

# GAZETTE



## Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

APRIL 2023



### IN THIS ISSUE

Can you find all the chicks hidden in this issue?

**See Page 2**

Calling all Confed Park Volunteers! We're throwing a party for you!

**See Page 14**

Have you bought your ticket yet? Our 50th Anniversary is next month!

**See Pages 25 & 26**

# What's Inside

# Our Team

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**Cover Photo:** April is Easter month! Can you find all 61 chicks in this issue? We have at least one chick hidden on each page! Have fun!

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

**NOTE:** Photos will be taken at events and programs. This is another way we promote our centre. If you have chosen not to have your photo taken, please inform the photographer.

## 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](http://yycseniors.com/The-Gazette)



### VISION

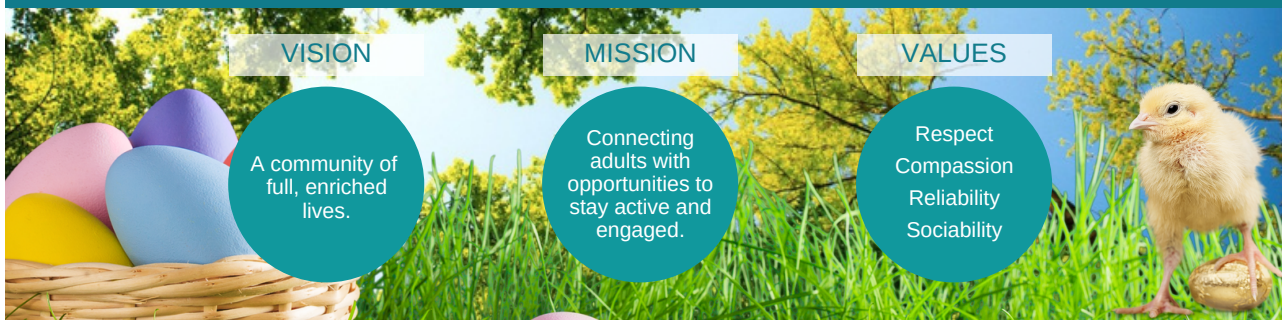
A community of  
full, enriched  
lives.

### 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.



## Happy Easter All!!

It's already been a very busy year and about to get busier!!

So let's hope you are all up for the lineup of events for the remainder of our 50th year!!

Please make sure you register online at [yycseniors.com](http://yycseniors.com) for all events!

This month:

- **Discover the Power of Planning:** Tues, April 25th, 10 AM - 12 PM
- **Volunteer Appreciation:** Fri, April 28, 11 AM - 2:30 PM. Come on Volunteers!! It's going to be a very fun event.

Upcoming (mark your calendars!):

- **May 6 (Fri): Games Afternoon,** 12-3:00 PM, \$10.00
- **May 16 (Tue): 50th Anniversary:**
  - Daytime events from 10 AM - 2 PM (Lunch at 11:30-12:30 in the pub)
  - Evening event: Gala Dinner and Dance \$35.00/person from 4:30 PM - 8 PM
- **May 31 - June 2 (Wed - Fri): Garage Sale Setup:** If you wish to volunteer we will be setting up an on-line registration soon!
- **June 3 (Sat): Garage Sale,** 8AM - 3PM

- **Jun 11 (Sun): Golden Bowlers Event** at Bowcliff Seniors (this was a great success last year, please sign up, as there are limited spaces) We will be doing another 50/50 Draw Golden Giveaways for this event starting shortly.
- **Jun 16 (Fri): Cat Cuddling,** 11AM-2PM
- **Jun 23 (Fri): Fashion Show,** 11:30 AM - 2:30 PM, \$10.00
- **July 13 (Thurs): Stampede BBQ** 11:30AM - 2:30 PM, \$10.00/member \$20.00/non-member
- **Sep 15 (Fri): Bowling Event** (this is still in the works, more details to follow)
- **Oct 6 (Fri): Thanksgiving Lunch** \$25.00/member, \$35.00/non-member
- **Nov 10 (Fri): Remembrance Day Event** 10:00 AM - 1:00 PM (lunch incl.)
- **Dec 8 (Fri): Christmas Lunch and Silent Auction** \$35.00/person, \$45.00/non-member
- **Dec 23, 24 (Sat & Sun): Casino Fundraiser** to be held at Ace Casino (will need volunteers and are setting up an online registration for this as well)

There are more plans in the works, but this is it for now.

Take care all!



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.



## Spring is in the air

(even though some of the snow is still around) and Easter is right around the corner!

This is a good time to celebrate and enjoy a meal with family and friends and appreciate the great country we live in.

Thank you to all the members who attended the AGM (Annual General Meeting) whether in person or by a proxy vote. We have a new official board with some new faces and some old ones. We will announce the official board in early April. We will strive to keep the board and the Centre running smoothly along with the work of our staff.

Classes and clubs are starting a new session this month and I hope to see some of you around the Centre. Of course T & C (Tea and Conversation) is always happening on Thursday afternoons. Everyone enjoys the

fellowship, entertainment and, of course, dancing. Debbie and her great staff and many volunteers are there to help you have a wonderful time.

Our 50th Anniversary is happening in May with exciting events, a dinner and learning about the history of the Centre. Watch for emails, posters and check our website and talk with the staff for information on this exciting celebration. Hope to see you there.

Thank you to the staff who continue to help make your experience at the centre a great success. Also many thanks to my Board who are working hard to help you have a truly wonderful time and learning experience 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*

Marlene Monilaws  
President



CONFEDERATION PARK 55+ ACTIVITY CENTRE'S  
**50TH ANNIVERSARY**  
**TUESDAY, MAY 16**  
**OPEN HOUSE & GALA DINNER!**  
**SEE PAGES 25 & 26 FOR FULL DETAILS!**



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

SOLUTIONS ON PAGE 17

### SUDOKU MEDIUM

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

### SUDOKU HARD

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

# Word Search

ANSWER at [yycseniors.com](http://yycseniors.com).  
Thank you to Discovery Education PuzzleMaker for this game.



- Bees
- Birds
- Bloom
- Blossom
- Bonnet
- Boots
- Buds
- Bugs
- Bunny
- Butterfly
- Candy
- Chicks
- Cleaning
- Crickets
- Crocus
- Daffodils
- Ducklings
- Easter
- Eggs
- Flowers
- Frogs
- Garden
- Grass
- Grow
- Hatch
- Holiday
- Insects
- Kite
- Ladybug
- Lamb
- Leaves
- Lilacs
- Melt
- Nest
- Pastels
- Picnic

S	N	F	O	B	T	M	Y	L	S	E	L	O	P	D	A	T	H	T	I
H	N	R	G	U	I	O	G	L	A	G	R	A	S	S	S	S	R	S	O
O	B	O	E	N	A	S	U	R	F	M	L	T	L	E	M	E	T	E	D
W	I	G	F	N	U	S	G	T	O	R	B	I	L	A	T	S	S	N	A
E	P	S	S	Y	L	O	U	N	R	W	E	I	L	S	M	R	O	W	F
R	N	D	G	E	S	L	R	N	I	B	K	T	A	A	S	H	J	Y	F
S	U	I	T	N	I	B	J	X	O	N	N	E	T	P	C	G	E	T	O
B	L	S	I	P	G	B	F	N	Z	D	A	Y	T	U	I	S	G	C	D
W	A	B	S	P	L	A	N	T	I	N	G	E	S	T	B	C	R	E	I
P	O	E	H	S	T	E	K	C	I	R	C	G	L	A	C	O	N	Y	L
R	H	E	J	A	T	N	D	T	T	D	N	M	B	C	C	A	A	I	S
I	U	S	N	E	D	R	A	G	I	I	O	U	N	U	W	D	N	L	C
Q	E	R	U	B	X	G	C	N	L	O	G	M	S	I	I	I	E	D	A
H	A	T	I	L	U	N	S	K	L	S	S	U	I	L	A	A	N	V	Y
S	C	R	I	B	S	E	C	B	U	T	K	P	O	T	V	R	V	D	Y
D	D	T	Y	K	C	U	R	U	H	O	C	H	V	E	Q	S	T	G	Y
S	X	D	A	T	D	X	T	M	I	O	I	I	S	P	R	O	U	T	M
W	A	N	S	H	M	R	A	W	R	B	H	S	R	E	W	O	L	F	P
L	P	U	D	D	L	E	S	D	K	Q	C	E	N	I	H	S	N	U	S

- |               |         |          |         |
|---------------|---------|----------|---------|
| Planting      | Robin   | Sunshine | Vibrant |
| Puddles       | Showers | Tadpoles | Warm    |
| Pussy Willows | Slush   | Tulips   | Windy   |
| Rain          | Sprout  | Umbrella | Worms   |

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.



## March BOOK REVIEW

This month we  
reviewed “The  
Searcher” by  
Tana French.

This is a slow moving Mystery set in rural western Ireland redolent with atmospheric description of hills and mists, and the sheer magic of the location.

The protagonist is a retired American Cop seeking balm for his unsettled spirit in this idyllic setting.

Upon the first reading, this book seems to move almost too slowly. Nothing turns out to be as it seems, and even the reader feels cheated. So our initial scores rather reflected that. We had a great many middling scores in the 6s and 7s range.

Now this is where a book club can be most enlightening. Our presenter - who had called our attention to the YouTube interviews available, explained that the Author was thinking of this as ‘A Western’ only in a different harsh, remote setting. When taken from that standpoint, our understanding of what she was driving at, became more clear. We all appreciated the atmospheric location and the effect it had on our Chicago cop.

The other main characters were well delineated and convincing. We shared with our hero, the outrage he experiences later in the story and we were left wondering how he might go forward after our story had ended.

Our scores also inched up. Now we had 8s and 9s among our numbers. Our scores also inched up. Now we had 8s and 9s among our numbers.

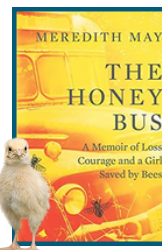
Yes, this was a good read after all, even if we were left with the odd question at the end.

Next month we will discuss “The Honey Bus” by Meredith May.

Submitted by Jean Kensit

## April

**The Honey Bus:  
A Memoir of Loss,  
Courage and a Girl  
Saved by Bees**  
by Meredith May



*Yesterday a book  
fell on my head...  
I only have my shelf  
to blame!*



# What is Easter?

Sunday School is a great place to learn all about Easter. The Sunday School teacher first wanted to know how much his students knew. So he asked if they are able to answer one simple question: "What is Easter?"

Three students shot their arms up right away.

Jerry, the first student, exclaims, "Oh, that's easy! It's the holiday in November when everyone gets together, eats turkey, and are thankful..."

"No, Jerry! You're totally wrong!" replies the Sunday School teacher, and proceeds to ask Jessica, the second student, the same question, "What is Easter?"

Jessica replies, "Easter is the holiday in December when we put up a nice tree, exchange presents, and celebrate the birth of Jesus."

The teacher looks at Jessica, shakes his head in disgust, tells her she's wrong, and then peers over his glasses at Little Johnny, the third student, and asks, "What is Easter?"

Little Johnny smiles confidently and looks the teacher in the eyes, "I know what Easter is."

"Easter is the Christian holiday that coincides with the Jewish celebration of Passover. Jesus and his disciples were eating at the last supper and Jesus was later deceived and turned over to the Romans by one of his disciples. The Romans took him to be crucified and he was stabbed in the side, made to wear a crown of thorns, and was hung on a cross with nails through his hands. He was buried in a nearby cave which was sealed off by a large boulder."

The teacher smiles broadly with delight.



Then Little Johnny continues, "Every year the boulder is moved aside so that Jesus can come out... and, if he sees his shadow, there will be six more weeks of winter."



# Tea & Conversation

Thursdays at 1:30pm



*Thank you for  
all your support!*

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

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.



*Thank You*

We would like to express our gratitude and thanks to all of our entertainers who give us their music and talents to enjoy week after week.



 **LIVE ENTERTAINMENT** 

**APRIL 2023**

- April 6 ..... Sox & Sax
- April 13 ..... Randy Poirier
- April 20 ..... Greg Rumpel
- April 27.....Timeless Reflections

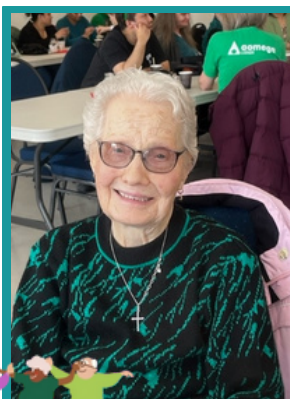


We would like to express our gratitude and thanks to all our wonderful Sponsors.





# Tea & Conversation



## Tea & Conversation

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

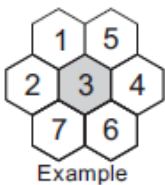


# Games Page

Thank you to Engaged Learning and  
printable-puzzles.com for Rosetta.  
Answers: visit [yycseniors.com/the-gazette](http://yycseniors.com/the-gazette)



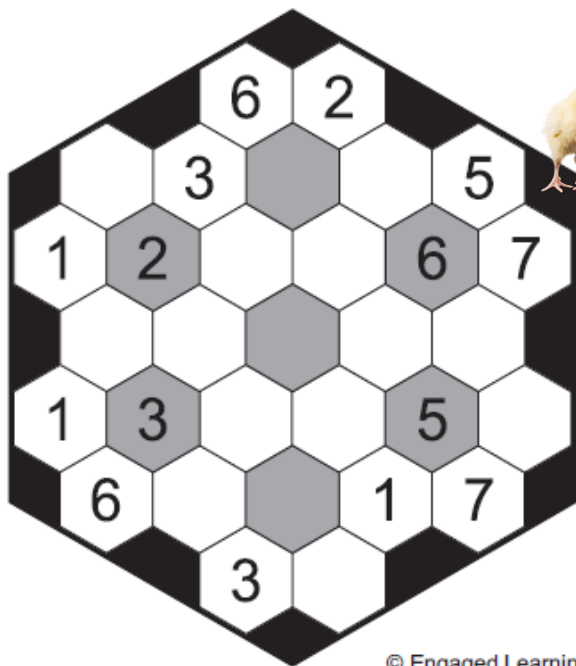
## ROSETTA



A Rosetta is made up of a centre coloured hexagon encircled by 6 white hexagons.

To complete the puzzle, fill in all 7 Rosettas with each number between 1 and 7 in no particular order while also ensuring that :

1. No number is repeated in a horizontal row
2. Each number from 1 to 7 are represented in the 7 grey coloured hexagon cells.

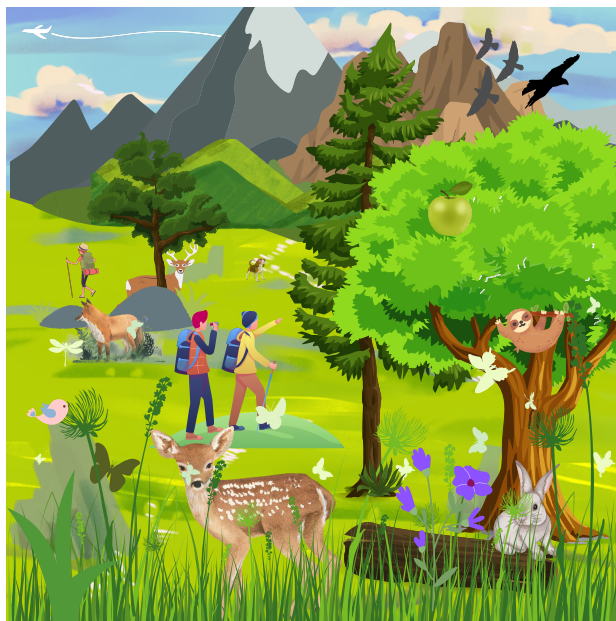
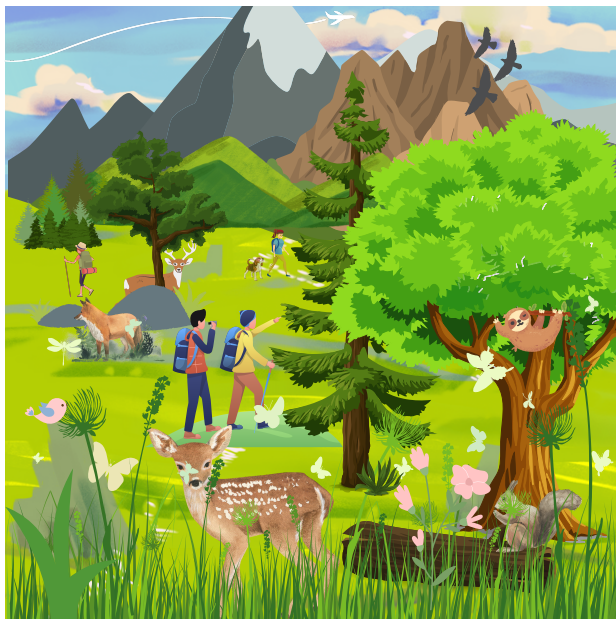


© Engaged Learning



## Find the Differences

Find 10 Differences between the two pictures.





# 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; April 17**

**May 1 & May 15**

**3:30 PM - 4:30 PM**

MEET BIWEEKLY ON MONDAYS THRU MAY 15th 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)

# VOLUNTEER APPRECIATION PARTY!

**APRIL 28th**

**11:00 AM - 2:30 PM**

**Includes Lunch & Entertainment!**

Register at [yycseniors.com](http://yycseniors.com) or call 403-289-4780 for this **FREE** Event



**60s**

**[yycseniors.com](http://yycseniors.com)**





## Games Afternoon in JT's Pub

**When:** 12 - 3 PM, Friday, May 5th

**Tickets:** \$10 includes a pizza lunch!

**Register:** [yycseniors.com](http://yycseniors.com)

or call us at 403-289-4780

## Games Afternoon!

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



**Friday, May 5th**  
In JT's Pub



## All Day Open House & Gala Dinner and Dance

**When:** 12 - 3 PM, Friday, May 16th

**Tickets:** Free for the day, \$35 for evening dinner & dance

**More Information on pages 25 & 26**



**SOLD OUT**

## Bus trip to Tyrrell Museum

**Meet at the Triwood Entrance:** 7:45 AM on June 12th

**Tickets:** FREE, incl admission & lunch

**Register:** Sorry! Sold Out!



## Cat Cuddling Day!

**When:** 11 AM - 2 PM, June 16

**Tickets:** FREE!

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



## Stampede BBQ Lunch

**When:** 11:30 AM - 1:30 PM, July 13th

**Tickets:** Members: \$10; Non-members: \$20

**Stay & Dance for T&C at 1:30 PM featuring Randy Poirier**

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









# APRIL 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 No Class Apr 10 & May 22  <b>PERFECTLY IMPERFECTS</b> 11:00 AM – 12:30 PM Zoom Class April 10 No Class May 22  <b>LINE DANCE BEGINNER</b> 1:00 PM – 2:00 PM No Class Apr 10 & May 22  <b>BOOK CLUB</b> Apr 3, May 1, June 5 1:00 PM – 3:00 PM  <b>EUCHRE CLUB</b> 1:00 PM – 3:00 PM Closed Apr 10 & May 22  <b>CHINESE MAHJONG CLUB</b> 1:00 PM – 3:00 PM Closed Apr 10 & May 22  <b>WATERCOLOURS</b> 1:15 PM – 3:15 PM No Class Apr 10 & May 22  <b>SPANISH BEYOND BEGINNER</b> 2:00 PM – 3:00 PM No Class Apr 10 & May 22  <b>LINE DANCE IMPROVER</b> 2:15 PM – 3:15 PM No Class Apr 10 & May 22  <b>LINKAGES</b> April 17, May 1 & 15 3:30 PM – 5:15 PM FREE - Call Nigel to join	<b>CRIB CLUB</b> 9:00 AM – 11:00 AM Closed May 16  <b>CAROL MARASCO ART WORKSHOPS</b> Apr 18 Garden Path May 23 Tropical Waterfall Jun 20 Banff Meadow All supplies included. Each class: \$40/member, \$70/non 10:00 AM – 12:00 PM  <b>YOGA</b> 10:45 AM – 11:45 AM No Class May 16, 23 & 30  <b>TAI CHI INTERMEDIATE</b> 11:05 AM – 12:05 PM No Class May 16  <b>HARMONY FIRST CHORUS</b> 12:30 PM – 3:00 PM No Class May 16  <b>INTRO TO ALCOHOL INKS</b> 12:30PM – 2:30PM No Class May 16  <b>SHARING HANDICRAFTS</b> 1:00 PM – 3:00 PM Closed May 16  	<b>THE WORX</b> 8:45 AM – 9:45 AM No Class May 10  <b>SEATED YOGA</b> 9:45 AM – 10:45 AM  <b>LINE DANCE INTER II</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   <b>TEA &amp; CONVERSATION</b> Thursdays 1:30 PM - 2:30 PM **See pages 10 & 11 for details. \$5 Suggested Donation <a href="http://yycseniors.com/t&amp;c">yycseniors.com/t&amp;c</a>	<b>ZUMBA GOLD</b> 8:45 AM – 9:45 AM  <b>YOGA ZOOM</b> 9:30 AM – 10:45 AM  <b>SPANISH BEGINNER 2nd</b> 12:15 PM – 1:15 PM  

## ROOM LEGEND

 CHARLESWOOD* (direct access)	 FOOTHILLS (downstairs)
 COLLINGWOOD (upstairs)	 PUB (downstairs)
 BOARDROOM (upstairs)	 ZOOM

## \*CHARLESWOOD (Direct Access)



# 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

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

## SUDOKU PUZZLES ON PAGE 5

## SUDOKU MEDIUM

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

## SUDOKU HARD

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

# April Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We are looking for a <b>Monday Kitchen Volunteer</b> from 10:00 am to 12:30 pm. Duties: Prepare Sandwiches, Cleaning after your shift, Making Coffee and Tea when needed, Taking Payment and giving out correct change. If you are interested, please apply online or come into the office and fill out an application form. If you have any question or inquiries, please phone 403-289-4780 or email Richard at Members@yycseniors.com or Debbie at events@yycseniors.com.</p>						1
 <p>2</p> <p><b>Family Paint Party</b> Bowness arts Board game cafe 5pm - 7pm</p>	3	4	5	 <p>6</p> <p>TEA &amp; CONVERSATION <b>1:30 - 2:30 PM</b> FEATURING <b>Sox &amp; Sax</b></p>	<p>7</p> <p><b>Good Friday</b> <b>Centre is Closed!</b></p>	8
 <p>9</p> <p><b>Easter!</b></p>	<p>10</p> <p><b>Easter Monday</b> <b>Centre is Closed!</b></p>	11	12	 <p>13</p> <p>TEA &amp; CONVERSATION <b>1:30 - 2:30 PM</b> FEATURING <b>Randy Poirier</b></p>	14	 <p>15</p> <p><b>Flea Market</b> Eastside City Church 9am</p>
 <p>16</p> <p><b>The Spring Market</b> Deerfoot Inn &amp; Casino 11am - 4pm</p>	<p>17</p> <p><b>LINKages</b> 3:30pm - 4:30pm Collingwood</p>	 <p>18</p> <p>Carol Marasco - Garden Path</p>	19	 <p>20</p> <p>TEA &amp; CONVERSATION <b>1:30 - 2:30 PM</b> FEATURING <b>Greg Rumpel</b></p>	 <p>21</p> <p><b>Jurassic Quest</b> BMO Centre 9:30am - 5 pm</p>	 <p>22</p> <p><b>BMO Centre</b> 9am - 3pm</p>
 <p>23</p> <p><b>National Pet Industry Trade Show</b> Big four building 10am - 3pm</p>	24	 <p>25</p> <p><b>Discover the Power of Planning</b> in Board room 10am - 12pm</p>	 <p>26</p> <p><b>Board Meeting</b> 1 PM - 3 PM</p>	 <p>27</p> <p>TEA &amp; CONVERSATION <b>1:30 - 2:30 PM</b> FEATURING <b>Timeless Reflections</b></p>	 <p>28</p> <p><b>Volunteer Appreciation day!</b> in Charleswood 11am - 2:30pm</p>	29
30	<p>NOTES</p> <hr/> <hr/> <hr/>					

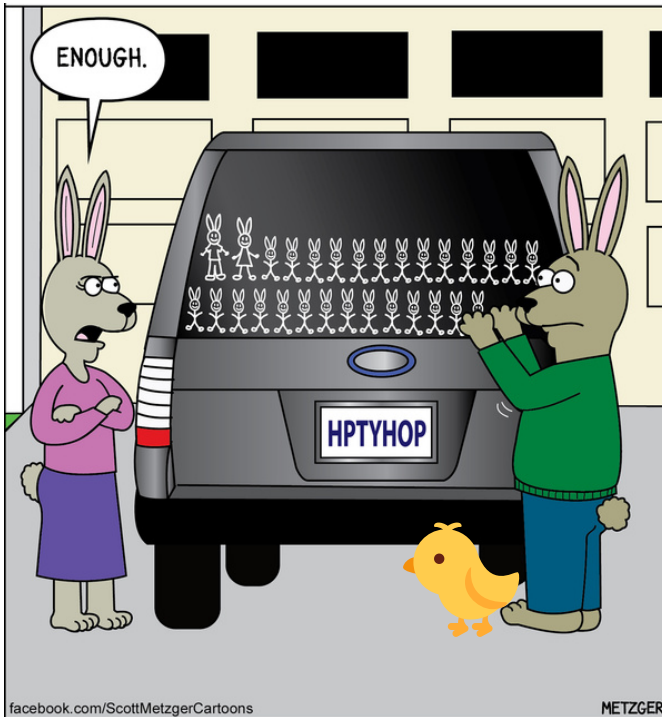


Classified Ads are **FREE** for Members!

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 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](mailto:info@romacatering.ca)



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

## 6 WAYS SENIOR LIVING CAN SUPPORT BRAIN HEALTH



Studies show older adults can maintain and improve brain health through a lifestyle that includes regular physical activity, cognitive and social stimulation, and good nutrition. Retirement communities gives residents easy access to group exercise and mind-body activities, mind-fitness workshops, games, and discussion groups in a social environment that promotes brain health.

Here are some other important ways in which retirement living can help to maintain and boost brain health:

1. Keep sharp with cognitively stimulating activities. Older adults who regularly engaged in reading, writing letters, doing puzzles, and playing board games maintained better brain health and delayed dementia onset by 5 years\*, reported a 2021 Neurology study
2. Practice yoga or tai chi to calm your mind. mind-body activities, such as yoga and tai chi, which calm the mind and body\*, and help ease anxiety and depression, says Harvard Medical School.
3. Social engagement stimulates and protects the brain. A Journal of Gerontology study found older adults who reported frequent socializing had more robust gray matter in brain areas relevant to dementia.
4. Keep moving to boost memory and verbal skills. Older adults who did six months of regular aerobic exercise improved verbal, memory, and thinking skills\*, and performed at the level of someone four to six years younger on cognitive tests, reported a University of Calgary study.
5. Nourish your brain with nutrient-dense food. People who follow healthy eating patterns, such as the Mediterranean and MIND diets\*, maintain better cognitive health and have a lower dementia risk, says the National Institute on Aging.

To Read the Full Article Please visit: <https://chartwell.com/en/blog/2023/03/6-ways-senior-living-can-support-brain-health>

To register for these events & more,  
please visit our website at [yycseniors.com](http://yycseniors.com)  
or call us at 403-289-4780.

# Around the Centre

## Calling **All** Volunteers of Confederation Park 55+



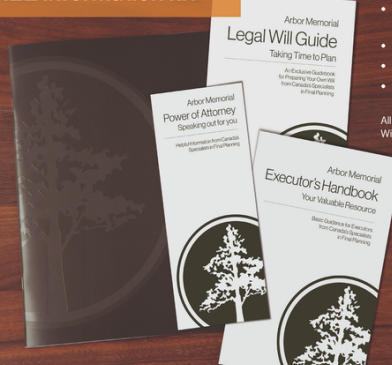
# WE WANT **YOU!**

**We are throwing an Awesome  
60s-Themed Party for YOU!  
Friday, April 28th at 11 AM – 2:30 PM**

**Register NOW for this FREE Event!  
403-289-4780 | [yycseniors.com](http://yycseniors.com)**

## Discover the Power of Planning

**FREE information kit**



- Official Family Registry and Estate Planner
- Legal Will Kit
- Executor's Handbook
- Power of Attorney Pamphlet

All part of our Information Without Obligation Series™

Join us for an important conversation  
and to get your **FREE** information kit.

**Where:** Confederation Park 55+ Activity Centre  
**When:** April 25th, 2023 10am –12pm  
**Who:** Heather Storie from Arbor Memorial



Eden Brook  
Funeral Home & Cemetery  
by Arbor Memorial



Arbor Memorial Inc.

NEW CLASS

## EMOTIONAL FITNESS

\$108/MEMBERS • \$143/NON-MEMBERS

WANT MORE BALANCE,  
LESS STRESS IN YOUR LIFE?

REGISTER NOW

[yycseniors.com](http://yycseniors.com)

6 FRIDAYS  
MAY 5–JUN 9 | TIME  
10 – 11:30 AM



2244 CHICOUTIMI DR NW  
CALGARY, AB  
403-289-4780



**JOCELYN WANDLER**  
LICENSED COACH PRACTITIONER  
OF EMOTIONAL FITNESS

LEARN ABOUT  
THE 9 STEPS  
THAT KEEP YOU  
STRESS FREE &  
FEELING GREAT

# Join Us

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

**JT'S PUB**  
DOWNSTAIRS  
FIRST DOOR ON RIGHT



- Coffee
- Snacks
- Lunch



# Crossword

ANSWER ON PAGE 24

Thank you to bestcrosswords.com for this game.

## ACROSS

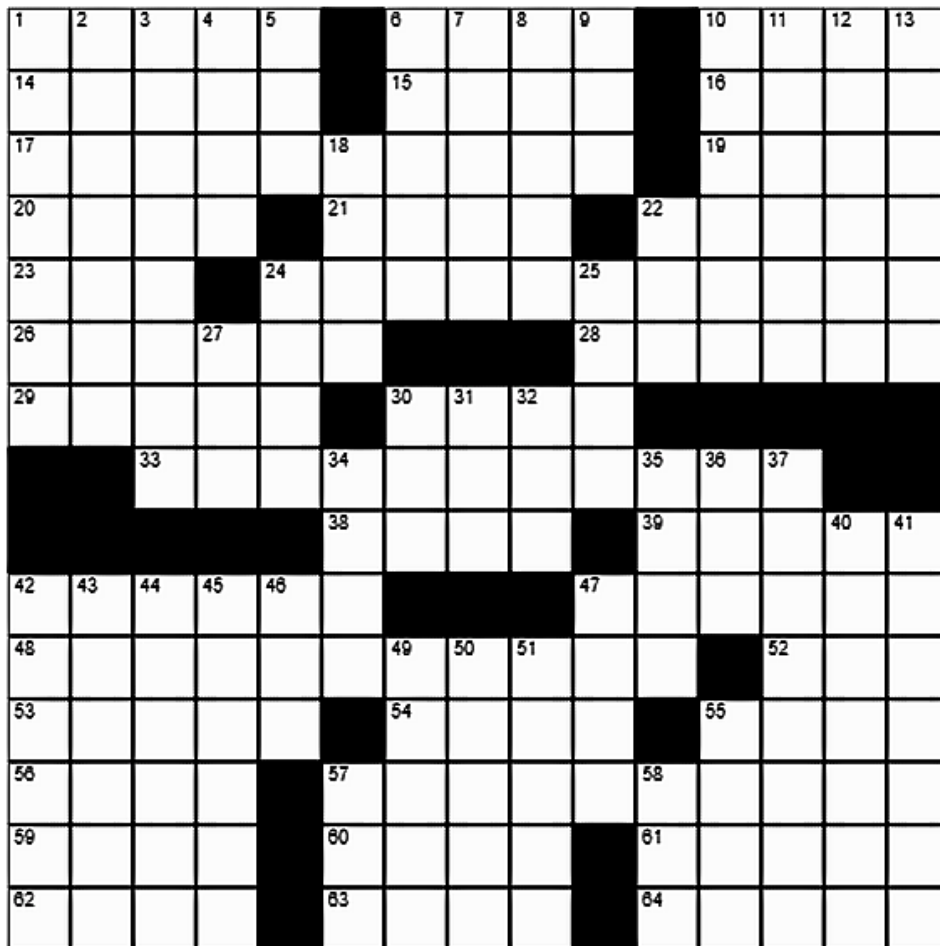
- 1- Purge;  
6- Victor's cry;  
10- Sign of injury;  
14- Two-door car;  
15- Verne captain;  
16- Account;  
17- Imitation;  
19- Collections of anecdotes;  
20- Cap'n's underling;  
21- Oxidize;  
22- Nitrogen compound;  
23- QB's mistake;  
24- Originating in the heart;  
26- Breadwinner;  
28- Trustworthy;  
29- More cunning;  
30- Org.;  
33- Abnormal fear of light;  
38- Winglike parts;  
39- \_\_\_ once;  
42- Hunting dog;  
47- Magic word;  
48- Synergy;  
52- City in GA;  
53- Glide along smoothly;  
54- Resinous substances;  
55- Hot times abroad;  
56- Cease moving;  
57- Believer in free enterprise;  
59- Voiced;  
60- City on the Oka;  
61- Swell;  
62- Leaf of a book;  
63- Small boat;  
64- Aromatic herb;

## DOWN

- 1- Acariasis;  
2- Garland;  
3- Surpass;



- 4- \_\_\_ arms (angry);  
5- Flag thrower;  
6- Become liable for;  
7- Bizarre;  
8- Muscateer?;  
9- Cambodia's Lon \_\_\_;  
10- Pollen bearer;  
11- Like a dog;  
12- Singer Morissette;  
13- Perform major surgery;  
18- Construction piece;  
22- In the past;  
24- Atlantic mackerel;  
25- This can't be!;  
27- O.T. book;  
30- "You've got mail" co.;  
31- Mineral spring;  
32- That woman;  
34- Ciao!;  
35- Animal house;  
36- \_\_\_-de-France;  
37- From a French region;  
40- Certifies;  
41- Russian novelist;  
42- Spiritual supervisor;  
43- Capital of Turkey;  
44- "Hogan's Heroes" setting;  
45- Colonize;  
46- Bard's before;  
47- Pillar;  
49- Humidor item;  
50- Reduce gradually;  
51- With no emotion;  
55- Zeno of \_\_\_;  
57- Atlantic food fish;  
58- Tiny toiler;





# Thank You Sponsors



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



**How does the Easter Bunny keep his fur looking so nice?**

*He uses hare spray!*

*How do you send Easter greetings?*

*By hare mail!*

**What did the Easter egg ask for at the hair salon?**

*A new dye job!*



**What's the Easter Bunny's favourite sport?**

*Basketball!*

**Why did the Easter egg hide?**

*He was a little chicken!*



**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

**Triwood Card & Social**

## Military Whist



**Friday, April 21st  
7-9pm**



Free with a  
Triwood  
Membership





## JORDAN CLERMONT

**SUNDAY, MAY 7TH 2023**

*Triwood Community Association  
2244 Chicoutimi Dr NW*

**LIVE MUSIC**



## CROSSWORD Answer from Page 22



The Triwood Plant Pop Up



**THE SPRING MARKET IS BACK!**

## SAVE THE DATE



*Event Market | Sunday, May 7th | 10am-4pm*

1	S	C	O	U	R		6	I	W	O	N		10	S	C	A	R
14	C	O	U	P	E		15	N	E	M	O		18	T	A	L	E
17	A	R	T	I	F		18	I	C	I	A	L		19	A	N	A
20	B	O	S	N		21	B	U	R	N		22	A	M	I	N	E
23	I	N	T		24	C	A	R	D	I	O	G	E	N	I	C	
26	E	A	R	N	E	R					28	H	O	N	E	S	T
29	S	L	I	E	R		30	A	S	S	N						
			33	P	H	O		34	T	O	P	H	O		35	B	I
							38	A	L	A	E			39	A	L	L
42	B	A	S	S	E	T					47	P	R	E	S	T	O
48	I	N	T	E	R	A	C	T	I	O	N			52	A	T	L
53	S	K	A	T	E		54	L	A	C	S			55	E	T	E
56	H	A	L	T			57	C	A	P	I	T		58	A	L	I
59	O	R	A	L			60	O	R	E	L			61	N	E	A
62	P	A	G	E			63	D	O	R	Y			64	T	A	N

# 50th Anniversary

## CONFEDERATION PARK 55+ ACTIVITY CENTRE'S 50TH ANNIVERSARY



1973–2023

TUESDAY  
MAY 16

# 50th Anniversary Program



## 50th Anniversary OPEN HOUSE

Join us for these **FREE** Activities!

### COLLINGWOOD ROOM (UPSTAIRS)

- 10:00 AM ..... Newcomers - Line Dancing
- 11:00 AM ..... Belly Dancing
- 12:00 PM ..... Indian Dancing
- 1:00 PM ..... Cat Cuddling

### FOOTHILLS ROOM (DOWNSTAIRS)

- 10:00 AM ..... Perfectly Imperfects
- 11:00 AM ..... Tap Dancing with Joyce Reddy
- 12:00 PM ..... Ballet with Joyce Reddy
- 1:00 PM ..... Jazz Dance with Joyce Reddy

### BOARD ROOM (UPSTAIRS)



- 10:00 AM ..... Alcohol Inks with Alesha
- 11:00 AM ..... Drawing with Alesha



# Memberships

“

We make a living by what we get, but we make a life by what we give.

– Sir Winston Churchill, 1874-1965

”

## Please volunteer with us!

**We need quite a few more volunteers to help at our numerous events this year including:**

- 50th Anniversary Open House (May 18th)
- Garage Sale - Setup & Sale (May 31st - June 3rd)
- Casino (December 23rd & 24th)

**Please call Richard to sign up: 403-289-4780.**

## 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



YOU ARE INVITED TO:  
**Our Easter Luncheon**

**APRIL 5 AT NOON**

#### MENU

HAM, SCALLOPED POTATOS  
AND GREEN BEANS WITH  
CHEESECAKE DESSERT

#### PRICE

\$15.00 MEMBERS  
\$17.00 NON-MEMBERS

RSVP to Bow Cliff Office  
403-246-0390



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



If you're planning on beautifying your yard this year  
with blooms or veggies, consider supporting Bow Cliff  
Seniors in the process!

Visit

[www.bowcliffseniors.growingsmilesfundraising.com](http://www.bowcliffseniors.growingsmilesfundraising.com), or  
call the Bow Cliff Office (403.246.0390) to purchase  
your flowers and plants today!

*"To plant a garden is to believe in tomorrow."*

*-Audrey Hepburn*

Deadline: May 19th, 2023 | Order Delivery: June 2nd, 2023

Coming Soon!

## Nature & Wellness Class

Join Occupational  
Therapist and Outdoor  
Enthusiast, Michele  
Hampton, as she  
instructs a 12-session  
course on the impact of  
nature on our health  
and wellness. Each  
class will involve a  
different aspect of  
health and how we can  
learn to "dress for the  
weather" so that we can  
get outside everyday!

Starting soon!  
Please call us at  
403-246-0390  
for more information.

## 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.

### April Dates to Remember

If you are interested in any of these events, please call 403-272-4661 to register &/or for details on event costs.

Monday, April 10th  
Coffee & Conversation,  
Topic: Purpose

Thursday, April 13th:  
Community Breakfast

Wednesday, April 19th:  
AGM

Wednesday, April 19th:  
NOTE: No Bingo due to AGM

Monday, April 24th:  
Coffee & Conversation,  
Topic: Tolerance

Thursday, April 27th:  
Birthday Lunch  
with the GFLS In-house  
Musicians Group performing



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.)

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.**







## Easter Week Extravaganza

**Mon. April 3 - Thur. April 6**

- Join us for Easter Ham Lunch all week long!

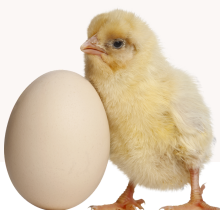
**Wed. April 5**

- Join us for our Wednesday Dance featuring the Kerby Sensations House Band!
- Wear your favourite easter Bonnet to be entered into a draw prize!

**Fri. April 7 - closed for Good Friday**

**Mon. April 10**

- School is out today, so bring your kids and grandkids to join us for Easter Monday free Fun and Games! 11:30-1:30pm



## Grieving Together

Have you lost a loved one, and are looking for support? Our group counselling program will help you to rediscover yourself after loss, learn skills to start enjoying and living your best life, again.

**Current Session: Thursday, April 6 –May 25**

Wellness Connection Centre | Room 317 | 1:00 pm - 2:30pm

To register, please contact Lola at **403-234-6566** or  
[lolaf@kerbycentre.com](mailto:lolaf@kerbycentre.com)



## **SPRING COURSES**

### **Mondays:**

**Instructional Water Color with Karin Richter** 1:00pm-3:30pm

Apr. 17 – May 29 – 6 weeks – \$120.00

No Class May 22, 2023

### **Thursdays:**

**Gentle Yoga**

**Evening Session with Vanitha Naik** 6pm – 7:15pm

Apr. 13 – June 29

Registered Price – \$165.00

Drop in Price – \$16.50/ class

### **Fridays:**

**Seniors N' Motion – Beth Brookwell**

Gentle Exercise Class

10am – 11 am

April 21 – Jun 16 2023 – 7 weeks

No Class May 12 or 19, 2023

\$70 members/\$100 non-members

**Learn to Draw with Sherry Telle**

11:30am-2:30pm

Apr. 14 – Jun. 30 – 11 weeks – \$220.00

No Class May 12, 2023



### **To Register:**

**-Please visit our website at [www.pdnf.org](http://www.pdnf.org)**

**-Call our office at 403-283-0620**

**-Email us at [info@pdnf.org](mailto:info@pdnf.org)**



## **GEL PLATE PRINTING WORKSHOP**

May 27th & 28th,  
10 AM - 2 PM  
with Susie Osness &  
Fran Schlosser

Members: \$90  
Non-members: \$120

This workshop explores the fun and relaxing process of creating monotype prints by applying acrylic paint to a gel plate and pressing the paper onto the plate.

To register, please call the Parkdale Nifty Fifties office at 403-283-0620.





# OPEN HOUSE

**APRIL 21 & 22 | 10 AM – 4 PM**



**Learn more about the Chartwell Experience at our Open House. Drop in, look around, and ask us your questions about :**

- ✓ Dining and activities Flexible
- ✓ Pricing information
- ✓ care and support
- ✓ Support with moving
- ✓ Suite layouts and amenities
- ✓ Trial Stays

**Walk-ins welcome — no RSVP required!**

**Call or visit our website to learn more!**  
**1-844-727-8679 | [Chartwell.com](https://www.chartwell.com)**

**CHARTWELL HARBOURS**  
20 Country Village Cove NE, Calgary

**CHARTWELL COLONEL BELCHER**  
1945 Veteran's Way NW, Calgary

**CHARTWELL FOUNTAINS OF MISSION**  
222 25th Ave. SW, Calgary

**CHARTWELL ROYAL PARK**  
4315 Richardson Rd. SW, Calgary

**CHARTWELL EAU CLAIRE**  
301 7th St. SW, Calgary

