enjoy the many classes, clubs and events that are offered.

Check your email blasts and of course the office staff is always there to help you with any questions.

Tea and Conversation on Thursday afternoons is always well attended and gives everyone a time to enjoy visiting with new and old friends, listening to music and perhaps have a dance or two. Thank you to Debbie and her team of staff and volunteers who make it such a wonderful experience!

Thank you to the staff for their continued hard work to give you a place to come and learn and enjoy all that is offered at the Centre. Also a big thank you to my board for their support and knowledge to make my job so much easier.

I hope to meet and visit with everyone in the coming year! And always remember to keep a smile on your face and remember life's special moments.

A handwritten signature of Marlene Monilaws in a teal color.

Marlene Monilaws
President



Grand Opening of the Boutique & High End Jewelry Sale

Friday, Jan 27th
11:30 AM - 2:00 PM



Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. Thank you to puzzles.ca for these great puzzles.

Sudoku

EXTRAORDINARY SENIOR LIVING

AMICA

BRITANNIA

750-49th AVENUE S W
403-476-8992 • AMICA.CA

SUDOKU EASY

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

SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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

SUDOKU HARD

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

Word Search

ANSWER at yycseniors.com/The-Gazette
Thank you to Discovery Education PuzzleMaker for this game.

January

- | | |
|------------|-------------|
| Balaclava | Fruitcake |
| Below Zero | Furnace |
| Blanket | Gloves |
| Blizzard | Hockey |
| Boots | Hot cocoa |
| Brisk | Hypothermia |
| Cabin | Ice |
| Chills | Iceicle |
| Chimney | Longjohns |
| Chinook | Luge |
| Cocoon | Mittens |
| Cold | New Year |
| Comforter | Nippy |
| Cough | Parka |
| Curling | Quilt |
| Dog Sled | Resolutions |
| Drafty | Scarf |
| Duvet | Shiver |
| Earmuffs | Shovel |
| Fireplace | Skates |
| Firewood | Skating |
| Flannel | Ski Lodge |
| Fleece | Skiing |
| Flu | Sled |
| Flurries | Slush |
| Freezing | |
| Frost | |
| Frostbite | |
| Frozen | |



- | | | | | |
|----------|-----------|----------|----------|-----------|
| Sneeze | Snowman | Storm | Toque | Windchill |
| Sniffle | Snowshoes | Sweater | Vacation | Winter |
| Snowball | Socks | Toboggan | Whiteout | Wool |

Hidden Message:

Boutique on the Park

Save the date
January 27th

Grand opening of the Boutique and Jewelry sale

11:30-2:00 in the Foothill Room.
Please stop by and check out the
Boutique and our selection of high-
end Jewelry. Join us for a slice of
cake a cup of coffee.

Many thanks to our Volunteer
Joan Packham and her team of
volunteers for all the work they
have done to complete our
Boutique on the Park.

**The boutique is Open
for business. We are
located downstairs in
Foothills room.**

We are offering
exclusive shopping times
on Fridays by appointment, so
bring a friend and come visit us.
😊 Call the Centre to arrange your
Friday shopping time at the
boutique: 403-289-4780.

If at any time the boutique is not
open and you wish to shop, please
just let Richard or Debbie know and
we will open the boutique up for
your shopping pleasure.

Thank you all for your kind words
and donations to our beautiful
Boutique. We do accept clothing
donations on Fridays by appoint-
ment.

WHY BY APPOINTMENT ONLY?
We can contact you, if by error, a
family treasure was left in a
pocket OR other items in the bag
are not clothing and could have
dropped in by accident. We
certainly do not want anyone to
donate a family treasure by
mistake.

**At this time, we are only
accepting the following:**

Gently used clothing,
Purses, Shoes/boots,
Ties, Scarves.
Coats, Jewelry

**We are no longer
accepting under-
wear unless the
garment is NEW and
has the store tag still attached.**

We are **not** accepting any house
hold items at this time.



Boutique Hours

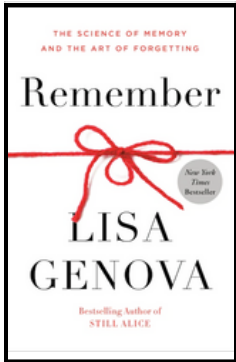
12:00 PM - 3:00 PM
Monday - Thursday
Fridays by Appointment

Located in
Foothills Hall
(downstairs)

Book Club

Book Club meets the **First Monday of the Month**
at 1:00 PM in the Pub downstairs at the Centre.

Come on out and try a meeting.
Head up to the Office if you'd like to join.



December BOOK REVIEW

December's Read
was Non Fiction.
'Remember' by
Lisa Genova, the
well known author

of many books, among them 'Still Alice' which deals with early onset Alzheimers. Lisa has a Doctorate in Neuroscience, so is knowledgeable about all things pertaining to memory, normal and dysfunctional. Throughout her career, she has met so many people who are distinctly alarmed by normal memory deficits, that she decided to write a book that would come across more like a friendly conversation than like a medical text book. Did she succeed?

Yes, I believe she did. Our scores were reasonably high 7 to 8 with one 9. at the beginning of our discussion. Some of us had trouble with confronting a non fiction book.

The discussion that followed, was one of the most interesting and revealing discussions we have ever had. There was no speculation here, as we revealed our own memory challenges and discussed the strategies that the author laid out. There were very useful suggestions - such as being mindful about where we put things, like our glasses, keys,

hearing aids etc. We all do have strategies, we don't always 'remember' to use them. The main take away from the book is DO NOT WORRY ! Worry will make your memory gasp, hiccup and dive under the bed! Sleep hygiene was another take away - we canvassed our group and most of us were pretty good. Sleep deprivation can impair your ability to remember. Seniors generally have altered sleep patterns anyway - something that our age group needs to allow for. One person had the great ability to sleep on her homework, and wake up with the answers.

Her book tells us that our long term memory for events is really poor. This lead us to discussing the reliance on witnesses in a trial - food for thought.

We all discovered that the tip of the tongue block with regard to names is utterly normal and worsens with age. Most of us can recall faces more easily.

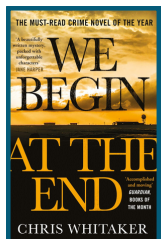
Our scores, following our wide ranging discussion, had gone UP. Many more added a .5 to their score. This is a plaudit for Non Fiction. It has a useful place in our lives. I recommend this book to anyone who worries about their memory.

Welcome to 2023 ! Next month we will be discussing "We begin at the End" by Chris Whitaker.

Submitted by Jean Kensit

January

We Begin At The End
by Chris Whitaker



Christmas Lunch Recap



What a turnout we had for our Christmas Lunch!

Everyone had a great time at our sold out lunch, including Santa!

Special thank you to Jeremy Nixon, MLA for Calgary Klein and Minister of Seniors Community and Social Services and his Assistant Sam Parker for joining us on our special day.

Thank you to Chartwell for the dessert and doorprizes and thank you to everyone who donated door prizes.

Thanks to Roma Catering for a lovely turkey lunch.

Last but not least, many thanks to Jeannie McCauley and Agnes Jessamine our volunteers for the day.

None of this happens without our team, Jeannette Provo, Debbie Nay, Richard Ma, Nigel Hand and Marie Woron.

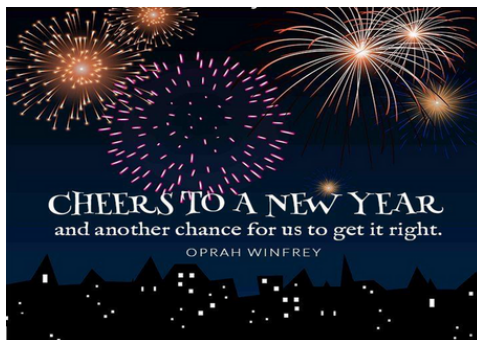


Tea & Conversation

Thursdays at 1:30pm

It is that time of the year for us to deal with “Old ManWinter”....COLD, SNOW, ICE and the FLU and Covid ☹️

- Bundle up and stay warm, winter boots, gloves, hats and winter coats a must
- Remember to take extra precautions when shoveling the snow don't be afraid to ask for help.
- Make sure you have anti slip boots and shoes to help prevent you from a fall on the ice.
- Wash your hand frequently and cough into your elbows. If you are not feeling well stay home and seek medical attention if needed.



T&C has been filled with a gazillion wonderful memories and we thank you all so much for letting us be part of your lives.

Save the date: January 27th for the Grand opening of the Boutique and Jewelry sale!

Studies have shown that participating in an event like T&C has positive benefits for your emotional, mental and physical well-being. Stay active and stay involved.



We would like to thank all of our wonderful volunteers; we count on you week after week and you never let us down. Thanks a million!

Thank you all for your monthly, weekly and annual donations to the Tea & Conversation program. Your support is greatly appreciated and needed.

Thank you to Amica for the Helping Hands Baskets.



 **LIVE ENTERTAINMENT** 

JANUARY 2023

Jan 12th Randy Poirier

Jan 19th Greg Rempel

Jan 26th Timeless Reflections

THANK YOU TO THE FOLLOWING SPONSORS
FOR THEIR CONTINUED SUPPORT OF OUR T&C PROGRAM.



Kin Canada
Kinsmen Club
of the Stampede City



CHARTwell



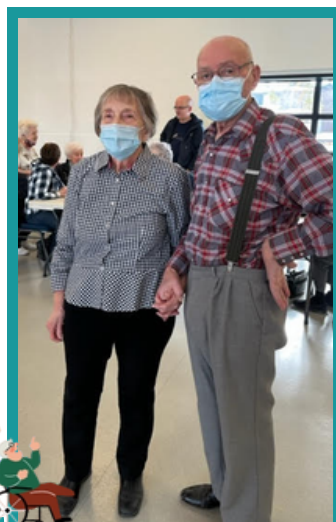
Tea & Conversation

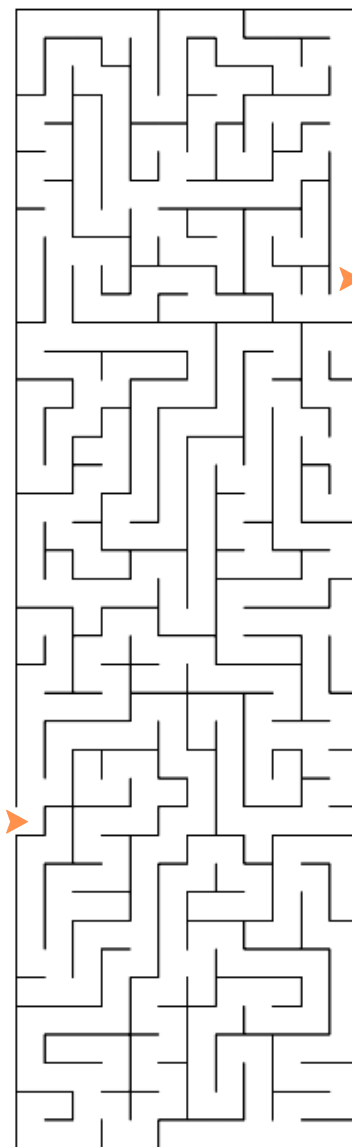


Tea & Conversation

2023 Memories

Visit yycseniors.com/T&C
for more photos!





Anagrams

Can you work out the name of each animal, mammal, reptile, fish, bird or insect from the following anagrams? Word lengths are shown in brackets.

- | | | | |
|------------------------|-------------------|---------------------|--------------------|
| 1) LONE EGG DEAL (6,5) | 5) ANY CAR (6) | 9) MAIN GOLF (8) | 13) GREAT DRIP (9) |
| 2) TIP UP SHAMPOO (12) | 6) SO EMU (5) | 10) A RADAR CUB (9) | 14) A MALL (5) |
| 3) LAST BOARS (9) | 7) NO CALF (6) | 11) RAPTOR (6) | 15) A PENCIL (7) |
| 4) A LONE PET (8) | 8) AT GORILLA (9) | 12) NIP HOLD (7) | 16) OR BELTS (7) |

LINKages Club

The perfect driver

A rookie cop is being trained by his sergeant. Unfortunately it's a pretty slow day. Finally the sergeant says "Okay, here's a hint. Pick a car and just follow him around. Before long he's bound to make a mistake, and you can pull him over for that." So the sergeant selects a car, and starts following it.

Unfortunately, it doesn't work. The car is being driven perfectly. Every stop is a full stop. Every turn is signaled. Every speed limit is followed precisely. There is just nothing to justify pulling this car over.

Finally the sergeant just decides to flip on the lights and pull the car over. He tells his trainee to stay in the cruiser, and walks up to the car.



"Sir, I just want to compliment you. I've been following you for 20 minutes waiting for you to make an error so I can show my trainee, and for 20 minutes you have driven this car absolutely perfectly to the letter of the law. I am impressed."

"Well, thanks," the driver says "when you're this drunk, you gotta try that much harder."



INTERGENERATIONAL LINKages Club

**! HAVE FUN ! MAKE A FRIEND !
CONNECT WITH STUDENTS
FROM ST FRANCIS HIGH SCHOOL TO
SHARE WISDOM, STORIES & LAUGHS!**

NEXT MEETING DATES:

● Mondays ●

Feb 13 & 27

Mar 13 & 27

3:30 PM - 4:30 PM

MEET BIWEEKLY ON MONDAYS THRU MAY 2023



**Register with Nigel:
403-289-4780**



For more information,
contact: **BETTY GOOD** at
403-249-0853 | betty.good@link-ages.ca

This Month

We would love to see you all at the Grand Opening of
The Boutique on the Park on Friday, Jan 27th.



WE ARE
OPEN

BOUTIQUE ON THE PARK
AND HIGH END JEWELRY
GRAND OPENING

January 27
11:30am - 2:00pm
Foothills

Memberships

> REGISTER NOW



Call 403-289-4780
book online at yycseniors.com
or visit us in the Office to
Register for Winter 2023
Classes & Clubs!

Stay Fit

Seated Yoga
Yoga & Zoom Yoga
Tai Chi, Beg. or Int.
The Worx
Zumba Gold

Draw

Intro to Alcohol Inks
Drawing, Watercolours
Acrylics Workshops

Learn Spanish

Beginner
Advanced Beginner
Beyond Beginner

Dance

Advanced Tap Dance
Belly Dance, Jazz
Ballet for Seniors
Energizing Dance
Scottish Country Dance

Sing

Perfectly Imperfects
Harmony First (Club)

Line Dance

Beginner
Intermediate
Improver

*Members
Only*

or Join a Club

Chinese Mahjong
Euchre Club
Crib Club
Wood Carvers
Book Club
Sharing Handicrafts
Harmony First Chorus



- Register in **classes**, join **clubs** and take part in drop-in **activities**
- Member can make **appointments** with a Lawyer, Podiatrist, Commissioner of Oaths, and have assistance with their Taxes
- Join our members-only **Clubs!**
- Attend special **members-only events**
- **Full voting rights** at our AGM for those 55+
- **Associate Membership** for those under 55
- Monthly newsletter, **The Gazette** and weekly eBlasts the **keep our members up to date** on Centre and Community Events

To be eligible for **Member Pricing**, all memberships **must** be purchased or renewed **prior** to registering for Winter Classes

NOTICE:

Due to increased costs, we need to increase non-member guests for all events.





**As of January 1st, 2023,
non-member guests will pay an
additional \$10.00 over member
event prices.**

For example, if a member's ticket costs \$25/person, their non-member guest ticket will cost \$35/guest.

Thank you for your understanding.

January 2023 Programs

TO REGISTER
Call 403-289-4780 or visit yycseniors.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEATED YOGA 9:30 AM – 10:30 AM PERFECTLY IMPERFECTS 11:00 AM – 12:30PM SPANISH ADV BEGINNER 2 12:45 PM – 1:45 PM LINE DANCE BEGINNER 1:00 PM – 2:00 PM BOOK CLUB Jan 9, Feb 6 & Mar 6 1:00 PM – 3:00 PM EUCHRE CLUB 1:00 PM – 3:00 PM CHINESE MAHJONG CLUB 1:00 PM – 3:00 PM WATERCOLOURS 1:15 PM – 3:15 PM SPANISH BEYOND BEGINNER 2 2:00 PM – 3:00 PM LINE DANCE IMPROVER 2:15 PM – 3:15 PM LINKAGES Feb 13 & 27 Mar 13 & 27 3:30 PM – 5:15 PM	CRIB CLUB 9:00 AM – 11:00 AM DRAWING 10:00 AM – 12:00 AM CAROL MARASCO ART WORKSHOPS January 24 February 28 March 28 10:00 AM – 12:00 PM TAI CHI BEGINNER 10:00 AM – 11:00 AM TAI CHI INTERMEDIATE 11:05 AM – 12:05 PM HARMONY FIRST CHORUS 12:30 PM – 3:00 PM INTRO TO ALCOHOL INKS 12:30PM – 2:30PM SHARING HANDICRAFTS 1:00 PM – 3:00 PM	THE WORX 8:45 AM – 9:45 AM SEATED YOGA 9:45 AM – 10:45 AM LINE DANCE INTERMEDIATE 11 10:00 AM – 11:00 AM ADVANCED TAP 11:30 AM – 12:30 PM BELLY DANCE 12:00 PM – 1:00 PM BALLET FOR SENIORS 12:45 PM – 1:45 PM ENERGIZING DANCE 2:00 PM – 3:00 PM	WOODCARVERS 9:00 AM – 11:00 AM JAZZ 11:00 AM – 12:00 PM SEATED YOGA 12:15 PM – 1:15 PM  TEA & CONVERSATION Thursdays Starting Jan 12th 1:30 PM - 2:30 PM **See pages 10 & 11 for details.	ZUMBA GOLD 8:45 AM – 9:45AM YOGA ZOOM 9:30 AM – 10:45 AM SCOTTISH COUNTRY DANCE 10:00 AM – 11:30 AM SPANISH BEGINNER 2nd 12:15 PM – 1:15 PM 
<div> <div>  CHARLESWOOD* (direct access)  FOOTHILLS (downstairs) </div> <div>  COLLINGWOOD (upstairs)  PUB (downstairs) </div> <div>  BOARDROOM (upstairs)  ZOOM </div> </div> <div> <h3>*CHARLESWOOD (Direct Access)</h3>  <p>2244 Chicoutimi Dr NW, Calgary 403-289-4780</p> <p>OFFICE: Up stairs to the right Indoor Stair lift is available.</p> </div>				

Note:
No Classes
on Monday,
Feb 20th

Sudoku Answers

Everything hurts!

My husband complained to me that he has pain in every part of his body. After an hour of trying to persuade him to go to the doctor, he finally went.

Doctor: When you touch your leg, does it hurt?

Husband: Yes!

Doctor: When you touch your arm, does it hurt?

Husband: Yes!!

Doctor: When you touch your head, does it hurt?

Husband: Yes!!!



Doctor:

I've discovered the problem.
Your finger is broken!

SUDOKU EASY

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

SUDOKU PUZZLES ON PAGE 5

SUDOKU MEDIUM

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

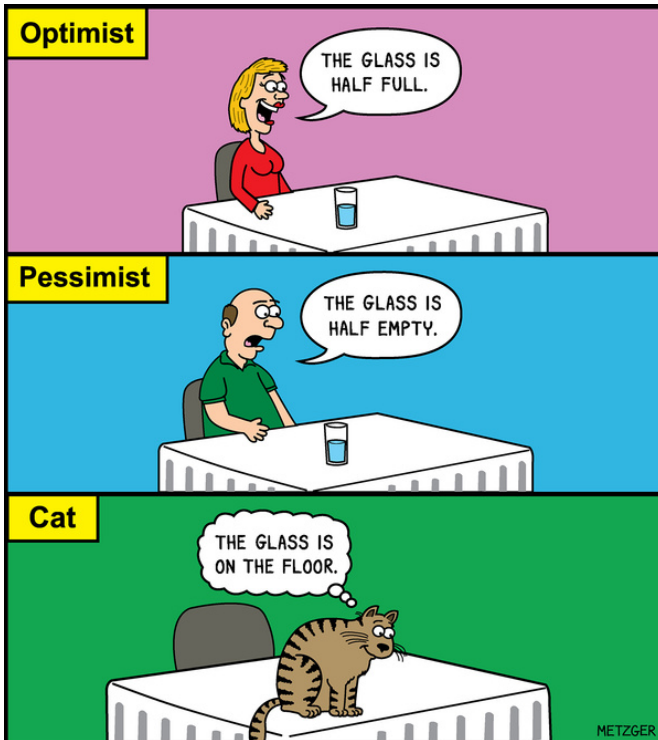
SUDOKU HARD

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

January Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	2	 3 Office open for Business	4	5	 6 CALGARY MOTORCYCLE SHOW BMO Centre	 7 ALBERTA FEMALE HOCKEY DAY ATB Max Bell Centre
 8 Winter Fundraising Festival @ the Calgary Central Sportsplex 10am - 2pm	9	10	11	 12 TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Randy Poirier	13	 14 North Haven Family Skating Party North Haven Community 3pm - 5pm
 15 Fiddler on the Roof Southern Alberta Jubilee Auditorium 2pm - 6pm	16	17	18	 19 TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Greg Rumpel	20	21
 22 HAPPY CHINESE NEW YEAR 2023	23	24	 25 Robbie Burns Day! Board Meeting 11 AM - 12:30 PM	 26 TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Timeless Reflections	 27 Grand Opening BOUTIQUE on the Park 11:30 AM to 2:00 PM	 28 Paint Nite @ The Kilkeny Irish pub 1pm
29	30	31				

NOTES



COMMISSIONER OF OATHS: Available at the Centre by appointment only. **Free for Members.** \$20 Donation for Non-members. Call 403-289-4780 Ext 202.

PODIATRIST APPOINTMENTS: We offer podiatrist service to all our members. Next appointments are Jan 13 & Feb 24, Please call us at 403-289-4780 to book.

AVON CALLING! Call Jeannette at 403-289-4780 Ext 202 to order.

LAWYER APPOINTMENTS with Arlene Blake are available for our members by appointment only. Call 403-289-4780.

GROAN

Just so everyone's clear, I'm putting my glasses on.

What do you call a pig with laryngitis?
Disgruntled.



A commander walks into a bar and orders everyone a round.



Roma catering has been serving Calgary and area since 1969.
 We offer fine dining catering or casual delivery drop off.

Contact us anytime at 403-281-7270 Ext.201
 or Email us at info@romacatering.ca



www.romacatering.ca

Stay Active

STAYING ACTIVE AT ANY AGE: MARION'S STORY



There's no denying that exercise is good for us and that even a moderate amount of regular exercise can yield both physical and psychological health benefits. Yet, one of the greatest misconceptions is that there's a point in our lives when we must come to terms with our physical limitations. As a result, age often becomes a reason not to workout. Chartwell Crescent Gardens resident Marion proves this couldn't be further from the truth.

Record-setting athletic talent

Raised in the town of Maple Creek, Saskatchewan, Marion grew up swimming from an early age. Ever since, athleticism has become deeply ingrained in her lifestyle. In fact, at age 95, she competed in the International Masters Swimming competition, resulting in a Canadian record for the breaststroke—but what's impressive is that she even won the 2nd fastest swimmer in her age group worldwide. As a retiree,

Embracing living life to the fullest in a retirement residence

Marion moved to a Chartwell Retirement Residence in Surrey, British Columbia, close to where her daughter lives. She describes how her happiness has not only increased since moving in, but her sense of personal safety. Marion loves the food served and deeply appreciates how her new home continues to adapt to her needs and preferences, empowering her to lead the active lifestyle she wants.

Today, at the age of 103, Marion is an avid fan of the on-site activities offered, including gymnastics, tap dance and ice skating. When she isn't attending fitness classes, she also likes to go on picnics or scenic drives, participating in live music shows, and treating herself to manicures and pedicures.



To read the full story visit: <https://chartwell.com/en/blog/2022/09/staying-active-at-any-age-marion-s-story>

Just for Laughs

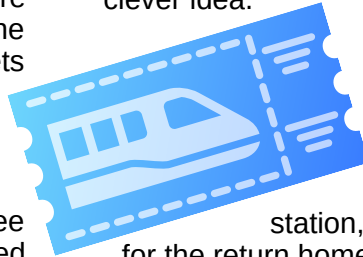
Tickets, please!

Three lawyers and three engineers are traveling by train to a conference. At the station, the three lawyers each buy tickets and watch as three engineers buy only a single ticket.

"How are three people going to travel on only one ticket?" asked one of the three lawyers. "Watch and you'll see," answered one of the engineers. They all boarded the train. The lawyers take their respective seats but all three engineers cram into a restroom stall and close the door behind them.

Shortly after the train departs, the conductor comes around collecting tickets. He knocks on the restroom stall and says, "Ticket, please." The door opens just a crack and a single arm emerges with a ticket in hand.

The conductor takes it and moves on. The lawyers see this and agreed it was quite a clever idea.



After the conference, the lawyers decide to copy the engineers on the return trip and save some money.

When they get to the station, they buy a single ticket for the return home. To their astonishment, the engineers don't buy a ticket at all.

"How are you going to travel without a ticket?" asked one perplexed lawyer. "Watch and you'll see," says one of the engineers.

When they board the train, the three lawyers cram into a restroom stall and the three engineers cram into another one nearby. The train departs. Shortly afterwards, one of the engineers leaves his stall and walks over to the stall where the lawyers are hiding. He knocks on the door and says, "Ticket, please."



The Edgemont

80 Edenwold Dr NW
(403)241-8990



Scenic Acres

150 Scotia Landing NW
(403)208-0338



Explore what Revera has to offer. Whether you are looking for independent living, assisted living or memory care, our retirement homes offer a safe environment with personalized care options and recreation programs to suit your needs. Call us for a personalized tour.



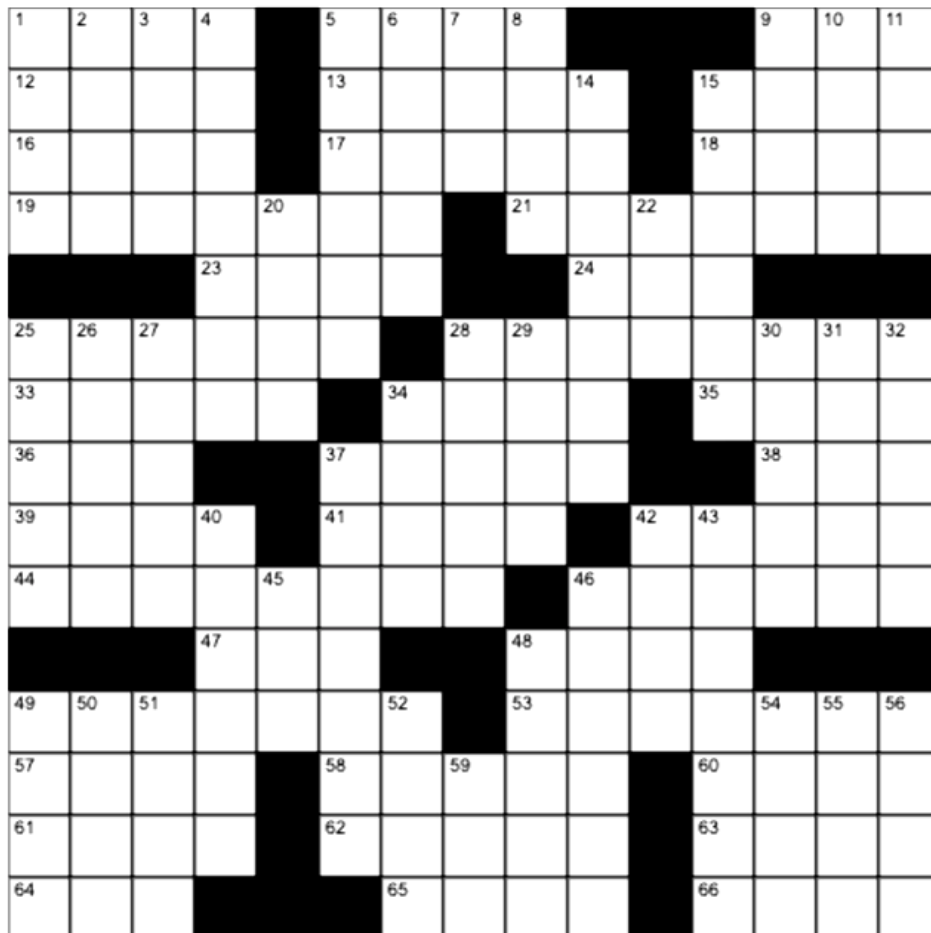
Crossword

ANSWER ON PAGE 24

Thank you to bestcrosswords.com for this game.

ACROSS

- 1- Just right;
- 5- ___ well...;
- 9- Reproductive cells;
- 12- Rifle adjunct;
- 13- Home on the range;
- 15- Foreboding;
- 16- Coil;
- 17- Adjust to zero;
- 18- Golden rule
preposition;
- 19- Pirate;
- 21- Subdivision;
- 23- Weight;
- 24- Agt.;
- 25- Sister of Moses;
- 28- Proclaim;
- 33- Mature;
- 34- What ___ mind
reader?;
- 35- Milk source;
- 36- Legal matter;
- 37- Poker declaration;
- 38- Tempe sch.;
- 39- Effortlessness;
- 41- Soviet news service;
- 42- Chose;
- 44- Railway ties;
- 46- Sullenly ill-humored;
- 47- "Losing My Religion"
band;
- 48- Super;
- 49- Perennial govern-
ment concern;
- 53- Ice river;
- 57- Peter Fonda title role;
- 58- Horselike African
mammal;
- 60- Ferrara family;
- 61- Equal;
- 62- Register as a
participant;
- 63- Distribute cards;
- 64- Printer's measures;
- 65- Membership fees;
- 66- Slippery;



DOWN

- 1- Apply powder to
oneself;
- 2- Melville tale;
- 3- Cupid;
- 4- Garden's necessity;
- 5- Skylighted lobby;
- 6- Ogles;
- 7- CD precursors;
- 8- Gets the picture;
- 9- Old Dodge model;
- 10- Rejection power;
- 11- By and by;
- 14- Endless;
- 15- Yield;
- 20- Med school subj.;
- 22- Bus. bigwig;
- 25- Female horses;
- 26- Utopian;
- 27- Charlotte ___;
- 28- Gather;
- 29- Guitarist Lofgren;
- 30- Peachy!;
- 31- Lawsuits;
- 32- Piece of music written
for a solo instrument;
- 34- Rent-___;
- 37- Put into a list or an
inventory;
- 40- More spine-tingling;
- 42- The last Mrs. Chaplin;
- 43- Come before;
- 45- Chest muscle;
- 46- Grinders;
- 48- Come to a consensus;
- 49- Bamboozle;
- 50- K-6;
- 51- Dues;
- 52- Watch over;
- 54- Words of
understanding;
- 55- Bibliography abbr.;
- 56- Depend;
- 59- Heat meas.;

Thank You Sponsors

A M I C A

SENIOR LIFESTYLES



CHARTwell
retirement residences

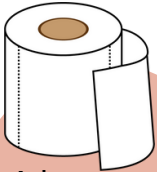


HARP | HEARING CARE



Kin Canada
Kinsmen Club
of the Stampede City

revera
Scenic Acres & The Edgemont

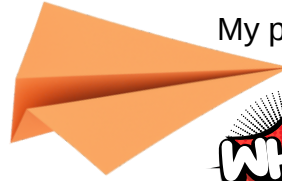


A huge stack of toilet rolls fell on me at the grocery store. I'm ok, though, just soft tissue damage.

I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."



I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.



My paper airplane won't fly. It's completely stationary.



I visited a monestary and as I walked past the kitchen, I saw a man frying chips.

I asked him, "Are you the Friar?"

"No," he replied, "I'm the chip monk"



**THE
GOOD
FOOD
BOX**

We are happy to be part of the Good Food Box program through Calgary's Community Kitchen.

SMALL	MEDIUM	LARGE
\$25	\$30	\$35
20 LBS	30 LBS	40 LBS

Boxes filled with an array of fresh fruit and vegetables are available to all members

Order your Good Food Box through **Richard Ma - 403 289-4780, ext. #200**

What's Happening at Triwood

**Adult Yoga
Workshop**
Find Your Warrior



**TRIWOOD
FITNESS**



JANUARY 4, 2023

9am-12pm | 2244 Chicoutimi Dr NW
Single Day Program

\$45

CROSSWORD Answer from Page 22



DO YOU NEED A SNOW ANGEL?

Are you living in the Triwood area and have limited mobility issues?
Would you like to have help shoveling snow this winter?

Let us connect you!

Email office@triwoodcommunity.com
with your name, contact information and address.

1	T	O	A	T		5	A	L	L	S		9	O	V	A
12	A	M	M	O		13	T	E	P	E		14		15	O
16	L	O	O	P		17	R	E	S	E	T		18	U	N
19	C	O	R	S		20	A	I	R		21	S	E	C	T
					23	O	N	U	S		24	R	E	P	
25	M	I	R	I	A	M		28	A	N	N	O	U	N	C
33	A	D	U	L	T		34	A	M	I	A		35	T	E
36	R	E	S			37	I	C	A	L	L		38	A	S
39	E	A	S	E		40		41	T	A	S	S		42	O
44	S	L	E	E	P	E	R	S		46	M	O	R	O	S
					47	R	E	M		48	A	O	N	E	
49	D	E	F	I	C	I	T		52		53	G	L	A	C
57	U	L	E	E		58	Z	E	B	R	A		60	E	E
61	P	E	E	R		62	E	N	T	E	R		63	D	E
64	E	M	S			65	D	U	E	S		66	E	E	L

Coming Soon

CONFEDERATION
PARK
50TH ANNIVERSARY



TUESDAY MAY 16
\$50

Find the Differences

Find 15 Differences between the pictures.
ANSWER at yycseniors.com/The-Gazette



OH
NO!

Memberships expired at the
end of last month!

Don't miss out on
Membership Privileges!
Call us at **403-289-4780** to
join, renew or discuss which
membership is best for you!

RENEW
TODAY!

@yycseniors.com

Choose Regular or Super Membership!
The **Super Membership** gives you Membership Status at all of these locations!

Confederation Park 55+ Activity Centre
Bow Cliff Seniors
Greater Forest Lawn 55+ Activity Centre
Kerby Centre for the 55 Plus
Parkdale Nifty 50s

What does Membership Status mean?

- Access to member-only functions, programs and events
- Member pricing for classes & events
- For members over 55, you will have voting rights at your HOME CENTRE's Annual General Meeting (AGM)

Super Membership Info

The next 4 pages of our
newsletter will regularly contain

**Super Membership
events and information**

While all members are welcome
to visit our 55+ Friends,

**Super Members will be
able to attend member-only functions
and programs at member rates.**

WINTER Programs

ART	DAY	TIME	DATE	\$	Drop-in \$
Watercolour Class <small>(Requires min 8 full reg. to run)</small>	Mon.	12:30-3:00	Jan. 16—March 27 (10 sessions)	\$175 members \$190 non memb	\$20 members \$25 non-memb.
Mixed Media Art <small>(Requires min 8 full reg. to run)</small>	Thurs.	9:30-11:30	Jan. 19–Apr. 6 (12 sessions)	\$185 members \$195 non-memb	\$18 members \$23 non-memb.
EXERCISE	DAY	TIME	DATE	\$	Drop-in \$
Chair/Floor Yoga <small>(Requires min 4 full reg. to run)</small>	Tues.	1:00 -2:00	Jan. 17—March 21 (10 sessions)	\$90 members \$105 non-memb	\$10 members \$13 non-memb.
Silver Dance Class <small>(Requires min 6 full reg. to run)</small>	Wed.	9:30-10:30	Jan. 11 –March15 (10 sessions)	\$105 members \$115 non-memb	\$12 members \$15 non-memb
Tai Chi <small>(Requires min 6 full reg. to run)</small>	Wed.	2:30-3:30	TBA	TBA	
Gymmy Gentle Fit. <small>(Requires min 7 full reg. to run)</small>	Fri.	9:30-10:30	Jan. 13—March 31 (12 sessions)	\$118 members \$125 non-memb	\$12 members \$15 non-memb.
KEYBOARDS	DAY	TIME	DATE	\$	Drop-in \$
Intermediate Beginner	Thurs.	TBD TBD	Jan. 19-Apr. 6 (10 sessions)	\$125 members \$135 non-memb	Not available <small>(Requires min 7 full reg. to run)</small>

Drop-In Programs

BRIDGE	DAY	TIME	DROP-IN \$
Party Bridge	Tuesdays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
Duplicate Bridge	Fridays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
GAMES			
Hand & Foot	Mondays	12:30 –3:00	\$3
Bingo	Wednesdays	1:15– 3:15	\$3
Drop-in Games	Thursdays	12:30-3:00	\$3
OTHER			
Harmonica Tableau	Wednesday	9:30-11:30	\$3
Lunch* MUST RSVP	Wednesdays	12:00 –1:00	Memb.—\$12, Non-Memb.—\$14
“Crafts & Coffee”	Tuesdays	9:30-12:00	\$3
Convo & Learning Café	2nd-4th Fridays	10:00-12:00	FREE!
Hand & Paper Crafters	Thursday	12:00-2:00	\$3

2023 Evening Programs at GFL55+

MONDAY

Foothills Blue Grass Society
7 pm - 10 pm

Free access to listen to the best
Blue Grass musicians in the city.

TUESDAY

Toast Masters 6:30 pm - 9 pm

Learn, connect and grow through
Toast Masters professionals.

Eastport Lions 7 pm - 9 pm

WEDNESDAY

Southview Scouts 5 pm - 8 pm

The centre is open to the Scouts!

FRIDAY

Games Night 7 pm - 10 pm

Join the community for a weekly
games night match up. Bar and
cafe open with a choice of goodies
to round out your fun night.



3425 26 Ave SE
403-272-4661

2023 Daily Activities Visit gfls.org for times/dates

MONDAY

Stretching with Norma & Carol, Coffee &
Conversation, Darts, Just Dance Lite,
Musician's Gathering

TUESDAY

TOPS Meeting, Crafts, Men's Shed & Bike
Shed, Computer Class, Social Worker On-
Site, Riot Act Drama Club, Walkfit,
Pickleball

WEDNESDAY

Bingo, Cindy's Styles Hair Care

THURSDAY

Bees Knees 30 minute Fitness, Men's
Shed, Stretching with Norma & Carol,
Tarot Card Reading, Woodshop for
Beginners

FRIDAY

Wildrose Foot Health Care Services, Tai
Chi, Line Dancing Level 1, Line Dancing
Level 2, Weekly Games Night

SPECIAL EVENTS

Monthly Birthday Suppers with
Entertainment and a slice of birthday cake;
and Paint Nights!

SUPER MEMBERSHIP PLUS 55 FRIEND

A Sample of What's Happening at
Unison at Kerby

1133 7th Ave SW | 403-265-0661 | kerbycentre.com

Active Aging: Courses & Classes

Ukulele Magic! Intermediate Level I

Wednesday

REGISTRATION REQUIRED

Active Aging: Courses & Classes

Bhangra Basics

Wednesdays

REGISTRATION REQUIRED



unison
At Kerby Centre

Active Aging: Courses & Classes

Broom Making Workshop

Monday / Tuesday / Wednesday

REGISTRATION REQUIRED



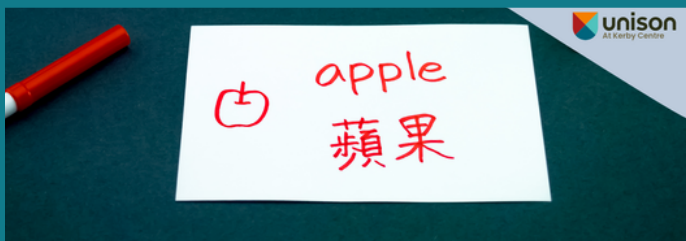
unison
At Kerby Centre



unison
At Kerby Centre

Gentle Fitness

Tuesdays



unison
At Kerby Centre

Mandarin for Beginners

Thursdays

EDUCATION AND ENRICHMENT FOR THE SAVVY SENIOR

Memory Writing



Weekly Activities

MOVEMENT FOR YOUR PHYSICAL AND MENTAL HEALTH



Wednesday Dance

MOVEMENT FOR YOUR PHYSICAL AND MENTAL HEALTH

Pickleball



unison
For generations 50+

Smart Aging!

Learn how you can live a healthy lifestyle
and reduce the risks associated with chronic
and infectious disease in older adults

Online Presentation

Presented By Dr. Mary Szabo

MD, Family Physician

Monday, January 16th

10:30 am to 11:30 am MST

Free Registration At

unisonpresentsimmunizationandhealthyaging.eventbrite.ca



'MONEY TALKS' AT UNISON



WILLS AND ESTATE PLANNING

WEDNESDAY, JANUARY 18 @ 1-3 PM

KERBY CENTRE LOUNGE

Join Jonathan Ng from Underwood Gilholme to learn how to prepare a Will, the legal issues that affect Wills, how to select an Executor and information about Enduring Power of Attorney and Personal Directives.

RSVP for this FREE presentation

loriw@kerbycentre.com | 403.705.3179

Kerby Centre 1133 7 Ave SW

unison
For generations 50+



MONDAY

Painting Studio Karin Richter 10:00am
– 12:30 pm, Jan 9 – April 3, \$200,
No class Feb 20

Instructional Watercolour Karin Richter
1:00 pm – 3:30 pm, \$200, No class
Feb 20

TUESDAY

Instructional Acrylic Karin Richter 9:30
am – 12:00 pm, Jan 10 – March 28 12
weeks \$200

Gentle Yoga Vanitha Naik 9:30 am
-10:45am, Jan 10 – March 28 12
weeks \$195

Move and Mingle 1:00 pm – 3:00 pm.
Class registration for this class is
through Alberta Health Services. For
more information contact Alberta
Health Services at (403) 955-1554.

WEDNESDAY

Studio Art Sherry Telle 9:30am
-12:00pm, Jan 11 – March 29 12
weeks \$240

Colab Mentored Watercolor James
Nichol, 9:30 am – 12 pm, Jan 11 –
March 29 12 weeks \$200, Suitable for
beginners and experts

Drop in Painting No instructor 1:00pm
– 3:30pm, \$5/session

THURSDAY

Painting Studio Instructor TBA 9:30am –
12:00pm, Jan 12 – Mar 30, 11 weeks,
\$220,
No class Mar 23

Move and Mingle 1:00 pm – 3:00 pm,
Class registration for this class is through
Alberta Health Services. For more
information contact Alberta Health
Services at (403) 955-1554.

Yoga – Evening session Vanitha Naik
6:00 pm – 7:15 pm, Jan 12 – March 30,
12 weeks, \$195

FRIDAY

Painting Studio Margaret Holland 9:00am
– 12:00pm, Jan 13 – March 31 12 weeks
\$240

Seniors N' Motion Robin Scott 10am – 11
am, Jan 13 – March 17, 10 weeks,
\$100 members/\$115 non-members

Painting Studio Margaret Holland
12:30pm – 3:30pm, Jan 13 – March 31, 12
weeks, \$240

All About Drawing Sherry Telle 12:30 pm
– 3:30 pm, Jan 13 – March 31 12 weeks
\$240, Suitable for beginners and experts





Cozy up to winter at Chartwell

If you're not heading south this winter, don't settle for a Canadian winter without convenience, connection, and contentment!



Change your destination to a Chartwell retirement residence and **enjoy a safe, social lifestyle with peace of mind.** Our Winter Stay program offers short-term accommodation with personalized service, including dining, housekeeping, lifestyle and fitness experiences and optional wellness services delivered by friendly staff.

Book your Winter Stay at a Chartwell residence in your neighbourhood today to enjoy a season of safety and social connection.

Visit [Chartwell.com](https://www.chartwell.com) or call 1-844-727-8679.

