

GAZETTE



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

MAY 2023



IN THIS ISSUE

Welcome our new Board of Directors!

See Page 4

Calling all volunteers! Our annual Garage Sale is next month and we need your help!

See Page 21

This month marks our 50th Anniversary! Come celebrate at our Open House and Gala Dinner!

See Pages 25 & 26

Charitable Registration # 13217 1638 RR0001

2244 CHICOUTIMI DR NW CALGARY AB T2L 0W1 | 403-289-4780 | WWW.YYCSENIORS.COM

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Cover Photo: May is know for flowers! The official flower is Lily of the Valley, a symbol of sweetness, humility and a "return to happiness". Hawthorn shares the honour, which brings hope and supreme happiness for the recipient.

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.

BOARD OF DIRECTORS

Sharon Dun	President
Celia Barrington	Vice-President
Linda Earl	Secretary
Neil Little	Treasurer
Marlene Monilaws	Past President
Dorothy Dyer	Director
Robert Lam	Director
Lynda Lyster	Director
Lionnette Williams	Director

STAFF

Jeannette Provo	Executive Director
Nigel Hand	Program Coordinator
Marie Woron	Marketing Coordinator
Richard Ma	Member Services Coordinator
Debbie Nay	Event and Tea & Conversation Coordinator
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 Mothers Day to our ladies!!

May you have a beautiful day with your family or friends or both!!

Our 50th Anniversary is this month!! Please support our gala on May 16th and buy a ticket for an evening of fun!! If you are coming for the events that day please register for the Art Classes as there is limited seating for both of these events. We have a day of fun planned and would love to have you join us!!

The garage sale is in the works now. If you are volunteering please register on our website for the shifts you wish to work and the table you wish to work as well. If you have no email, please call the office and we (the staff) can register you. We will have an orientation on May 31 st 11:00-12:00 in the Collingwood to go over how to fill out the sales sheets and what is expected of you

for each job. You are very important to our garage sale being a success, so please sign up.

We are part of another Lawn Bowling collaboration with all the Seniors Centres on June 11 th . We need two teams of 5 for our centre. Please register online for the Golden Bowlers. It was a terrific event last year and we had so much fun.

We are also doing another Rafflebox for the third time. Confederation Park members won the first two, let's do it again!!

We have many events happening this year. Check out our website and please register so you don't miss out!!

Take care all!!

Jeanette Provo
Executive Director

Buy Your 50/50 Raffle Ticket Today!

yycseniors.com

See Page 9

President's Report

Sharon Dun has been with Confederation Park as a member, board member, Vice President, and, in 2023, President. Very approachable and compassionate, Sharon would love to meet you if she hasn't met you yet.



As Confederation Park 55+ Activity Centre approaches our 50th Anniversary, it is my very great honour to begin my term as President of the Board of Directors. We have nine members on the Board of Directors who bring a variety of experience which will contribute to the continued success of our organization. It is our goal to work together to put systems in place that will ensure continuity as we move forward for another 50 years.

The success of organizations such as Confederation Park 55+ Activity Centre is dependent on dedicated staff and

dependent on dedicated staff and volunteers. We could not have survived for 50 years without them! The Board of Directors are proud to contribute to this. We all believe in the organization.

We look forward to meeting our members at social functions and activities. Please come up and say, "Hello!" Let us know about your thoughts and ideas, what you would like to see in the future.

Take care of each other. See you around the Centre.

A handwritten signature of Sharon Dun in teal ink, written in a cursive style.

Sharon Dun
President



Meet Your New Board!

Back (left to right):

Dorothy Dyer (Director)
Robert Lam (Director)
Lionnette Williams (Director)

Front:

Neil Little (Treasurer)
Linda Earl (Secretary)
Sharon Dun (President)
Celia Barrington (Vice President)
Marlene Monilaws (Past President)

Missing: Lynda Lyster (Director)

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

Sudoku

EXTRAORDINARY SENIOR LIVING

AMICA

BRITANNIA

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

SUDOKU EASY

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

SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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

SUDOKU HARD

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

Word Search

ANSWER at yycseniors.com.

Thank you to Discovery Education PuzzleMaker for this game.



It's Mother's Day



- AMAZING
- BEAUTIFUL
- BREAKFAST
- BRUNCH
- CANDY
- CARD
- CARING
- CELEBRATE
- CHILDREN
- CRAFT
- DAUGHTER
- DAY
- DEVOTION
- FLOWERS
- FOND
- FUN
- GENEROUS
- GENTLE
- GIFT
- GIVING
- HOLIDAY
- JOY
- KINDHEARTED
- LAUGHTER
- LOVE
- LOVING
- MAY
- MEMORIES
- MOM
- MOTHER
- NURTURE
- PARENT
- PATIENCE
- PERFUME

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

- | | | | |
|------------|------------|--------|------------|
| PHONECALL | RESTAURANT | SPRING | THOUGHTFUL |
| POEM | ROSES | STRONG | VISIT |
| PRETTY | SMART | SUPER | WALK |
| PROTECTIVE | SON | TENDER | WISE |

Hidden Message:



Boutique on the Park

Spring Savings at our Boutique!

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.

Spring Hours

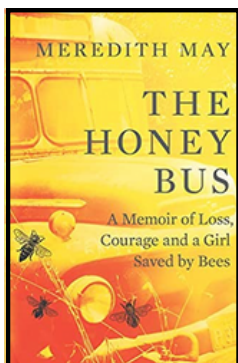
12:00 PM - 3:00 PM

Mon, Tues & Thurs

Wed & Fri by Appointment



Located in the **Foothills Room** (downstairs)



April BOOK REVIEW

This month's
selection, "The
Honey Bus" by
Meredith May

received one of the highest, if not THE highest, scores of the season (mostly 9s and 8s). It was very well received by the club and the two lower scores given were not due to the story or the writing but the fact that the members felt the author went too deeply into the life of the bees so that it read more like a text book than a story.

The book is based on the childhood of Meredith, the author, and her brother, Matthew. At the age of 5 and 3 respectively, the two children were uprooted from their home and taken by their now divorced mother to Big Sur, California to live with her mother and her second husband, a beekeeper whose "liquid gold" honey is sought after for miles around.

Once in California, the mother takes to her bed where she remains indefinitely neglecting her children who are now left to the care of their grandparents.

It is apparent that their mother is deeply depressed and, quite possibly, mentally ill.

A brief visit to their mother's biological father shows a man who was verbally, if not physically, abusive to his daughter and former wife which could possibly explain some of the mother's behaviour. Members felt that the grandmother should have been more supportive of her grandchildren and more nurturing particularly since she was a teacher but it is possible she felt guilty for not protecting her daughter from her first husband. The term "dysfunctional family" seems to be an understatement for this particular family!

The grandfather (who is not biologically related to the children) is the only person with the insight to understand what the two siblings are going through and the compassion to do something to improve the situation.

He takes Meredith with him as he tends his hives which are scattered over a wide area and then finally into the honey bus which was a stripped down World War II bus converted into a honey factory. The club did not think the bus and the grandfather's method of making honey would have passed a health and safety inspection but the final product was obviously amazing. As he grew older, Matthew was also included but the book is Meredith's account of how her grandfather showed her not only the intricate workings of the bees as they collected pollen, pollinated crops and produced the honey

Continued on Page 9

Golden Giveaways 50/50

Continued from Page 8

but worked together as a family and supported each other as they fulfilled their appointed roles in the bee community.

This was an amazing story and one which proves that one's biological family is not necessarily the one which is the most important. Meredith herself credits the bees and her step-grandfather as raising her and her brother.

The author went on become an acclaimed journalist, the author of several other books and a 5th generation beekeeper.

Next month's meeting will be held on Monday, May 1st at the pub when we shall be discussing, "American Dirt" by Jeanine Cummins

Submitted by Elisabeth McDonald

May
American Dirt
by Jeanine Cummins



Why is John Milton
a terrible guest at
game nights?

*Because when he's
around, there's always
a pair of dice lost.*



Launched	Sales End	Draw Date	Draw Location
Mon Apr 10 2023	Sat Jun 10 2023	Sun Jun 11 2023	Bow Cliff Seniors 3375 Spruce Drive SW Calgary Alberta T3C 3A3

**Buy Your
50/50 Raffle Ticket Today!**

yycseniors.com

Golden Giveaways
is excited to announce an online 50/50
fundraiser! Grab your tickets now at
yycseniors.com

Golden Giveaways is a joint effort of the following seniors-based activity centres and clubs: Bow Cliff Seniors, Confederation Park 55+ Activity Centre, Good Companions 50+ Club, Greater Forest Lawn 55+ Society, Unison at Kerby Centre, Ogden House 50+, Parkdale Nifty Fifties Seniors Association and West Hillhurst Go-Getters.

Funds raised by this raffle will support the above mentioned not for profits in providing programs, activities and support services that enhance the quality of life for older adults and their families.

The winner will be contacted to claim their prize.

Thank you for your support!



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

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.


 **LIVE ENTERTAINMENT** 
MAY 2023
May 4 Sox & Sax
May 11 Randy Poirier
May 18 Randy Poirier
May 25 Randy Poirier

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.



We're Going Bowling!

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

Our 2023 Bowling Season has begun!

We all love to bowl, whether it's lawn bowling or in a bowling alley! Activity Centres from all around Calgary participate in these very fun, friendly competitions and we want YOU to join us! Sign up for our bowling teams online at yycseniors.com or by calling us at 403-289-4780. Bowling Stones II is lawn bowling at Bow Cliff Seniors on Spruce Dr SW; Golden Bowlers is 5 pin bowling at The Bowling Depot on McCall Way NE.

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.

Thank you to our Sponsors:



Everyone Welcome - Free Admission - Food & Beverages Included with Registration



9 CENTRES 2-3 TEAMS PER CENTRE

**Friday, September 15th
11 AM - 1 PM**

**Location:
The Bowling Depot
146 - 5255 McCall Way NE**

**Includes:
Bowling, Shoes,
Pizza & Beverages**



NEXT MONTH

Fashion Show

Don't miss out, tickets sell out fast!

**Friday June 23, 2023
11:30 am - 2:30 pm**



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** ●

May 1 & May 15

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

Have you volunteered with our Centre?

If so, please come to our Volunteer Appreciation Party
on Friday, Apr 28th, 11 AM - 2:30 PM.

Register at yycseniors.com call us at 403-289-4780.

Support A Mom

Join us on Friday, May 12th, the Friday before Mother's Day, from 12:30 to 2:30 PM for refreshments and a presentation. Registration is required: Call us at 403-289-4780 or visit yycseniors.com.

This event will be a learning session as well as the opportunity to purchase beautiful handcrafted items, all hand-made by survivors. The monies gathered from sales will go directly to the Foundation to support young women who have been through a very trying time.

SUPPORT A MOM

Join us on Friday, May 12th, the Friday before Mother's Day, from **12:30 - 2:30 PM** for refreshments, a very important presentation from the SA Foundation. You will also have an opportunity to purchase some very unique items and support the SA Foundation at the same time.

Confederation Park 55+ Activity Centre

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

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

May 5th - In Jt's Pub



Confederation Park 55+ Activity Centre

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



JOIN US FOR OUR
50TH ANNIVERSARY!
TUESDAY MAY 16th

Open House (FREE!) 10 AM - 2 PM,
Dinner & Dance (\$35) 4:30 PM - 8 PM
More Information on pages 25 & 26

Register for these upcoming events
at yycseniors.com or call us at 403-289-4780.

Coming Up

CAT CUDDLING DAY

June 16
11am - 2pm

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



BOUTIQUE on the Park

STYLISH NEW TO YOU FASHIONS

Fashion Show

Friday June 23, 2023
11:30 am - 2:30 pm
Tickets \$10



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



We believe life should get easier as you age!
June 27 @ 10:00 AM - Noon
2244 Chicoutimi Dr N.W.
In the Board Room
Limited Seats

30 Minute Presentation and Tasting to follow

Why Cook, When you can Simply Enjoy!

TASTY, NUTRITIOUS MEAL, DELIVERED TO YOUR HOME
OVER 200 MENU ITEMS
SPECIAL DIET OPTIONS
NO CONTACT OR SUBSCRIPTION



Heart to Home Meals
Presentation & Tasting
Time: 10 AM - 12 PM
Date: June 27
Tickets: FREE!

Stampede BBQ Lunch
Time: 11:30 AM - 1:30 PM
Date: July 13th
Tickets: M \$10; NM: \$20
Stay & Dance at our Tea & Conversation from 1:30 - 2:30 PM featuring Randy Poirier

STAMPEDE BBQ

Entertainment: Randy Poirier

Tickets:
Members: \$10.00
Non-Members: \$20.00

Thursday July 13, 2023
Doors Open @ 11:30 AM

Sponsored by Chartwell


Menu:
Beef On A Bun
Beans
Coleslaw
Menu Subject to Change



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







MAY 2023 Programs

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEATED YOGA 9:30 AM – 10:30 AM May 22 PERFECTLY IMPERFECTS 11:00 AM – 12:30PM No Class May 22 LINE DANCE BEGINNER 1:00 PM – 2:00 PM No Class May 22 BOOK CLUB May 1, June 5 1:00 PM – 3:00 PM EUCHRE CLUB 1:00 PM – 3:00 PM Closed May 22 CHINESE MAHJONG CLUB 1:00 PM – 3:00 PM Closed May 22 WATERCOLOURS 1:15 PM – 3:15 PM No Class May 22 SPANISH BEYOND BEGINNER 2:00 PM – 3:00 PM No Class May 22 LINE DANCE IMPROVER 2:15 PM – 3:15 PM No Class May 22 LINKAGES May 1 & 15 3:30 PM – 5:15 PM FREE - Call Nigel to join	CRIB CLUB 9:00 AM – 11:00 AM Closed May 16 CAROL MARASCO ART WORKSHOPS 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 YOGA 10:45 AM – 11:45 AM No Class May 16, 23 & 30 TAI CHI INTERMEDIATE 11:05 AM – 12:05 PM No Class May 16 HARMONY FIRST CHORUS 12:30 PM – 3:00 PM No Class May 16 INTRO TO ALCOHOL INKS 12:30PM – 2:30PM No Class May 16 SHARING HANDICRAFTS 1:00 PM – 3:00 PM Closed May 16	THE WORX 8:45 AM – 9:45 AM No Class May 10 SEATED YOGA 9:45 AM – 10:45 AM LINE DANCE INTER II 10:00 AM – 11:00 AM ADVANCED TAP 11:30 AM – 12:30 PM BELLY DANCE 12:00 PM – 1:00 PM BALLET FOR SENIORS 12:45 PM – 1:45 PM ENERGIZING DANCE 2:00 PM – 3:00 PM	WOODCARVERS 9:00 AM – 11:00 AM JAZZ 11:00 AM – 12:00 PM SEATED YOGA 12:15 PM – 1:15 PM <div>  <p>TEA & CONVERSATION Thursdays 1:30 PM – 2:30 PM **See pages 10 & 11 for details. \$5 Suggested Donation yycseniors.com/t&c</p> </div>	ZUMBA GOLD 8:45 AM – 9:45AM YOGA ZOOM 9:30 AM – 10:45 AM SPANISH BEGINNER 2nd 12:15 PM – 1:15 PM



ROOM LEGEND

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

*CHARLESWOOD (Direct Access)



2244 Chicoutimi Dr NW, Calgary | 403-289-4780

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

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

SUDOKU PUZZLES ON PAGE 5

SUDOKU MEDIUM

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

SUDOKU HARD

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

May Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pub @ 1:00 PM Book Club  LINKages 3:30pm - 4:30pm Collingwood			T&C TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Sox & Sax	Games Afternoon  See p14	
Triwood's Spring Market & Plant Pop-up 	Patricia's Mobile Dental Hygiene 		unison At Kerby Centre Wellness Connection Open House See p30	T&C TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Randy Poirier	Support A Mom See p14	unison At Kerby Centre Indigenous Craft Show & Market
Triwood's Mother's Day Brunch 	LINKages 3:30pm - 4:30pm Collingwood	50th Anniversary!  See p25-26		T&C TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Randy Poirier		 Sampling & Market Big Four Bldg YYCAESARFEST
Calaway Park Opening Weekend 		 CAROL MARASCO Tropical Waterfal		T&C TEA & CONVERSATION 1:30 - 2:30 PM FEATURING Randy Poirier	Podiatrist Appt  CrossIron Mills until June 4	 Festival of Quilts Heritage Park
Scotiabank Calgary Marathon 	Patricia's Mobile Dental Hygiene 		Board Meeting 1 PM - 3 PM GARAGE SALE SETUP SEE P21	GARAGE SALE SATURDAY, JUNE 3RD 8 AM - 3 PM		

NOTES

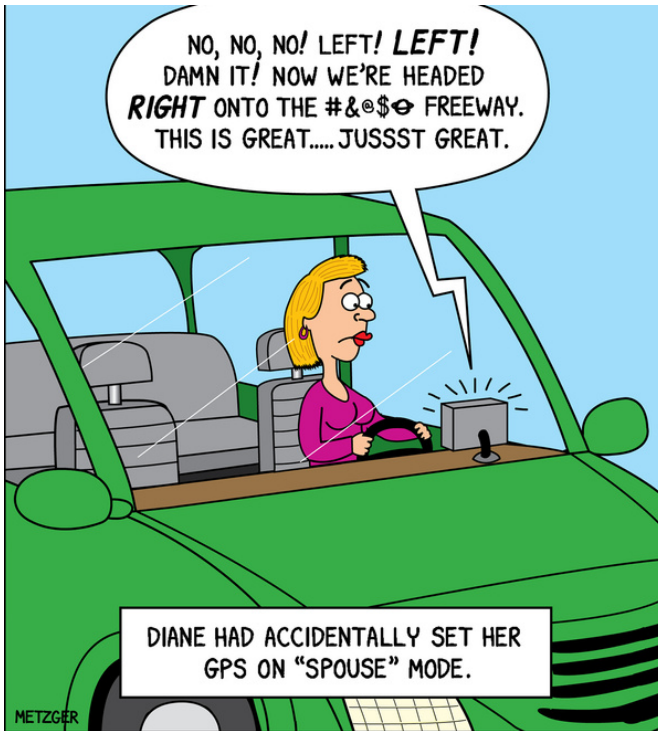
☒ Buy my Golden Giveaways 50/50 Raffle Ticket

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 appointment is May 26th. Please call us at 403-289-4780 to book.

MOBILE DENTAL HYGIENIST: Coming to our Centre every other week. Check our calendar for visiting days. 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

DON'T MISS OUR HUGE ANNUAL

GARAGE SALE

SATURDAY, JUNE 3RD

8 AM - 3 PM

**Triwood Arena
2244 Chicoutimi Dr NW**

DONATIONS

DROP OFF: 9 AM - 3 PM

TRIWOOD ARENA

Wednesday, May 31st

Thursday, June 1st

Friday, June 2nd

**ALL DONATIONS
MUST BE CLEAN
& WORKING**

DONATIONS

NOT ACCEPTED:

Large Heavy Household
Appliances, Luggage, Skis,
Tires, Electric Typewriters,
Computers, Microwave
Ovens, Cribs, Baby Seats,
Paints, Chemicals, Narrow-
wheeled Golf Carts and
NO Hunting Equipment





CALLING ALL VOLUNTEERS!

Sign up at yycseniors.com or call us at 403-289-4780

The following positions are available:

SORTING DAYS

May 31, June 1st and 2nd

Morning & Afternoon Shifts Open:

Art/Frames
Books
Boutique/Jewelry
Christmas
Electronics
Fabrics/Crafts
Hardware
Housewares
Linens
Movies/Music
Novelties
Plants/Vases
Specialty China
Toys/Puzzles
Yard Items
Furniture
Receivers (receiving items)

GARAGE SALE DAY

June 3rd

Morning & Afternoon Shifts Open:

Arts/Frames - Table 1
Electronics - Table 3
Fabrics/Crafts - Table 4
Hardware - Table 5
Housewares - Table 6
Toys - Table 7
Linens - Table 8
Movies/Music - Table 9
Novelties - Table 10
Plants - Table 11
Specialty China - Table 12
Puzzles/Games - Table 13
Boutique - Table 14
Furniture - Table 15
Yard - Table 16
Sales - Cash
Security
Cash Counters
Greeters
BBQ Sales
Setup BBQ / Tent
Take Down BBQ / Tent
Cleanup
Pub
Pick Up Food
Set Down Tables



yycseniors.com
ONLINE SIGNUP

Crossword

ANSWER ON PAGE 24

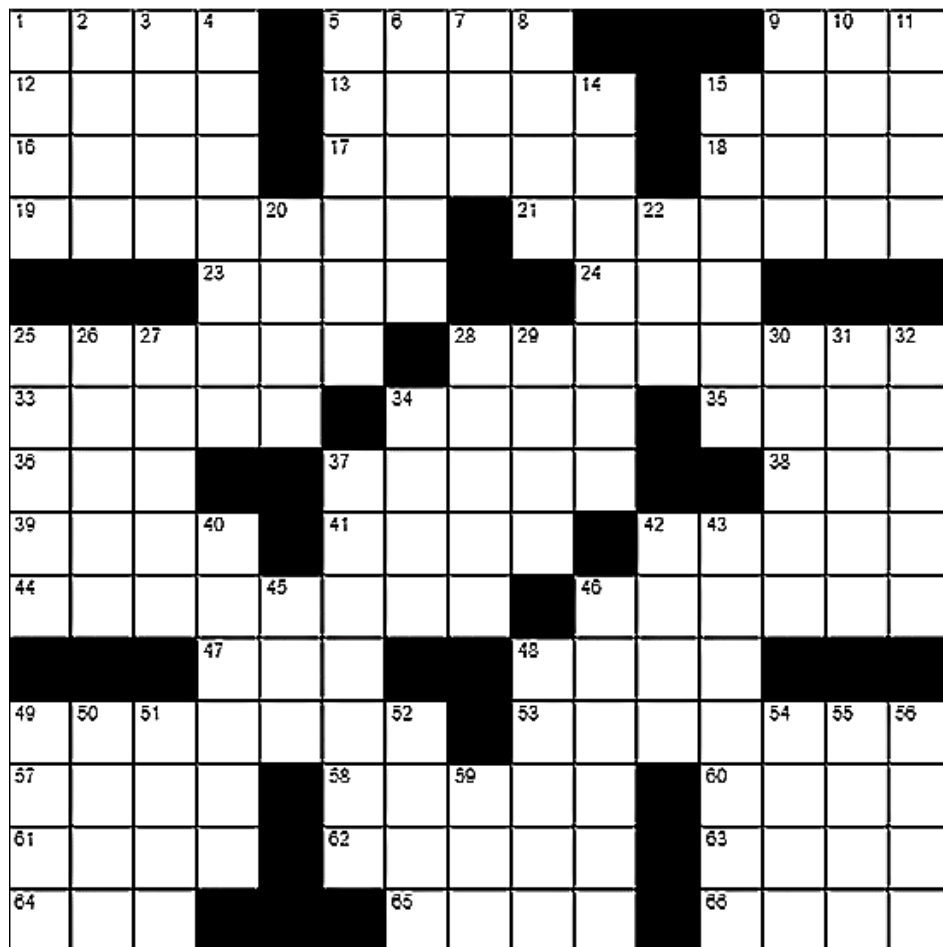
Thank you to bestcrosswords.com for this game.

ACROSS

- 1- Fleece;
 5- Stringed instrument;
 9- Half and half?;
 12- Bygone Dodge;
 13- Musical drama;
 15- Confess;
 16- Crazy as a ____;
 17- Symbol of Lebanon;
 18- Wash, in France;
 19- Overseer;
 21- Student;
 23- Balmy;
 24- Boiling;
 25- Breathe in;
 28- Johnny-come-lately;
 33- Freshen, as a stamp pad;
 34- St. Petersburg's river;
 35- Goat's milk cheese;
 36- Proverb ending?;
 37- Place for "stompin";
 38- Sighs of relief;
 39- WWII battle site;
 41- Fencing sword;
 42- Begin's co-Nobelists;
 44- He owns the place where backpackers crash in Europe?;
 46- Goddess of wisdom;
 47- Driving aid;
 48- Gothic-type arch;
 49- Squash;
 53- Competent;
 57- Run smoothly;
 58- Religious doctrine;
 60- Female rabbits;
 61- Half of zwei;
 62- Mother of Isaac;
 63- The last Mrs. Chaplin;
 64- Skid row woe;
 65- Actress Turner;
 66- German Mrs;

DOWN

- 1- Carnivorous mammal;
 2- Melville tale;



- 3- ____ about (roughly);
 4- Person who repairs telephone wires;
 5- Place; 6- Turn over;
 7- Slugger Williams;
 8- Historical chapters;
 9- Roundish shape;
 10- Bright star;
 11- Large jug or pitcher;
 14- Vault over a passage;
 15- Many;
 20- Dairy product;
 22- Ad follower;
 25- Whiskey type;
 26- Swell!
 27- Small mountains;
 28- Not once;
 29- Bacchanalian cry;
 30- Gettysburg general;
 31- One of the Allens;
 32- Dreadlocks wearer;
 34- Back of the neck;
 37- Chooses;
 40- Furry swimmers;
 42- Dance move;
 43- Leading;
 45- It's a moray;
 46- Hercule's creator;
 48- Body of salt water;
 49- Really moved;
 50- Pack it in;
 51- Samovars;
 52- Get better;
 54- Rude person;
 55- Actress Olin;
 56- Biblical birthright seller;
 59- Heston's org.;

Thank You Sponsors



HARP HEARING CARE

AMICA

SENIOR LIFESTYLES



Kin Canada
Kinsmen Club
of the Stampede City



B R I X
REAL ESTATE GROUP



Why is a computer so smart?

It listens to it's motherboard

What kind of candy do moms love
for Mother's Day?



Her-she's Kisses

How do you get the kids to
be quite on Mother's Day

Say, "Mum's the word!"

SHHHH...

What did
Momma Horse
say to her foul?



It's pasture bedtime.

Why did the
mommy cat
want to go
bowling on
Mother's
Day?



She was an Alley Cat



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

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

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

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

What's Happening at Triwood



THE SPRING MARKET IS BACK!
SAVE THE DATE
Event Market | Sunday, May 7th | 10am-4pm



JORDAN CLERMONT
SUNDAY, MAY 7TH 2023
*Triwood Community Association
 2244 Chicoutimi Dr NW*

LIVE MUSIC



CROSSWORD Answer from Page 22

Planting Workshop

MORE THAN JUST PANSIES

SIGN UP!

Wednesday, May 10th

6:30-8:30pm **\$60/Person**



1	W	2	O	3	L	4		5	L	6	U	7	T	8	E	9		10	O	11	N	E
12	O	M	N	I				13	O	P	E	R	A			14		15	A	V	O	W
16	L	O	O	N				17	C	E	D	A	R			18		L	A	V	E	
19	F	O	R	E	M	A	N					21	S	C	H	O	L	A	R			
				23	M	I	L	D					24	H	O	T						
25	I	N	H	A	L	E				28	N	E	W	C	O	M	E	R		32		
33	R	E	I	N	K			34	N	E	V	A			35	F	E	T	A			
36	I	A	L					37	S	A	V	O	Y			38	A	H	S			
39	S	T	L	O				41	E	P	E	E			42	S	A	D	A	T		
44	H	O	S	T	E	L	E	R				45	A	T	H	E	N	A				
				47	T	E	E					48	O	G	E	E						
49	S	Q	U	E	L	C	H				52	C	A	P	A	B	L	E		55		
57	P	U	R	R				58	T	E	N	E	T			60	D	O	E	S		
61	E	I	N	S				62	S	A	R	A	H			63	O	O	N	A		
64	D	T	S					65	L	A	N	A				66	F	R	A	U		

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

JT PUB (DOWNSTAIRS)

- 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

MAY LEARNING CAFE: HEARING LOSS

**FRIDAY MAY
19TH
10-12PM**



Join us for a special presentation
from the experts at Belton Hearing.

They will cover:

How hearing loss occurs

How it affects our lives

*Most common solutions to hearing loss
And much more!*

This will be a great way to ask questions,
and get more information on the health of
our ears!



Bow Cliff Senior's Learning Café Series

Presented by Eden Brook Memorial
Gardens

THIRD Session:

"Estate Planning and Burial Options"

Friday May 5th, 2023 from 10am - 12pm.

A place for everything and everything in its place.

Solutions to fit your wishes and budget!



Bowling Stones II

Our 2nd Annual Lawn Bowling Fundraiser!

Sunday June 11th, 2023 at 1:00pm

Bow Cliff Seniors: 3375 Spruce Drive SW



Confederation Park
55+ Activity Centre



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.

Thank you to our Sponsors:



R&D Retirement Solutions



CHARTwell
retirement residences



Northeast Eyeopener Lions Club



SPECIAL EVENTS

GFLS Community Breakfast

May 11th

9 am - 11 am

\$10- includes Eggs, Sausages,
Pancakes, Hash browns, Coffee
or Tea

Paint Night

May 9th

\$35-

Evening programs

MONDAY

Foothills Blue Grass Society 7
pm - 10 pm

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

TUESDAY

Toastmasters 6:30 pm - 9 pm

Learn, connect and grow through
Toastmasters professionals.

Eastport Lions 7 pm - 9 pm

WEDNESDAY

Southview Scouts 5 pm - 8 pm

The centre is open to the Scouts!

FRIDAY

Games Night 7 pm - 10 pm

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



IMPORTANT INFORMATION ON BINGOS AT GFLS Bingo Coordinator: Allison Crowder

Cafe 55

Opens 11:15AM
Fresh Lunch,
Sweet & Salty Snacks



Doors 10:00 AM

Sale of Bingo Cards 12:00 PM
First 46# for Bonanza called at 12:30 PM
*EARLY BIRD STARTS AT 1:00 PM SHARP

BINGO WILL BEGIN ONCE RULES HAVE BEEN READ

SUPER MEMBERSHIP PLUS 55 FRIEND

A Sample of What's Happening at
Unison at Kerby

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



Mother's Day Devonshire Tea Celebration

Join us in celebration of motherhood
on Friday May 12, 2023, from 1:30-
3:00pm Kerby Café

Learn about motherhood, from
mothers who raised children in
different cultures from around the
world. Enjoy handmade scones with
an extra special recipe (from Chef
Stephen's mom), that we were very
lucky to receive.

Tickets \$5.00
RSVP by calling (403) 705-3233



Join us for our Wellness Connection Centre Open House

Wednesday, May 10th | 1pm to 3pm
Wellness Connection Centre – Room 317

**FREE DROP-IN EVENT
OPEN TO EVERYONE**

Join us for cake and coffee as we celebrate our one-year
anniversary supporting the mental wellbeing of generations 50+.



A special thank you to our sponsors and supporters for
helping us continue to develop our Wellness Connection
Centre and Programs.

What's Happening at
PARKDALE NIFTY 50'S
3512 5th Ave NW | 403-283-0620 | pdnf.org



Every Second Friday

- april 28 2023
- May 12 2023
- May 26 2023

Photography

Circle

Interested in photography? All skill levels welcome in this casual group where we hope to enjoy the hobby together .

Parkdale Nifty Fiftys
11:00 AM - Lounge
3512 5 ave nw
P: 403-283-0620 - info@pdnf.org



SUPER MEMBERSHIP PLUS 55 FRIEND



Join us May 27 & 28

10am - 2:00pm

Member Price

\$90.00

Non Member Price

\$120.00

*Supplies list provided upon registration

*to register please phone the Parkdale Nifty Fiftys to register or online at www.pdnf.org

403-283-0620



Gel Plate
Printing
Workshop

with
Susie & Fran



COMPUTER BASICS AND DIGITAL WELLBEING

Saturday June 17 - 10am-4pm

Learn about common digital & telephone scams, how to identify and avoid them.

Learn how to do more with computers, with less effort and frustration.

Learn basic technical troubleshooting skills.

No previous knowledge is required.
Free to Members - Registration Required

Please contact the office to register
403-283-0620

Parkdale Art Club Annual Spring Show and Sale

Saturday May 6. 10am - 4 pm

3512 5th Ave. NW, Calgary

Hope to see you there!



Call 403-283-0620 for more information



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

