

# GAZETTE



## Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

JUNE 2023



### IN THIS ISSUE

Come to our Huge  
Garage Sale on June 3rd!  
**See Page 20**

Boutique on the Park is  
holding their annual  
Fashion Show on June  
23rd. You don't want to  
miss this fun event!  
**See Page 14**

Why is the Calgary  
Tower is turning Purple &  
White on the 5th & 15th?  
**See Page 12** to find out!

Charitable Registration # 13217 1638 RR0001

2244 CHICOUTIMI DR NW CALGARY AB T2L 0W1 | 403-289-4780 | [WWW.YYCSENIORS.COM](http://WWW.YYCSENIORS.COM)

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# Our Team

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**Cover Photo:** It's time to garden, planting flowers and vegetables alike! Calgary is known as a 3b hardiness planting zone. Want to know the zones of other areas in Canada? visit [planthardiness.gc.ca](http://planthardiness.gc.ca).

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.

DIGITAL EDITIONS of The GAZETTE:  
Available online at [yycseniors.com/The-Gazette](http://yycseniors.com/The-Gazette)

## 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](mailto:info@yycseniors.com)



### VISION

A community of  
full, enriched  
lives.

### MISSION

Connecting  
adults with  
opportunities to  
stay active and  
engaged.

### VALUES

Respect  
Compassion  
Reliability  
Sociability



## Hello all!

Happy Fathers Day to all of our Fathers, Grand-fathers, fur baby fathers and anyone that fills the role of a Father. May you enjoy a wonderful day!

It is so hard to believe that it is June already. The year seems to be flying by so fast this year. It has been a pretty terrific year so far. Lots of new events, presentations and activities happening.

The Volunteer Appreciation Event went extremely well. First time in three years that we were able to honour our volunteers again. The staff really enjoyed putting the event together and it appears those who attended really enjoyed themselves. For our next event, please know that if you volunteer for the garage sale, the casino or a position inhouse, you are welcome to attend this event! This is a day that is meant for our volunteers. We are now tracking our volunteers in a new way for the garage sale and casino, so will be able to send you an invite for the next event provided you are registered. Many thanks go out to our Volunteers for all of their hard work!!

The 50th was a great success and many thanks to all of you who came out to support our event. The day was full of activity, the evening was elegant and lots of fun. I don't think we could have asked for a better day. And there is more to come!

As many of you know, we recently did a survey on what other classes you might be interested in. There was an incredible amount of interest in a number of things. To date we have scheduled two ukulele classes, two computer/cell phone classes for the Fall Session and are working on Latin Dance and Sign Language as well. We may also be adding a beginner Tap, Jazz and Ballet. I am waiting on confirmation for these classes.

It is almost two years since we moved into Triwood and it is going so well. Lots of adjustments in the beginning, but we seem to have settled into place and it now feels like home. The staff at Triwood have been striving very hard to accommodate us and all of our requests and I wanted to say thank you to the Triwood Team!!

Summer is just around the corner and things will be somewhat quiet, but we have a very busy fall planned for you all. For those of you who don't participate in the summer, enjoy your summer but come and participate in our special events!!

If you have any concerns, question or just want to chat, please book a time to meet with me and we can chat about anything you might wish to.

A handwritten signature of Jeanette Provo in teal ink, written in a cursive style.

**Jeannette Provo**  
Executive Director



# 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.



May had been a very exciting month at Confederation Park 55+ Activity Centre with the most significant event, of course, the celebration of our 50th Anniversary!

The entire day and evening was an unqualified success thanks to the hard work of our Executive Director, Jeannette Provo and staff - Debbie Nay, Richard Ma, Marie Woron and Nigel Hand, plus the many volunteers. Our organization could not survive without the support of our members and volunteers, so a sincere thank you to all of you.

April 28th saw our Volunteer Appreciation afternoon with a "Groovy 60s Theme." So much fun! A great opportunity to celebrate the dedicated volunteers of Confederation Park. We could not carry on without you.

On May 12th, we presented an opportunity to "Support A Mom" by introducing the S.A. Foundation and learning how we

could support moms and their families who are in desperate need. A very interesting presentation by Melonie Michaud, the Alberta Ambassador of the SA Foundation.

Classes are in the process of winding down for the summer but there are going to be lots of classes and activities for members to enjoy in the fall. Some favourites will return with some exciting new ones to explore. Watch for information in the Gazette and eBlasts.

There are still upcoming events to watch for: the ever popular Garage Sale on June 3rd, and the Fashion Show on June 23rd.

I look forward to seeing you all around the Centre. Come and say hi when members of your Board of Directors are attending social events; we will be wearing our name badges. Let's chat! Take care of each other.

Sharon Dun  
President

**Golden Giveaways  
50/50 Raffle**

**Buy Your  
50/50 Raffle Ticket Today!**  
LAST DAY TO BUY IS SATURDAY JUNE 10TH

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



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

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

SOLUTIONS ON PAGE 17

### SUDOKU MEDIUM

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

### SUDOKU HARD

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



# What's so special about June?



- BARBECUES
- BAREFOOT
- BASEBALL
- BATHING SUIT
- BIRDS
- BLUEBERRIES
- BOATING
- BONFIRE
- BUGSPRAY
- BUTTERFLY
- CAMP
- CELEBRATE
- CHERRIES
- CRICKETS
- FAMILY
- FISHING
- FLOWERS
- FOOTBALL
- GARDEN
- GEMINI
- GRADUATION
- GRILL
- HAPPY
- HONEYSUCKLE
- ICECREAM
- INSECTS
- LADYBUG
- LAWNS
- LEMONADE
- LILACS
- LONGEST DAY
- MARKETS
- OUTDOORS
- PARTIES
- PATIO
- RAIN

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

- |            |            |              |            |
|------------|------------|--------------|------------|
| RELAX      | SAILING    | STRAWBERRIES | VACATION   |
| RHUBARB    | SANDALS    | SUMMER       | VEGETABLES |
| ROAD TRIPS | SHORTS     | SUNSCREEN    | WARM       |
| ROBIN      | SLOW PITCH | SUNSHINE     | WORMS      |
| ROSE       | SPRINKLER  | SWIM         | YARD WORK  |

## HIDDEN MESSAGE

\_\_\_\_\_ , \_\_\_\_\_  
\_\_\_\_\_ , \_\_\_\_\_

# Boutique on the Park

## The Boutique is Open!

Thank you all for your kind words and donations to our beautiful Boutique.

We do accept clothing donations on Fridays by appointment only.

### WHY BY APPOINTMENT ONLY????

- we can contact you, if by error, a family treasure was left in a pocket

OR

- other items in the bag are not clothing and could have dropped in by accident.

**We certainly do not want anyone to donate a family treasure by mistake.**

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

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 house hold items at this time.



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

**Boutique Hours are:**

**Mon-Tues-Thurs 12-3PM**

Wednesdays and Fridays by appointment

**403-289-4780**

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

*Hours*

**12:00 PM - 3:00 PM**

**Mon, Tues & Thurs**

**Wed & Fri by Appointment**



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





## May BOOK REVIEW

This month our book  
was *America Dirt* by  
Jeanine Cummins.

The subject matter of this book was not for the faint hearted, and the book kicks off, like the best fiction, with a horrendous event.

The subject being tackled is illegal migrants travelling from Mexico and beyond to the USA. Our two main affluent middle class protagonists are pitched into a life and death situation by a criminal cartel where their only option is to ride the goods train known as La Bestia, and then rely on a human smuggler to help them cross the desert and thus illegally enter the United States.

So we have a mother and her young son, fleeing for their lives. We meet other migrants from further afield, less educated and simply seeking a place where they can live, breathe and survive. There are workers - heading for California to harvest crops and make a living, before returning much the way they have come. All the horrors you can imagine are there. All the kindnesses and compassion for fellow

humans are also there. In the flashback sections and the reminiscent sections we get to know the hopes and shattered dreams of our pair - especially the mother. She comes to represent every middle class mother and here she is, and possibly we are, confronted with an unthinkable, unbearable dilemma. The train must be boarded while rolling down the track. Fences have been put up on either side of every station to prevent boarding. You ride on top of the cars- in the hot sun- you have to avoid decapitation in tunnels, or being swept off by tree branches, assuming you have survived your leap aboard with your minimal worldly goods, a little food and some water. Nor are all the terrors aboard the train.

It is a gripping read. Our Club was enthralled with this selection. All the scores but one were in the 8 to 10 range. The faint hearted one was me. I find such books very difficult so I had not 'enjoyed' my ride on La Bestia. I think such books are not enjoyed - they are experienced.

There is a controversy that goes with this book..... The Author was not herself a Mexican Migrant. However this was a story she felt needed to be told. So she spent 5 years doing her homework and her research. Then she wrote her book. Our club did not endorse the criticisms. We

*Continued on Page 9*

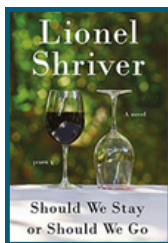
*Continued from Page 8*

considered her origins to be irrelevant. The tale was well rendered and exquisitely told. The Author freely agreed that not everyone would like her book. The fact that it has been translated into 37 languages and has sold 3 million copies speaks for itself. For a gripping and enlightening novel American Dirt delivers.

We conclude our season with "Should we Stay, or Should we Go?" by Lionel Schreiber. We shall also be selecting books for the upcoming fall session.

Submitted by Jean Kensit

**June**  
**Should We Stay or  
Should We Go**  
by Lionel Schriver



How did Charlotte Brontë make it easier for everyone to breathe?

*She created Eyre.*

Why did Shakespeare only write in pen?

*He couldn't decide which type of pencil to use—  
2B or not 2B.*



## Rhubarb Punch

### INGREDIENTS

- 3 quarts diced fresh or frozen rhubarb
- 4-1/2 cups sugar
- 3 quarts water
- 1 can (6 ounces) frozen orange juice concentrate, thawed
- 3 tablespoons lemon juice
- Lemon-lime soda

### DIRECTIONS

1. In a heavy saucepan, bring rhubarb, sugar and water to a boil.
2. Boil 15 minutes; cool and strain.
3. Stir in orange and lemon juices.
4. Chill.

For each serving, combine 1/4 cup rhubarb syrup and 3/4 cup soda; serve in a chilled glass.

*Thank you to Taste of Home for this recipe.  
[tasteofhome.com/recipes/rhubarb-punch](https://tasteofhome.com/recipes/rhubarb-punch)  
© 2023 RDA Enthusiast Brands, LLC*

# Tea & Conversation

Thursdays at 1:30pm



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.

**To all of our Volunteers...**  
**Thanks a million** ❤️



**LIVE ENTERTAINMENT**

**JUNE 2023**

**NO T&C on June 1st** due to preparations for the annual garage sale on June 3rd in the arena.

June 1 .....	<b>NO T&amp;C</b>
June 8 .....	Randy Poirier
June 15 .....	Walkin' on Sunshine
June 22 .....	Greg Rumpel
June 29 .....	Sox & Sax

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



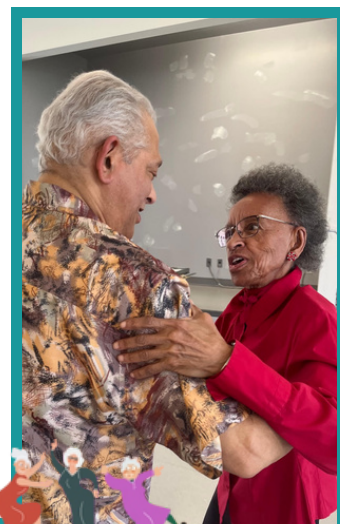


# Tea & Conversation



## Tea & Conversation

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



# We're Going Bowling!

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](http://yycseniors.com) or by calling us at 403-289-4780. **We have been given another lawn bowling team so we need a few more players! Help us win! Call us today!**

**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**

## GOLDEN BOWLERS

Please Call The Office to register

**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**





GENEROUSLY SPONSORED BY  




## Purple & White for Seniors

CALGARY TOWER IS TURNING PURPLE & WHITE on June 5th and June 15th. Thank you to the Calgary Tower and Jyoti Gondek, Calgary's Mayor, for working with Confederation Park 55+ Activity Centre in conjunction with Unison at Kerby Centre for the 50+, and all Senior Activity Centres in Calgary, to bring awareness to Seniors Week (June 5-11). Senior Activity Centres connect aging adults, enhancing their lives with opportunities to stay active and engaged in recreational and social services programs. We also wish to bring awareness to World Elder Abuse Awareness Day on June 15th. The Unison Elder Abuse Shelter is for individuals of any gender — aged 55 or older — who are actively escaping abuse, whether it be emotional, physical, financial, verbal, spiritual, sexual, or neglect. For more information, please visit <http://yycseniors.com> or <http://unisonalberta.com/elder-abuse>.



## Teamwork, Dad-Style

It was late in the day when a fully loaded minivan pulled into the only remaining campsite. As soon as it stopped, the doors flew open and four children jumped out.

They began to unload the gear and worked feverishly to set up the tent.



Next the kids ran to gather firewood, piled it neatly next to the fire ring, then ran to over to help set up the camp kitchen area.

The camper in the space next to them marvelled to the children's father, "I've never seen such teamwork nor a camp that was ready so quickly. I'm impressed."



The father turned to the neighbour and nodded sagely. "I have a system," he said. "No one goes to the bathroom before the camp is set up."



What's the difference between Iron Man & Aluminum Man?

*Iron Man stops the bad guys...  
Aluminum Man just foils their plans.*



## INTERGENERATIONAL LINKages Club

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

**NEXT MEETING DATES:**

**Monday  
BACK IN SEPTEMBER!  
5:00 PM - 4:30 PM**

**MEET BIWEEKLY ON MONDAYS  
BEGINNING IN SEPTEMBER!**



**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)





## Fashion Show

Friday June 23, 2023

11:30 am – 2:30 pm

Tickets \$10

Register for these upcoming events  
at [yycseniors.com](http://yycseniors.com) or call us at 403-289-4780.

# Coming Up

**FREE CAT CUDDLING DAY**

**June 16**  
**11am - 2pm**

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



**FREE HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS

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 CONTRACT OR SUBSCRIPTION**



**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  
1100 Silver Fox | info@yycseniors.com | yycseniors.com



## Stampede BBQ Lunch

**Time:** 11:30 AM - 1:30 PM

**Date:** Thursday, July 13th

**Tickets:** M \$10; NM: \$20

**Stay & Dance** at our Tea & Conversation from 1:30-2:30 PM featuring Randy Poirier

## Afternoon Games

Includes pizza, bar will be open

**Time:** 12PM - 3PM

**Date:** Friday, July 21st

**Tickets:** \$10

**AFTERNOON GAME DAY**  
\$10.00 PER PERSON / MUST REGISTER

12:00 PM - 3:00 PM IN THE PUB  
PIZZA WILL BE SERVED

WHERE: JT'S PUB JULY 21  
WHEN: FRIDAY, JULY 21, 2023

Chess Yahtzee Scrabble  
Crib Jenga Connect 4  
Skip Bo Pick up Sticks  
Tic Tac Toe

Confederation Park 55+ Activity Centre  
1100 Silver Fox | info@yycseniors.com | yycseniors.com









# JUNE 2023 Programs

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEATED YOGA</b> <b>9:30 AM – 10:30 AM</b> Last Class June 19 Summer Start July 3	<b>CRIB CLUB</b> <b>9:00 AM – 11:00 AM</b> Last Day June 13	<b>THE WORX</b> <b>8:45 AM – 9:45 AM</b> Last Class June 21	<b>WOODCARVERS</b> <b>9:00 AM – 11:00 AM</b> Last Day June 8	<b>WRITING GROUP</b> <b>10:00 AM – 12:00 PM</b> June 9, June 30
<b>PERFECTLY IMPERFECTS</b> <b>11:00 AM – 12:30 PM</b> Last Class June 19	<b>CAROL MARASCO ART WORKSHOPS</b> <b>Jun 20 Banff Meadow</b> All supplies included. Each class: \$40/member, \$70/non <b>10:00 AM – 12:00 PM</b>	<b>SEATED YOGA</b> <b>9:45 AM – 10:45 AM</b> Last Class June 21 Summer Start July 5	<b>JAZZ</b> <b>11:00 AM – 12:00 PM</b> Last Class June 8	<b>YOGA ZOOM</b> <b>9:30 AM – 10:45 AM</b> Last Class June 23 Summer Start July 7
<b>SPANISH ADVANCED BEGINNER</b> <b>12:45 PM – 1:45 PM</b> Last Class June 19		<b>LINE DANCE INTER II</b> <b>10:00 AM – 11:00 AM</b> Last Class June 7	<b>SEATED YOGA</b> <b>12:15 PM – 1:15 PM</b> Last Class June 22 Summer Start July 6	<b>SPANISH BEGINNER 2nd</b> <b>12:15 PM – 1:15 PM</b> Last Class June 23
<b>LINE DANCE BEGINNER</b> <b>1:00 PM – 2:00 PM</b> Last Class June 19	<b>YOGA</b> <b>10:45 AM – 11:45 AM</b> Last Class June 27	<b>ADVANCED TAP</b> <b>11:30 AM – 12:30 PM</b> Last Class June 7	 <b>TEA &amp; CONVERSATION</b> <b>Thursdays</b> <b>1:30 PM – 2:30 PM</b> <b>NO T&amp;C ON JUNE 1</b> **See pages 10 & 11 for details. \$5 Suggested Donation <a href="http://yycseniors.com/t&amp;c">yycseniors.com/t&amp;c</a>	
<b>BOOK CLUB</b> <b>1:00 PM – 3:00 PM</b> June 5	<b>TAI CHI BEGINNER</b> <b>11:05 AM – 12:05 PM</b> No June Classes Summer Start July 4	<b>BALLET FOR SENIORS</b> <b>12:45 PM – 1:45 PM</b> Last Class June 7		
<b>EUCHRE CLUB</b> <b>1:00 PM – 3:00 PM</b> Last Day June 20	<b>TAI CHI INTERMEDIATE</b> <b>11:05 AM – 12:05 PM</b> Last Class June 27 Summer Start July 4	<b>ENERGIZING DANCE</b> <b>2:00 PM – 3:00 PM</b> Last Class June 7 Summer Start July 5		
<b>CHINESE MAHJONG CLUB</b> <b>1:00 PM – 3:00 PM</b> Last Day June 26				
<b>SPANISH BEYOND BEGINNER</b> <b>2:00 PM – 3:00 PM</b> Last Class June 19	<b>SHARING HANDICRAFTS</b> <b>1:00 PM – 3:00 PM</b> Last Day June 13th Summer Start July 4			
<b>LINE DANCE IMPROVER</b> <b>2:15 PM – 3:15 PM</b> Last Class June 19				

## ROOM LEGEND

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

## \*CHARLESWOOD (Direct Access)



**JUNE, JULY & AUGUST**  
**ICE CREAM SOCIALS**  
**ONLY \$2 PER SCOOP**

**THURSDAYS**  
**1:30-2:30 PM**

**T&C**



# 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

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

## SUDOKU PUZZLES ON PAGE 5




















### SUDOKU MEDIUM

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

### SUDOKU HARD

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

# June Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MAY 31 <b>GARAGE SALE VOLUNTEER ORIENTATION 11 AM</b>	<b>1</b> 	<b>2</b>	<b>3</b> <b>GARAGE SALE</b> <b>8AM - 3PM</b> <b>TRIWOOD ARENA</b>
		<b>GARAGE SALE DONATIONS 9AM 3PM</b>				
<b>4</b>  <b>Lilac FESTIVAL</b> <b>10 AM - 6 PM</b>	<b>5</b>  <b>CALGARY TOWER IS PURPLE &amp; WHITE TONIGHT</b>	<b>6</b>  <b>VISIT KERBY CENTRE FOR FREE ACTIVITIES ALL WEEK</b>	<b>7</b>	<b>8</b>  <b>TEA &amp; CONVERSATION 1:30 - 2:30 PM</b> <b>FEATURING Randy Poirier</b>	<b>9</b>	<b>10</b> <b>Last Day to Buy Your GOLDEN GIVEAWAYS 50/50 Tickets!</b>  <b>SEE PAGE 4</b>
<b>SENIORS WEEK</b> <b>CALGARY TOWER changes colour to PURPLE &amp; WHITE on June 5 &amp; 15.</b>						
<b>11</b> <b>BOWLING STONES II</b> <b>SEE PAGE 12</b> 	<b>12</b> <b>SUPER MEMBER TYRRELL BUS TRIP</b>  <b>Patricia's Mobile Dental Hygiene</b>	<b>13</b>	<b>14</b>  <b>CALGARY TOWER IS PURPLE &amp; WHITE ON THE 15TH</b>	<b>15</b>  <b>TEA &amp; CONVERSATION 1:30 - 2:30 PM</b> <b>FEATURING Walkin' on Sunshine</b> <b>WORLD ELDER ABUSE AWARENESS DAY</b>	<b>16</b> <b>CAT CUDDLING</b> <b>SEE PAGE 15</b> 	<b>17</b>
<b>18</b> <b>HAPPY FATHER'S DAY</b>	<b>19</b>	<b>20</b> <b>PAINT WITH CAROL MARASCO</b>  <b>BANFF MOUNTAIN MEADOW</b>	<b>21</b>	<b>22</b>  <b>TEA &amp; CONVERSATION 1:30 - 2:30 PM</b> <b>FEATURING Greg Rumpel</b>	<b>23</b>  <b>Fashion Show</b> <b>SEE PAGE 14</b> 	<b>24</b>
<b>25</b>	<b>26</b> <b>Patricia's Mobile Dental Hygiene</b> 	<b>27</b>  <b>HEART TO HOME MEALS DELICIOUS MEALS MADE FOR SENIORS</b> <b>Presentation &amp; Tasting</b> <b>SEE PAGE 15</b>	<b>28</b>  <b>Board Meeting 1 PM - 3 PM</b>	<b>29</b>  <b>TEA &amp; CONVERSATION 1:30 - 2:30 PM</b> <b>FEATURING Sox &amp; Sax</b>	<b>30</b>	

## NOTES

☒ Buy my Golden Giveaways 50/50 Raffle Ticket before June 10th

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. Please call us at 403-289-4780 to book.

**AVON CALLING!** Call Jeannette at 403-289-4780 if you would like to place an order or see the latest Avon Catalogue.

**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.

**R**  
OMA  
CATERING

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)

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





# Maintain Healthy Bones & Prevent Falls



Osteoporosis affects two million Canadians and 4 out of 5 injury hospitalizations among seniors are due to falls. There are many strategies and steps older adults can take to support bone health and prevent falls:

1. **Improve balance and lower body strength.** Practicing tai chi and doing dance-based activities, such as folk or ballroom dancing, improves balance, mobility, and lower body strength and reduces the risk of falls, according to McMaster University.
2. **Do regular weight-bearing exercise.** Weight-bearing aerobic activities, such as walking, low-impact aerobics, stair climbing and gardening, work directly on your bones to slow mineral loss, advises Mayo Clinic.
3. **Nourish your bones.** If you eat a healthy diet with lots of fruits, vegetables, legumes, nuts, seeds, and lean protein, you'll get most nutrients, such as calcium, vitamin D, protein, magnesium, phosphorus, and potassium, needed to keep your bones healthy, advises Harvard Medical School.
4. **Check vision and hearing regularly.** Get regular hearing and vision tests, and wear appropriate glasses and hearing aids, if needed, says Health Canada. A Mount Sinai School of Medicine study found that impaired hearing increases the risk of falls because a lack of sound, or poor sound perception, affects balance.
5. **Wear sensible shoes.** Wear properly fitting, sturdy flat shoes with nonskid soles. High heels, floppy slippers, and shoes with slick soles can make people slip, stumble and fall, as can walking in stocking feet.
6. **Review medications for side effects.** Certain prescription and over-the-counter drugs may have side effects, such as dizziness, disorientation, and sleepiness, that can cause people to stumble and fall. Review medications with your doctor or pharmacist to help assess their benefits and risks; they may consider weaning you off medications that are no longer required or may increase your risk of falling.

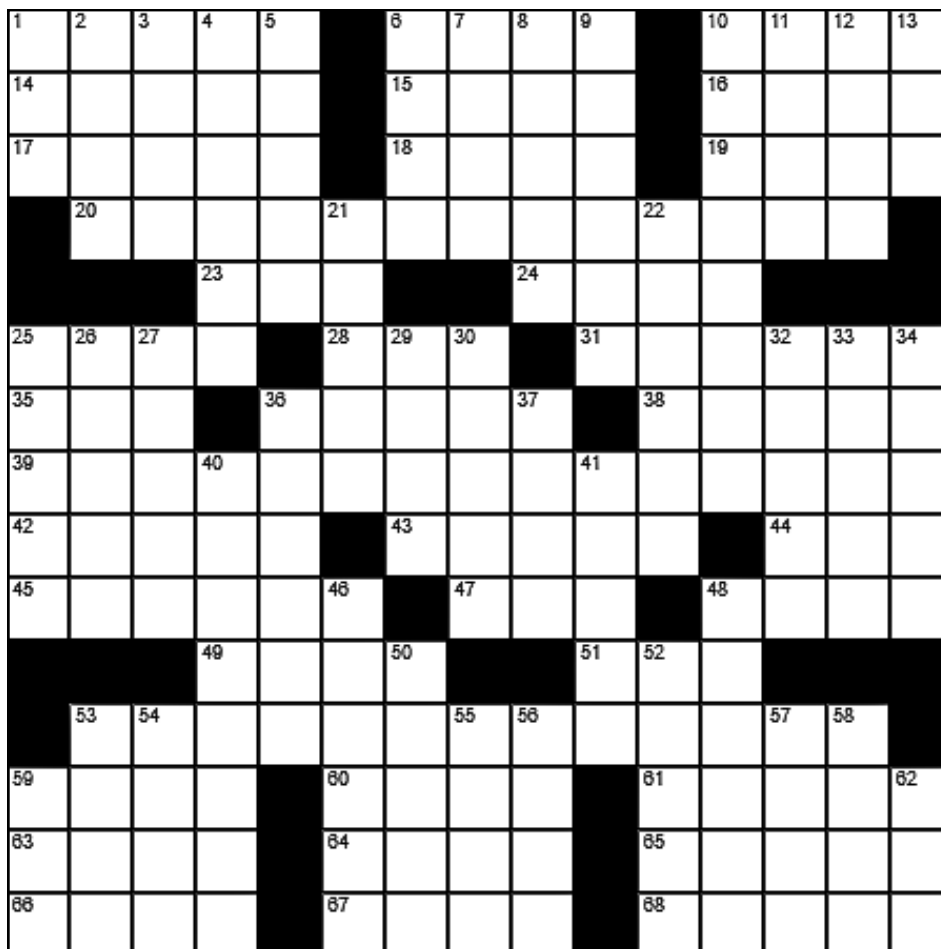


## From the Garden

by Allen Vaughan

### ACROSS

- 1- Juice box accessory;  
 6- House of Lords member;  
 10- Hourglass contents;  
 14- Baby \_\_\_\_;  
 15- Boorish;  
 16- Olive genus;  
 17- Name on a famous B-29;  
 18- Land of the leprechauns;  
 19- Like a busybody;  
 20- Trivial stuff;  
 23- Poseidon's domain;  
 24- Urban haze;  
 25- Beyond;  
 28- Pentagon fig.;  
 31- Infuriate;  
 35- \_\_\_\_ de Triomphe;  
 36- Former British PM Johnson;  
 38- Computer user, of a sort;  
 39- Not a bit ruffled;  
 42- To be, in Tijuana;  
 43- A crowd, proverbially;  
 44- 180° from WNW;  
 45- Turn in;  
 47- Elusive one;  
 48- Wilma's cartoon hubby;  
 49- Burrows;  
 51- Inventor Whitney;  
 53- Let the cat out of the bag;  
 59- Horse coloring;  
 60- Ayatollah's land;  
 61- Collectively;  
 63- Came down;  
 64- Remarked;  
 65- BSA member;  
 66- Big name in lawn mowers;  
 67- Apprentice;  
 68- Island nation east of Fiji;



### DOWN

- 1- Jeanne d'Arc, e.g.: Abbr.;  
 2- Heaps;  
 3- Capacity;  
 4- "Finally!";  
 5- Humpback or beluga;  
 6- Make ready, briefly;  
 7- Continental coin;  
 8- Cleans up text;  
 9- File menu option;  
 10- Very early baby picture;  
 11- Lip balm ingredient;  
 12- Capone's nemesis;  
 13- "A \_\_\_\_ in the Life": Beatles;  
 21- Old Nigerian capital;  
 22- Language;  
 25- Indiana basketballer;  
 26- Became an issue;  
 27- Sir Walter \_\_\_\_;  
 29- The "E" of Q.E.D.;  
 30- Specialty;  
 32- Honey-colored;  
 33- Fliers in V's;  
 34- Blew it;  
 36- Keg;  
 37- Without a doubt;  
 40- Attacked;  
 41- Superstar;  
 46- Sign up;  
 48- Debacle;  
 50- Leave the straight and narrow;  
 52- Most trifling;  
 53- Headliner's number;  
 54- Couple;  
 55- "Aquarius" musical;  
 56- Within: Prefix;  
 57- Palindromic time;  
 58- Like a bug in a rug;  
 59- Dirty dog;  
 62- Pilot's announcement, briefly;

# Thank You Sponsors



Did you hear about the rancher  
who had 97 cows in his field?

*When he rounded them up,  
he had 100!*



What type of sandals  
do frogs wear?

*Open-toad.*



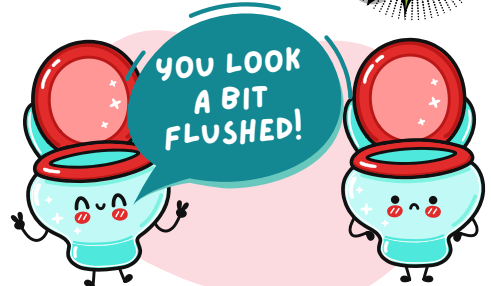
I took a laxative along with a  
sleeping pill by accident last night.

*I slept like a baby!*



What has four wheels  
and flies?

*A garbage truck!*



YOU LOOK  
A BIT  
FLUSHED!



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



**FREE ICE CREAM DAY**

TRIWOOD SUMMER MARKET LAUNCH  
**TUESDAY, JUNE 6TH**  
 2244 CHICOUTIMI DR NW | 3-7PM  
*While supplies last*

TRIWOOD FARMERS MARKET



**TRIWOOD STAMPEDE**  
 SUNDAY, JULY 9TH

**STAMPEDE BREAKFAST**  
 9AM-12PM

**ACTIVITIES**  
 9AM-2PM

- CAR SHOW & SHINE
- CHIRS LEBLANC BAND
- KEEPIN' IT COUNTRY LINE DANCING
- KIDS ACTIVITIES
- ...AND MORE!

TRIWOODCOMMUNITY.COM

## CROSSWORD Answer from Page 22



### VOLUNTEER OPPORTUNITIES AT TRIWOOD

Email [programs@triwoodcommunity.com](mailto:programs@triwoodcommunity.com) if interested in volunteering with Triwood.

- BINGO NIGHTS at Grey Eagle Casino**  
 Saturday, June 3, 10am - 4pm  
 Friday, June 9th, 4pm - 12:30am
- Summer Farmers' Market**  
 Tuesdays, June 6 - Sept 25, 3 - 7pm
- Stampede Breakfast**  
 Sunday, July 9th, 9am - 2pm
- Community Clean-Up**  
 Sunday, September 17th, 9am - 2pm
- Spooky Halloween Scavenger Hunt**  
 Sunday, October 29th, time pending

1	S	2	T	3	R	4	A	5	W		6	P	7	E	8	E	9	R		10	S	11	A	12	N	13	D	
14	T	O	O	T	H						15	R	U	D	E					16	O	L	E	A				
17	E	N	O	L	A						18	E	R	I	N					19	N	O	S	Y				
		20	S	M	A	L	L	P	O	T	A		22	T	O	E	S											
			23	S	E	A						24	S	M	O	G												
25	P	A	S	T			28	G	E	N		31	E	N	R	A	G	E		32		33		34				
35	A	R	C			36	B	O	R	I	S			37		38	G	A	M	E	R							
39	C	O	O	L	A	S	A	C	U	C	U	M	B	E	R													
42	E	S	T	A	R			43	T	H	R	E	E			44	E	S	E									
45	R	E	T	I	R	E			46		47	E	E	L		48	F	R	E	D								
					49	D	E	N	S				51	E	L	I												
		53	S	P	I	L	L	T	H	E	B	E	A	N	S		57											
59	R	O	A	N				60	I	R	A	N				61	A	S	O	N	E				62			
63	A	L	I	T				64	S	A	I	D				65	S	C	O	U	T							
66	T	O	R	O				67	T	Y	R	O				68	T	O	N	G	A							

# 50th Anniversary Highlights

Our 50th Anniversary  
was filled with so many  
activities! Belly

Dance, Line

Dance, Cat

Cuddling,

Perfectly Imperfects,

Tap, Jazz, Ballet,

Indian Dance,

Drawing and

Alcohol Inks!

It was a day of  
fun filled events

and many thanks to all

those who participated

as well as those who

taught us!! The evening was

elegant with good food and a lot of fun!



# Memberships

## Please volunteer with us!

We need quite a few more volunteers to help at our numerous events this year.

- Monthly Events
- Kitchen Volunteers
- Casino (December 23rd & 24th)

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

“

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

— Sir Winston Churchill, 1874-1965

”

## 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

Ogden 50+

Parkdale Nifty 50s

### What does Membership Status mean?

- Member pricing for **classes**, activities and events
- 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 FRIEND CENTRE

What's Happening at  
**BOW CLIFF SENIORS**

3375 Spruce Dr SW | 403-246-0390 | bowcliffseniors.org

## BOW CLIFF SENIORS JUNE FRIDAY NIGHT SOCIAL

### MENU

KICK IT UP JALOPING POPPERS  
WESTERN CHILI DOG  
ASSORTED CHIPS  
LEMONADE & A SHOTS OF JACK DANIELS

TOPPING IT OFF WITH  
FIRESIDE SMORES

## WESTERN MEMBERS SOCIAL

— ★ ★ ★ —

WITH SPIRITED HARMONICA TABLEAU ENTERTAINMENT

FRIDAY, JUNE 16 EVENING 5PM • MUST RSVP • CALL 403-246-0390

DUST OFF YOUR HAT AND BOOTS & COME KICK UP YOUR HEELS

## BOW CLIFF SENIOR'S CANADA DAY LUNCHEON

JOIN US ON WEDNESDAY JUNE  
28TH TO CELEBRATE OUR  
COUNTRY WITH A  
CANADA-INSPIRED LUNCH!

**\$12.00 MEMBERS**

**\$14.00 NON-MEMBERS**

**RSVP BY JUNE 27TH @12:00**

## GARAGE & TRUNK SALE

SATURDAY, JUNE 24TH.

10AM - 2PM

BOW CLIFF CENTRE

3375 SPRUCE DRIVE SW

## MAKE SOME MONEY

Bring your own items to sell !

For inquiries, or to book a table call: 403-246-0390

Book a Table Indoors: \$25.00

OR

Parking Stall: \$10.00

## Line Dancing Class

WITH PAULA BICKFORD  
HOSTED AT WELLINGS OF CALGARY: 1021 -  
1025 NA'A DRIVE SW

*It's time to dust off those cowboy boots!*

Join Paula Bickford as she teaches this upbeat, fun and energetic line dancing course. For 4 classes, Paula will go through the basics and gradually introduce new moves.

Hosted at Wellings Calgary.

June 6th - June 27th

10:00am - 11:00am

Call the Bow Cliff office to register. 403.246.0390





**GFL 55+**  
**Community Breakfast**

**THURSDAY,  
JUNE 8  
9 - 11 AM  
\$10**



**GFLS  
PAINT NIGHT**

**TUESDAY,  
JUNE 13  
6-8 PM**

**CLASS FEE  
\$35**

Please register at GFLS front desk by Fri, June 9  
Beverages available for purchase

## **GARAGE SALE**

**Saturday, June 17, 2023**

**10 AM - 4 PM**

Donations are welcome for this GFLS fundraising event.

### **TABLETOP ITEMS ONLY**

GFLS asks for no large furniture, appliances, clothing, baby items, knives or electronics.

All items must be clean and in good working order.

Donations can only be accepted at the Centre on Friday, Jun 16/23 from 8 am until Noon.

There will be a limited number of tables for rent. If interested, full details will be available at the Centre on Monday, May 15/23.

*Besides possibly finding your next favourite treasure(s), there will be food and beverages available for purchase.*



**GFL 55+**

3425 - 26 Avenue SE

Calgary, AB

403-272-4661

support@gfls.org

## **Y'All are invited to the annual GFLS STAMPEDE BREAKFAST**



**Thursday, July 13, 2023; 9 AM - High Noon**  
**Cost: FREE!**

**Crits generously donated by  
Rotary Club of Calgary East**

**Rotary** 

**There'll be live music, line dancing  
and a fist full of FUN!**

**SEE Y'ALL THERE! YEEHAW!**

**GFL 55+**

3425 - 26 Avenue SE  
Calgary, AB  
403-272-4661  
support@gfls.org



# SUPER MEMBERSHIP FRIEND CENTRE

What's Happening at  
**OGDEN 50+ ACTIVITY CENTRE**  
3512 5th Ave NW | 403-283-0620 | pdnf.org

## CARPET BOWLING

JOIN US!

1:00 PM

MONDAYS  
&  
WEDNESDAYS



## PICKLEBALL WORKSHOP

*Learn to play from the experts at  
Ogden 50+!*

**TUESDAYS 3:00 PM**

**FRIDAYS 3:00 PM**

Please phone 403-279-2003 Ext. 202 to  
sign up!



## TABLE TENNIS

Join us at Ogden 50+ Activity Centre

2102-69 Ave SE, 403-279-2003

4 tables/16 people can play at once 4  
times a week.

Only \$35 annual membership includes  
free ping pong.

Please check website & calendar for days  
& times.

[ogden50plus.org](http://ogden50plus.org)



## COME WALK WITH US AT OGDEN 50+ ACTIVITY CENTRE

**Every 10th Walk enjoy an ice  
cream treat compliments of Kim**

**Daily walk Mon - Fri - 10:00 am - 10:30 am**

**Please check in at the front desk**





**SENIORS'**  
**WEEK** **JUNE**  
5th - 11th

## Active Aging **FREE** Drop-In Classes

### Monday, June 5

- 11:30am – 12:30pm: Yoga for you (Lecture Room 205)
- 1:00pm – 2:00pm: Line Dancing (Gymnasium)

### Tuesday, June 6

- 10:00am – 11:00am: Zumba (Lecture Room 205)

### Wednesday, June 7

- 10:00am – 12:00pm: Growing with Seniors (Lecture Room 205)
- 1:15pm – 2:15pm: Chair Yoga (Lecture Room 205)

### Friday, June 9

- 1:00pm – 2:00pm: Feat to the Beat (Lecture Room 205)



Stay tuned and visit  
[UnisonAlberta.com/  
calgary-seniors-week-2023](https://unisonalberta.com/calgary-seniors-week-2023)  
for more detail



**SENIORS'**  
**WEEK** **JUNE**  
5th - 11th



# Unison Members Lunch

**Members + members' guests only**

Join us for a circus  
themed luncheon in  
honour of celebrating  
older adults and their  
commitment for lifelong  
opportunities to thrive!



Doors Open at 11:00am  
11:30am-1:00pm



Monday, June 5



Unison at Kerby Centre  
Gymnasium



\$15/person

**REGISTRATION REQUIRED**

# SUPER MEMBERSHIP FRIEND CENTRE

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



**BBQ Party**  
**Tomlin Trick Dog Show**

**Sat. June 10 - 12pm - 3pm**

**Parkdale Nifty Fifties**  
3512 - 5 Ave NW

**PH: 403 283 0620**

**\$25 per person**

Tickets must be purchased by June 2nd by calling the office or purchasing online.

**Menu:**  
Hamburgers, potato salad, beans and dessert

YOU'RE INVITED TO OUR

# Day Trip ROSEBUD THEATER

Sound of Music

**\$60.00**


**LIMITED SPOTS!**  
**AUGUST 17 2023**

**TICKET INCLUDES,**  
**TRANSPORTATION, BUFFET,**  
**COFFEE/TEA AND SHOW**

Leave Parkdale Nifty Fifties at 10:30AM -  
Arrive back at 5:30PM

Call the office at 403-283-0620 to book

**Parkdale Art Club**  
**One-day Soft Pastel Workshop**  
**"Pastel - The Luscious Medium"**



**with Karin Richter**  
CSPWC, SCA-Hon., ASA, MPAC-EP  
Pastel Artists. Ca Eminent Pastelist

**Saturday, June 17, 2023**  
**10:00am to 4:00pm**  
**\$90.00 for members**  
**\$120.00 for non-members**

Come and enjoy a day of immersing yourself in the luscious medium of soft pastels. The workshop is designed for artists of all levels who are either new to pastels or want to improve their existing pastel paintings. Different techniques will be covered and different supports introduced. Try a variety of papers and boards for either a rough or soft look. Through demonstrations, personal attention and critiques, Karin will focus on the elements needed to create a successful painting like strong composition and design, exciting colour and tonal values.



**Parkdale Nifty 50's**

# 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



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