

GAZETTE



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

MARCH 2023

IN THIS ISSUE

Looking for that perfect outfit for brunch with the bestie? You'll find it at our Boutique!

See Page 7

Our **AGM** is coming up at the end of this month. Register as we're buying pizza!

See Page 9

Come and celebrate with us at our St Paddy's Day Luncheon

See Page 14

What's Inside

Our Team

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Cover Photo: The daffodil is the official March flower. Along with crocuses and tulips, the daffodil is a lovely welcome to spring, peeking its way up through the snow.

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 |
| Registrations | 10:00 AM - 2:00 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 St Paddy's all!!

It has been three years this month since COVID stepped into our lives and changed them forever. Many lost loved ones, many suffered health issues and a lot dealt with loneliness and isolation. The importance of what we do at our centre has always been a part of what the staff work on each and every day to make a difference in our members lives.

We have now had a year back in full gear mode and are seeing the impacts of COVID on our members. Some have still not returned, however many have. We lost a lot of our volunteers but we are also gaining new volunteers. Overall despite COVID, we are seeing a lot of people who are happy to be busy and seeing their friends again. Welcome to our new members and welcome back to our old members. I love popping into classes to see how things are going and it brings great joy to see the smiling faces!

Please always remember how important you all are to our centre! If there is something you would like to see added to our class list or social events, we want to hear about it! If there is a concern you have,

please tell us about it. All of the staff are open to new ideas and willing to help.

We are working on some new ideas for social events, trips and classes as I write this and are very excited to share with you. We will be doing a regular survey to ask you about different things we are going to be trying out. They are very short surveys and there may be something in them that catches your interest, so just take a second to answer it if you would. Let's try some new adventures for our 50th year!

Lastly there is a new committee working on all of our events for the coming year. If you are interested give me a call! 403-289-4780 ext 202 This is going to be a year of fun!! Join us.

I wish you the Luck of the Irish!!

A handwritten signature of Jeanette Provo in blue 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.



Hello members and friends!

March is sure to be interesting weather with the way February has gone.

We had snow then Chinook winds, while the rest of the country had horrific snowstorms and very cold weather. It's true what they say, "Wait 10 minutes and the weather will change!"

Classes at Confederation Park 55+ Activity Centre are in full force with some new classes and tried and true ones still happening. And if you are going to be at the centre all day consider ordering lunch ahead of time and enjoy it between your classes. You must pre-order but soup and sandwiches, cookies and tea and coffee are available.

As always Tea and Conversation is held on Thursday afternoons. This is always well attended and lots of fun.

Thank you to Debbie and her staff and many volunteers who keep it running so smoothly. Come and enjoy the live entertainment and have a dance or two.

There will be a St Paddy's Day lunch on March 17 from 11:30 am - 2:00 pm, tickets are \$15 per person and please register online at yycseniors.com or call the office at 403-289-4780. Should be a great time with Irish Stew.

Many thanks to the staff who continue to help make your experience at the centre a great success. Also many thanks to my Board who keep things running smoothly, sometimes behind the scenes. We want you to have a truly great time at the Centre and hope you bring your friends out to enjoy it also.

And always remember to keep a smile on your face and enjoy these special moments.

Marlene Monilaws
President



See Page 9



Annual General Meeting
12:00 PM March 31st, 2023
Pizza will be served at 12PM

Those who are not able to attend the AGM may vote by Proxy.
Register at yycseniors.com

Charleswood Room
Triwood Community Centre
2244 Chicoutimi Dr NW
Calgary, AB T2L 0W1

EXTRAORDINARY
SENIOR LIVING

AMICA

BRITANNIA

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

SUDOKU EASY

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SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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SUDOKU HARD

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| | | | | 9 | | | | |

Word Search

ANSWER at yycseniors.com.
Thank you to Discovery Education PuzzleMaker for this game.



- Blarney
- Cabbage
- Celbration
- Celtic
- Clover
- Coins
- Crocus
- Daffodils
- Dance
- Dublin
- Emerald
- Fairy
- Feast
- Fiddle
- Folklore
- Gardening
- Gnome
- Gold
- Green
- Hat
- Holiday
- Ireland
- Irish
- Jig
- Legend
- Leprechaun
- Limerick
- Luck
- March
- Music
- Paddy

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| S | H | A | M | R | O | C | K | Y | K | H | X | L | V | S | T | T | E | P | T |

- | | | | |
|---------|----------|-----------|--------|
| Parade | Rainbow | Snakes | Wish |
| Patrick | Saint | Spring | Spring |
| Pinch | Seeds | Stew | Buds |
| Pot | Shamrock | Tradition | Robin |

Hidden Message:

_____ ,

Boutique on the Park

The Boutique is Open for Business

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

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

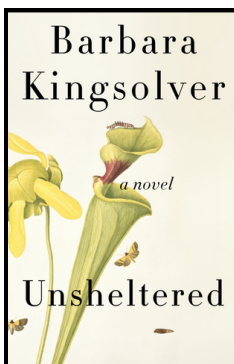
12:00 PM - 3:00 PM
Monday - Thursday
Fridays by Appointment



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.



February BOOK REVIEW

This month we
reviewed
'Unsheltered' by
Barbara Kingsolver.

Ms Kingsolver is a very popular author with our club, so many of us are familiar with her other works.

The technique she has used in this particular novel has us swinging chapter by chapter from the immediately post Obama family in a teetering 19th Century house in Vineland, New Jersey, to the 19th Century when the same house, less substantial than it looks, but a new build in a budding Vineland is inhabited by another fictional family.

Needless to say the switches are bewildering, and at times tiresome. The club had two 9 and the rest were mediocre.

Miss Kingsolver's salvation lies in her excellent writing and character drawing. If each story is taken on its own merits then we have two books in one here - tied together via the insubstantial shelter.

In the 19th century the author wished us to encounter a botanist, Mary Treat who has been dealt the raw hand of historical neglect because she was a woman. She also happened to be living at a stirring and dramatic time in the growth of New Jersey so just as, in the present story the Politicians are real, the events surrounding our fictional hero are very real and include a murder. One of those cases where truth is stranger than fiction, and can be more difficult to present.

In the present we are dealing with a disintegrating family and the consequences of the new kinds of families we find evolving - some of them dysfunctionally. The characters in this part of the book seem more completely drawn, as these real experiences are all around us. One of our members who had loved this book felt a great affinity for this portion of the book and despite not being at the meeting, wrote us a most compelling rant upon the topic. This took the rest of us off to some personal sagas and the topic of abandoned children came up in graphic and spell binding clarity.

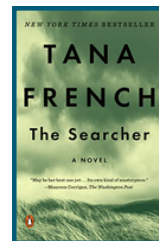
Each book we read is revealing more about ourselves as humans. I am impressed, amazed and thrilled to be a member of a group with such committed human beings.

As one of the frustrated, I have borrowed a copy and will now give this a second read. I would not recommend this as Kingsolver first read. If I were concerned about the disintegration of the 20th century idea of community, I'd read about the present. If I wanted to know more about early New Jersey, Mary Treat and her times, the scandalous Mr Landor plus the Darwin naysayers of the day (exactly like Climate Change naysayers of today), read the past tale. As for the combination, well - I spent a lot of time trying to stitch the two together, and perhaps I missed the potency of each standing by itself.

Next month we are reviewing 'The Searcher' by Tana French.

Submitted by Jean Kensit

March
The Searcher
by Tana French



AGM on March 31st



MEETING WILL BE HELD IN THE
CHARLESWOOD ROOM

"Together, we are stronger" Annual General Meeting

12:00 PM • 31 MARCH 2023
PIZZA WILL BE SERVED AT 12:00
MEETING WILL BE AT 1:00

PLEASE REGISTER ONLINE AS WE NEED TO
KNOW HOW MANY PEOPLE TO FEED

Those who are not able to attend the AGM
may vote by Proxy.

yycseniors.com

Tea & Conversation

Thursdays at 1:30pm



Happy St. Patrick's Day



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

Make sure your kilt is short enough to do a Jig But long enough to hide your Lucky Charms! Happy St. Patrick's Day everyone!



*May your troubles be less
may your blessings be more
and may nothing but happiness
come through your door.*



*thank
you*



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** 

MARCH 2023

Mar 2nd Sox & Sax
Mar 9th Randy Poirier
Mar 16th Walkin' on Sunshine
Mar 23rd Greg Rumpel
Mar 30th 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



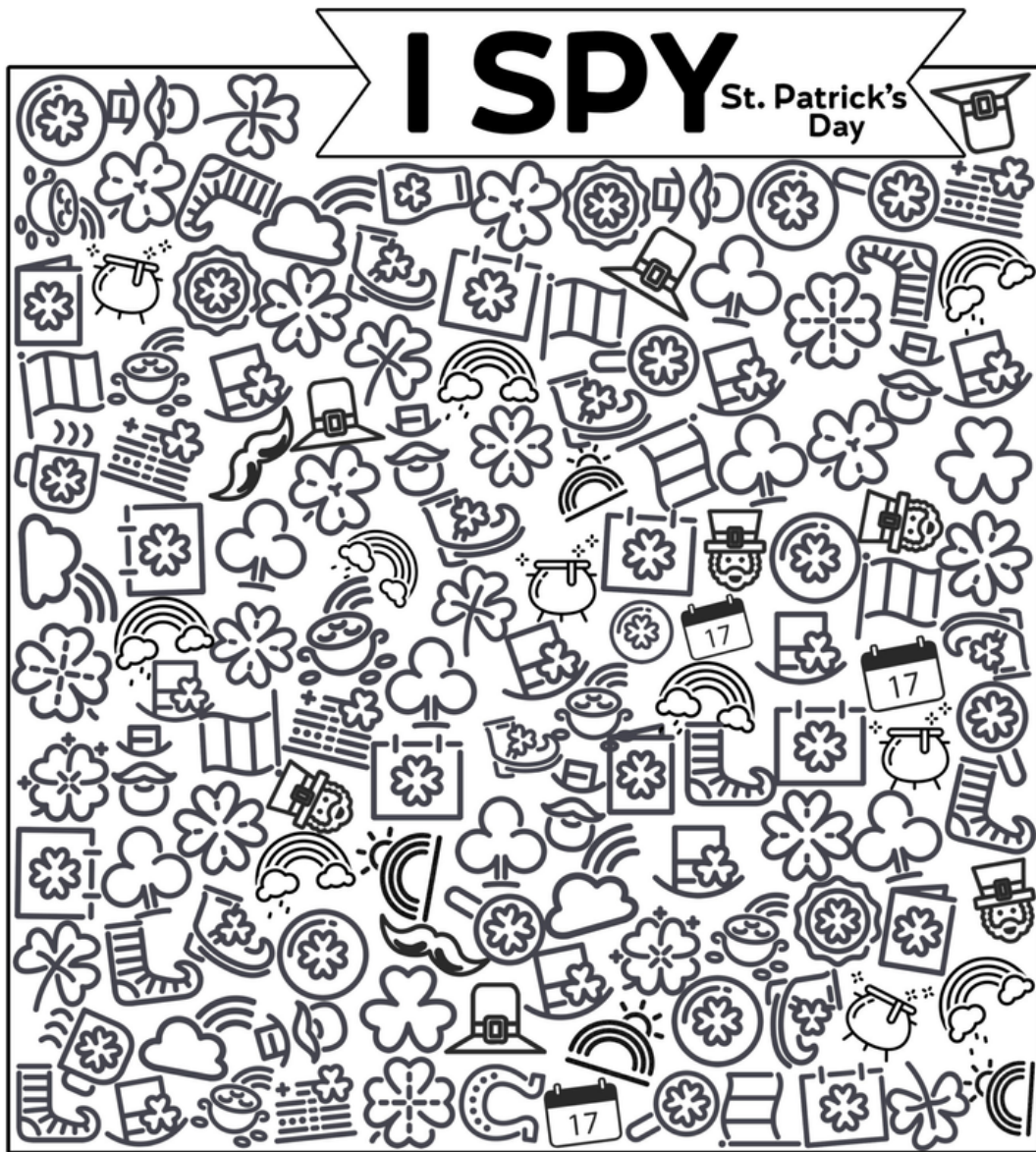
Tea & Conversation

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



Treasure Hunt

Thank you to makesandtakes.com



Writing Group

LINKages Club



Writing Group

Come and join us!

Learn how to write a story and have some fun.

This will be a group with no judgement.

No experience is necessary, just
the desire to learn something new.

10 AM - 12 PM in the Boardroom

Friday Meetings:

May 5, 12, 19, 26 & June 9 and 30

\$30 charge



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 ●
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

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.



ST PADDY'S DAY LUNCHEON

\$15 March 17th, 2023
11:30 AM - 2:00 PM

50/50 Draw!

Menu:
Hearty Beef Stew
Dinner Roll
Dessert

CONFEDERATION PARK 55+ ACTIVITY CENTRE

yycseniors.com | 403-289-4780

CLASSES • SPRING REGISTRATION • CLUBS

Spring Registrations

MARCH 13 - 24

yycseniors.com

By Phone or in Person
10 AM - 2 PM



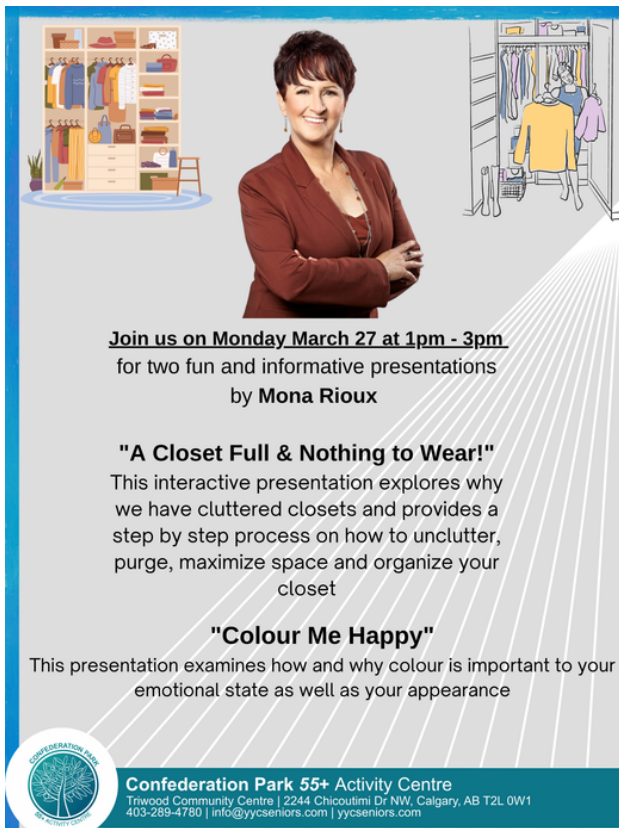
Games Afternoon!

Joint Venture With Triwood
\$10 per person/ Must Register!
12pm - 3pm
Bar will be available and pizza will be served

| | | |
|-----------|----------------|-------------|
| Jenga | Pick Up Sticks | Crib |
| Connect 4 | Skip Bo | Scrabble |
| Chess | Yahtzee! | Tic Tac Toe |

March 3rd & May 5th

In It's Pub



Join us on Monday March 27 at 1pm - 3pm
for two fun and informative presentations
by **Mona Rioux**

"A Closet Full & Nothing to Wear!"
This interactive presentation explores why we have cluttered closets and provides a step by step process on how to unclutter, purge, maximize space and organize your closet

"Colour Me Happy"
This presentation examines how and why colour is important to your emotional state as well as your appearance

Confederation Park 55+ Activity Centre
Triwood Community Centre | 2244 Chicoutimi Dr NW, Calgary, AB T2L 0W1
403-289-4780 | info@yycseniors.com | yycseniors.com

Register for these upcoming events
at yycseniors.com.

Coming Up

ASK A PHARMACIST TOPICS TO BE DETERMINED REGISTER ONLINE



April 11

10:00am- 12:00pm

Coffee and goodies will be served



Confederation Park 55+ Activity Centre

Triwood Community Centre | 2244 Chicoutimi Dr NW, Calgary, AB T2L 0W1
403-289-4780 | info@yycseniors.com | yycseniors.com

CAT CUDDLING DAY

June 16
11am - 2pm

Come in and enjoy a cat cuddling session
Located in the Foothills room



Join Us



9AM - 1PM
Mon, Tue, Wed & Fri

JT'S PUB
DOWNSTAIRS
FIRST DOOR ON RIGHT

- Coffee
- Snacks
- Lunch

Royal Tyrrell Museum Trip

JUNE 12 ALL INCLUSIVE

INCLUDES

Transportation by Bus
Admission Fees
Lunch

TIMES

Gather: 7:45 AM
Triwood Community Centre
2244 Chicoutimi Dr NW

Bus Departs for Tyrrell
8:00 AM SHARP

Leave Tyrrell for Triwood
2:30 PM SHARP

Arriving back at Triwood
Approximately 4:00 PM

FREE*

WITH \$20
RESERVATION
DEPOSIT



yycseniors.com
ONLINE REGISTRATION ONLY!

YOUR HOST

Hosted by Confederation Park 55+ Activity Centre.
First 15 tickets are reserved for Host Centre's Super Members.
Remaining 8 tickets are for Super Members of other participating Centres.

*RESERVATION DEPOSIT: \$20

RESERVATION DEPOSIT WILL BE RETURNED BY JUNE 26, 2023 UPON
CONFIRMATION OF ATTENDANCE. NOTE: RESERVATION DEPOSIT WILL BE
FORFEITED FOR ANY NO-SHOWS OR CANCELLATIONS.



MARCH 2023 Programs

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <div>SEATED YOGA</div> <div>9:30 AM – 10:30 AM</div> <div>PERFECTLY IMPERFECTS</div> <div>11:00 AM – 12:30PM</div> <div>SPANISH ADV BEGINNER 2</div> <div>12:45 PM – 1:45 PM</div> <div>LINE DANCE BEGINNER</div> <div>1:00 PM – 2:00 PM</div> <div>BOOK CLUB</div> <div>Feb 6 & Mar 6</div> <div>1:00 PM – 3:00 PM</div> <div>EUCHRE CLUB</div> <div>1:00 PM – 3:00 PM</div> <div>CHINESE MAHJONG CLUB</div> <div>1:00 PM – 3:00 PM</div> <div>WATERCOLOURS</div> <div>1:15 PM – 3:15 PM</div> <div>SPANISH BEYOND BEGINNER 2</div> <div>2:00 PM – 3:00 PM</div> <div>LINE DANCE IMPROVER</div> <div>2:15 PM – 3:15 PM</div> <div>LINKAGES</div> <div>Feb 13 & 27</div> <div>Mar 13 & 27</div> <div>3:30 PM – 5:15 PM</div> | <div>CRIB CLUB</div> <div>9:00 AM – 11:00 AM</div> <div>DRAWING</div> <div>10:00 AM – 12:00 AM</div> <div>CAROL MARASCO ART WORKSHOPS</div> <div>March 28</div> <div>10:00 AM – 12:00 PM</div> <div>TAI CHI BEGINNER</div> <div>10:00 AM – 11:00 AM</div> <div>TAI CHI INTERMEDIATE</div> <div>11:05 AM – 12:05 PM</div> <div>HARMONY FIRST CHORUS</div> <div>12:30 PM – 3:00 PM</div> <div>INTRO TO ALCOHOL INKS</div> <div>12:30PM – 2:30PM</div> <div>SHARING HANDICRAFTS</div> <div>1:00 PM – 3:00 PM</div> <div>Spring Registration</div> <div>March 13 - 24</div> <div>Register online 24/7 at yycseniors.com</div> <div>M-F, 10 AM - 2 PM by phone or in person</div> | <div>THE WORX</div> <div>8:45 AM – 9:45 AM</div> <div>SEATED YOGA</div> <div>9:45 AM – 10:45 AM</div> <div>LINE DANCE INTERMEDIATE 11</div> <div>10:00 AM – 11:00 AM</div> <div>ADVANCED TAP</div> <div>11:30 AM – 12:30 PM</div> <div>BELLY DANCE</div> <div>12:00 PM – 1:00 PM</div> <div>BALLET FOR SENIORS</div> <div>12:45 PM – 1:45 PM</div> <div>ENERGIZING DANCE</div> <div>2:00 PM – 3:00 PM</div> | <div>WOODCARVERS</div> <div>9:00 AM –11:00 AM</div> <div>JAZZ</div> <div>11:00 AM – 12:00 PM</div> <div>SEATED YOGA</div> <div>12:15 PM – 1:15 PM</div> <div>T&C</div> <div>TEA & CONVERSATION Thursdays</div> <div>1:30 PM - 2:30 PM</div> <div>**See pages 10 & 11 for details.</div> <div>yycseniors.com/t&c</div> | <div>ZUMBA GOLD</div> <div>8:45 AM – 9:45AM</div> <div>YOGA ZOOM</div> <div>9:30 AM – 10:45 AM</div> <div>SCOTTISH COUNTRY DANCE</div> <div>10:00 AM – 11:30 AM</div> <div>SPANISH BEGINNER 2nd</div> <div>12:15 PM – 1:15 PM</div> <div></div> |
| <div>ROOM LEGEND</div> <div><div><div>CHARLESWOOD* (direct access)</div><div>COLLINGWOOD (upstairs)</div><div>BOARDROOM (upstairs)</div></div><div><div>FOOTHILLS (downstairs)</div><div>PUB (downstairs)</div><div>ZOOM</div></div></div> <div><div>*CHARLESWOOD (Direct Access)</div><div></div><div>2244 Chicoutimi Dr NW, Calgary 403-289-4780</div><div>OFFICE: Up stairs to the right Indoor Stair lift is available.</div></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

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

SUDOKU PUZZLES ON PAGE 5













SUDOKU MEDIUM

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

SUDOKU HARD

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

March Calendar

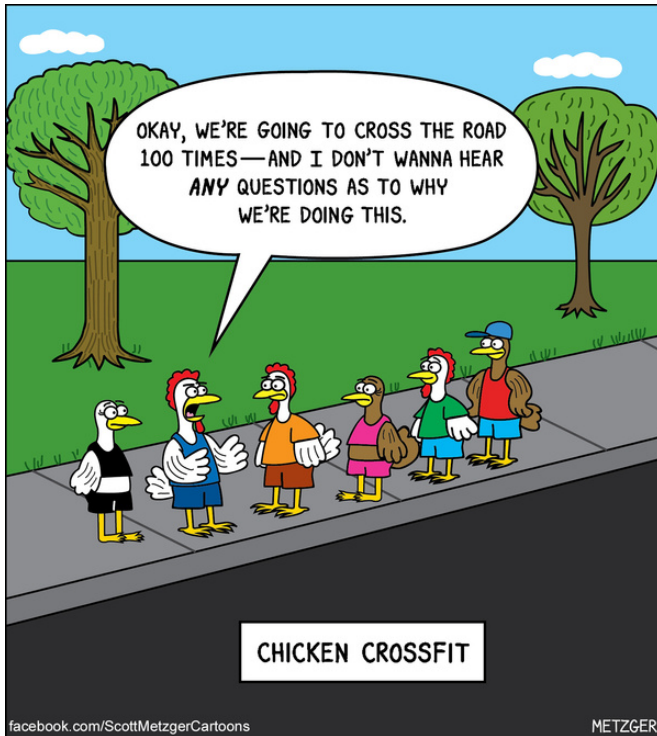
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|---|
| NOTES <hr/> <hr/> <hr/> <hr/> <hr/> | | | 1 | 2 | Games Afternoon! Joint Venture With Terwood \$10 per person/ Must Register! 1pm - 3pm Bar will be available and pizza will be served  March 3rd & May 5th In J's Pub <small>Confederation Park 55+ Activity Centre 403-289-4780 10000 10th Avenue S.E. Unit 100, Burnaby, BC V5A 4C9</small> | 4 |
| | 5 | 6 | 7 |  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Sox & Sax | 10 | 11 |
| | | |  International Womens Day |  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Randy Poirier | | |
| | 12 | LINKages 3:30pm - 5:15pm Collingwood <u>Registrations</u>  <u>Start</u> | 14 | 15 |  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Walkin on Sunshine | 18 |
| | 19 Calgary Golf Show BMO Centre 9am -4pm  | 20 | 21 | 22 | 23 | 24 |
| | | Chartwell Cafe Wills & Estates 10am-12pm |  Board Meeting 1 PM - 3 PM |  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Greg Rumpel | <u>Registrations</u>  <u>End</u> |  BMO Centre 5pm - 9pm |
| 26 | 27 Closets & Colour Me Happy 1 - 3 PM LINKages 3:30pm - 5:15pm Collingwood |  28 Winter Stillness Carol Marasco's Workshop 10am -12pm Collingwood | 29 | 30 | 31 | |
| | | | |  TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Timeless Reflections | AGM Pizza at 12pm Meeting at 1pm | |
| NOTES <hr/> <hr/> <hr/> <hr/> <hr/> | | | | | | |

Classified Ads are **FREE** for Members!

Non-Members: \$5/month

Email 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 April 14th & May 26th. 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.

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



www.romacatering.ca

Tips on How to Banish Boredom



Every child on an endlessly long car ride has probably said it: “I’m so bored I could die!” Melodrama aside, dying of boredom may not be as far-fetched as many eye-rolling parents think. A 1980s British study of over 7,500 civil servants found that those who felt bored at work were more than twice as likely to die of heart problems 25 years later than those who did not report being bored.*

Boredom, explained

What is boredom? Merriam-Webster defines it as, “the state of being weary or restless through lack of interest,” and for seniors who may have challenges in accessing activities, travelling to them, and finding others to join them, boredom can be a daily companion. Boredom also goes hand in hand with loneliness,* which, as some research suggests, is as dangerous to health as smoking 15 cigarettes a day.

Combatting boredom

There are numerous ways for seniors to combat boredom, including keeping mentally, physically and spiritually active, trying new things, and importantly, maintaining a social life with friends and family. But while it’s easy to identify the antidotes to boredom, how do you apply them?

How retirement living can help

Retirement communities offer a prescription for healthy, active living, where residents enjoy a satisfying, meaningful lifestyle, and boredom seldom flourishes.

For example, just check the activity calendar at a Chartwell retirement residence, and you’ll find recreational activities to keep you mentally fit, such as discussion groups, lessons on navigating social media, book clubs, and Scrabble tournaments.

Learn more about the leisure experiences residents at your nearest Chartwell residence are enjoying, call 1-855-461-0685 or visit www.chartwell.com.

An Expensive Flight

An Italian lawyer and an Irishman are sitting next to each other on a long flight. The lawyer thinks that Irishmen are so gullible that he could put something over on them easily... So the lawyer asks if the Irishman would like to play a fun game. The Irishman is tired and just wants to take a nap, so he politely declines and tries to catch a few winks.

The Italian lawyer persists and says that the game is a lot of fun. I ask you a question, and if you don't know the answer, you pay me only €5.00 then you ask me one, and if I don't know the answer, I will pay you €500.00, he says. This catches the Irishman's attention, and to keep the lawyer quiet, he agrees to play the game.

The lawyer asks the first question. 'What's the distance from The Earth to the Moon?' The Irishman doesn't say a word, reaches in his pocket, pulls out a five-euro note and hands it to the lawyer.

Now, it's the Irishman's turn.

He asks the lawyer, 'What goes up a hill with three legs and comes down with four?' The lawyer uses his laptop and searches all references he can find on Google. He sends e-mails to all the smart friends he knows, all to no avail. After over an hour of searching, he finally gives up. He wakes up the Irishman and hands him €500.00. The Irishman pockets the €500.00 and goes right back to sleep.

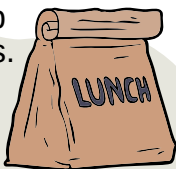


The lawyer is going nuts, not knowing the answer. He wakes the Irishman up and asks, 'Well, so what goes up a hill with three legs and comes down with four?' The Irishman reaches in his pocket, hands the lawyer \$5.00 and goes back to sleep.



Problem Solved

Two Irishmen arrive at the pub and ordered a couple of drinks. They then took sandwiches from their lunch bags and began to eat. Seeing this, the angry barkeep approaches them and says, 'Excuse me, but you cannot eat your own sandwiches in here!' The two Irishmen look at each other, shrug, and then exchange sandwiches.



Parking Woes

An Irishman is struggling to find a parking space. "Lord," he prayed. "I can't stand this. If you open a space up for me, I swear I'll give up the Guinness and go to mass every Sunday."

Suddenly, the clouds part and the sun shines on an empty parking spot. Without hesitation, the Irishman says: "Never mind, I found one!"

Crossword

ANSWER ON PAGE 24

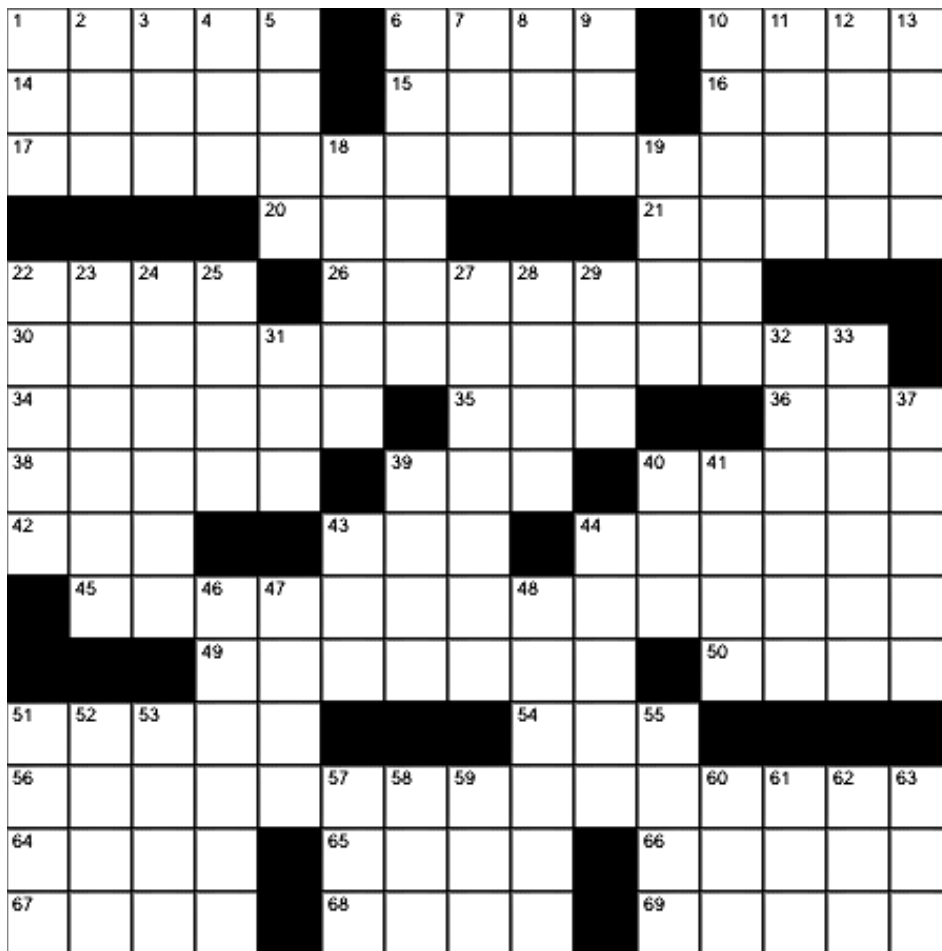
Thank you to bestcrosswords.com for this game.

Across

- 1- Collection of maps, Titan of Greek mythology;
- 6- Field yield;
- 10- Wrinkly fruit;
- 14- Surround;
- 15- Jealous wife of myth;
- 16- Greek temple;
- 17- High-speed separator;
- 20- Sailor;
- 21- Edible red seaweed;
- 22- Stalk;
- 26- Woman's strapless top;
- 30- Northern lights;
- 34- Corn;
- 35- ____ capita;
- 36- Leg;
- 38- Stigma;
- 39- Historic beginning;
- 40- Unit of energy;
- 42- Transgression;
- 43- Hearst kidnap grp.;
- 44- Take turns;
- 45- Unofficial advisers;
- 49- Like a single-celled organism;
- 50- Men behaving badly;
- 51- Student of Socrates;
- 54- Curved bone;
- 56- Kind principles;
- 64- Up and ____!
- 65- Hawaiian island;
- 66- Volkswagen model;
- 67- Polo of "Meet the Parents";
- 68- Long and Peebles;
- 69- Nahuatl speaker;

Down

- 1- Sun Devils' sch.;
- 2- "... ____ the cows come home";
- 3- Allow;
- 4- Cabinet dept.;
- 5- Senate position;
- 6- Winged child;



- 7- Cartoon canine;
- 8- Meal crumb;
- 9- Acceptable score for a professional golfer;
- 10- Unfold;
- 11- Ancient France;
- 12- Records;
- 13- Of course!;
- 18- Clique;
- 19- Brainstorm;
- 22- Swedish imports;
- 23- Monetary unit of Mongolia;
- 24- Verdi title bandit;
- 25- Haunted house
- 27- Highest singing voice in women;
- 28- Shoe insert;
- 29- Occupational suffix;
- 31- Clear (of);
- 32- Arboreal lizard;
- 33- Cured, in a way;
- 37- Track events;
- 39- Commoner;
- 40- Task;
- 41- Ear-related;
- 43- Female pronoun;
- 44- Spokes;
- 46- Japanese mat;
- 47- Let's go!;
- 48- High-altitude cloud;
- 51- Excellent, slangily;
- 52- Renaissance instrument;
- 53- From the U.S.;
- 55- ____ California;
- 57- Electrically charged atom;
- 58- ____ chi;
- 59- Got it!;
- 60- Pince-____ glasses;
- 61- Addams family cousin;
- 62- Sault ____ Marie;
- 63- Brit's raincoat;

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 tried to take a picture of a wheat field
but it turned out grainy.

I'm in a band called, "The Palindromes."
Our first single is called, "If I had a HiFi."



My grandfather taught me the
value of getting top quality
speakers.
It was sound advice.

A perfectionist walked into a bar...
Apparently the bar wasn't set high enough.

Why are frogs so
happy?



*Because they eat
whatever bugs them*



I read a book about anti-gravity once...
It was impossible to put down.

How many people does it take to
screw in a lightbulb?
As many as possible. Many hands make light work.



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

SMALL
\$25
20 LBS

MEDIUM
\$30
30 LBS

LARGE
\$35
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

Market Vendor Applications are now being accepted! Apply at triwoodcommunity.com.



WEEKLY SUMMER MARKET

*Tuesdays 3-7pm
June 6 - September 26
2023*



SEASONAL SPRING MARKET & PLANT POP-UP

*10am - 4pm
Sunday, May 7th
2023*



SEASONAL FALL MARKET

*10am - 4pm
Sunday, October 1st
2023*



SEASONAL WINTER MARKET

*3pm-9pm & 10am-4pm
December 1st & 2nd
2023*

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.



CONFEDERATION PARK 55+ ACTIVITY CENTRE'S 50TH ANNIVERSARY



1973–2023

TUESDAY
MAY 16

50th Anniversary Program



Tuesday, May 16th

| Room | Time | Event |
|-------------------------|---------|-----------------------------|
| FREE Collingwood | 10:00am | New Comers- Line Dancing |
| FREE Collingwood | 11:00am | Belly Dancing |
| FREE Collingwood | 12:00pm | Indian Dancing |
| FREE Collingwood | 1:00pm | Cat Cuddling |
| FREE Foothills | 10:00am | Perfectly Imperfects |
| FREE Foothills | 11:00am | Tap- Joyce Reddy |
| FREE Foothills | 12:00pm | Ballett- Joyce Reddy |
| FREE Foothills | 1:00pm | Jazz- Joyce Reddy |
| FREE Boardroom | 10:00am | Alcohol Inks With Alesha |
| FREE Boardroom | 11:30am | Drawing with Alesha |
| FREE Boardroom | 12:00pm | Drawing with Alesha |
| \$35 Cocktails | 4:30pm | Dinner & Dance/Tickets \$35 |
| Dinner | 6:00pm | |
| Entertainment | 7:00pm | |



Memberships

CLASSES • SPRING REGISTRATION • CLUBS • SPRING REGISTRATION • CLASSES

Spring Registrations

MARCH 13 - 24

yycseniors.com

By Phone or in Person
10 AM - 2 PM



Fitness: Seated Yoga, Yoga & Zoom Yoga • Tai Chi - Beginner or Intermediate • The Worx • Zumba Gold

Dance: Advanced Tap Dance • Belly Dance • Jazz • Ballet for Seniors • Energizing Dance • Scottish Country Dance

Line Dance: Beginner, Intermediate & Improver

Sing: Perfectly Imperfects • Harmony First Chorus

Art: Intro to Alcohol Inks • Drawing • Watercolours • Beginner Watercolours • Carol Marasco's 2 Hour Painting Workshops

Learn Spanish: Beginner, Advanced Beginner & Beyond Beginner

Here's your chance to learn **Chinese Mahjong** in our Mahjong Class!

OR Join a Club: Chinese Mahjong, Euchre, Crib, Wood Carvers, Sharing Handicrafts, Book Club, Writing Group

CLASSES • SPRING REGISTRATION • CLUBS • SPRING REGISTRATION

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



Bow Cliff Member's Social

SOCK HOP

**Friday, Mar 24
5pm**

Menu
Burgers
Fries
Floats

Please RSVP

Donation greatly accepted



Coming Soon...

Bowling Stones II

Our 2nd Annual Lawn Bowling Fundraiser!
Sunday June 11th, 2023 at 1:00pm
Bow Cliff Seniors: 3375 Spruce Drive SW

A lawn bowling afternoon to celebrate our amazing seniors!
Sign up on a team or join us for a fun afternoon. Contact your activity centre for more details.
Sponsored By Chartwell Retirement Residences

Everyone Welcome - Free Admission - Food & Beverages for Purchase

Wednesday Lunch Menu

Lunches at Bow Cliff must be ordered by Tuesday prior.

Call 403-246-0390.

\$12 Members/\$14 Non-Members

Mar 1st: Beef Dip & Caesar Salad & Cake Dessert

Mar 8th: Bon Ton Chicken Pot Pie, Green Salad & Dessert

Mar 13th: St Patrick's Lunch - Irish Stew, Mashed Potatoes & Dessert

Mar 22nd: Butter Chicken & Rice with Peach Crumble Dessert

Mar 29th: Lasagna, Garlic Toast, Caesar Salad & Birthday Cake

Bow Cliff Senior's Learning Cafe Series

87 Decisions: Choices and Things To Do

Friday, March 3rd, 10 AM - 12 PM

Presented by Eden Brook Memorial Gardens

Caregiving 101

Friday, March 17th, 10 AM - 12 PM

Presented by Caregivers Alberta



JOIN US

DROP IN CRIB

Thursdays 12:30-3:00 pm

\$3 Drop-In Fee
All Welcome

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

Greater Forest Lawn 55+ Society Tax Clinic

Our Tax Clinic is **by donation** beginning late March and through April. Clinics are held on Tuesdays in the afternoon and on Thursdays in the morning and afternoon.

To have your returns prepared and electronically filed you must book an appointment: **403-272-4661**

Please bring to your Appointment:

- a copy of your 2021 Notice of Assessment. All reporting (T slips) for each type of income you receive (OAS, CPP, Interest, Dividends, Pensions, USA Social Security, and foreign income.
- details of any deductible items such as medical expenses, donations and instalment payments made. (For medical expenses you can get a yearly printout from your pharmacy.)

Purdys Easter Fundraiser order cut-off:
March 22nd with pick-up at the Greater Forest Lawn Centre after March 31st.



GFLS Customer #: 55729
FUNDRAISING
EASTER 2023
CANADA'S
CHOCOLATIER
SINCE 1907

REGISTERED PROGRAM

TAX CLINIC BY DONATION

MARCH 23/23 - APRIL 27/23

Tuesdays, 1 PM - 3:30 PM
Thursdays, 9 AM - 3:30 PM

Appointments on the 1/2 hour.
See our front desk to book a time.

Please bring all your tax documents for 2022.
If this is your first time using our clinic you kindly
bring a copy of your 2021 Tax Assessment Notice.



SUPER MEMBERSHIP PLUS 55 FRIEND

A Sample of What's Happening at
Unison at Kerby

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

MONDAY MARCH 6,
7:00PM

Foothills Concert Band Performance and Appetizer Evening Event

Join us in the Kerby Café for a truly
special evening of music, good food,
and wine!

Doors open: 6:00pm
Performance: 7:00pm
Appetizers and Social: 8:00pm
Event ends: 9:00pm

Menu: Roast Turkey Yorkies, Pork and
Kimchi Gyoza, Smoked Chicken
Wings, Mini-Loaded Potato Skins,
Pickled Pink Deviled Eggs, and
Canadian Cheese Platter

Cash bar

**Tickets
\$20 each**

Tickets on sale in Kerby Café,
Active Aging Room 306, or online at
UnisonAlberta.com



**Foothills
Concert Band**



unison
At Kerby Centre



Studio Bell Music Centre

Sign up before Thursday, March 2, 2023

- Date: Thursday, March 9, 2023
- Member: \$20 | Non-member: \$50
- Lunch is not included in trip price

For more information, call Kerby Travel Desk at **403-705-3237**



Saint Patrick's Day

Join us for a special Irish lunch menu, green beer, Irish whiskey, and good
times on **Friday March 17, 2023 from 11:30AM -1:30PM at the Kerby
Café**

NO TICKETS REQUIRED



Cribbage Tournament

Join us for a day of skill, chance, and fun on **Tuesday, March 28, 2023,
from 9:30AM -2:30PM at the Kerby Café**

Register for **\$20/person** at **Room 306** or call **403-705-3233** or [Click here](#)



St. Patrick's Day Dinner

**Parkdale Nifty Fifties
Senior's Club**
3512 - 5 Ave. NW

Saturday, March 18
Cocktails - 5 pm
Dinner - 5:30 pm

Entertainment - Irish Dancing
Demonstration - 7:00 pm
Gott- Hughton Academy of
Irish Dance

Tickets - \$30 per person
Tickets must be purchased from the office by Tuesday,
March 14

Call: 403-283-0620

DO YOU KNOW SOMEONE WHO HAS A WISH?

The Chartwell Foundation is our very own registered national charity that helps seniors live a life of purpose, connectedness and engagement through wish granting. We believe you are never too old to pursue your passions, reach for your goals and be an example of a life well-lived. No wish is too big or too small and we know receiving a wish can have a profound impact on one's quality of life, physical and mental health.

Have Questions?

Talk to a Residence Manager today!

To learn more, nominate a senior or make a donation, please visit:

TheChartwellFoundation.ca

For More Information Please Email Tara Hengst at thengst@chartwell.com

