# **GAZETTE**



# Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

**JULY 2023** 



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**Cover Photo:** This photo, featuring a beautiful Bleeding Heart perennial, was taken by Sharon Dun during a visit to our local Botanical Gardens of Silver Springs. For more photos, see pg 4.

We are Located in the Triwood Community Centre **2244 Chicoutimi Dr NW** 

Calgary, AB T2L 0W1

**NOTE:** Photos are taken at events and programs. This is another way we promote our centre. If you choose 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	

#### **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



# 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 Summer All!

I have a number of things to share in this post. First of all, I will say

have a happy summer for those of you who are not taking classes. Please keep in mind we are having a **Games Afternoon in the Pub** on July 21st . It is \$10 for anyone. We are also having our **Stampede BBQ** on July 13th. It is also \$10 for members and \$20 for non-members. This event will be a lot of fun so please join us.

The last event for summer is our "Summer Wrap Up". Cost is \$10.00 for members and \$20.00 for non-members. This event will be held on August 31st. Please register no later than one week before each event!

**Garage Sale:** We had a debriefing after the garage sale and here are some of the highlights:

Not enough Volunteers: We went from 300+ volunteers to about 125 post COVID. The week of the garage sale we had 79 volunteers who did approximately 655 hrs. Those hours are invaluable to us when applying for grants. The value of each volunteer hour is \$31.80 which means volunteers gave \$20,829 in dollar value to the centre. The volunteers are critical to our funding applications and to making our

events work. The garage sale is one of the best events we have and everyone has so much fun! If you can, please consider joining us next year. Support your centre!

Not enough signage: I hear this all the time however my concern is we had a big sign on the front door of the building directing people to the arena and they walked right past it and came into the office to bring their donations. People don't read the signs. We as staff see it all the time so the members would not get it unless they were here in the office working. We send out regular eBlasts letting people know that we need volunteers, that we are having an event and they are not being read either. We have a website, we have a newsletter and we post on Facebook, Twitter and Instagram so we are doing a lot of work already.

My recommendation was that we have volunteers make the signs, place the signs and collect them at the end of the garage sale. We are a staff of 5 and have heavy workloads, so we ask if you can help us out for the next sale.

**Donations:** For the most part, the donations were not too bad this year. When bringing us items please remember that they need to be clean and they need to be in working order. What we do not accept will be in the Gazette next April and May, so please don't bring things we won't

Continued on 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.



ello everyone!
I hope this finds you
all enjoying the spring /
summer weather and the
activities associated with
the warmer weather.

Did you all hear the sigh of relief that reverberated

though our staff and volunteers on JULY 3rd? That was the celebration of another successful community Garage Sale. We must acknowledge the many many hours of planning and execution that go into making this fundraising event such a success under the direction of Board of Directors member Linda Earl in conjunction with our Executive Director Jeannette and all the staff of Confederation Park 55+ Activity Centre. Of course none of this would be possible without our dedicated volunteers.

There are always leftovers: Once the garage sale is concluded and there are often questions about what happens to it. The donations are packed up and a truck from the Diabetes Association picks it up to raise money for their charity. A small portion of items like towels and blankets were donated to a humane society to be used for the comfort and care of rescued animals. We are diligent

recycling whenever possible for products that cannot be reused. In spite of our best efforts we do get donations that are not up to standards for resale.

The Board of Directors, Executive Director Jeannette and all of our staff are so grateful for our volunteers. Volunteers are the life blood for the success of our centre and the special events that we run. It could not happen without you.

Please consider joining us for the FUN of volunteering at Confederation Park 55+ Activity Centre. Perhaps you will make some new friends, it is always a good time and you contribute to the important work we do. Even if you only have a couple of hours to spare it will help. Phone the office to leave you name and or drop in for a chat to get more information.

There are classes and events running through the summer so check it out.

Have a wonderful summer. See you around the centre.

Sharon Dun President

## Sudoku

# EXTRAORDINARY SENIOR LIVING

AMICA

BRITANNIA

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

#### SUDOKU EASY

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

#### **SOLUTIONS ON PAGE 17**

#### SUDOKU MEDIUM

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

#### SUDOKU HARD

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6								2
6 5		2		8	3			7
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## THE CALGARY STAMPEDE



**AGRICULTURE** ANIMALS **BAREBACK** BARRFI **BRONC BUCKING** BULL CALF **CALGARY** CHAPS CHASE **CHUCKWAGONS** CHUTE **CLOVERLEAF COMEDIANS** COMPETE **COWBOYS** COWGIRLS **CULTURE DANCERS DERBY** DOGS **DRUMMERS EXCITING FIREWORKS FIRSTNATIONS** HA7FR HEADER **HISTORY HORSES** HOT **HOWDY** KICK **MIDWAY MUSICIANS OUTDOOR** 

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POWWOW PYROTECHNICS RAIN RANGELAND RIDER RIGGING RODEO ROPING SADDLE SHOW SHOWBAND SINGERS SKILL SPURS STAMPEDE

STEER TICKETS TOURISM TRACTOR YAHOO

#### **HIDDEN MESSAGE**

\_\_\_\_\_

**OUTRIDERS** 

## 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.



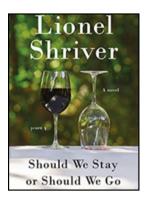
12:00 PM - 3:00 PM Mon, Tues & Thurs Wed & Fri by Appointment







Located in the Foothills Room (downstairs)



#### June BOOK REVIEW

Our Final book for the season was "Should We Stay or Should We Go" by Lionel Shriver.

This has been one of the most challenging reviews for me to write. It was also one of the most challenging books that the Club has read.

The topic of the book is a Suicide Pact made by an English couple, Kate (a Nurse) and Cyril (a Doctor) in 1991, when they are both in their early 50s and following the grimly protracted and harrowing demise of Cyril's father who dements very harshly away, leaving our couple and his younger widow exhausted and depleted. The pact is to be implemented on Kate's 80th Birthday. The little Black box with the fatal pills is placed into the back of the fridge.

Every Chapter, following the first one, envisages a different scenario, each scenario getting more disastrous than the last. The Author takes us over the top and down the other side.

First off each, in turn, reneges on the pact with assorted results, not all good. One way or another, this welching on the deal leads to some disastrous conclusions as the children morph into avenging angels and they are locked up in a facility from which they attempt to escape dressed as Smurfs. In another chapter, neither of them choses to die but lack of funds fills their house with refugees and some unsavoury characters, while they exist in the attic. Death is swift but not by their own hand.

I think by now you are getting the drift. 13 chapters = 12 scenarios. One of us found the book hilarious. Many of the rest of us were not laughing at all. Scores ranged from 5 to 8. Presumably the '8' people have a darker sense of humour than the rest of us.

This is set in the United Kingdom, and Healthcare expectations are rather different than here. Dementia patients are sent to Psychiatric facilities rather than to Long Term Care, and that is after Homecare with 'Carers' has been exhausted. This writer wanted us to think about our End of Life and also threw many dystopian suggestions at us. I assume she was getting a big chuckle out of her darker

Continued on Page 12

# Recipes FROM THE GARDEN

Continued from Page 3

accept. You will be asked to take them back home.

**Cash Counters:** Too many forms to complete instead of just getting the cash counted. We will no longer be using all of the forms because they are not necessary to the outcomes of the sale.

**Expenses:** The biggest expense we have now is the cost to rent tables. We have not been able to find anything cheaper.

At the end of the day, the garage sale received many compliments from new people attending. We have gained some new ideas for next year and I want to thank all of our amazing volunteers and staff for their hard work. For me it was a great day!!

Tea and Conversation: I would like to thank all of the people who make donations each and every week for the program. This program is not free and that is why we recommend that everyone make a donation of \$5.00/week/person. Unless you have a financial hardship, you should be making that donation every week. The program costs \$46,000/year to operate, which is a lot of money. Please do your part and donate. Purchasing 50/50 tickets does not constitute a donation.

Leannette

Jeannette Provo Executive Director



- 4 cucumbers (about 2 1/2 pounds), peeled and sliced into 1/4-inch rounds
- 1 small sweet onion, thinly sliced into rings
- Kosher salt
- 1/2 cup sour cream
- 1/4 cup chopped fresh dill
- · 2 tablespoons white vinegar
- Freshly cracked black pepper

#### DIRECTIONS

- 1. Put a large colander in a large bowl. Add the cucumbers and onions to the colander, sprinkle with 1 tablespoon salt and toss until the salt is evenly distributed. Let stand at room temperature for at least 1 hour and up to 2 hours.
- Transfer the cucumbers and onions from the colander to a paper towel-lined baking sheet and pat them dry with another layer of paper towels.
- 3. Whisk together the sour cream, dill, vinegar and a few cracks of black pepper in a medium bowl. Add the cucumbers and onions and toss until coated.
- 4. To make ahead: Salt and pat dry the cucumbers and onions as above, then keep separate from the dressing until ready to serve

www.foodnetwork.com/fn-disn/recipes/garden-to-table-recipes-for-summer

## **Tea & Conversation**



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 ♥



## **July & August**



Neil and Frankie will be scooping Ice-cream bowls for only \$2/scoop!



#### **JULY 2023**

July 6	Sox & Sax
July 13	Randy Poirier
July 20	Walkin' On Sunshine
July 27	Randy Poirier

NOTE: There will be NO T&C On Sept 14th



PLEASE SUPPORT OUR 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 love to bowl!

Activity Centres from all around Calgary will be participating in Golden Bowlers, our new annual Fall bowling event at the Bowling Depot on McCall Way NE! We want you to join our team and participate in this very fun, friendly competition! Sign up for our bowling teams online at yycseniors.com or by calling us at 403-289-4780. We have been given another lawn bowling team and we need a few more players! Help us win! Call us today!





Continued from Page 8

fantasies, but they were uncomfortably close to how many of us feel about the options that lie imminently ahead.

Perhaps this might be the book to nudge younger people into thinking about the future. The club discussion revolved more around the topics it inspired than around the book itself.

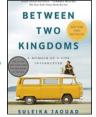
This was a provoking and disturbing read. It was supposed to be funny.

On September 11th, when we reconvene our book will be "Between Two Kingdoms" by Suleika Jaouad.

Have a wonderful summer with a cooling drink and a book!

Submitted by Jean Kensit.

# September Between Two Kingdoms by Suleika Jaouad





Watch for our Book Club feature in the August Gazette. We will be featuring the full list of next year's books!

## LINKages Club

# A magician worked on a cruise ship....

The audience was different each week so the magician did the same tricks over and over again.

There was only one problem:
the captain's parrot saw
the shows each week
and began to understand
how the magician did every
trick.

Once he understood, he started shouting in the middle of the show, "Look, it's not the same hat!" or, "Look,

he's hiding the flowers under the table!" or "Hey, why are all the cards the Ace of Spades?" The magician was furious but couldn't do anything. It was, after all, the captain's parrot.

Then one stormy night on the Pacific, the ship, unfortunately, sank. Luckily, the magician found himself on a piece of wood floating in the middle of the sea — as fate would have it... with the parrot.

They stared at each other with contempt but did not utter a word. This went on for a day... and then 2 days... and then 3 days.

Finally, on the 4th day, the parrot could not hold back any longer and said...

"OK, I give up. Where's the ship?"



## INTERGENERATIONAL LINKages Club

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

**NEXT MEETING DATES:** 



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

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.



# Coming Up



### Friday Afternoon Games

#### **INCLUDES PIZZA**

Bar will be open Time: 12PM - 3PM Tickets: \$10

July 21st & Sept 1st





## **JULY 2023 Programs**

Call 403-289-4780 or visit vycseniors.com

**MONDAY TUFSDAY** WEDNESDAY **THURSDAY FRIDAY SEATED YOGA** NO CLASSES **TAI CHI** SEATED YOGA **SEATED YOGA** 9:30 AM - 10:30 AM INTERMEDIATE 9:45 AM - 10:45 AM 12:15 PM - 1:15 PM ON FRIDAY July 3 - Aug 28 July 6 - Aug 31 11:05 AM - 12:05 PM July 5 - Aug 30 July 3 on ZOOM July 4 - Aug 22 No Class Aug 2 & 9 No Class Aug 3 & 10 No Class Aug 7th Aug 16 on ZOOM Aug 17 on ZOOM Aug 14 on ZOOM ENERGIZING DANCE 2:00 PM - 3:00 PM July 5 - Aug 23 **JULY & AUGUST THURSDAYS** ROOM 1:30-2:30PM **LEGEND** CONVERSATION **Thursdays** 1:30 PM - 2:30 PM Charleswood NO T&C ON JULY 1 Foothills \*\*See pages 10 & 11 for details. \$5 Suggested Donation **ONLY \$2 PER SCOOP** vycseniors.com/t&c

## FALL CLASSES & CLUBS

#### **STAY FIT**

**Seated Yoga** 

Yoga

Zoom Yoga

Tai Chi: Beg & Int

The Worx

Zumba Gold

#### DANCE

Tap: Beg & Adv

**Belly Dance** 

Jazz

**Ballet for Beginners** 

**Energizing Dance** 

#### **BE ARTISTIC**

Intro to Alcohol Inks

Drawing: Levels 1 & 2

Watercolours

**Beginner Watercolours** 

Ballet for Seniors (Int) Carol Marasco's Art Workshops

#### LINE DANCE

Beginner Intermediate II **Improver** 

#### **LEARN SOMETHING NEW**

Spanish: Levels 2 & 3 **Chinese Mahjong Beginner Ukulele** 

**Computer Class** 

#### **JOIN A CLUB**

**Chinese Mahjong Euchre Club** Crib Club **Wood Carvers Book Club Sharing Handicrafts** 

REGISTER

SING

**Perfectly Imperfects** Harmony First Chorus

yycseniors.com/fall2023

## Sudoku Answers



#### Explore what Revera has to offer.

#### **The Scenic Grande**

8720 Scurfield Dr NW 587-296-4871

#### **Scenic Acres**

150 Scotia Landing NW 403-208-0338

#### **The Edgemont**

80 Edenwold Dr NW 403-241-8990



The Scenic Grande, Scenic Acres & The Edgemont

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

#### SUDOKU PUZZLES ON PAGE 5

#### SUDOKU MEDIUM

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

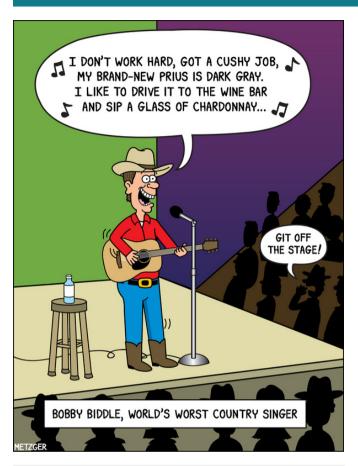
#### SUDOKU HARD

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

## July Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES  Det my	1 ticket for t	he Summer 1	NRAP-UP LUI	vch (pg 15)		1 Canada Day!
						*
Yoga in the Park Sundays at 1PM Stanley Park	COURSE July 3-9 Free golf for kids under 16 with paying adult kidsgolffree.ca	4	5	1:30 - 2:30 PM SOX & SAX	Stampede Begins!	FIRST ALLIANCE CHURCH STAMPEDE BREAKFAST!  Stampede Breakfast  Stampede Breakfast
FREE ADMISSION & Pancake Breakfast until 11 AM	10	CONTINUE TO THE ADMISSION ALL DAY FOR SENIORS with a FREE breakfast	Kids Day FREE ADMISSION ALL DAY FOR KIDS Free Entry for everyone until 10 AM	Stampede 13 BBO 11:30am 1:30 - 2:30 PM RANDY POIRIER	Milky Way Nights \$10 at Rothney Astrophysical Observatory Thurs, Fri & Sat	FREE Stampede Breakfast & Christmas in July 9 AM Bearspaw Lifestyle Centre
Stampede Ends	17	18	19	20 1:30 - 2:30 PM WALKIN' ON SUNSHINE	Games Afternoon 12PM In the PUB	Afro-Caribbean Food Festival 11 AM Celebration Square
Calgary Stampeders Family Day	24 Build a Band Summer Camp @ Studio Bell	25	CALGARY FOLK MUSIC FESTIVAL	27 T	ON FIRE 2023 Bowness Park (Site 2) FREE 6:30 PM	29
Goodlife FITNESS. Fitness in the Park FREE 9:30 AM Tomkins Park	Calgary International Blues Festival	NOTES Sign up	for Fall Clas	ses at yycsen	iors.com/Fallz	02-3

## Classifieds



The Scenic Grande & Scenic Acres Retirement - where your story continues to unfold

## Open House

Saturday, July 22nd at 1:00 PM - 4:00 PM

The Scenic Grande 587-296-4871

**Scenic Acres** 8720 Scurfield Dr NW 150 Scotia Landing NW 403-208-0338

revera

Experience what retirement living is really like with curated experiences that add the wow into your day!

ADULT ONLY CONDOS: ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS - NO. HASSLE NO OBLIGATION, Debra & Peter Molzan. Seniors Real Estate Specialists Re/Max Complete Realty, Call 403-605-3774, Email info@TheMolzanTeam.com or visit www.CalgaryAdultCondos.com

**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 visits are July 7th and August 25th. Please call us at 403-289-4780 to book.

MOBILE DENTAL HYGIENIST: Patricia's Mobile Hygiene visits our Centre regularly on Mondays. Please call the office at 403-289-4780 or Patricia directly at 403-465-1552 to book an appointment.

THINKING OF MOVING? Thinking of Moving? Need to Sell First? Find out what homes in Your Neighborhood Sell For Free Home Evaluation, Call Debra & Peter Molzan, Seniors Real Estate Specialists, Re/Max Complete Realty, 403-605-3774, info@TheMolzanTeam.com.

> www.PriceMyCalgaryHome.com No Hassle – No Obligation

LAWYER APPOINTMENTS with Arlene Blake are available for our members by appointment only. Call 403-289-4780.

## **Fashion Show Revisited**

Confederation Park's Boutique on the Park Fashion Show, using items from our Boutique and was very well attended.



The models Agnes Jessamine, Joyce Head, Jeanne Duggan, Karen Smith, Jean Carter, Erin Lind-Thomas, Annette Livingston, Judy Chartrand, Jeannette Provo, and Richard Ma looked spectacular. Many thanks for your modeling talents.

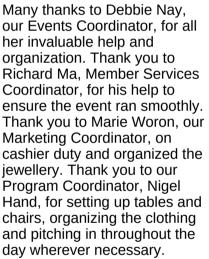
We would like to thank Joyce Reddy for all her model training, organization,



and directing. We also enjoyed Confed Park's Tap and Jazz dancers, also under Joyce's very talented direction whose expertise made the routines run smoothly. The dancers' performance and dancers' sparkling costumes wowed the crowd.

Everyone was entertained by Glenn Thomas' melodious singing. Thank you, Glenn. Seppo Sarvi provided the background music and A system. We all appreciated your professionalism.

Special thanks to our volunteers! Sharon Dun. Pat Rosettis, and Joan Braithwate, thank you for all your tireless work in the kitchen. Thanks to our friendly Greeter, Linda Earl. Everything was kept in order for the models behind the scenes by our very busy Dressers, Maureen Keith and Barb Chapin.



Thank you to all of you who greatly helped to make this event a success. We look forward to next year's event.









## Why Retirement Living?

The myth that people only consider or move into a retirement residence if they have high care needs is often tied to people confusing long term care (LTC) homes—government-funded residences that provide 24-hour medical care for seniors with complex care requirements or advanced stages of dementia—with retirement communities. While personal support is conveniently available in retirement residences, and can be customized to your specific needs, senior living communities are also designed for active, independent older adults.

If you are simply looking to downsize or want to lead a maintenance- and worry-free lifestyle with built-in opportunities to stay social and active, then a retirement residence can be exactly the right choice—no care support needed.

Senior living communities are far from the institutional-like homes of the past. In a retirement residence, you have a wide choice of suites, some with kitchenettes or independent apartments with full kitchens. Many offer parking, beautiful outdoor gardening spaces, and great amenities for social experiences, live entertainment and other events. You are free to decorate your space as you wish, and come and go as you wish; that's because it is your home and your life to live as you wish.

If that wish includes living your best independent and active life, consider these three ways a retirement residence can fulfill that dream:

1. Retirement living means forgetting about home maintenance. It's not just the absence of regular—and often rising—maintenance costs that can be a financial

drain, it's the instant removal of worries about having to get a new roof or replace windows, landscaping or shoveling snow, and much more.



- 2. Retirement living means enjoying a social life on your terms. Your neighbors are your peers, and new friendships come easily and naturally. You'll become a valued member of a true community, with many opportunities to meet people through optional interesting and fulfilling activities.
- 3. Retirement living means choice. You have conveniences such as meal options, housekeeping services and the availability of support services as needed. Each is designed to keep you active and independent, and in many instances, helps you to comfortably age in place if your needs change over time.



Explore your options to maintain your active and independent lifestyle at Chartwell; **Call 1-855-461-0685** to learn more.

## Crossword

Thank you to bestcrosswords.com for this game.



#### **ACROSS**

- 1- Penthouse: Abbr.;
- 4- Bellvache: 8- Faint:
- 13-Tickled-pink feeling;
- 15-Thickening agent;
- 16-Pants material;
- 17- Unit in the measure of a horse's height;
- 18-In no danger;
- 19-Extend, as a membership;
- 20- Have lofty goals;
- 22-Do watercolors;
- 24- Strike hard, in the Bible;
- 25-Titleholder;
- 27- Actress Ryan;
- 30-Bask in the sun;
- 31- Mango alternative; 33- Prickly (variety of cactus)
- 34-Earthquake line;
- 35- From that point on;
- 37-Romantic involvements;
- 40- Rich; 41-\_\_\_ d' (headwaiter);
- 42-Hog's sound;
- 43- Seven Dwarfs' workplace;
- 44- "All \_\_\_\_!" (conductor's cry);
- 46- Curtain holder;
- 49- Miner's load;
- 50- Bend forward;
- 51-Depart;
- 53-Post-shower wraparound;
- 55- Central part of anything;
- 56-Overcharge: Colloq.;
- 58- Southernmost of the Great
- Lakes; 61- Farm measure;
- 62- Jury; 63- Seldom seen;
- 64-River deposit;
- 65- Girder material;
- 66-Unlock;
- 67-Henna, e.g.;

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#### **DOWN**

- 1-Shocked:
- 2- Blood component;
- 3-Bowling target;
- 4- Detective's assignment;
- 5-\_\_\_ Khan;
- 6-Battle of Britain grp.;
- 7- Settle beforehand; 8- Doc's order to a pharmacist:
- 9-"Say "(pourer's request);
- 10- Soothing cream;
- 11- "That's \_\_\_ small step......";
- 12-Immediately;
- 14-Touch up before publication; engine (Hyph);

- 21-Fix:
- 23-Pro's opposite;
- 25-Two-striped NCOs: Abbr;
- 26-Sombrero, e.g.; 28-To his own:
- 29- Earl \_\_\_tea; 32- Golden hued:
- 33-Animal's skin; 34-Kismet; 36-Jug part;
- 37-Bullets;
- 38-Place to see a Ferris
- wheel; 39-Make purr, as an

- 40-Shawl, stole;
- 42- Gunk; 45- "10" music;
- 46- Stale-smelling;
- 47-Adjective with "optimistic";
- 48-Expunge; 50-Jim-dandy;
- 52- Chapters in history; 54- Curved molding:
- 55- Eager;
- 56- Family docs; 57- Cereal grain:
- 57- Cereal grain; 59- Seance sound:
- 60- Intense anger:

## Thank You Sponsors











The Scenic Grande, Scenic Acres & The Edgemont

Doggone!







What do you call a bull with a sense of humour?

Laughing Stock

WHAT DO YOU CALL A **BULL THAT FELL ASLEEP** AT THE RODEO?

A Bull Dozer



Why was the



She was horsing around!



WHAT DID THE **COWGIRL SAY** WHEN HER DOG **RAN AWAY?** 

How did the cowboy save so much money?

His horse gave him a couple of

Why did the cowboy make a bed out of straw?

To feed his night mares.



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

SMALL 20 LBS **MEDIUM** 30 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 Stampede

SUNDAY, JULY 9TH



STAMPEDE BREAKFAST



## ACTIVITIES 9AM-2PM

- TAR SHOW & SHINE
- CHIRS LEBLANC
- KEEPIN' IT COUNTRY LINE DANCING
- **X KIDS ACTIVITIES** 
  - ...AND MORE!

TRIWOODCOMMUNITY.COM

### STAMPEDE BREAKFAST

TRIWOOD COMMUNITY ASSOCIATION 2244 CHICOUTIMI DR NW

SUNDAY, JULY 9TH



9AM 12PM

A part of:

TRIWOOD
STAMPEDE

#### **CROSSWORD Answer from Page 22**



## VOLUNTEER OPPORTUNITIES AT TRIWOOD

Email programs@triwoodcommunity.com if interested in volunteering with Triwood.

- Summer Farmers' Market
  Tuesdays, now 'til 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
- Outdoor Rink Flooding
  Weekly, November to March
  Saturday, April 15, take down

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## Housekeeping Program

Confederation Park's Housekeeping Program is set to launch! If you are interested in using this program, please contact:

**Nigel Hand** at programs@yycseniors.com or **Jeannette Provo** at ed@yycseniors.com or call us at 403-289-4780.

Our housekeeping program will provide cleaning services every three weeks. To apply for the SNA (Special Needs Assistance), please speak to Nigel or Jeannette.

#### COST OF SERVICE DEPENDENT ON INCOME RANGE

(Must provide a copy of current tax assessment for Low/Mid Income Rates)

Low income rates:	Income Level	# of hours		
\$35.00/hr	\$25,230 single	2 hrs every		
\$33.00/111	525,250 sirigle	3 weeks		
\$35.00/hr	\$39,920 couple	2 hrs every		
\$55.00/11	\$59,920 couple	3 weeks		
(must be pre-approved	(maximum benefit per			
for SNA (Special Needs	year \$1,300.00)			
Assistance)	year \$1,500.00)			
Mid/High income rates:	Income Level	# of hours		
\$40.00/hr	\$25,230 and up single	As requested		
\$40.00/hr	\$39,921 and up	As requested		

## REMOVING STRESS & ANXIETY FROM YOUR LIFE R&D RETIREMENT SOLUTIONS

- All-in-one concierge service for Seniors
- Assist Seniors looking to transition from their current residence
- We alleviate the anxiety & uncertainty faced while downsizing
- Offers complimentary in-home consultation to discuss current situation, goals and dreams
- Creates a roadmap with our trusted partners to facilitate your goals



SETTINEMENT SOLUTIONS OF THE STATE OF THE SETTINEMENT SOLUTIONS OF THE SET

No Senior Left Behind!

Rick: 403-463-7425 Don: 403-473-1564

## **Royal Tyrrell Museum Trip**



What a great time had at the Tyrrell Museum last month! Thank you to our Super Members for attending, and to Bow Cliff Seniors and the Canadian

Red Cross for making this trip happen! A big thank you to Nigel for organizing it all! We've received feedback from a few members who just loved the trip.

"I had not been there for two decades and was amazed at how many more outstanding exhibits there were, most of them from Alberta!"



## **Memberships**

### **Volunteer Opportunities**

If you would like to volunteer for these or any other position, please contact Richard at 403-289-4780 or visit the Office for a Volunteer Application Form.

- Kitchen Weekly
- Events Setup / Serving / Clean Up
- Poker Tournament Oct 20th
- ACE Airport Casino Dec 23rd & 24th

Giving is not just about making a donation. It is about making a difference.

- Kathy Calvin

- Events Committee Members
- Office Help folding, proof reading
- Fundraising
- Phoning members who don't have email



## **Become** a Member

**RFGULAR MEMBERSHIP** 

**MEMBERSHIP** 

(or add \$15 to bump up)

(Half price from July - Dec)



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.



- 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

**Super Membership Locations Bowness Seniors' Centre Bow Cliff Seniors Confederation Park 55+ Greater Forest Lawn 55+ Unison at Kerby Centre** Ogden 50+ Parkdale Nifty 50s

All adults (18 and over) are welcome at Super Member Activity Centres.

## **Super Member Activities**

The last few pages of our newsletter contains events at our Super Member & Friend Centres.

**Super Members are** welcome to attend member-only functions, events & programs at member rates.



## SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

Bowness Seniors' Centre
Presents

**Lunch & Learn Series** 

July 5 - 11:30 to 12:30

Feed your body & mind.

Revolutionize your understanding of dental health and the dental hygienist's role in optimizing your overall health

Lee Ann Kerr RDH, co-founder of Arches Dental Hygiene.

A team of dental hygienists passionate about providing meaningful dental hygiene education to the public to promote overall health through healthy smiles.



Please register to attend at the BSC office





#### **OGDEN 50+ ACTIVITY CENTRE**



403-279-2003 2102 69 AVE SE



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.



FRIDAY, JULY 28

Happy Hour - 3 pm - 5 pm Trivia with Tony -4 pm - 5 pm

Dinner - 5 pm

Menu: Roast Beef, Yorkshire Pudding, Vegetables & Gravy - Gluten Free Available

\$7.00 - Dine in only

Pre-order by July 25

### SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

#### LAWN BOWLING DAY!!

(This is the alternate date for our previously our smoked out BOWLING STONES II in June.)

WEDNESDAY JULY 19 | 10-11:30AM

# FREE SENIORS LAWNBOWLING MIXER

"TRY IT" DAY

RSVP TO THE BOWCLIFF OFFICE IF YOU WOULD LIKE TO JOIN FOR LUNCH **AFTFRWARDS** 403.246.0390

There will be a 4 week seniors bowling league for \$25 July 26, August 2, 9 & 16 if you would like to continue bowling!



# 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



EXERCISE

With Navin

July 12 - Aug 16 11am-12pm



m www.pdnf.org

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



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

> Crits generously donated by Rotary Club of Calgary East



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

SEE Y'ALL THERE! YEEHAW!



### SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



**TICKETS** 1 for \$2.00 OR 3 for \$5.00

> Greater Forest Lawn 55+ Society 3425 - 26 Avenue SE Calgary, AB T2B 2P2 403-272-4661 support@gfls.org

#### **PRIZES**



1st Prize: Giant Sedona Men's Bike

2nd Prize: School House Clock with Pendulum





3rd Prize: **Barbecue Utensil Set with Case** 



Men's Shed & Bike Shed Call 403-272-4661

for details!



Come join Paula for 4 different dance sessions:

July 12 - Line Dancing | August 2 - Walk & Groove July 26 - Silver Dance | August 9 - Hula Class time is 2PM

Bow Cliff Seniors Centre | 3375 Spruce Drive SW

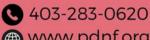
Join us on Wednesdaus! - Drop In Fee of \$12/Session



JULY 26 2023



11AM - Lunch & Ice Cream 12PM - Randy Poirer Western Singer 1245PM - Door Prize & Draws



www.pdnf.org

## SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



3375 Spruce Drive SW



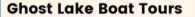


403-289-4780



## SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES





Monday, July 31 | 9:30 am - 3 pm Cust-off Date - Monday, July 17 No refunds after cut-off date.

Friday, Aug 11 | 9:30 am - 3 pm

Cut-off Date - Friday, July 28 No refunds after cut-off date.

Member: \$71 | Non-Member: \$101

(\$101 - \$71 = \$30 - \$25 Membership = \$5 Savings)

\*Registration Required





#### unisonalberta.com

#### **Ukulele Magic! Beginner**

Dalhousie Community Centre location

#### Thursdays | July 6 - Aug 10 | 10 am

Members: \$50 | Non-Members: \$80 (\$119 - \$89 = \$30 - \$25 Membership = \$5 Savings)

This class is geared for those with little or no experience on the instrument.

\*Registration Required

### **New Grief Group Starting**

**Revised Dates** 

Thursdays | Aug 17 - Oct 5 | 1 pm

Join our support grief group to rediscover yourself aft loss and learn skills to start enjoying and living your best life again.

#### Raw Canvas Paint Session

Monday, July 10th from 1-3pm @ Bow Cliff Seniors 3375 Spruce Drive SW

\$30/person plus GST—Includes Wine and Appetizers!
Minimum of 10 Participants

come join us for a fun afternoon of acrylic painting!

Fully Instructed painting session by Raw Canvas staff.

Optional colour selection (See painting on the right).







Submit a Wish, Nominate a Senior or Donate

The Chartwell Foundation.ca

MAKING
WISHES
COME TRUE