

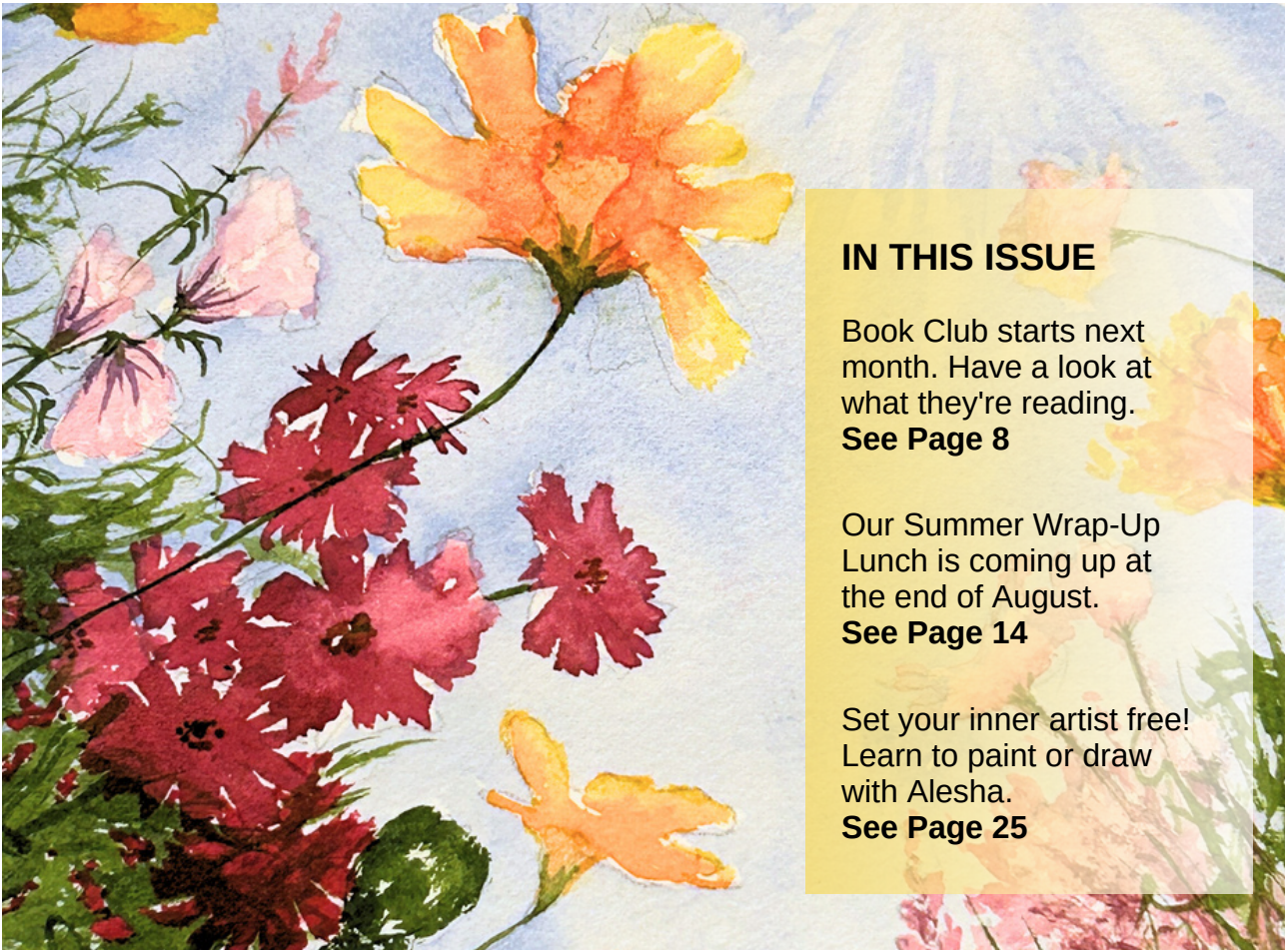
GAZETTE



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

AUGUST 2023



IN THIS ISSUE

Book Club starts next month. Have a look at what they're reading.
See Page 8

Our Summer Wrap-Up Lunch is coming up at the end of August.
See Page 14

Set your inner artist free! Learn to paint or draw with Alesha.
See Page 25

Charitable Registration # 13217 1638 RR0001

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

What's Inside

Our Team

Executive Director's Message	3
President's Report	4
Sudoku Puzzles	5
Word Search	6
Boutique on the Park	7
Book Club	8
Tea & Conversation	10
LINKages	13
Events	14
Program Schedule	16
Sudoku Answers	17
Calendar	18
Classifieds	19
Crossword	26
Thank you to our Sponsors	27
Triwood Events	28
Memberships & Friend Events	30

Cover Photo: This beautiful watercolour was painted in Alesha Buczny's Watercolour Class. Alesha teaches Drawing, Watercolour and Alcohol Ink classes. Fall class registration has already begun! Visit yycseniors.com to sign up.

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.

DIGITAL EDITIONS of The GAZETTE:
Available online at 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



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.



Hi All!

It is so hard to believe summer is half over. Where has the time gone?

We have more exciting events going on for the remainder of the year. Please read your eblasts and Gazette to stay in the loop.

The Events Committee has already started preparing for 2024 and our sponsors have been absolutely amazing about sponsoring many of our events for 2024! Chartwell, Revera and R&D Retirement Solutions are providing us with a lot of our Presentations for next year. There are a lot of interesting topics and I will be preparing a list for you to view soon. The members have asked for more and our aim is to fulfill that request. Please tell us what you are interested in trying and we will do our best to work on your request.

Our current sponsors are Chartwell, Revera (Scenic Acres, The Edgemont and Scenic Grand), Beltone, Origin, R&D Retirement Solutions and Brix Real Estate. I would like to thank all of you for your sponsorship as well as support for our events this year!! It has been truly amazing!

If you want tickets for the **Summer Wrap-up** please get them asap because the Stampede BBQ sold out and people were

looking for tickets. The cut off will be August 21st and no later.

Class registrations are now open. If you wait too long the class will either fill up or be cancelled, so don't wait on this either.

So for the Fall session we have a number of special events going on. September 15th is our **Golden Bowlers** bowling event being held at the Bowling Depot. Limited spaces left for this and you must be a member. This event is free. 5255 McCall Way NE #146, Calgary, AB T2E 5S6

Our **Housekeeping Program** is about to launch in September. Let us know if you are interested.

Our **Super Membership** has done extremely well since January. Lots of members are signing up and taking advantage of the offerings at other Centres. For our Stampede BBQ we had members from Bowcliff Seniors, Parkdale Nifty Fifties and Greater Forest Lawn attending so it definitely is becoming well utilized.

I hope you are all enjoying a fantastic summer! We look forward to seeing you at our Summer Wrap-up and our Games Afternoon on September 1st!

Take care all!

A handwritten signature in blue ink that reads "Jeanette".

Jeanette 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.



We are so lucky to live in Calgary and have so many green spaces to enjoy. I would like to introduce you to a “hidden gem” in North West Calgary by the name of Silver Springs Botanical Gardens.

The gardens are located off Silver Springs Gate NW which is the street running in front of Value Village. The parking area is on Silver Springs Drive NW, adjacent to the baseball diamonds. This is also the main area.

The paths are well groomed with mulch and lead through the various themed gardens. There are lots of benches to sit on for a rest, interesting sculptures and, of course, everchanging fabulous gardens and picnic tables in some treed areas.

The lower area is fairly flat so if you have mobility issues you should still be able to enjoy the gardens. You can follow the gardens on Facebook and Instagram. Enjoy!

Sharon Dun
President



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

SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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

SUDOKU HARD

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



Summer Fun

- AIRCONDITIONING
- BACKPACKING
- BARBECUE
- BASEBALL
- BEACH
- BERRIES
- BIKINI
- BOATING
- BREEZE
- CAMPING
- CANOEOING
- FAN
- FESTIVALS
- FLOWERS
- FRUIT
- GARDENING
- GAZEBO
- HAT
- HEAT
- HOT
- HUMID
- ICECREAM
- LEMONADE
- MOWING
- OUTDOORS
- PICNIC
- POPSICLES
- ROADTRIP
- SAILING
- SAND

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

- SANDALS

SEA

SEASON

SHELL

SHORTS
- SIGHTSEEING

SUMMER

SUNDRESS

SUNFLOWER

SUNGLASSES
- SURFING

SWIM

TAN

TAN

THUNDERSTORM
- TRAVEL

VOYAGE

WALKS

WATERMELON

WATERSKI

HIDDEN MESSAGE

Boutique on the Park

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

We 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 household items at this time.



NOTICE:
The Boutique is
CLOSED FOR
SUMMER

Boutique Hours in September:
Mon-Tues-Thurs 12-3PM
Wednesdays and Fridays by appointment

403-289-4780

Beginning again in September, 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.

Fall Hours

12:00 PM - 3:00 PM

Mon, Tues & Thurs

Wed & Fri by Appointment



Located in the
Foothills Room
(downstairs)

Book Club

Book Club meets the **First Monday of the Month**
at **1:00 PM in the Pub** downstairs at the Centre.
Come on out and try a meeting.
Head up to the Office if you'd like to join.

WHEN: First Monday of the month from September to June

TIME: 1:00 PM - 3:00 PM

WHERE: Downstairs in the Pub

HOW WE CHOOSE TITLES: We select titles to be discussed well in advance so there is time to share or borrow books. Any Book Club member can suggest a book, fiction or non-fiction. The group will choose from the titles presented.

THE DISCUSSION: The person who promoted the book will lead the discussion. We'd like everyone to try - no experience is required. Differences of opinion are encouraged and make the discussion more interesting. At the end of the meeting, we will rank the book from 1-10.



Sample Discussion Questions

A full list of questions will be provided to each Book Club Member.

What **feelings** did this book evoke?

How **original**
and **unique** was it?

What did you like
least
about this book?

How **honest** do
you think the author
of this memoir was being?

What did you like *BEST*
about this book?

What
CHARACTERS
in the book
do you relate to?

Did this
fictional book
seem realist?

What new things did you
learn?

Does the **COVER** convey what the book is about?



2023/2024

Reading List

SEPTEMBER

Between Two Kingdoms: A Memoir of a Life Interrupted
by Suleika Jaouad



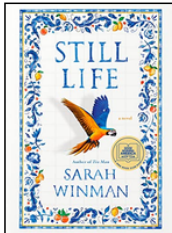
FEBRUARY

The Storied Life of AJ Fikry
by Gabrielle Charbonnet



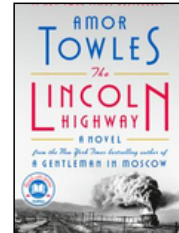
OCTOBER

Still Life
by Sarah Winman



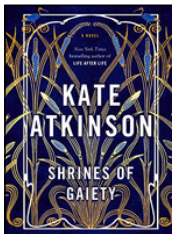
MARCH

The Lincoln Highway
by Amor Towles



NOVEMBER

Shrines of Gaiety
by Kate Atkinson



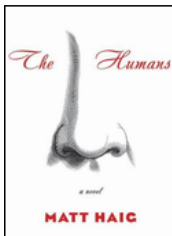
APRIL

Homecoming
by Kate Morton



DECEMBER

The Humans
by Matt Haig



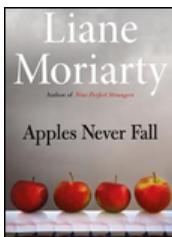
MAY

The Diamond Eye
by Kate Quinn



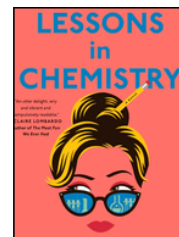
JANUARY

Apples Never Fall
by Liane Moriarty



JUNE

Lessons in Chemistry
by Bonnie Garmus



Tea & Conversation

Thursdays at 1:30pm

ICE CREAM SOCIALS



Thru July & August!

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

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 ♥**

T&C

LIVE ENTERTAINMENT

AUGUST 2023

August 3 Sox & Sax
August 10 Randy Poirier
August 17 Greg Rumpel
August 24 Randy Poirier
August 31 Randy Poirier

SEPTEMBER 2023

Sept 7 Sox & Sax
Sept 14 NO T&C
Sept 21 Greg Rumpel
Sept 28 Timeless Reflections

♥ PLEASE SUPPORT OUR SPONSORS ♥

ORIGIN™
at HOME
EXPERIENCED • TRUSTED • DEPENDABLE

AMICA
SENIOR LIFESTYLES



 **CHARTwell**

revera
Scenic Acres & The Edgemont

 **Beltone™**

Tea & Conversation



Tea & Conversation

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



Let's Bowl!

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. **Friday, September 15th, 11AM - 1PM at The Bowling Depot. Call us to join our bowling team!**



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:

B R I X
REAL ESTATE GROUP

Sponsors: OGDEN 50+ CENTRE, Parkdale Nifty 50's, GFLS, The Calgary Chinese Elderly Citizens' Association, Seniors, R&D RETIREMENT SOLUTIONS, GoGetters, GOOD COMPANIONS 50 PLUS, Kerby Centre.

A contestant on "Who Wants to be a Millionaire?" had reached the final plateau...

If she answered the next question correctly, she would win \$1,000,000. If she answered incorrectly, she would pocket only the 32,000 milestone money. And as she suspected it would be, the million-dollar question was no pushover. It was, "Which of the following species of birds does not build its own nest, but instead lays its eggs in the nests of other birds? Is it A) the condor; B) the buzzard; C) the cuckoo; or D) the vulture?"

The woman was on the spot. She did not know the answer. And she was doubly on the spot because she had used up her 50/50 Lifeline and her Audience Poll Lifeline. All that remained was her Phone-a-Friend! Lifeline. The woman hoped she would not have to use it because ... her friend was, well .. blond. She had no alternative. She called her friend and gave her the question and the four choices. The blonde responded unhesitatingly: "That's easy. The answer is C: The cuckoo."

The contestant had to make a decision and make it fast. She considered employing a reverse strategy and giving Regis any answer except the one that her friend had given her. And considering that her friend was a blonde, that would seem to be the logical thing to do. On the other hand - the blonde had responded with such confidence, such certitude, that the contestant could not help but be persuaded.

Continued on page 13.

LINKages Club

Continued from page 12

I need an answer," said Regis.

Crossing her fingers, the contestant said,
"C: The cuckoo."

"Is that your final answer?" asked Regis.
"Yes, that is my final answer."

Two minutes later, Regis said, "That
answer is ... absolutely correct! You are
now a millionaire!"

Continued on Page 23



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!
4:30 PM**

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

*“My Friendship with the
students is a delight
and gives me something
to look forward to!”*

**Register with Nigel:
403-289-4780**



For more information,
contact: **BETTY GOOD** at
403-249-0853 | betty.good@link-ages.ca

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



No Senior Left Behind!

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



SUMMER

Wrap-up Lunch

AUGUST 31

DOORS 11:30 AM | LUNCH 12:00 PM

T&C (Entertainment) 1:30 PM

MENU

Beef on a Bun
with Salads & Dessert

GENEROUSLY SPONSORED BY



B R I X
REAL ESTATE GROUP



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

Events

AFTERNOON

GAME DAY

2244 CHICOUTIMI DR NW. CALGARY, ALBERTA. T2L 0W1




12:00PM - 3:00 PM • JT'S PUB

\$10.00 PER PERSON • PIZZA • FUN

FRIDAY, SEPTEMBER 1, 2023

August 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 Last Day Aug 28 No Class Aug 7th Aug 14 on ZOOM	TAI CHI INTERMEDIATE 11:05 AM – 12:05 PM Last Day August 22	SEATED YOGA 9:45 AM – 10:45 AM Last Day Aug 30 No Class Aug 2 & 9 Aug 16 on ZOOM ENERGIZING DANCE Last Day Aug 23 2:00 PM – 3:00 PM	SEATED YOGA 12:15 PM – 1:15 PM Last Day Aug 31 No Class Aug 3 & 10 Aug 17 on ZOOM  TEA & CONVERSATION Thursdays 1:30 PM - 2:30 PM **See pages 10 & 11 for details. \$5 Suggested Donation yycseniors.com/t&c	NO CLASSES ON FRIDAY ROOM LEGEND  Charleswood  Foothills
ALL THRU AUGUST  ONLY \$2 PER SCOOP				

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
Ballet for Seniors (Int)
Energizing Dance

BE ARTISTIC

Intro to Alcohol Inks
Drawing: Levels 1 & 2
Watercolours
Beginner Watercolours
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



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

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

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

SUDOKU PUZZLES ON PAGE 5

SUDOKU MEDIUM

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

SUDOKU HARD

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

August Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 AUGUST 31 • \$10M, \$20NM DOORS 11:30 AM LUNCH 12:00 PM T&C (Entertainment) 1:30 PM		Historic Boat Tour of Chestermere Lake 1 109 E Chestermere Dr 1:30-2:15PM FREE, Tickets Req'd	Historic Calgary: Little House on the Prairie 2 Calgary Public Library 800 - 3 ST SE 7 - 8:30 PM - FREE	T&C 3 TEA & CONVERSATION 1:30 - 2:30 PM SOX & SAX	 4 Strathmore Stampede Aug 4 - Aug 7 33 Wheatland Tr Begins 1PM Daily	 5 Calgary Fringe Festival Aug 4 - Aug 12 Variety of Venues Box Off: 1215-10Av SE
 6 Canmore Folk Festival Aug 5 - 7 Centennial Park, Canmore	HERITAGE DAY (Centre Closed) 7	 8 National Sneak a Zucchini Onto Your Neighbour's Porch Day!	 9 August Garden Tour LOUGHEED HOUSE 7PM - 8PM \$15.00	T&C 10 TEA & CONVERSATION 1:30 - 2:30 PM RANDY POIRIER	 11 Calgary Japanese Festival Omatsuri Aug 11 - 13, Max Bell Fri 7PM - 11PM Sat/Sun 10AM - 5PM	 12 Calgary Police Rodeo Cochrane Lion's Rodeo Grounds 1:00 PM
 13 Calgary Dragon Boat Festival Aug 11 - 13 North Glenmore Park Sat/Sun 7AM - 7PM FREE + Vendors	14	15	 16 Shaw Charity Classic Aug 16 - 20 Canyon Meadows Golf & Country Club FREE & Up	 17 T&C TEA & CONVERSATION 1:30 - 2:30 PM GREG RUMPEL	18	 19 Chinatown Street Festival Calgary Chinatown 11AM - 7PM FREE + Vendors
 20 Monster Jam Aug 19 & 20 GMC Stadium Pit Party 12:30 Doors 2 PM	21	 22 Global Fest Aug 17 - 26 Elliston Park Tickets & Bus See Schedule Below	23	 24 T&C TEA & CONVERSATION 1:30 - 2:30 PM RANDY POIRIER	 25 Birding on St Patrick's Island 656 Confluence Wy SE 9:30 AM - 11:30 AM Tickets \$5	 26 The Great Outdoors Comedy Festival Prince's Island Park 6:30 PM
 27 Cirque du Soleil Kooza Aug 25 - Oct 8 Stampede Park Tickets Required	28	29	30	T&C 31 SUMMER WRAP-UP then stay for TEA & CONVERSATION 1:30 - 2:30 PM RANDY POIRIER	 12:00PM - 3:00 PM • JT'S PUB \$10.00 PER PERSON • PIZZA • FUN FRIDAY, SEPTEMBER 1, 2023	

Global Fest Schedule

Aug 17 - 26 Elliston Park

FIREWORKS

THURSDAY, Aug 17: Austria

SATURDAY, Aug 19: Italy

TUESDAY, Aug 22: Portugal

THURSDAY, Aug 24: Spain

SATURDAY, Aug 26: Finale

NOTES

SELL YOUR STUFF! ARRANGE A MEETUP! RENT OUT A ROOM!

Members are entitled to one **FREE** Classified Ad per month!

Non-Members: \$5/month

Email marketing@yycseniors.com to submit your Classified Ad.

Classifieds



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.

CONFEDERATION PARK 55+ ACTIVITY CENTRE

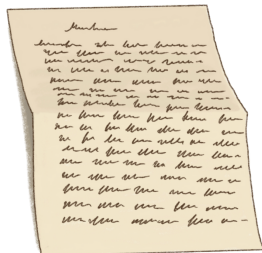
HOUSEKEEPING

Providing
light
housekeeping
services
for all Calgarians,
not just seniors.

✓ LIGHT HOUSEKEEPING ✓ FRIENDLY COMPANIONSHIP ✓ AN EXTRA HELPING HAND

403-289-4780 • YYCSENIORS.COM

A father passing by his son's bedroom, was astonished to see the bed was nicely made, and everything was neat.... Then, he saw an envelope, propped up prominently on the pillow. It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands...



"Dear, Dad. It is with great regret and sorrow that I'm writing you. I eloped with my new girlfriend, Stacy, because I wanted to avoid a scene with you and Mom.

Stacy is really nice but I knew you would not approve of her because of her piercings and tattoos. But dad, she's pregnant and I couldn't let her raise the baby on her own. She's 10 years older than me— this is a good thing because she already has a home and a motorcycle! We'll be living in her trailer in the woods, that already has a stack of firewood for the whole winter.

Even though we don't have jobs, we'll be growing marijuana in our garden to sell and trade with the other people in our commune! Don't worry, Dad. I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit so you can get to know your many grandchildren.

Love, your son, Joshua.

P.S. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!"

XoXo

Recipe courtesy of
The Natural Nurturer



Easy Zucchini Salsa

INGREDIENTS

- 1 med zucchini, diced small
- 4 large plum tomatoes, seeded & diced small
- 1/3 cup white or red onion, finely chopped
- 1/4 cup cilantro, chopped
- 2 tbsp lime juice
- 1/2 tsp lime zest
- 2 tbsp extra virgin olive oil
- 1/4 tsp chili powder
- 1/4 tsp cumin
- 3/4 tsp salt or to taste
- hot sauce (optional), to taste

DIRECTIONS

1. Add all ingredients to a large bowl. Stir to combine. Taste and add more salt or seasoning as needed.
2. Salsa is best served within a few hours of making. As salsa sits, more liquid will release from the vegetables. You can drain off some of the juices if desired or enjoy it as is.

For this and other tasty zucchini recipes, visit:
<https://thenaturalnurturer.com/easy-zucchini-salsa/>

Social prescribing is the next step to better health

What if you were diagnosed with high blood pressure, diabetes, or any other health condition? You would expect your doctor to discuss the best treatments, and more often than not, you would receive a written prescription for medication.

But what if, along with your pills, you also received an Rx to join a community gardening project, or meet up with a seniors' choir group, or connect with a particular social support tailored to your unique situation? "Social prescribing"* recognizes that our health—and healing—can't be treated just by doctors or medicine alone.



What is social prescribing?

Seniors experiencing a chronic health condition in particular know that their illness can have a significant effect on their life beyond physical symptoms. It can be more difficult to go out, take care of their home, or spend time with loved ones. That's why it's important to treat the person, and not just the condition. Social prescribing does exactly that by connecting people to different types of community supports*, including social events, fitness and wellness resources and social supports.

The senior with high blood pressure, for example, along with a script for meds and encouragement to modify diet and exercise, could be referred to a community worker. That worker, learning from the senior that they enjoyed dancing, would connect them to a ballroom dancing class.

How social prescribing addresses social isolation

We now know that there is a long list of negative health effects that come from being socially isolated, even when no underlying medical condition is present. Social prescribing helps to address this, and although it is relatively new, research and practice from the UK show that it can improve recovery rates and make people feel better, physically, mentally, and emotionally.

How retirement living can help

More seniors are discovering that a retirement residence lifestyle can balance built-in friends and social activities with continued independence. A supportive community of peers and staff, fitness and wellness classes, social events, activities and outings, along with nutritious meals and numerous on-site amenities, all combine to offer a positive prescription for an active and fulfilling life.



Visit Chartwell's Health & Wellness Blog for more information
<https://blog.chartwell.com/en/2023/03/social-prescribing-is-the-next-step-to-better-health>

Pantry Program

Our Pantry Program runs during T&C Only:
Thursdays, 1:30PM - 2:30PM. If you
are interested in utilizing our Pantry, please
contact Debbie at 403-289-4780, Ext 206

WHAT IS THE PANTRY PROGRAM?

Our Pantry Program is a way that we can help each other through difficult economic times.

With the cost of the basic necessity of food increasing daily, it is difficult to make ends meet. Even transportation to and from the grocery store can be very expensive and nerve racking for many of our members. Our Pantry Program helps alleviate financial pressures by providing about a weeks' worth of food without the need to make a trip to the store.

Our pantry helps everyone whether rich, poor, healthy, ill, or are just short on funds. Every Pantry participant is treated with respect and dignity; we do not discriminate or judge. Not only do we try to provide nutritional items for meals, we also hope participants will have a little bit left in their budget to spend on a few 'wants,' rather than just 'needs.'

If you have any questions or concerns, please do not hesitate to ask. We are so happy to offer this service and hope that the money you save can bring you one less bill to worry about.



Take
WHAT
YOU NEED



Give
GIVE WHAT
YOU CAN



WHO QUALIFIES?

There are no financial qualifications to access our Pantry. All participants must join the Pantry Program (free membership) and complete a contact card. All personal information we receive is confidential. All you have to do is order your hamper and pick it up.

WHAT IS IN THE PANTRY?

Depending on donations, our pantry is primarily filled with non-perishable items such as pasta, cans of pasta sauces, fruits, vegetables, beans, soups, canned fish, canned ham or chicken meat, oils, dry goods, packaged foods, cereal, dry mixes and snacks (such as granola bars etc.). Small packages of pet treats and toiletries may also be available.

HOW TO ORDER

All pantry hampers must be ordered through the office at 403-289-4780. All orders must be in by Tuesday at 3:00PM, so they can be prepared by our volunteers.

PICK-UP

Please be on time for your pickup. Pantry pick-up is Fridays, 1:30 PM - 2:30 PM, Confederation Park 55+ Activity Centre Office: 2244 Chicoutimi Dr NW, Calgary.

DONATIONS

If you would like to make a donation to our Pantry, please make sure all food donations have NOT expired and are in small portions for one or two people. Cash donations are greatly appreciated. Bring donations to the Office on Tuesdays and Wednesdays, 10 AM - 2 PM, or at T&C on Thursdays from 1:30 PM - 2:30 PM.



2024 Dates to Remember

Friday, Jan 26th, 2024
Lunch & Learn (Topic: Diabetes)
Sponsor: Revera Chef
\$10 Members, \$20 Non-Members

Friday, Feb 16th, 2024
Family Day Lunch with Presentation
Sponsor: R&D Retirement Solutions
\$10 Members, \$20 Non-Members

Friday, March 22, 2024
Annual General Meeting
Pizza served

Friday, April 26, 2024
Volunteer Appreciation
Sponsor: Chartwell

Friday, May 10, 2024
**Mother's Day Tea & Fashion Show
with Fancy Hat Contest**
Sponsor: Revera
\$15 Members, \$25 Non-Members

Wednesday - Friday, May 22-24, 2024
Garage Sale Sorting Days

Saturday, May 25, 2024
Garage Sale

Thursday, July 11, 2024
Stampede BBQ
Sponsor: Chartwell
\$10 Members, \$20 Non-Members

Friday, August 30, 2024
Summer Wrap-Up
\$10 Members, \$20 Non-Members

Continued from page 13

Three days later, the contestant hosted a party for her family and friends including the blonde who had helped her win the million dollars. "Jenny, I just do not know how to thank you!," said the contestant. "How did you happen to know the right answer?"

"Oh, come on,"
said the blonde.

"Everybody
knows that
cuckoos don't
build nests.
They live in clocks."



(We apologize to our blonde friends who
we know are too smart to be offended!)



Beltone Services



- Comprehensive Audiological evaluations
- Custom earmolds for sound protection, swimming & music
- Assistive hearing devices & more...

Insurance Services



- Workers Compensation
- DVA (Veterans affairs)
- NIHB
- AADL
- AISH & general public requirements

Locations



Market Mall
3625 Shaganappi Trail NW
Calgary
7015 Macleod Trail SW #107

- Medical letter, including copy of Audiological Evaluation to referring physician available upon request
- Services available in English & Farsi
- Feel free to call us at: 403 252-5582

beltone.ca

Origin At Home

Meet Origin at Home,
our new sponsor!

Origin at Home is happy to be a new sponsor at Confederation Park 55+. Come say hi to Debra Chernesky – wellness coordinator if you're attending the Tea and Conversation on Thursdays. Debra would love to chat about how Origin at Home companions can help you live well at home.

At Origin at Home, we are dedicated to enhancing your quality of life with a wide range of personalized services. Our highly trained companions prioritize your well-being, ensuring that every visit revolves around your preferences and needs. From fitness programs and life enrichment activities to meal planning and dementia-friendly strategies, we are here to support a fulfilling lifestyle. Here's what our companions can offer:

Personalized Fitness Programs: Custom fitness programs, designed to meet your goals and abilities.

Life Enrichment Activities and Hobbies: Engaging activities tailored to your interests, supported by our companions.

Healthy Home and Light Housekeeping: Companions help with light housekeeping,

organizing, and safety assessments, ensuring a clean, organized, and safe home.

Meal Planning and Preparation: Delicious and nutritious meals personalized to your preferences, with assistance from our companions.

Errands and Appointments: Companions help with grocery shopping, prescription pick-ups, and appointments, adding a touch of fun along the way.

Dementia-Friendly Strategies: Compassionate support and engaging activities for individuals with dementia, promoting well-being.

Meaningful Conversation and Visiting: Companions provide a comforting presence, ready to listen and share stories.

Your satisfaction and well-being are our top priorities at Origin at Home. Experience the personalized caring support you deserve.



To learn more or schedule a free consultation, call Debra at 403-919-7147, or visit her at T&C on Thursdays.

originathome.ca

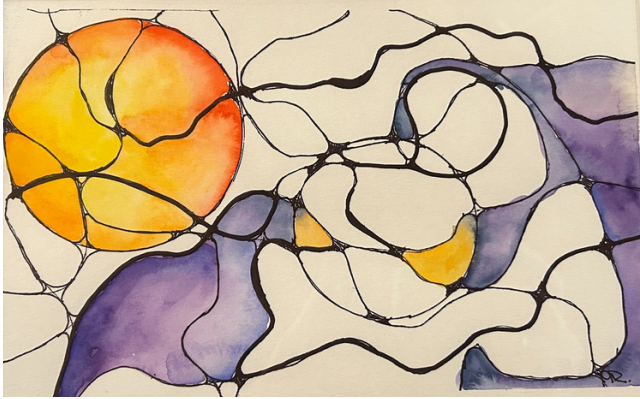
*Debra Chernesky – Wellness Coordinator,
attending Tea & Conversation*



Companion Services

Alesha teaches Drawing, Watercolours and Alcohol Inks at our Centre. This page features art by her students.

Art with Alesha Buczny



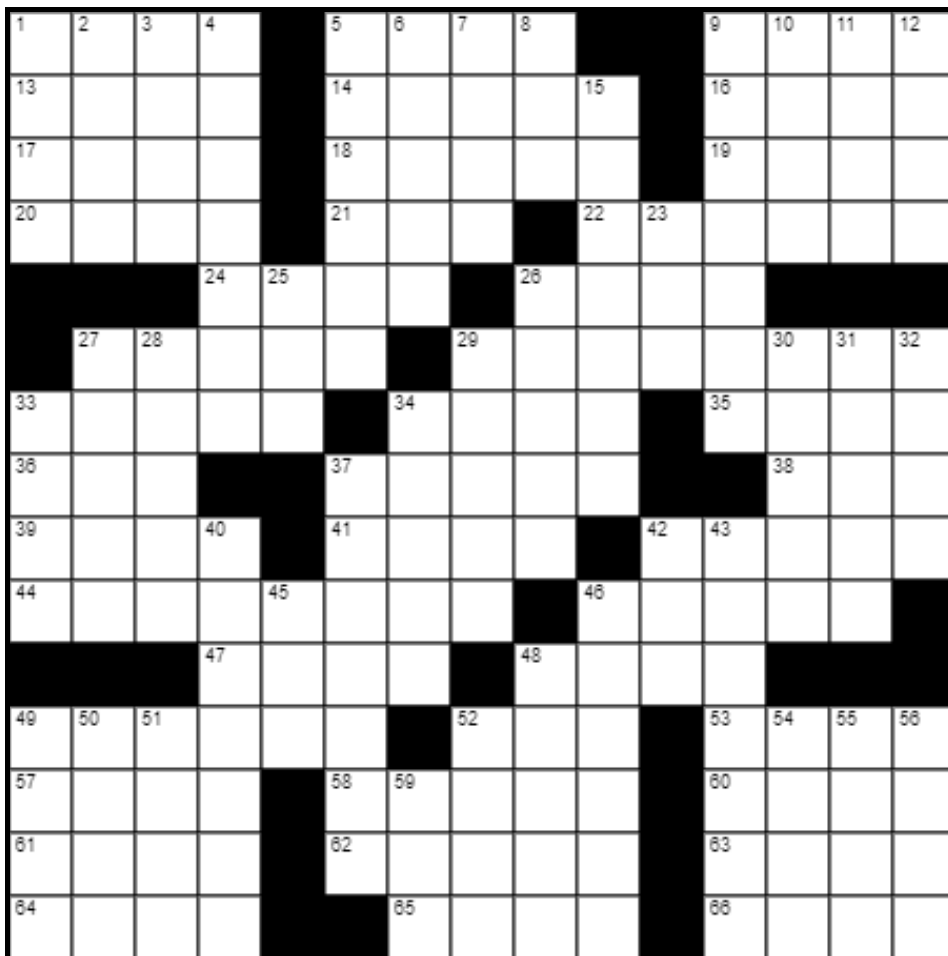


Casual - Easy

Published July 7, 2023

ACROSS

- 1- The ___ Love; 5- Stiff bristle;
 9- Middy; 13- Dutch cheese;
 14- Follows orders; 16- Yen;
 17- Maryland athlete, for short;
 18- Medicinal shrub;
 19- ___-do-well;
 20- "Orinoco Flow" singer;
 21- Old California fort;
 22- Washed lightly;
 24- Dundee denizen;
 26- Skin disorder;
 27- The devil;
 29- Harangue;
 33- Participant;
 34- Hearing organs;
 35- Long ago;
 36- Tasteless items, junk;
 37- Seraglio;
 38- Naught; 39- Capital city of Western Samoa;
 41- Not new;
 42- Having some prominent blood vessels;
 44- Announces formally;
 46- Settle a loan;
 47- Female child;
 48- Wise men;
 49- Moolah; 52- Ignited;
 53- Suffragist Carrie;
 57- Graceful horse;
 58- Blessed ___;
 60- West Point initials;
 61- Golda of Israel;
 62- Satan; 63- Oboe, e.g.;
 64- Fizzy drink;
 65- Duration;
 66- Sicilian volcano;



DOWN

- 1- Allot;
 2- Mideast gulf;
 3- ___ a soul;
 4- The laying on of paint thickly;
 5- Already?;
 6- Movie critic Roger;
 7- Look after; 8- Writer Rand;
 9- Convent; 10- Raw materials;
 11- Double curve;
 12- Dweeb; 15- Bitter derision;
 23- CD earnings;
 25- Popular rental;
 26- Displayed dirty laundry;
 27- Land's end?;
 28- Room at the top;
 29- Challenges;
 30- Ancient region of Asia Minor; 31- Salty;
 32- Slippery;
 33- Somewhat;
 34- Art supporter;
 37- Hasty;
 40- Branch of mathematics;
 42- ___ out (relax);
 43- Connoisseur;
 45- Goal, intention;
 46- Child's toy;
 48- Brit's half-note;
 49- Beaver creations;
 50- Black-and-white cookie;
 51- Sudden assault;
 52- Son of Jacob and Leah
 ; 54- I'd hate to break up ___;
 55- Revenuers, for short;
 56- I did it!;
 59- Fido's appointment;

Thank You Sponsors



A M I C A
SENIOR LIFESTYLES



B R I X
REAL ESTATE GROUP



WHAT TRAVELS AROUND THE WORLD
BUT STAYS IN ONE CORNER?

A stamp.



My neighbour claims his
dog can bring a ball back
from a kilometer away ...

That seems far-fetched to me.

How did the barber win the race?

He knew a shortcut.

A guy walks into a bar... *He says, "Ouch!"*

Don't trust those trees in
Confederation Park ...

They're kinda shady.

What shoes do lazy
people wear?

Loafers



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



FARMER MARKET
EVERY TUESDAY

2244 Chicoutimi Dr NW 3pm - 7pm

TOONIE TUESDAYS
\$2 ICE CREAM TUESDAYS



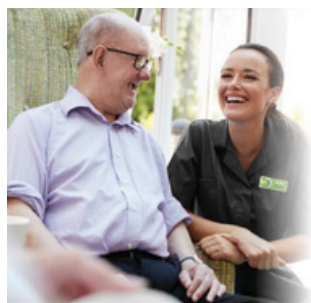
CALGARY ROLLER SKATE SHACK

TUESDAY, AUGUST 1ST

3:30-7:00PM

\$10 RENTALS

CROSSWORD Answer from Page 26



ORIGIN
at HOME
Companion
Services

Experience the benefits of personalized support, meaningful connections, and a vibrant lifestyle with Origin at Home™ Companions.

Book a free consultation and receive a complimentary Home Safety Assessment!

403-919-7147

originathome@origin.ca

www.OriginAtHome.ca



July Highlights

We all had a great time at our Stampede BBQ last month!



Thank you to Beltone for the Ice Cream Sandwiches!



Thank you to Chef Darcy Genest of Chartwell Royal Park for the amazing BBQ Beef on a Bun!

Thank you, as well, to Tara Hengst, Tomoko Sato and Alexa Shaw from Chartwell & our Volunteers - we wouldn't have this lunch without you!



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.

“

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

– Kathy Calvin

”

- Kitchen - Weekly
- Events - Setup / Serving / Clean Up
- Poker Tournament - Oct 20th
- ACE Airport Casino - Dec 23rd & 24th
- Events Committee Members
- Office Help - folding, proof reading
- Fundraising (contacting sponsors)
- Phoning members who don't have email
- Sourcing Silent Auction Donations



Become a Member



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.



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

\$**35**

REGULAR
MEMBERSHIP

(Half price beings in June)

OR

\$**50**

SUPER
MEMBERSHIP

(or add \$15 to bump up)

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 Centres.

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



SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

DROP-IN PROGRAM



MUSICIANS GATHERING

Mondays: Noon - 3:00 PM

Bring your instrument and meet with
other fellow musicians!



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



Bowness Seniors' Centre

6422 35th Ave. NW, Calgary AB, 403 286-4488

Chair Zumba

Tuesday 12:30 – 1:30

August 15, 22

Members & Super members: \$15.00

Non-members: \$20.00

SUMMER *Art* DROP-IN

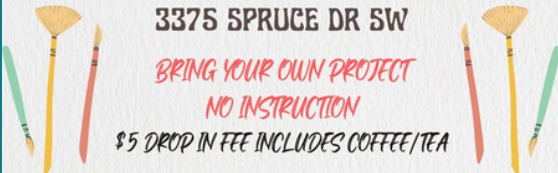
THURSDAYS 9:30 AM-12:30 PM
STARTING JUNE 15TH

BOW CLIFF SENIORS CENTRE

3375 SPRUCE DR SW

BRING YOUR OWN PROJECT
NO INSTRUCTION

\$5 DROP IN FEE INCLUDES COFFEE/TEA



SEEKING ARTISTS!

Come and join our group of
local painters and artists as
they work on their
individual projects and the
occasional group endeavour.
Artists will need to provide
their own supplies.

GFLS offers a well lit room
along with coffee/tea/water.

ART GROUP

WEDNESDAYS; 9 AM

\$2 Members

\$5 Non-Members



3425 - 26 Avenue SE
Calgary, AB

403-272-4661 support@gfls.org



SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

Bowness Seniors' Centre

6422 35th Ave. NW, Calgary AB, 403 286-4488

SUMMER ACTIVITY CLASSES

Fitness Tuesdays & Thursdays

Free Drop in Indoor Walking.

Bring your own lunch.

Eastern Practice with Joanne

who is providing us with a program that will have components of seated yoga, Tai Chi Cha & Qi Gong! Wednesdays from now until July 26, 10:00 AM – 11:00 AM,

Sign up by calling the Bowness Office:

403-286-4488

\$30 Members & Super Members

LUNCH TO GO BOX

STARTS IN SEPTEMBER ONLY \$7.00



AVAIL MON, TUES, WED & FRI
MUST PRE-ORDER TWO DAYS PRIOR

403-289-4780



**Thursday,
September 7th
at Sirocco Golf Course**




unison 50 years
At Kerby Centre 1973-2023

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

New Grief Group



Thursdays: August 17 – October 5 | 1:00 pm
Revised Dates

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

*Register by calling (403) 234-6566, or
emailing Lola Fariyibi at
lolaf@unisonalberta.com



Foot Clinic

AUGUST 21 & 25
Call the Bow Cliff Office
at 403-246-0390
to sign up for a
FREE SESSION

BOW CLIFF
Seniors



DROP-IN PROGRAM

COFFEE & CONVERSATION

**2nd & 4th MONDAYS
OF THE MONTH AT 10 AM**

UPCOMING TOPICS:

AUGUST

August 14 - TBA

August 28 - Affirmations

SEPTEMBER

September 11 - The Power of Language

September 25 - Living a Transgender Life
(with guest speakers)



GFLS

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

REGISTERED PROGRAM

Tai Chi with Adrian

Fridays, 9-10 AM

6-Week Session

\$45 Members / \$55 Non-Member

Single Session

\$8 Members / \$10 Non-Members

Register with the Front Desk



GFLS

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

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



Parkdale
Nifty 50's

Watercolour Tips and Tricks

August 19th 9 am to 4 pm
Sherry Telle Art
\$90 Members
Call 403-283-0620 to Register

Fall Watercolour Book

Thursdays | Aug 10 - 31 | 10 am

Members: \$89 | Non-Members: \$119

Register at unisonalberta.com

Build a book from scratch and fill it with fall images and some letter that you will create with a variety of mixed media. Beginners are welcome for this class.



403-246-0390

3375 Spruce Dr NW
Calgary, AB T3C 3A3

SUMMER 2023 DROP-IN PROGRAMS

BRIDGE	DAY	TIME	DROP-IN \$
Party Bridge	Tuesdays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
Duplicate Bridge	Fridays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
GAMES			
Hand & Foot (card game)	Mondays	12:30 –3:00	\$3
Bingo	Wednesdays	1:15– 3:15	\$3 (additional game card fees)
Crib	Thursdays	12:30-3:00	\$3
ARTS & CRAFTS			
Crafts & Coffee	Tuesdays	9:30-12:00	\$3
ART Group (paint & craft)	Thursday	9:30-12:30	\$5
OTHER			
Lunch* MUST RSVP	Wednesdays	12:00 –1:00	Memb.—\$12, Non-Memb.—\$14
Convo & Learning Café	Fridays	10:00-12:00	FREE!

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



403-279-2003

2102 69 Ave SE, Calgary, AB

HAPPY HOUR SPECIAL

**FRIDAY,
AUGUST 25
@ 4:00**

**ITALIAN
PASTA
SIDE OF GARLIC BREAD**

\$7

ORDER BY AUGUST 22



Gardening Information Session at Ogden 50+

Q&A to Follow
Come with your questions!

Wednesday, Aug 30th
1 PM - 3 PM
in the Gallery

Hosted by
Christine Poole & Mark Haskell



Are you concerned about a senior in your community?

Are you worried about an isolated senior who has no support from family and friends?

Do you know a senior who is struggling to meet their basic needs?

Have you met an at-risk senior who needs more support to remain independent in their home?

If so, SeniorConnect is here to respond and help



SeniorConnect relies on community members like you calling in to become aware of and connect with these at-risk older adults to offer support

We will be hosting a community education session to discuss how our program can help on:

**Date: Monday, August 14th, 2023
Time: 11am**

**Location: Parkdale Nifty Fifties Seniors Association
3512 5th Ave NW, Calgary**



Chartwell
Downsizing Seminar
at Parkdale Nifty Fifties
August 28 2023 • 11:30AM

Senior Living?

NOT IN A MILLION YEARS!

That's what some of our residents said
before they discovered the lifestyle at
Chartwell. Now they're saying:

**"I wish I'd moved
in sooner."**



Learn more!



Visit [Chartwell.com](https://www.chartwell.com) to
#ReThinkSeniorLiving