

# GAZETTE



## Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

FEBRUARY 2023

### IN THIS ISSUE

Have your questions about wills answered! Register for our Wills, Estates & Planning Seminar.

**See Page 6**

Make a new friend! Come on Thursdays to our weekly T&C.

**See Page 10**

Make your sweetheart a gift that stands the test of time. Register for our Valentine Alcohol Inks workshop.

**See Page 14**

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**Cover Photo:** During the Victoria era, it became popular to use flowers to send secretive messages that Victorian etiquette deemed unacceptable to share openly. The meaning behind each flower was often pulled from myths, fables or legends. We send red roses on Valentine's Day as they typically represent love and romance and have been a symbol of passion for many cultures throughout the ages.

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](http://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.



Hello all!!

Happy Valentines  
this month!!

Remember, you don't need a partner to enjoy Valentines. Go out and have dinner or lunch with a friend. Try a movie. Just enjoy the day.

We have no special event this month, however there will be a St Patrick's Day Lunch on March 17th . Please come out and enjoy the day. Tickets go on sale soon. Please purchase before the deadline in order to get into the lunch.

Plans have started for the 50th Anniversary, as well as the Volunteer Appreciation Event. Please watch for more information in future Eblasts and Gazettes.

I am seeing a whole lot of new people joining us at Confederation Park 55+. Welcome to our centre!! If you have something of interest you would like to see us offering, please make an appointment to see me and we can chat. We are always open to new ideas!

I also wanted to mention that there are many resources available to those needing assistance. I am happy to help you with finding the resources that would be a fit for your situation. With that said we will be offering our monthly information sessions soon. I am looking to do another session on "Ask a Pharmacist" & Wills, Estates, POA and Planning. Of all the sessions we have put on these two were extremely informative for the members. So please sign up if you are in the least bit interested. I often sit in on these and learn something new each time.

I am also trying to connect with the Alberta Government to have them come out to do a presentation on Seniors Benefits. Please watch for this one to come in the spring.

Lastly but not least. We have a new service coming! Patricia has a van where she will service members with their dental work. She is already doing this at a few other centres and will be joining us in March. Watch for more info.

Enjoy your month!!

A handwritten signature in red ink that reads "Jeanette". Above the end of the signature is a small, simple heart drawn in the same red ink.

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  
Valentine's Day  
everyone!**

By now our new session for the various classes and clubs are in full swing. Welcome to the new members, I hope you are enjoying your time at Confederation Park 55+ Activity Centre.

There are many activities and special events planned in the coming months. If you are interested in learning more about our Centre you might consider running for a position on our board of directors at the Annual meeting in March. The office can give you further details. In May we are celebrating the 50th Anniversary of the Centre! Please come and join in the special events that are planned.

Tea and Conversation is always well attended on Thursday afternoons. Thank you to Debbie, her staff and volunteers who help make it a great experience for members and friends. Entertainment, coffee and tea and of course dancing is enjoyed by all.

Thank you to the staff for all your hard work and continued support. Also a big thank you to my board of directors who make my job so much easier! I hope to see you all around the centre in the future. And always remember to take time for yourself and appreciate the special moments.

Marlene Monilaws  
President

A festive banner for St. Paddy's Day Luncheon. It features a cartoon leprechaun on the left and a pot of gold with a leprechaun hat on the right. The text is centered and reads: **ST PADDY'S DAY LUNCHEON**, **Save the Date! 17 March, 2022**, and **Join us for a Hearty Beef Stew Lunch!**. The banner is decorated with shamrocks and a gold border.

**ST PADDY'S DAY LUNCHEON**  
**Save the Date! 17 March, 2022**  
Join us for a  
**Hearty Beef Stew Lunch!**

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

750-49<sup>th</sup> AVENUE S W  
403-476-8992 • AMICA CA

### SUDOKU EASY

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

SOLUTIONS ON PAGE 17

### SUDOKU MEDIUM

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

### SUDOKU HARD

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



## WILLS, ESTATES AND PLANNING



Please join

**Donna Gee**

RN, BN, Juris doctor (J.D.) Mediator,  
Barrister and Solicitor from Paramount Law

and

**Tara Hengst**

CPCA from Chartwell Retirement Residences

as they present

## WILLS, ESTATES AND PLANNING

**Tuesday, March 21st**  
**10:00am - Noon**  
**Confederation Park 55+ Activity Centre**



# Boutique on the Park

## The Boutique is Open for Business

We are located downstairs in Foothills room. Boutique Hours are: 12-3PM 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 😊

**403-289-4780**

A HUGE thank you to our Volunteer, Joan Packham, for giving us her talents and time to design our BEAUTIFUL BOUTIQUE.

**We will be accepting clothing donations on Fridays by appointment only.**

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.



We will be accepting the following donations  
**BY APPOINTMENT ONLY:**

**Clean and Gently Used**  
Clothing  
Purses  
Shoes/boots  
Ties  
Scarves  
Coats  
Jewelry

We are no longer accepting underwear unless the garment is NEW and has the store tag still attached.

We are NOT accepting any household items at this time.

*Boutique Hours*

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

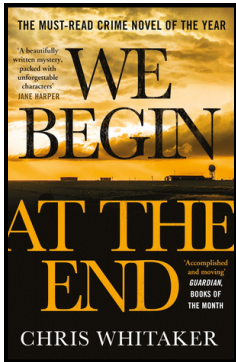


Located in  
**Foothills Hall**  
(downstairs)

# 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.



## January BOOK REVIEW

In December we read, "We Begin at the End" by British author Chris Whitaker.

Like its cryptic title, this is a convoluted and character driven whodunit. It is set in the USA, in a small resort town on the California coast, later in Montana. The California coast is a convincing setting for the tale of 13 Year old Duchess and her 5 year old brother struggling to survive with a drug addicted mother, Star, and their sole reliable adult, Walk, the kindly cop.

Immediately we are supplied with a 30 year old back story. By chapter three, we think we are beginning to understand the relationships between the main protagonists in this book.

Convoluted is not for everyone, so our scores were as varied as our readership. The lowest was a three; the highest was a nine. So here we had a love it or hate it scenario. We mostly agreed that the characters were well drawn even if we disliked some of them. We appreciated the many shades of grey that emerged as the book went along. Some of us felt the 30 year timeline was implausible.

Some found it stressful that so many characters were depressing, but liked the few good people that were present. One of our number suggested that the book was like a jigsaw puzzle with all the pieces haphazardly thrown into the first part, and

it took her two reads to get everything straight. This book was perhaps not best suited to its month (December), as it required concentration. Whodunits are not for everyone.

I was one of this book's lovers. The characters had me spellbound and their behaviour seemed plausible. However, I did have to acknowledge that the shift between the story from Duchess and the story from Walk happened quite abruptly, disturbing the flow of the narrative.

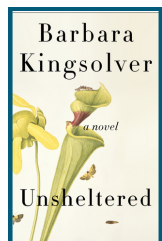
BUT our writer's authenticity took a shudder when he got to Montana. I am unaware of people from Montana having 'gum trees' or using that term for spruce trees. Eucalyptus or 'gum' trees do not grow in Montana. In another instance it has turned cold, and suddenly they are out in a boat? That episode belongs on an Indian summer day in Fall. No Thanksgiving?

These are gaffes which should normally be picked up by a knowledgeable and conscientious Editor. This book has won many awards and may some day come to a screen as Disney has shown interest. I'm sure It will be Americanized by then. So if you like tight prose, gritty characters and don't mind the odd blooper - you will enjoy this book.

Next month we will be reading 'Unsheltered' by Barbara Kingsolver.

Submitted by Jean Kensit

**February**  
**Unsheltered**  
by Barbara Kingsolver





# Memories Made



## Our Boutique on the Park Grand Opening was a roaring success!

Thanks in the largest part to our volunteer, Joan Packham, and her team of volunteers who had spent countless hours to complete the Boutique.



Thank you to everyone who came out for the Grand Opening and joined us for cake. Thank you, as well, for all your kind words and your donations to our beautiful Boutique! The Boutique is open daily. See page 7 for details!



**Drop-in Caregiver Discussions Group**  
**WINTER 2023**  
Second Tuesday of every month, 10:00 - 11:30am



January 10	"Prioritizing Time for Yourself"
February 14	"Valuing the Good Things"
March 14	"Preventing and Responding to Wandering Behaviour"
April 11	"Being 'Needs Focused'"

Sessions are on-line, register at 403-287-3510

## DID YOU KNOW?

The dots on strawberries are not actually seeds. They are called achenes and are the true fruits of the strawberry plant. Each achene is really an individual fruit containing a single seed. This is why the strawberry is a "false" or "accessory" fruit because it comes from the base of the flower rather than the ovary of the flower.



# Tea & Conversation

Thursdays at 1:30pm

*Happy Valentine's Day to all of you*



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

♥ Stay safe and be well ♥

*May your troubles be less  
may your blessings be more*

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!!**

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.

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

# T&C

**LIVE ENTERTAINMENT**

**FEBRUARY 2023**

Feb 2nd ..... Sox & Sax

Feb 9th ..... Randy Poirier

Feb 16th ..... Walkin' on Sunshine

Feb 23rd ..... Timeless Reflections

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

**AMICA**  
SENIOR LIFESTYLES

**HARP** HEARING CARE



**Kin Canada**  
Kinsmen Club  
of the Stampede City



**CHARTWELL**

**revera**  
Scenic Acres & The Edgemont



# Tea & Conversation



## Tea & Conversation

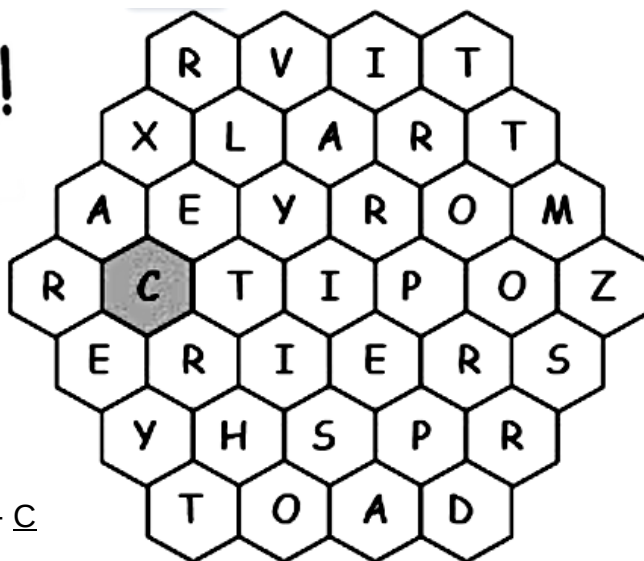
We hope you enjoy your time at  
Tea & Conversation as much as  
we enjoy having you.







The shaded C and the six letters surrounding it spell TERRACE, which matches one of the clues below.



Find 7-letter words for the remaining clues. Shade the centre letter of each word.

1. Balcony or patio: \_\_\_\_\_ - C
2. Succeed financially: \_\_\_\_\_ - \_\_\_\_
3. Study of the past: \_\_\_\_\_ - \_\_\_\_
4. Benedict Arnold was one: \_\_\_\_\_ - \_\_\_\_
5. Longstanding competition between two sides: \_\_\_\_\_ - \_\_\_\_
6. Precisely: \_\_\_\_\_ - \_\_\_\_
7. Actual existence: \_\_\_\_\_ - \_\_\_\_

Now unscramble all the 7 of the Centre Letters to spell today's BUZZWORD:

Bow and Arrow Sport: \_\_\_\_\_



## Hub Words

Make words of **5 letters or more** using the letters in the wheel.  
**The centre HUB letter must be used. Avoid proper nouns.**

In each game, find one 9-letter word and at least 20 other words of 5-letters or more.



# LINKages Club

## A gentleman is driving down a highway...

when an animal suddenly jumps out in front of the car! Unable to swerve or stop in time, he hits the poor creature.



He pulls over, gets out of the car, then walks over to find that he killed a little rabbit. He picks it up and starts crying, thinking he's a horrible person.

A woman driving down the highway stops and walks over to him, and asks, "What happened?"

The man replies, "I hit this rabbit with my car and now it's dead!"

The woman gets a thoughtful look on her face and goes back to her car. She rummages around in the trunk, and eventually walk back over to the man holding a spray bottle.



She sprays the rabbit with the bottle, and it comes back to life. It starts hopping away, turning back every few hops to wave at the two people.

The man, astounded, turns to the woman and asks, "What was in that bottle?"

The woman replies, "It's hare spray. It revives dead hare and gives it a constant wave."



## 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](mailto:betty.good@link-ages.ca)

# Events

To register for events at Confederation Park 55+ Activity Centre, please call the office at 403-289-4780 between 10 AM - 2 PM Mon-Fri, or visit our website: [yycseniors.com](http://yycseniors.com).



ARTIST  
WORKSHOP

## ALCOHOL INKS

Join us for  
Alesha Buczny's  
Valentines  
Decoration Class

Monday  
February 6th  
10 AM - 12 PM

**\$35**

Member Price  
\$65 Non-Members  
Includes All Supplies



ARTIST  
WORKSHOP

## ACRYLICS

Join us for  
Carol Marasco's  
Poinsettia  
Wreath

Tuesday  
February 28th  
10 AM - 12 PM

**\$40**

Member Price  
\$70 Non-Members  
Includes All Supplies



Register for these classes & more at [yycseniors.com](http://yycseniors.com).

BALANCE • STRENGTH • FLEXIBILITY • COORDINATION



TUESDAYS 8:45AM, FEB 14 - MAR 21

## The Joy of Movement

WITH TINA THRUSSELL

This gentle, dance-based fitness class will improve your brain function, condition your body & soothe your mind.

This class is safe for all ages, body types and fitness levels. No dance experience necessary.



Register at  
[yycseniors.com](http://yycseniors.com)  
or call 403-289-4780

IMPROVE MEMORY • FOCUS • CONCENTRATION

**ST PADDY'S  
DAY  
LUNCHEON**

**Save the Date!**  
**March 17, 2023**

Join us for a  
**Hearty  
Beef Stew  
Lunch!**



# Thank you

## Thank you to our Sponsors & Donors!

### Thank you Stampede Kinsmen!



Sean of Stampede Kinsmen presented Jeannette Provo, Executive Director (R) and Debbie Nay, Event and T&C Coordinator (L) with a \$10,000 donation for our T&C Program

On Thursday January 12, 2023, we were presented with a cheque of \$10,000.00 for our T&C Program by the **Kinsmen Club of The Stampede City.**

I presented to this group on November 1st, 2022 and found the entire group to be very warm and inviting.

I am honoured that we were chosen to receive \$10,000.00. This money will go a long way to help the program.

Sincerely,  
Jeannette Provo

*thank you*

### Thank You to Our Generous 2022 Donors

Azpiazu, Cristina  
Challand, Marjorie  
Collins, Marie  
Daniels, Katherine  
Devlin, Valerie  
Dun, Sharon  
Ellis, Pat  
Getzlaff, Beverly  
Herdman, Doreen  
Hildebrand, Katherine  
Infusino, Ernesto  
and Maria

Konno, John  
McCargar, Mari-Anna  
Mercado, Nolly  
Mercer, Raymond  
Musial, Marian  
Neville, Graham  
Niedmayer, Shirley  
Polvi, Kim  
Richardson, Joyce  
Saly, Elfreda Jean  
Shulyk, Thelma  
Vitone, Lorraine

With a Very Big Thank You to  
our Anonymous Donors

### 2022 T&C Sponsorships

**Amica Britannia:** \$2,000.00 and many donations of food and gift baskets for our events  
**Chartwell:** Many donations of gift certificates, gift baskets and meals for our special events.  
**Revera Edgemont, Revera Scenic Acres & Revera Scenic Grande:** \$2000 and many donations of food & gift baskets.  
**Revera Edgemont and Revera Scenic Acres:** Sponsored our bowling event on November 4th which was very well received.

### 2022 T&C Service Organization Donors


**Hillhurst Rebekah Lodge #16:** \$1,000.00  
**Scotiabank:** \$1,000.00  
**The Alberta Knights of Columbus Charitable Foundation:** \$3,000.00

### The City of Calgary Ward Grant

**The City of Calgary** sponsored our bowling event on November 4th with a **Ward Grant** of \$1,500.00

# FEBRUARY 2023 Programs

TO REGISTER  
Call 403-289-4780 or visit [yycseniors.com](http://yycseniors.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEATED YOGA</b> 9:30 AM – 10:30 AM  <b>PERFECTLY IMPERFECTS</b> 11:00 AM – 12:30PM  <b>SPANISH ADV BEGINNER 2</b> 12:45 PM – 1:45 PM  <b>LINE DANCE BEGINNER</b> 1:00 PM – 2:00 PM  <b>BOOK CLUB</b> Feb 6 & Mar 6 1:00 PM – 3:00 PM  <b>EUCHRE CLUB</b> 1:00 PM – 3:00 PM  <b>CHINESE MAHJONG CLUB</b> 1:00 PM – 3:00 PM  <b>WATERCOLOURS</b> 1:15 PM – 3:15 PM  <b>SPANISH BEYOND BEGINNER 2</b> 2:00 PM – 3:00 PM  <b>LINE DANCE IMPROVER</b> 2:15 PM – 3:15 PM  <b>LINKAGES</b> Feb 13 & 27 Mar 13 & 27 3:30 PM – 5:15 PM	<div>NEW</div> <b>THE JOY OF MOVEMENT</b> Begins Feb 14th 8:45AM – 9:45 AM  <b>CRIB CLUB</b> 9:00 AM – 11:00 AM  <b>DRAWING</b> 10:00 AM – 12:00 AM  <b>CAROL MARASCO ART WORKSHOPS</b> February 28 March 28 10:00 AM – 12:00 PM  <b>TAI CHI BEGINNER</b> 10:00 AM – 11:00 AM  <b>TAI CHI INTERMEDIATE</b> 11:05 AM – 12:05 PM  <b>HARMONY FIRST CHORUS</b> 12:30 PM – 3:00 PM  <b>INTRO TO ALCOHOL INKS</b> 12:30PM – 2:30PM  <b>SHARING HANDICRAFTS</b> 1:00 PM – 3:00 PM  <div>Note: No Classes on Monday, Feb 20th</div>	<b>THE WORX</b> 8:45 AM – 9:45 AM  <b>SEATED YOGA</b> 9:45 AM – 10:45 AM  <b>LINE DANCE INTERMEDIATE 11</b> 10:00 AM – 11:00 AM  <b>ADVANCED TAP</b> 11:30 AM – 12:30 PM  <b>BELLY DANCE</b> 12:00 PM – 1:00 PM  <b>BALLET FOR SENIORS</b> 12:45 PM – 1:45 PM  <b>ENERGIZING DANCE</b> 2:00 PM – 3:00 PM	<b>WOODCARVERS</b> 9:00 AM – 11:00 AM  <b>JAZZ</b> 11:00 AM – 12:00 PM  <b>SEATED YOGA</b> 12:15 PM – 1:15 PM  <div>  <b>TEA &amp; CONVERSATION</b> Thursdays Starting Jan 12th 1:30 PM - 2:30 PM **See pages 10 &amp; 11 for details.           </div>	<b>ZUMBA GOLD</b> 8:45 AM – 9:45AM  <b>YOGA ZOOM</b> 9:30 AM – 10:45 AM  <b>SCOTTISH COUNTRY DANCE</b> 10:00 AM – 11:30 AM  <b>SPANISH BEGINNER 2nd</b> 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>				

# Sudoku Answers



**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.

## SUDOKU EASY

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

## SUDOKU PUZZLES ON PAGE 5








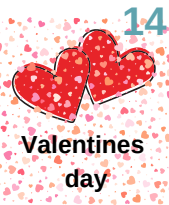








### SUDOKU MEDIUM

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

### SUDOKU HARD

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

# February Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES <hr/> <hr/> <hr/> <hr/> <hr/>			1	2  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Sox & Sax	3  Calgary Motorcycle Show 2023 BMO Centre	4  Dalhousie Winter Farmers Market 10am - 3pm
5  Nitro Rallycross GMC Stadium 12pm - 4pm	6  Valentines Decoration Class with Alcohol Inks 10:00am to 12:00pm	7	8	9  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Randy Poirier	10  BMO Centre 10am - 9pm	11
12	13 LINKages 3:30pm - 5:15pm Collingwood	14  Valentines day	15	16  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Walkin on Sunshine	17  Winefest BMO Centre 2pm - 10pm	18
19	20 Family Day 	21	22  Board Meeting 1 PM - 3 PM	23  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Timeless Reflections	24  Podiatrist appointments Foothills	25 Ethnik Festival of Arts and Culture @ The Telus Convention Center 12pm - 6pm
26	27 LINKages 3:30pm - 5:15pm Collingwood	28  Carol Marasco's Workshop 10am -12pm Collingwood				

## NOTES



Register for the Wills, Estates & Planning Seminar (See page 6)



Classified Ads are **FREE** for Members!

Non-Members: \$5/month

Email [marketing@yycseniors.com](mailto:marketing@yycseniors.com) to submit your Classified Ad.

# Classifieds



**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 Feb 24th and April 14th, Please call us at 403-289-4780 to book.

**MOBILE DENTAL HYGIENIST:** Coming to our Centre every other week beginning in March. Please call the office at 403-289-4780 to book in.

**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.

**TAX CLINIC:** Need help doing your taxes? Call Richard at 403-289-4780 for more information or to book an appointment.



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](mailto:info@romacatering.ca)



[www.romacatering.ca](http://www.romacatering.ca)

# The Simple Life

## SENIORS FIND SIMPLIFYING THEIR LIVES BRINGS REWARDS



The simple pleasures. The simple life. The trend to simplify our lives, particularly as we enter our senior years, is an ongoing goal for many of us.

You'll find endless articles, books, videos and blogs devoted to the art of living with less—not just in terms of material goods, but in treasuring only the people, the pursuits, and the parts of our lives that bring us happiness and freedom to live the way we want to live.

But there is also another way to discover a simplified life: it comes in the form of a retirement residence, where simplicity—and freedom—are built right in. Here's how:

1. Retirement residence simplicity means no more home maintenance chores, or the worry that comes from needing a new roof or arranging for snow shoveling. Simplicity is enjoying your spacious suite without thinking about upkeep.
2. Retirement residence simplicity means no more multiple bills to coordinate for heat, hydro, and—depending on which of the flexible dining options you choose — even meals. Instead, one single payment covers your suite rental and many other services, both included and available.
3. Retirement residence simplicity means never again thinking, “I’d like to attend my book club, but it’s just too much now to make the arrangements to go out.” Instead, you’ll find many of your favorite are often on your doorstep, no coat or boots needed! You’ll also find a wide circle of friendly faces with whom you can enjoy socializing. What could be simpler — and more fun — than a spontaneous coffee and pastry in your residence’s bistro with a friend from down the hall?

Interested in finding out more about simplicity, freedom, and an active lifestyle through retirement living? Call 1-855-461-0685 or visit [www.chartwell.com](http://www.chartwell.com).

# Ferrari vs Moped

**A doctor goes out and buys the best car on the market, a brand new Ferrari.** It is also the most expensive car in the world, and it costs him \$500,000. He takes it out for a spin and stops at a red light.

An old man on a moped, looking about 90 years old, pulls up next to him. The old man looks over at the sleek shiny car and asks, “What kind of car ya got there, sonny?”

The doctor replies, “A Ferrari. It cost half a million dollars!”

“That’s a lot of money,” says the old man. “Why does it cost so much?”

“Because this car can do up to 250 miles an hour!” states the doctor proudly.

The moped driver asks, “Mind if I take a look inside?”

“No problem,” replies the doctor.

So the old man pokes his head in the window and looks around. Then, sitting back on his moped, the old man says, “That’s a pretty nice car, all right, but I’ll stick with my moped!”

Just then the light changes, so the doctor decides to show the old man just what his car can do. He floors it, and within 30 seconds, the speedometer reads 150 mph.



Suddenly, he notices a dot in his rear view mirror – what it could be... and suddenly...

WHHHOOOOOOSSSSSHHH!

Something whips by him going much faster! “What on earth could be going faster than my Ferrari?” the doctor asks himself.

He floors the accelerator and takes the Ferrari up to 175 mph. Then, up ahead of him, he sees that it’s the old man on the moped! Amazed that the moped could pass his Ferrari, he gives it more gas and passes the moped at 210 mph.

WHOOOOOOOSH HHHH!

He’s feeling pretty good until he looks in his mirror and sees the old man gaining on him AGAIN! Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way to 250 mph.

*Continued on Page 27*

# Crossword

ANSWER ON PAGE 24

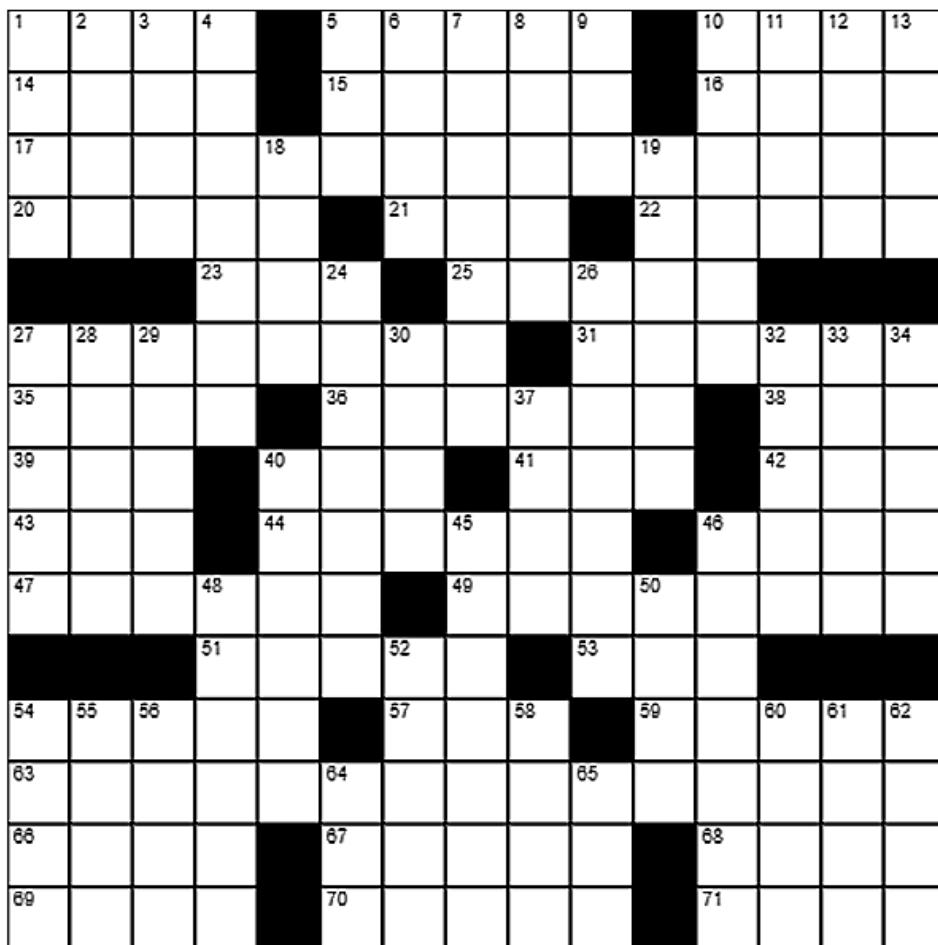
Thank you to bestcrosswords.com for this game.

## ACROSS

- 1- Potato preparation
- 5- Young hog
- 10- Rights org
- 14- Jai \_\_\_\_
- 15- Dugout, e.g.
- 16- Chief god of ancient Greece
- 17- Iranian range
- 20- Brewer's need
- 21- Perform in a play
- 22- Less healthy
- 23- TV dial letters
- 25- Recurring series
- 27- Serrate
- 31- Los \_\_\_\_
- 5- Ballet bend
- 36- Narcotic
- 38- Aardvark morsel
- 39- Ocasek of The Cars
- 40- Kind
- 41- \_\_\_\_ be my pleasure!
- 42- Ear opening?
- 43- Mandela's grp.
- 44- Marquis \_\_\_\_
- 46- Muffin ingredient
- 47- One making fun
- 49- Early fruit
- 51- One forking over
- 53- Singer Sumac
- 54- Fess up
- 57- Enervate
- 59- Floating bombs
- 63- Make a trade?
- 66- Ego
- 67- Specimen of genus Aquila
- 68- Pasternak heroine
- 69- Swirl
- 0- Church council
- 71- Twin in Genesis

## DOWN

- 1- Complicated
- 2- Winglike parts
- 3- Narrative of heroic



exploits

4- Hair

5- IBM products

6- \_\_\_\_ Rock

7- Italian dumplings

8- Swollen, from an overactive thyroid

9- Hankering

10- Rhododendron

relative

11- Overlay with wood

12- Crescent-shaped figure

13- The Beatles' "Back in the \_\_\_\_"

18- Roman emperor after Galba

19- Cultivated

24- Absurdity

26- Place where cats are kept

27- Herring type

28- Skirt style

29- Good witchcraft

30- Toll rds.

32- New Zealand native

33- Scheduled

34- Rock

37- Opera set in Egypt

40- Think

45- Censure

46- Blind system of writing

48- Spruce

50- Jane Austen heroine

52- Short literary composition

54- Vaulted area

55- Historic Scott

56- Shape

58- Ralph Lauren brand

60- Long and Peebles

61- Old Testament book

62- Linebacker Junior

64- His, to Henri

65- Composer Rorem



# Thank You Sponsors

A M I C A

SENIOR LIFESTYLES



**CHARTwell**  
retirement residences



**HARP** | HEARING CARE

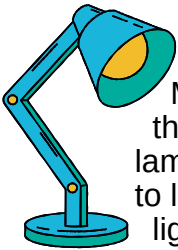


**Kin Canada**  
Kinsmen Club  
of the Stampede City

**revera**  
Scenic Acres & The Edgemont



I bought a sweater that kept giving me static shocks! Thankfully, the store replaced it with another, free of charge.



My wife confessed that she broke my favourite lamp. I don't think I'll be able to look at her in the same light ever again.

What do you call a priest that becomes an attorney?

*Father-in-Law*



*Black Eyed Peas can sing us a tune.  
Chick peas can just humm us one.*

The other day my boss called me into the office and said I was too unreliable. I was stunned and asked, "Can you give me an example?". She told me, "Well, yesterday's shift is a good example." I said, "There must be some mistake, I wasn't even at work yesterday."



**THE  
GOOD  
FOOD  
BOX**

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

SMALL	MEDIUM	LARGE
<b>\$25</b>	<b>\$30</b>	<b>\$35</b>
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

**Coming soon:** One time fee of \$35/adult or \$30/child for an annual activity membership, includes access to all Triwood free and paid programs.



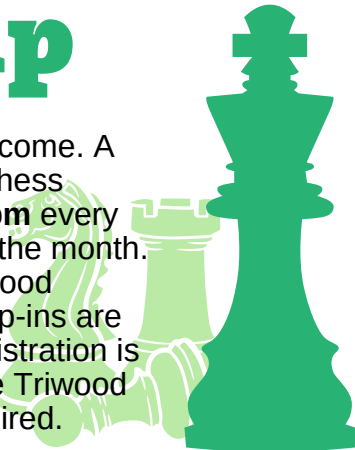
### WINTER 2022 MEMBER SKATE TIMES

At the Triwood Arena | 2244 Chicoutimi Dr NW

Mondays: 3-4:45pm  
Tuesdays: 10-11am  
Wednesdays: 3-4pm  
Fridays: 10-11am

## Chess Group

All skill levels welcome. A social group for chess lovers. Join us **7pm** every **third Monday** of the month. **FREE** with a Triwood Membership. Drop-ins are welcome and registration is encouraged. Free Triwood Membership required.



### 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](mailto:office@triwoodcommunity.com) with your name, contact information and address.

1	M	A	S	H		5	P	I	G	G	Y		10	A	C	L	U		
14	A	L	A	I		15	C	A	N	O	E		16	Z	E	U	S		
17	Z	A	G	R	O	18	S	M	O	U	N	T	19	A	I	N	S		
20	Y	E	A	S	T		21	A	C	T		22	I	L	L	E	R		
						23	U	H	F		25	C	Y	C	L	E			
27	S	A	W	T	O	30	O	T	H		31	A	L	A	M	O	S		
35	P	L	I	E		36	O	P	I	A	T	E		38	A	N	T		
39	R	I	C			40	I	L	K		41	I	T	D		42	O	T	O
43	A	N	C			44	D	E	S	A	D	E		46	B	R	A	N	
47	T	E	A	S	E	R				49	R	A	R	E	R	I	P	E	
						51	P	A	Y	E	R		53	Y	M	A			
54	A	D	M	I	T		57	S	A	P		59	M	I	N	E	62		
63	P	R	O	F	E	64	S	S	I	O	N	A	L	I	Z	E			
66	S	E	L	F		67	E	A	G	L	E		68	L	A	R	A		
69	E	D	D	Y		70	S	Y	N	O	D		71	E	S	A	U		

Save the Date

CONFEDERATION  
PARK  
50TH ANNIVERSARY

5



TUESDAY, MAY 16



# Treasure Hunt

Find all the items listed at the bottom.  
ANSWER at [yycseniors.com/The-Gazette](http://yycseniors.com/The-Gazette)



5



3



6



3



4



3



3



5



4



*Continued from Page 21*

Not ten seconds later, he sees the moped bearing down on him again!

The Ferrari is flat out, and there's nothing he can do! Suddenly, the moped plows into the back of his Ferrari, demolishing the rear end.

The doctor stops and jumps out and unbelievably, the old man is still alive. He runs up to the mangled old man and says, "Oh my gosh! Is there anything I can do for you?"

The old man whispers, "Unhook my suspenders from your side mirror."



## Become a Member

Choose **Regular Membership** (\$35/yr) or **Super Membership** (\$50/yr).

If you prefer to visit Confederation Park 55+ exclusively, choose a Regular Membership. If you are visiting two or more Super Membership locations, we suggest to choose a Super Membership to help you save on membership fees.

### Super Membership Locations

**Confederation Park 55+  
Bow Cliff Seniors  
Greater Forest Lawn 55+  
Unison at Kerby Centre  
Parkdale Nifty 50s**

### What does Membership Status mean?

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

## 55+ Friend Centres

The next 4 pages of our newsletter contains events and information at other 55+ Activity Centres in Calgary.



**All adults (18 and over) are welcome to visit our 55+ Friends.**

Super Members are welcome to attend member-only functions and events / programs at member rates.

# SUPER MEMBERSHIP PLUS 55 FRIEND

What's Happening at  
**BOW CLIFF SENIORS**  
3375 Spruce Dr SW | 403-246-0390 | bowcliffseniors.org

## Love to eat?

### Learning Cafe presents...

Join us for this learning focus on how to reduce food insecurity in this time of inflation and create nutritional meals together on a budget.

- Community Kitchen presentation...cooking together programs
- Good Food Box - fresh fruit and veggies available



**February 3rd**  
**10am-noon**  
Bow Cliff Seniors  
3375 Spruce Drive SW

## BOW CLIFF SENIOR'S FUNDRAISING LUNCHEON

Wednesday February 1st

With a special Greek culinary presentation by  
our Executive Director  
Yianni Yannitsos.



### Serving:

**Spanakorizo (Spinach & Rice Dish)**  
**Greek Pork Tenderloin**  
**Pita and Tzatziki**  
**Greek Dessert**

**\$12.00 Members**  
**\$14.00 Non-Members**



All proceeds to go to our  
Building Reserve Account.

*Bow Cliff Centre Presents:*

## A Trip to Polynesia

**Friday Night Members Social**  
**Friday February 24th, 5:00pm**

### Serving:

*Hawaiian Chicken and*  
*Coconut Rice Bowl*  
*Spam and Pineapple &*  
*Pineapple Cheesecake*

**ENTERTAINMENT: PAULA**  
**BICKFORD, HULA DANCER**  
**ONLY 60 SEATS AVAILABLE!**  
**RSVP TODAY!**

Donations gratefully accepted.

**\$2**  
PER  
TICKET

**BOW CLIFF'S**

### VALENTINE'S DAY RAFFLE

Three Prizes: \$75 Gift Card to Sauce Italian Market,  
a Mani-Pedi Gift Card, and a Valentine's Basket worth \$50

**\$2**  
PER  
TICKET

**BOW CLIFF CENTER 50+**

## "Spring Fling" Fun Partner Party Bridge Tournament



**Saturday, March 4th from 10am-4pm**  
**3375 Spruce Drive SW**



**Registration Fee: \$35.00\***

**Register by Friday, February 24th, 2023**

**Call the Bow Cliff Office to Register: 403.246.0390**

**\*All Participants Will Receive a \$15 Tax Receipt from BCS!**

**Lunch, Coffee, Tea & Goodies Included!**  
**Door Prizes to be won!**  
**Cash prizes for the 1st, 2nd, 3rd and 4th place**

## MONDAYS

Bees Knees 30 Min Fitness 9:30 - 10am Drop-In \$2, Stretching with Norm & Carol 10 - 11am Drop-In \$2, Coffee & Conversation, Darts 1pm - 3:30pm, Just Dance Lite 1-2pm, Musician's Gathering, Foothills Blue Grass Society 7 pm - 10 pm.

## WEDNESDAYS

Art Group 'Studio A' 9am - 11am, Bingo 10am, Bingo Luncheon 11:15am - 12pm \$5, Cindy's Styles Hair Care Open 9am - 3pm, Southview Scouts 5 pm - 8 pm.

## THURSDAYS

Bees Knees 30 Minute Fitness 9:30 - 10am, Men's Shed 10am - 3:30pm, Stretching with Norm & Carol 10 - 11am Drop-In \$2, Tarot Card Reading \$5, Woodshop for Beginners 1 - 3pm Games Night 7 - 10 pm

### COBS BREAD MARKET MONDAYS DOORS OPEN AT 9 AM UNTIL SUPPLY LASTS



The first hour of the Bread Market (9 - 10 AM) will be dedicated to our GLFS members. After 10 AM Everyone Is Welcome!

Our GLFS members and surrounding communities are grateful to everyone, especially our gracious donor,  
**University District Cobs Bread,**  
for making this a successful endeavour.

## TUESDAYS

TOPS Meeting 9 - 10:30am, Crafts 9:30am - 12pm, Men's Shed & Bike Shed 10am, Computer Class 12:30pm - 1:30pm \$5, Social Worker On-Site 1pm FREE, Riot Act Drama Club 1pm - 3pm, Walkfit 1pm, Pickleball 2pm \$2, Toast Masters 6:30 pm - 9 pm, Eastport Lions 7 pm - 9 pm

### NEW on Tuesdays:

MemorySPACE (Socialization, Positivity, Activities, Connection, Empathy). Meets 2nd and 4th Tuesday of every month from 1-3 PM at the GFLS Centre, January to June and September to December. For more information, feel free to contact the Centre at 403-272-4661.



## FRIDAYS

Footcare with Tracey 2nd Friday of Every Month (Contact Tracey at 587-433-8619), Tai Chi 9 - 10am, Line Dancing Level 1 9:30 - 10:30am, Line Dancing Level 2 10:30 - 11:30am,



# SUPER MEMBERSHIP PLUS 55 FRIEND

A Sample of What's Happening at  
Unison at Kerby

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



TICKETS  
NOW  
AVAILABLE

## SPECIAL VALENTINE'S DAY EVENT

TUESDAY,  
FEB. 14TH



JOIN US TO CELEBRATE LOVE OF  
ALL KINDS IN THE KERBY CAFE!

### SPECIAL 2 COURSE MENU:

- STUFFED CHICKEN BREAST OR SMOKED SIRLOIN STEAK SOUS-VIDE. SERVED ON A BED OF CHEDDAR AND BLACK TRUFFLE MASHED POTATOES WITH WILTED ASIAN GREENS.
- LIMONCELLO TIRAMISU OR DECADENT STICKY TOFFEE PUDDING.

COMES WITH NON-ALCOHOLIC SPARKLING WINE, CHOCOLATE, A FLOWER, ENTERTAINMENT, AND A VISIT FROM A SPECIAL GUEST!

TICKETS AVAILABLE IN ACTIVE AGING ROOM 306 OR KERBY CAFE \$16 EACH OR 2 FOR \$30

SAVE THE DATE

## *Foothills Concert Band Evening Event at Kerby Café*

Monday, March 6th, 2023





## Love Rocks our Soda Shop

*At Parkdale Nifty Fifties Seniors 'Association - 3512 - 5 Ave. NW  
Join us on Sat. Feb. 11, 2023 at 11:30 am to celebrate  
Valentine's Day like you did in your youth.*

- *Wear a 50's costume*
- *Sing along with Lyn McAdoo's Rockin' 50's and 60's songs*
- *Eat a soda shop lunch of pulled pork on a bun, chips, salad and an ice cream float*



**There will be prizes for the best costumes**  
**Everyone in costume will receive a prize**

**Cost: \$20 per person**

**For Tickets Call: 403 283 - 0620**

**Deadline to purchase tickets is Monday, Feb.6, 2023**





# 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.**

