

# GAZETTE



## Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

SEPTEMBER 2023

### IN THIS ISSUE

Why did we move?  
Our President, Sharon  
Dun, explains why.  
**See Page 4**

Come to the RD  
Retirement Solutions  
EXPO this month!  
**See Page 14**

Sign up for our  
Thanksgiving Lunch  
before tickets sell out!  
**See Page 15**

You mean you're not a  
Super Member yet?  
**See Page 30**

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**Cover Photo:** September's birth flowers are the aster and the morning glory. Asters are perennials that offer extended bloom times, even here in Calgary. Pinching encourages more flowers and longer bloom times. Photo: Gorgots / iStock via Getty Images.

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](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)

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



### VISION

A community  
of full,  
enriched lives.

### MISSION

Connecting  
adults with  
opportunities  
to stay active  
and engaged.

### VALUES

Respect  
Compassion  
Reliability  
Sociability

# FROM THE DESK OF THE Executive Director

Jeanette Provo has been the Executive Director since 2018. With her many talents and vast experience, she brings diversity, a friendly atmosphere and an excellent reputation for our welcoming Centre.



## Hi all!

*Well another very busy month here at the centre. The **Summer Wrap Up** was a great success!!*

Tickets are over half sold for the **Thanksgiving Lunch**, so if you want a ticket please don't wait. With members now purchasing Super Memberships from other centres, they are also coming to our events, so it is necessary to purchase your tickets as soon as possible.

**Please remember that the office is not open on event days.** Staff are all hands on deck for events at this time until we have an office person who can come in to help us out. Office hours for registrations and ticket purchases will continue to be 10:00-2:00 because on days a staff person is away we will have a volunteer working for those hours to cover.

Just a heads up, our **Christmas Lunch** is going to be catered so we are not able to subsidize the cost of tickets. Please support this event if you are able to. In subsidizing as many of the lunches as we can, it is our hope that one or two events a year where we have a higher ticket price will be easier for you to support.

We have an exciting number of Presentations this fall and into 2024 as well.

Please watch for those as well. There will be a lot of really good information with these sessions.

**September 20 from 12:00-2:30**, one of our sponsors is hosting an **Expo** with vendors who will have a lot of great information for anyone questioning a move in their life. The first 100 people will receive a free lunch. We would love to see you join us!

**September 26th** from 10:00-11:00 is our Presentation from Calgary Seniors Resource Society. The presentation will not be long, but they have left a lot of time for questions you may have around the services they provide.

We have had many sponsors supporting us this year and I feel it is important to say thank you for everything you do for our centre. From door prizes, to providing food and desserts, to sponsoring us with cash for our programs and events. We simply could not give our members such great events and programs!! **Thanks to all of our sponsors!!** Amica Britannia, Beltone, Chartwell, Origin at Home, Revera Living, R&D Retirement Solutions, Stampede Kinsman!

Thanks all for supporting our classes and events. I know a lot of people don't come out to our events, but you should consider coming as they are well attended and a lot of fun. Bring a friend and join in the fun!!

A handwritten signature of Jeanette Provo in black ink.

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.



## Hello everyone!

I hope you have all been enjoying your summer and that you are looking forward to joining members in our regular classes and social events. Your Board of Directors and Staff are all excited to welcome members and friends back to Confederation Park 55+ Activity Centre after the summer break.

We are currently preparing to enter into renewing our two-year lease agreement with Triwood Community Centre and there are still questions among our members such as, "Why did we move when the old building is still there?", "Will we be moving back?", or "Why is the sign still on the old building?", etc. This seems like a good time to review the circumstances and hopefully answer some questions. The location we were all used to on 13th Street NW was tied in to the adjacent Seniors Housing operated by Silvera. We paid a nominal rent to Silvera and had absolute freedom to operate as we saw fit. Unfortunately, the buildings reached the end of their useful life and the decision was made to close the buildings and relocate the residents.

The buildings are owned by the Government of Alberta and operated by Silvera. Our lease with Silvera had a six-month cancellation clause and we were informed by the Minister of Seniors Housing that the Government of Alberta would be exercising that clause and terminating our lease at our much-loved old Centre. The buildings are now vacant, all tenants relocated, and we have no idea what plans are for the buildings.

There are a few reasons why signs for Confederation Park 55+ Activity Centre have been left on the building. It would be cost prohibitive to remove them, they are advertising our website at no cost to us, and there is nothing on either of the large signs on the building saying the Centre is located in that building. There is a sign at the entrance to the parking lot saying we are located there. We did put up a notice on that sign showing our new address but, unknown to us, that overlay was removed by unknown persons.

We were fortunate to find space inside Triwood Community Centre and, although it has been a huge adjustment for staff and

*Continued on Page 25*



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

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

SOLUTIONS ON PAGE 17

### SUDOKU MEDIUM

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

### SUDOKU HARD

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



- ACORN
- APPLES
- AUTUMN
- BAKING
- BOOKCLUB
- CANNING
- CHANGE
- CHILLY
- CIDER
- CLASSES
- COLOURFUL
- CORNSTALKS
- DECIDUOUS
- EQUINOX
- FALL
- FIELDS
- FOOTBALL
- FOREST
- GOLD
- GOURDS
- GRAPES
- HARVEST
- HAY
- HIKING
- HOLIDAY
- JACKET
- JAMS
- JELLIES
- LABOURDAY
- LEAF
- LIBRA
- MAPLE

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

- MIGRATION

NECTARINES

ORANGE

ORCHARD

PEACHES
- PEARS

PLUMS

PRESERVES

PUMPKIN

RAINCOAT
- RAKE

SCARF

SCHOOL

SPICE

SQUASH
- SQUIRREL

TREES

WAGON

WINDY

YELLOW

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.



**We reopen  
for business  
beginning  
Sept 11th!**

Boutique Hours in September:  
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.

*Fall Hours*

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

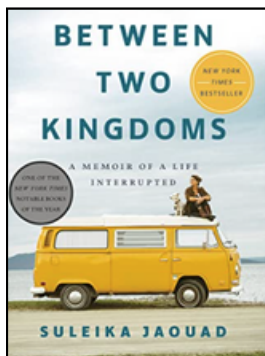
Mon, Tues & Thurs  
Wed & Fri by Appointment



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.



## This Month

### BOOK CLUB CHOICE

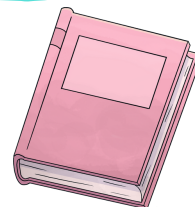
SEPTEMBER

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



*Wow, you look great! Did you lose weight?*

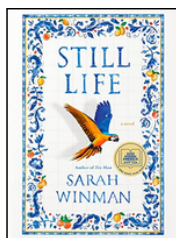
*No, I had my appendix removed!*



Read along with us and watch for next month's review of this book! Let's discuss this book in person! Come and join our fun group; we meet between 1 PM and 3PM in JT's Pub (downstairs) on the following Mondays: September 11, October 2, November 6 and December 4.

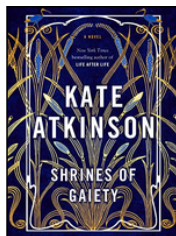
## Read Ahead

BOOK CLUB CHOICES FOR  
OCTOBER & NOVEMBER



OCTOBER

**Still Life**  
by Sarah Winman



NOVEMBER

**Shrines of Gaiety**  
by Kate Atkinson

NEW

## INTERGENERATIONAL OUTREACH PROGRAM



Are you or someone you know looking for a friendly visitor, social support, or light assistance around the house?

We match older adults living independently in the community with young adult outreach visitors who offer:

- ✓ Friendly visiting
- ✓ Recreation activities
- ✓ Light household task support
- ✓ Connections to community resources

TO LEARN MORE  
AND REGISTER:

☎ 403-249-0853

✉ [amber.dukart@link-ages.ca](mailto:amber.dukart@link-ages.ca)

🌐 [www.link-ages.ca/ig-outreach](http://www.link-ages.ca/ig-outreach)



# Find 15 Differences



# Tea & Conversation

Thursdays at 1:30 PM



Among the things you can give and still keep are your word, a smile, and a grateful heart.

— Zig Ziglar

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**

**SEPTEMBER 2023**

Sept 7 ..... Sox & Sax  
**Sept 14 ..... NO T&C**  
Sept 21 ..... Randy Poirier  
Sept 28 ..... Timeless Reflections

**Please note there is  
NO T&C  
on September 14th**

❤️ PLEASE SUPPORT OUR SPONSORS ❤️



**CHARTwell**  
retirement residences





# Tea & Conversation



## Tea & Conversation

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



# Let's Bowl!

## Attention Bowling Team!

Have you signed up for our bowling team? If so, meet us at

**The Bowling Depot**  
**146 - 5255 McCall Way NE**  
**Friday, September 15th**  
**11AM - 1PM**

### Questions?

Email: [ed@yycseniors.com](mailto:ed@yycseniors.com)



**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**



## How many cats?

Teacher: "If I gave you 2 cats and another 2 cats, and another 2 cats, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you 2 cats, another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and other two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good! Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I already have a cat!"





# LINKages Club

thank  
you!

A very big thank you to  
**Frankie & Neil**  
for scooping ice cream at T&C  
all through the summer!



## INTERGENERATIONAL LINKages Club

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

**NEXT MEETING DATES:**

 **Mondays**   
**3:30 PM - 4:30 PM**  
**OCTOBER 16th**  
**NOVEMBER 6th & 20th**  
**DECEMBER 4th**



**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)

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

# EVENTS

NO REGISTRATION REQUIRED!

Lunch is FREE for the first 100 people through the doors!

For more information, call us at 403-289-4780.



## R&D RETIREMENT SOLUTIONS EXPO

WED, SEPT 20 • 12 PM-2:30 PM • 2244 CHICOUTIMI DR NW

*No Registration Required!*



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

### VENDORS

#### DONNA GEE

Managing Partner of Paramount Law  
Wills, Estates, Real Estate Law

#### STEVE WALKOM

Team Leader & Senior Specialist  
IG Wealth Management

#### LESLIE RACZ

Mediation - Your First Advocacy

#### ERICA BAIRD

5 Star Senior Relocator & Downsizing

#### DONALEA BAPTISTE

Home Staging and Redesign

#### CJ DECASTRO & KEVIN CALPAS

Revera Retirement Living

### FREE LUNCH

FOR FIRST 100 THRU THE DOORS!



MEET THE R&D TEAM!

**DON**  
MONTPETIT



**RICK**  
EMOND

Register for this event at  
yycseniors.com or call us at 403-289-4780.

# Upcoming

# Thanksgiving Lunch

**Friday October 6th**

**DOORS 11:30AM**

**\$15 MEMBERS, \$25 NON-MEMBERS**

**TURKEY, STUFFING CRANBERRY, HONEY  
GLAZED CARROTS, GARDEN SALAD, ROAST  
POTATOES, GRAVY AND DESSERT**

**PRESENTATION 1:30 PM  
SOUTHERN ALBERTA PIONEERS**

**THANK YOU TO OUR VERY GENEROUS SPONSORS!**



# SEPT PROGRAMS

TO REGISTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SEATED YOGA</b> 9:30 AM - 10:30 AM First Class Sept 11</p> <p><b>DRAWING 2</b> 10:45 AM - 12:45 PM First Class Sept 11</p> <p><b>PERFECTLY IMPERFECTS</b> 11:00 AM - 12:30 PM First Class Sept 11</p> <p><b>SPANISH 2</b> Adv Beg 12:45 PM - 1:45 PM First Class Sept 25</p> <p><b>LINE DANCE Beginner</b> 1:00 PM - 2:00 PM First Class Sept 11</p> <p><b>CHINESE MAHJONG</b> 1:00 PM - 3:00 PM Class &amp; Club Start Sept 11</p> <p><b>BOOK CLUB</b> 1:00 PM - 3:00 PM Sept 11, Oct 2, Nov 6, Dec 4</p> <p><b>EUCHRE</b> 1:00 PM - 3:00 PM Club Start Sept 11</p> <p><b>WATER COLOURS</b> 1:15 PM - 3:15 PM First Class Sept 11</p> <p><b>SPANISH 3</b> Beyond Beg 2:00 PM - 3:00 PM First Class Sept 25</p> <p><b>LINE DANCE IMPROVER</b> 2:15 PM - 3:15 PM First Class Sept 11</p> <p><b>LINKAGES</b> (See p13) 3:30 PM - 5:15 PM Oct 16, Nov 6 &amp; 20, Dec 4</p>	<p><b>CRIB</b> 9:00 AM - 11:00 AM Club Start Sept 12</p> <p><b>DRAWING</b> 10:00 AM - 12:00 PM Start Sept 12</p> <p><b>PAINT WITH CAROL MARASCO</b> 10:00 AM - 12:00 PM House by Ocean: Oct 17 Fall Birch Trees: Nov 21 Northern Lights: Dec 5</p> <p><b>TAI CHI Beginner</b> 10:00 AM - 11:00 AM Start Sept 12</p> <p><b>YOGA</b> 10:45 AM - 11:45 AM Start Sept 12</p> <p><b>TAI CHI Intermediate</b> 11:05 AM - 12:05 PM Start Sept 12</p> <p><b>TAP Beginner</b> 12:00 PM - 1:00 PM Start Sept 12</p> <p><b>ALCOHOL INKS Intro</b> 12:30 PM - 2:30 PM Start Sept 12</p> <p><b>SHARING HANDICRAFTS</b> 1:00 PM - 3:00 PM Club Start Sept 12</p> <p><b>HARMONY FIRST</b> 12:30 - 3:00 PM Start Sept 12</p>	<p><b>THE WORX</b> 8:45 AM - 9:45 AM First Class Oct 4</p> <p><b>SEATED YOGA</b> 9:45 AM - 10:45 AM First Class Sept 13</p> <p><b>TAP Advanced</b> 11:30 AM - 12:30 PM First Class Sept 13</p> <p><b>BELLY DANCING</b> 12:00 PM - 1:00 PM First Class Oct 4</p> <p><b>BALLET for Seniors</b> 12:45 PM - 1:45 PM First Class Sept 13</p> <p><b>ENERGIZING DANCE</b> 2:00 PM - 3:00 PM First Class Sept 13</p>	<p><b>WOODCARVERS</b> 9:00 AM - 11:00 AM Club Start Sept 14</p> <p><b>JAZZ</b> 11:00 AM - 12:00 PM First Class Sept 14</p> <p><b>SEATED YOGA</b> 12:15 PM - 1:15 PM First Class Sept 4</p> <p><b>TEA &amp; CONVERSATION</b> 1:30 PM - 2:30 PM No T&amp;C on Sept 14</p> <div> <p><b>T&amp;C</b></p> <p><b>Thursdays</b> 1:30 PM - 2:30 PM <b>NO T&amp;C ON SEPT 14</b> **See pages 10 &amp; 11 for details. \$5 Suggested Donation <a href="http://yycseniors.com/t&amp;c">yycseniors.com/t&amp;c</a></p> </div>	<p><b>ZUMBA GOLD</b> 8:45 AM - 9:45 AM First Class Sept 22</p> <p><b>UKULELE</b> 10:00 AM - 11:00 AM First Class Sept 8 No Class Sept 15</p> <p><b>UKULELE</b> 11:15 AM - 12:15 PM First Class Sept 8 No Class Sept 15</p> <p><b>COMPUTER</b> 1:30 PM - 2:30 PM First Class Sept 8 No Class Sept 15, 29</p> 

## ROOM LEGEND

<span style="display:inline-block; width:15px; height:15px; background-color: #e91e63; border:1px solid black;"></span> CHARLESWOOD* (direct access)	<span style="display:inline-block; width:15px; height:15px; background-color: #0070c0; border:1px solid black;"></span> FOOTHILLS (downstairs)
<span style="display:inline-block; width:15px; height:15px; background-color: #008000; border:1px solid black;"></span> COLLINGWOOD (upstairs)	<span style="display:inline-block; width:15px; height:15px; background-color: #8b4513; border:1px solid black;"></span> PUB (downstairs)
<span style="display:inline-block; width:15px; height:15px; background-color: #ff8c00; border:1px solid black;"></span> BOARDROOM (upstairs)	<span style="display:inline-block; width:15px; height:15px; background-color: #000000; border:1px solid black;"></span> ZOOM (online)

## \*CHARLESWOOD - ROOM ACCESS BELOW





# 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

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

## SUDOKU PUZZLES ON PAGE 5




## SUDOKU MEDIUM

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

## SUDOKU HARD

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

# SEPTEMBER Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOTES</b> <hr/> <hr/> <hr/> <hr/>					 <b>1</b> <b>Cochrane Lions Club Rodeo</b> Sept 1-4 cochranerodeo.com	 <b>2</b> <b>Canmore Highland Games</b> Sept 2 - 3 Centennial Park 5 Ave, Canmore, AB
 <b>3</b> <b>Outdoor Volleyball</b> Sept 3 & 10 5:30 PM - 7:45 PM Riley Park 800 12St NW	<b>4</b> <b>LABOUR DAY</b>	 <b>5</b> <b>Triwood Summer Market</b> 3-7PM 2244 Chicoutimi Dr NW	 <b>6</b> <b>Lougheed House Garden Tour</b> \$15, 7-8PM 707-13 Ave SW	 <b>7</b> <b>TEA &amp; CONVERSATION</b> 1:30 - 2:30 PM RANDY POIRIER	 <b>8</b> <b>Canmore Heritage Festival</b> Sept 8-11 Throughout Canmore	 <b>9</b> <b>Spruce Meadows Masters</b> Sept 6-10 sprucemeadows.com
 <b>10</b> <b>Ribfest</b> Sept 8-9: 11 AM - 10 PM Sept 10: 11 AM - 7 PM McMahon Stadium Park Free in North Lot	 <b>11</b> <b>Patricia's Mobile Dental Hygiene</b> Scheduled Visit See page 19	 <b>12</b> <b>Triwood Summer Market</b> 3-7PM 2244 Chicoutimi Dr NW	<b>13</b>	<b>Sorry!</b>  <b>NO T&amp;C TODAY!</b>	 <b>15</b> <b>Golden Bowlers</b> 11AM-1PM Registration Required Call Nigel: 403-289-4780 146-5255 McCall Way NE	 <b>16</b> <b>Fall Festival</b> <b>Hawkwood Fall Festival</b> 1-4PM 85 Hawkhill Rd NW
 <b>17</b> <b>Triwood Community Cleanup</b> 9AM-2PM 2244 Chicoutimi Dr NW	<b>18</b>	 <b>19</b> <b>Triwood Summer Market</b> 3-7PM 2244 Chicoutimi Dr NW	 <b>20</b> <b>Retirement Solutions EXPO</b> Charleswood Room See Page 14 <b>FREE LUNCH for FIRST 100</b>	 <b>21</b> <b>TEA &amp; CONVERSATION</b> 1:30 - 2:30 PM RANDY POIRIER	 <b>22</b> <b>Cat Festival &amp; Market</b> Sept 22 & 23, 11AM-8PM Telus Convention Ctr 136 8 Ave SE	 <b>23</b> <b>Fall Days at Calgary Farmyard</b> Corn Maze & Pumpkins Fri-Sun, Sep 23-Oct 30 8km E of Deerfoot, just off Highway 22X
 <b>24</b> <b>4-H Rodeo</b> Sept 23 & 24 Nutrien Western Event Centre, Stampede Park	 <b>25</b> <b>Patricia's Mobile Dental Hygiene</b> Scheduled Visit See page 19	<b>LAST DAY</b>  <b>26</b> <b>Triwood Summer Market</b> 10AM - 12PM See page 29	 <b>27</b> <b>Heritage Inn Int'l Hot Air Balloon Festival</b> Sept 27 - Oct 1 High River, AB	 <b>28</b> <b>TEA &amp; CONVERSATION</b> 1:30 - 2:30 PM GREG RUMPEL	 <b>29</b> <b>Rock &amp; Gem Show</b> Sept 28 - Oct 1 \$0-\$22.63 Spruce Meadows	 <b>30</b> <b>Home Show</b> Sept 29 - Oct 1 \$8 Seniors BMO Centre Stampede Park
<b>NOTES</b> <hr/> <hr/> <hr/> <hr/>					 <b>Thanksgiving Lunch</b> <b>Friday October 6th</b> DOORS 11:30AM <b>\$15 MEMBERS, \$25 NON-MEMBERS</b>	

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

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

Commercial, Non-Members or additional ads: \$5/month

Email [marketing@yycseniors.com](mailto:marketing@yycseniors.com) to submit your Classified Ad.

# Classifieds



## Patricia's Mobile Dental Hygiene

**Patricia visits  
every 2nd Monday:  
Sept 11 & Sept 25**

**APPOINTMENTS:  
403-289-4780**



**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](mailto:info@TheMolzanTeam.com) or visit [www.CalgaryAdultCondos.com](http://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 October 6th & November 17th. Please call us at 403-289-4780 to book.

**MOBILE DENTAL HYGIENIST:** Patricia's Mobile Hygiene visits our Centre every second Monday. 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](mailto:info@TheMolzanTeam.com),  
[www.PriceMyCalgaryHome.com](http://www.PriceMyCalgaryHome.com)  
No Hassle – No Obligation

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



Easy and tasty, this savory recipe uses apples & sweet potatoes from your September harvest. With bacon & cheddar cheese added, even the pickiest eaters will enjoy these mini casseroles.

# Recipes

## FROM THE GARDEN

### Jim had an awful day fishing on the lake...

Jim was sitting in the blazing sun all day and didn't catch a single fish.



On his way home, he stopped at the Fish Market and ordered four catfish.

He told the fishmonger, "Pick four large ones out and throw them at me, will you?"

"Why do you want me to throw them at you?" asked the fishmonger

"Because I want to tell my wife that I caught them."



"Okay, but I suggest that you take this golden trout."

"Why's that?" asked the fisherman.

"Because your wife came in earlier today and said that if you came by, I should tell you to take the golden trout. That's what she'd like for supper tonight."

Recipe courtesy of  
EatingWell.com



### Apple & Sweet Potato Mini Casseroles

#### INGREDIENTS

- 10 slices bacon
- 2 cups cooking apples, chopped
- 1/2 cup onion, chopped
- 1 10-oz sweet potato, peeled, in 1/4" cubes
- 2 tsp fresh thyme or 1/2 tsp dried thyme
- 1/4 tsp black pepper
- 6 eggs, lightly beaten
- 3/4 cup milk
- 3/4 cup cheddar cheese, shredded

#### DIRECTIONS

1. Preheat oven to 350°F. Spray a 12 muffin cup pan with cooking spray. Cut four bacon slices crosswise into thirds; chop remaining bacon.
2. Cook bacon slices over medium until crisp. Add chopped bacon, apples, and onion to skillet. Stirring occasionally, cook mixture for 5 minutes. Add sweet potato; cook 10 minutes. Stir in thyme and pepper.
3. Divide mixture into muffin cups. In a bowl, combine egg and milk; pour over potato mixture (cups will be full). Top with cheese.
4. Bake 25 minutes or until puffed and a knife comes out clean. Cool in cups 5 minutes. Remove from cups. Top with large bacon pieces. Serve warm.

<https://www.eatingwell.com/recipe/264602/apple-bacon-and-sweet-potato-mini-casseroles/>



## FACT SHEET



**DR. AMY D'APRIX,  
MSW, PhD**

Dr. Amy is an author, facilitator and coach specializing in life transition topics related to aging, retirement and caregiving. Committed to empowering people to care for themselves and their families, Dr. Amy promotes honest and productive discussion on a range of important topics.

## Evaluating how you want to live in your retirement years.

**“It is truly possible to continue to live a fulfilling life as we age — and the best way to ensure you do that is to plan for it now!”**

With retirement comes the ability to decide how you want to spend your later years. From travelling the world to exploring new hobbies or creative pursuits, it's an opportunity for self-exploration and focusing on what makes you happy. But, as we progress through our retirement years; we may find what's important to us evolves. Interests, travel and family may still be a priority, but intangible things like our independence and peace of mind may come into the picture, too.

Whatever stage in your retirement you may be in, it's worthwhile to evaluate what's most important in life to you. Planning for our later years is important to ensuring we have the life we want as we age, as it prevents us from being reactive in the face of changes that can become significant.

### **HERE ARE SOME QUESTIONS TO ASK YOURSELF IF YOU'RE CONSIDERING A CHANGE IN LIFESTYLE OR ACCOMMODATIONS:**

1. What's most important to you in your life right now?
2. Do you have any traditions or routines that are important to your happiness?
3. In your current state of health, visualize exactly how you'd like to live. Are you already leading that lifestyle?

The emotional exploration that these questions may evoke will help you to determine what—if anything—is missing in your life, and prompt you to consider what actions might be taken so that you're living the life that you want right now. Following contemplation, you may want to engage with “thought partners” (trusted people in your life who will listen and offer their ideas and perspectives in a non-judgmental way) to discuss your plans and wishes for future stages of your life.

It can be important to communicate your needs and wants to those closest to you, as you may one day need their assistance in helping to implement your desired plans.

Just because we age doesn't mean our lives can't be as fun, easy or fulfilling as they once were. With some contemplation and planning, you can empower yourself to lead the lifestyle you desire through every stage of your retirement.



# 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

## 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.

## 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.



## How to order from the Pantry

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.



### Beltone Services



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

### Insurance Services



- Workers Compensation
- SVA (Veterans Affairs)
- NIHB
- AADL
- AISH & general public requirements

### Locations

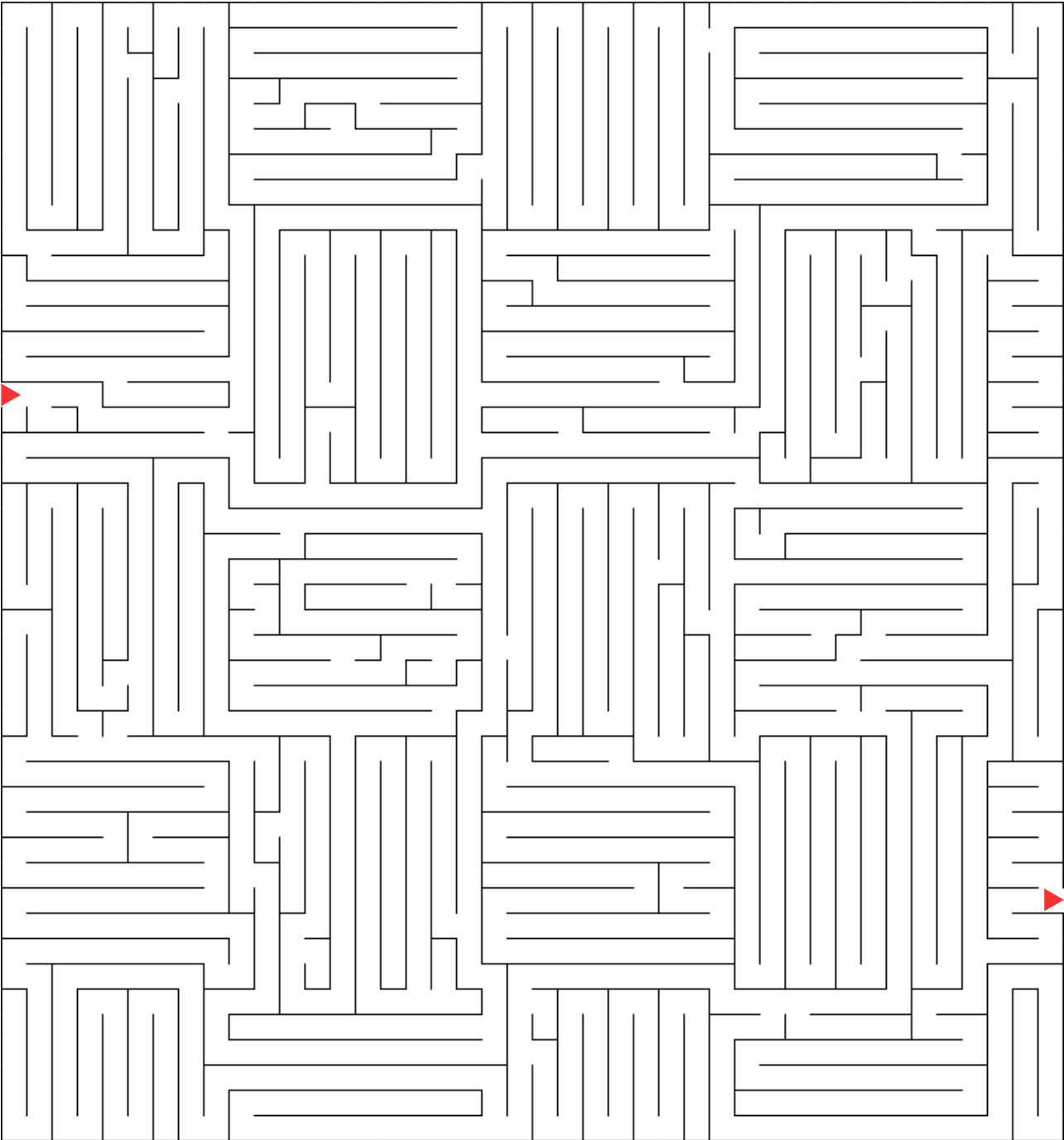


**Market Mall**  
3625 Shaganappi Trail NW  
**Macleod Trail**  
#107, 7015 Macleod Trail SW

- 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**

Can you find your way  
through the maze?

It's Amazing!





## Experience True Companionship with Origin at Home

When it comes to caring support, Origin at Home Companions understand the significance of genuine connections. Imagine having not just assistance, but a true companion who values you and your independence – Brigitte is just that!



**Meet Brigitte one of Origin at Home's dedicated Companions. She is compassionate, energetic, caring and most of all fun.**

*"I believe my work as a companion can make a real difference in the lives of seniors, as I can provide them with the companionship, support, and assistance they need to live their lives to the fullest. I enjoy supporting with exercises, walking, and amazing conversation where I can share and learn so much. I feel honoured to help people stay independent."*

Origin at Home Companions are more than just helpers; they're compassionate friends who genuinely care. We believe in building relationships that enrich lives. With Origin at Home, you won't just have someone around; you'll have a companion who listens, shares stories, and brings moments of true happiness.

Origin at Home Companions specialize in fostering well-being through light housekeeping, fitness, dementia support, nutrition, outings and much more.

Experience the gift of true companionship with Origin at Home.

Book a free consultation today.

**403-919-7147**

[originathome@origin.ca](mailto:originathome@origin.ca) | [www.originathome.ca](http://www.originathome.ca)



# President's Message Con't

*Continued from Page 4*

members, we believe it has been a good move that has allowed us to continue to operate. We have reached a harmonious arrangement with Triwood and are confident that will continue to everyone's benefit.

Your Board of Directors and your Executive Director would love to hear what you think. What is your vision of the future of Confederation Park Activity Centre? What would you like to see in the way of classes and social events? Let us know by leaving your opinions in writing or email the office at [ed@yycseniors.com](mailto:ed@yycseniors.com).

If you would like to talk to a member of the Board, leave a message at the office or come up to us at social events and introduce yourself.

I am hoping to set up an email address in the very near future where you can contact the Board directly. We look forward to seeing our members and friends enjoying themselves around the Centre.

Let's Chat!



Sharon Dun  
President

## Register for Fall Classes!

Please register online or come to the Office between 10 AM - 2 PM, Monday - Friday to sign up.

Classes are filling up quickly - register today!

ART CLASSES  
FITNESS & DANCE  
SPECIAL INTEREST  
CLUBS

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

# Crossword

ANSWER ON PAGE 28

Thank you to [bestcrosswords.com](http://bestcrosswords.com) for this game.



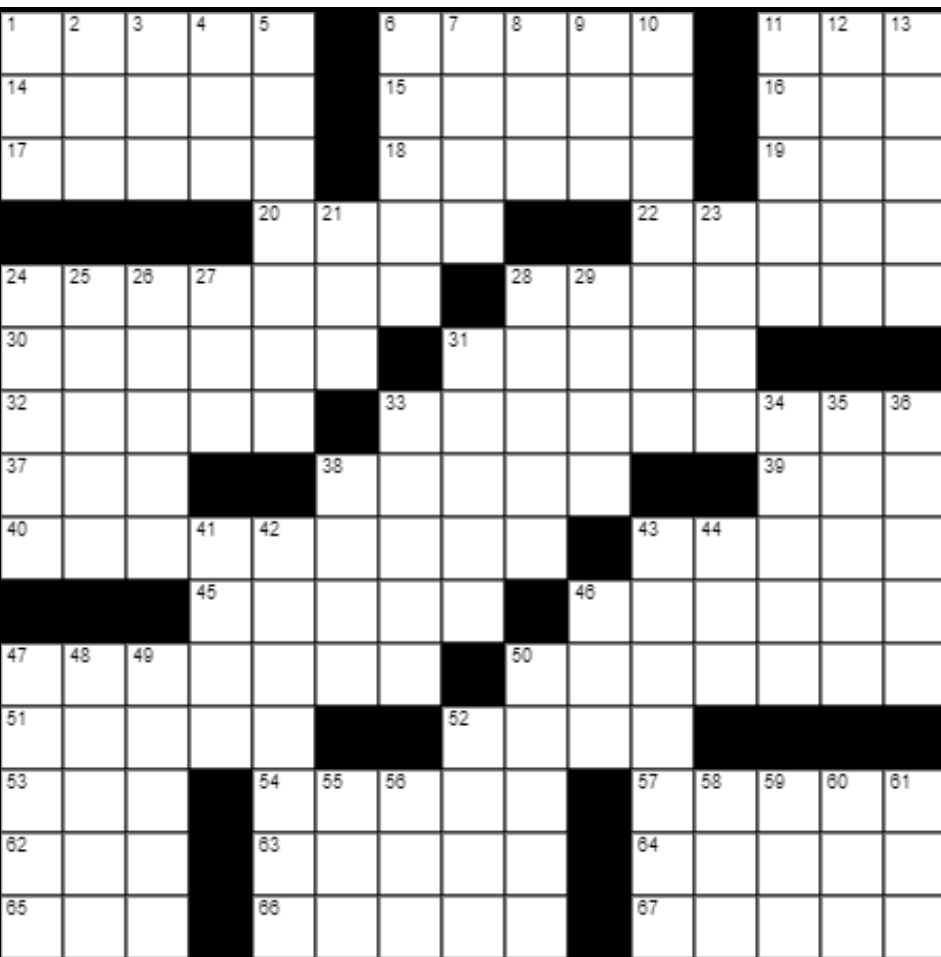
## Casual - Easy

Puzzle #1

Published Aug 1, 2023

### ACROSS

- 1- Logic;
- 6- Fights;
- 11- Old cloth;
- 14- Until now;
- 15- Honda model;
- 16- Narcissist's problem;
- 17- Hanger-on;
- 18- Last letter of the Greek alphabet;
- 19- Actress Joanne;
- 20- Caucus state;
- 22- Purchaser;
- 24- Amusing;
- 28- Engender;
- 30- Incarnation;
- 31- Spirited horse;
- 32- Bottom line;
- 33- Pertaining to the thyroid or adrenal, e.g.;
- 37- They loop the Loop;
- 38- Holmes's creator;
- 39- \_\_\_\_-Wan Kenobi was a character in "Star Wars";
- 40- Toward Antarctica;
- 43- Celtic priest;
- 45- Shabby;
- 46- Home on the range;
- 47- Rashly;
- 50- See;
- 51- High times?;
- 52- Ornamental fabric;
- 53- Broadcast;
- 54- External;
- 57- Stiff bristles;
- 62- Acid;
- 63- Skill;
- 64- Trail;
- 65- Caustic stuff;



- 66- Young purrer;
- 67- Brown;

### DOWN

- 1- Gal of song;
- 2- Language ending;
- 3- TV's "Science Guy";
- 4- Dry, as wine;
- 5- In the right;
- 6- Frown;
- 7- Fine cotton;
- 8- \_\_\_\_ Maria;
- 9- Semi;
- 10- Healed over, like a scrape;
- 11- Color anew;
- 12- Come to a consensus;
- 13- Melon, e.g.;
- 21- Dinghy thingy;
- 23- Official language of Pakistan;
- 24- Actress Phoebe;
- 25- Convex molding;

- 26- Island in the East China Sea;
- 27- Give \_\_\_\_ rest;
- 28- San Marino surround;
- 29- Panamanian baby;
- 31- With cunning;
- 33- Small canyon;
- 34- Jeweler's magnifier;
- 35- \_\_\_\_ Irish Rose;
- 36- Travels on;
- 38- Fender dig;
- 41- Counterfeiter catcher;

# Thank You Sponsors



**A M I C A**  
SENIOR LIFESTYLES



**B R I X**  
REAL ESTATE GROUP



*I used to have a fear of  
speed bumps, but I'm  
slowly getting over it.*

*3.14% of sailors  
are considered  
pi-rates.*



*I used to hate facial  
hair, but then it grew  
on me.*

THE DRY-ERASE BOARD  
IS THE MOST  
REMARKABLE INVENTION.



*That wedding was so  
emotional, even the cake  
was in tiers.*



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

SMALL	MEDIUM	LARGE
<b>\$30</b>	<b>\$35</b>	<b>\$40</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



**WEEKLY SUMMER MARKET**

Tuesdays 3-7pm  
June 6 - September 26  
2023



**SEASONAL FALL MARKET**

10am - 4pm  
Sunday, October 1st  
2023



**SEASONAL WINTER MARKET**

8pm-9pm & 10am-4pm  
December 1st & 2nd  
2023



## Broomball

New season starts in September and we play every Sunday for an hour starting at 5:30PM

- Broomball "lite"!! (We use nerf/foam balls and play "no contact"!!)
- This is a Great way to have Fun while Learning a new sport and getting a Good aerobic workout
- A minimal Sports Fee gives you 8 months of fun and a willingness to volunteer at other events / fundraisers
- Brooms and balls supplied, but helmet and clean footwear is needed as we play on Triwood indoor ice.
- If you love it, as we expect you will, broomball shoes are recommended and we can help you find them.
- All are welcome!!

Call Don to Sign Up!

**403-829-2794**



## CROSSWORD Answer from Page 26



**ORIGIN<sup>at</sup>HOMe**

Companion Services



1	S	E	N	S	E		6	S	P	A	R	S		11	R	A	G		
14	A	S	Y	E	T		15	C	I	V	I	C		18	E	G	O		
17	L	E	E	C	H		18	O	M	E	G	A		19	D	R	U		
						20	I	O	W	A			22	B	U	Y	E	R	
24	C	O	M	I	C	A	L		28	I	N	B	R	E	E	D			
30	A	V	A	T	A	R		31	S	T	E	E	D						
32	T	O	T	A	L		33	G	L	A	N	D	U	L	A	R			
37	E	L	S			38	D	O	Y	L	E			39	O	B	I		
40	S	O	U	T	H	E	R	L	Y		43	D	R	U	I	D			
						45	M	A	N	G	Y		48	T	E	E	P	E	E
47	I	N	H	A	S	T	E		50	W	I	T	N	E	S	S			
51	N	O	O	N	S			52	L	A	C	E							
53	A	I	R			54	O	U	T	E	R		57	S	E	T	A	E	
62	L	S	D			63	C	R	A	F	T		64	T	R	A	C	K	
65	L	Y	E			66	K	I	T	T	Y		67	S	A	U	T	E	

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](http://www.OriginAtHome.ca)



**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?**

Are you concerned about a senior in your community?



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:**

**Tuesday, Sept 26th, 2023, 10am  
JTs Pub at Confederation Park 55+ Activity Centre**

# Become a Member

## 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
- Events Committee Members
- T&C - Setup / Serving / Clean Up
- Fundraising & Grant Writing
- Phoning members who don't have email

“

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

– Kathy Calvin

”



## 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



Want to learn how to play Bridge?

## BRIDGE LESSONS

FOR EASY-INTERMEDIATE PLAYERS  
INSTRUCTED BY TOM WILCOCK

September 19, 2023 - November 21st

9:45 - 11:45 AM

Bow Cliff Seniors Centre • \$65.00 per person  
Minimum of 8 Registrants Required



FUN PARTNER PARTY BRIDGE  
TOURNAMENT

Saturday September 23rd 10am - 4pm

3375 Spruce Drive SW



Luncheon, Coffee, Tea & Goodies Included!

Cash prizes for the 1st, 2nd, 3rd and 4th  
place, large & small slams.

Door Prizes to be won!

Fee is \$35 per person. You will receive a \$15 tax donation from BCI

All proceeds will go to Bow Cliff Programming.

RSVP Prior to September 16th!

Contact our office at 403.246.0390

### 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



You're Invited! Join us as we celebrate  
50 years of serving seniors in Calgary!

**Saturday, November 4th, 2023 | Hudson, 6th Floor**

*Early Bird tickets available until September 15th*

Tickets are \$225 each or a table of 8 for \$1,700

**[UnisonAlberta.com/Gala](https://UnisonAlberta.com/Gala)**

Lighting up hearts & lives for 50 years

\*Sponsorship opportunities available.  
Contact us by email at [AndresG@UnisonAlberta.com](mailto:AndresG@UnisonAlberta.com)



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





# SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

## SUPER SPANISH WITH ABRIL

SATURDAYS  
SEPT. 16, 2023 - DEC. 9, 2023

11:00 am - 12:30 pm

Learn to speak spanish from  
beginner level or practice and  
expand your existing skills

To register visit us on line at  
[www.pdnf.org](http://www.pdnf.org) or get in touch at  
E: [info@pdnf.org](mailto:info@pdnf.org)  
T: (403) 283 0620

Please join us for our



## Welcome Back Luncheon

Thursday September 7, 2023

11:00am - 1:00pm

Tickets \$15.00

Includes lunch and entertainment

Tickets must be purchased by September 5, 2023

Help up ring in the fall semester and welcome  
everyone back from summer break

Parkdale Nifty Fifties Seniors Association  
3512 5 Ave NW  
E: [info@pdnf.org](mailto:info@pdnf.org)  
T: (403) 283-0620  
[www.pdnf.org](http://www.pdnf.org)

## Bowness Seniors' Centre

6422 35<sup>th</sup> Avenue NW, Calgary, (403)286-4488, [info@bownessseniorscentre.com](mailto:info@bownessseniorscentre.com)



## Fall Apple Dinner/Dance



Friday September 29, 2023

Doors open at 5, Dinner at 6

\$20.00 Members & \$25.00 non-members

All things apple to celebrate.

Johnny Appleseed Day Sept 26

Purchase tickets from BSC by Wednesday Sept 27

No tickets sold at the door.

Thank you to our sponsor **UNCOMMON CIDER CO.**

## GFLS

## PAINT NIGHT

Tuesday,  
Sept. 12 / 23  
6 PM



Hosted by The Playful Painters  
\$40\*\*

Pre-purchase tickets at GFLS Centre

(\*Cancellations, less \$5 admin fee, available up to Friday, Sept 8 / 23.)

3425 - 26 Avenue SE, Calgary, AB

403-272-4661

[support@gfls.org](mailto:support@gfls.org)

# SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



## Birthdays

Celebrated 3rd Tuesdays  
Every Month at 2:00 pm

Invitation To All Celebrating  
Birthdays Who Were Born In  
the Same Month



**Games Nights:** \$3 Drop-In  
6:30PM - 9PM, September 1 & 15

**Book Club:** \$3 Drop-In  
10AM, Sept 8

**Monthly Luncheon,** \$15 Member, \$20 Non  
12PM, Sept 11

**Reflexology,** \$65/hr Appointment Only  
September 14 & 28

**Tea & Conversation,** \$10 Members  
1PM - 3PM, Sept 15

Medicine Wheel Presentation

403-283-3744 • [gogetters.ca](http://gogetters.ca) • 1940 6 Ave NW



## The Business of Selling Your Art

Created and Facilitated by:  
**Margaret Holland**  
Artist, Art Educator



### Are you prepared and ready?

What do you need to enter into  
the world of marketing your art for  
sale?

This workshop will capture your  
building blocks of documentation  
and information to get you ready!



Saturday, Sept 9 2023  
1:00PM-4:00PM



Parkdale Nifty Fifties  
3512 5 Ave NW

To Register: Call 403-283- Member Price - \$85.00  
0620 or visit [www.pdnf.org](http://www.pdnf.org) Non-member Price - \$115.00



### Workshop Content

- Starting your art inventory record
- Presentation of an art portfolio
- How do you set a price for your paintings?
- Create your biography
- Create your artist statement

### Supply List

- Pencil, eraser, notebook, ruler
- Dimensions of 5 images (length and height)
- Framing receipts for 5 of those images

NATIONAL DAY FOR  
TRUTH AND RECONCILIATION

'SAVE THE DATE'

SATURDAY

SEPTEMBER 30, 2023

11:00AM - 2:00PM

## COMMUNITY BBQ

- FEATURING INDIGENOUS  
MUSIC

[info@pdnf.org](mailto:info@pdnf.org)

(403) 283-0620

More details to follow



Parkdale  
Nifty 50's



**SUPER MEMBERSHIP  
& FRIEND CENTRE ACTIVITIES**

# POKER TOURNAMENT

**FRIDAY**

**OCTOBER 20, 2023**

**4 PM REGISTRATION & DINNER**

**5 PM TOURNAMENT START TIME**

**TRIWOOD COMMUNITY CENTRE 2244 CHICOUTIMI DR NW**

## **BUY-IN**

**\$200 WITH \$100 UNLIMITED  
REBUYS UNTIL INTERMISSION**

**\$100 TOP-UP OPTION AT INTERMISSION**

# **\$10,000**

**IN NON-CASH PRIZES!  
FOR THE TOP 10**

**SPONSORED BY**



**ALL PROCEEDS WILL BE GOING TO HELP THE ALZHEIMER'S SOCIETY OF CALGARY,  
BOW CLIFF SENIORS AND THE CONFEDERATION 55+ ACTIVITY CENTER.**

*For more information* **[YYCSENIORS.COM/POKER](https://www.yycseniors.com/poker)**



# OPEN HOUSE



SEPTEMBER 22 & 23 | 10 AM – 4 PM

You're invited to drop in during our Open House event, where you can look around and ask us your questions about:

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

Walk-ins and family and friends are welcome, with no RSVP required!

Visit [Chartwell.com](https://www.chartwell.com) or call 1-844-727-8679  
today to find your nearest Chartwell residence!

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

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

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

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

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

