



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

OCTOBER 2023

IN THIS ISSUE

Events, events, events! Check out our jam-packed Event Schedule. See Page 12

Budget a bit tight this month? Pick up a FREE pantry hamper available for everyone. See Page 22

Thinking of becoming a Super Member? Check out the upcoming bus trips and events at Super Member Centres. See Pages 30 - 35

Charitable Registration # 13217 1638 RR0001 2244 CHICOUTIMI DR NW CALGARY AB T2L 0W1 | 403-289-4780 | WWW.YYCSENIORS.COM

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Cover Photo: Larch season is here and the Kananaskis is showing off its beautiful seasonally golden hue! Photo courtesy of @jaegermiklabalan on Explore Kananaskis' Facebook Page.

We are Located in the Triwood Community Centre 2244 Chicoutimi Dr NW Calgary, AB T2L 0W1

NOTE: Photos are taken at events and programs. This is another way we promote our centre. If you choose not to have your photo taken, please inform the photographer.

BOARD OF DIRECTORS

Our Team

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	ΡM
Member Services	. 9:00	AM	- 3:00	ΡM
Registrations	10:00	AM	- 2:00	ΡM

403-289-4780 | info@yycseniors.com

Advertising Info & Rates: yycseniors.com/rates



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.



Hello all!!

Fall....one of my favorite times of year. Love the colours, love walking and it's not too hot.

We have been here at Triwood for just over 2 years now and so much has changed. The new Executive Director Chad Geiger is a wonderful addition to Triwood! He is great to work with and the bonus is that he worked at Kerby for 14 years and has a great understanding of older adults. He is wanting to do some events with us which is truly delightful.

New classes are a big hit. Many thanks to Nigel for securing the new instructors for us. Tom and Kalin have been very well received by their classes.

December 23,24,25 Casino: I want to first thank all of those who were so quick to sign up for our casino!! We have filled a lot of the slots for the 23rd but need some for the evening shifts. The 24th and 25th is lacking in volunteers so let's hope we can fill the positions. We ended up with the last choice for our casino so the dates are not ideal for a lot of people. I am working all three nights because I can't ask you to volunteer if I am not up for it.

Our Housekeeping Program is stalled as our housekeeper did not show. We are working hard to get someone but it has not been easy.

If you know a mom who wants a part-time job for the moment, this would be ideal as she can work around her children. We are paying a good wage and this is light housekeeping so not hard work.

I have been working on a number of grants over recent weeks. It has kept me extremely busy to say the least. But once we find out if we are approved, then I will share what we are hoping for in the year ahead. The staff have been busy as well. We have a terrific team here who gives their heart and sole to make every event, class and presentation an amazing experience for you. Just know that every day is about you!

Please don't hesitate to make an appointment to come and meet with me if you have any new ideas that you might want to see us trying here at the centre. We are always open to trying new things here at the centre.

I wanted to thank our instructors this time! We have amazing instructors who do exceptional work here at Confed Park. Many of them have been with us for years and continue to give us stellar instruction week after week. I have much to be thankful for with my job. A terrific board, the best staff ever, a wonderful board of directors, great instructors and of course none of this happens without the members!!

Have a great a Thanksgiving all!!!



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!

The beautiful davs of Alberta Autumn are upon us and personally I am eniovina watching the

leaves turn on bright sunny days.

I hope you are all enjoying being back in the routine of enjoying classes and through Confederation events offered Park 55+ Activity Centre. October seems to be a twilight zone of seasonal mix.

> When we go into stores, we are likely to see Halloween, Thanksgiving and Christmas. I wish they would just pick one and go with it – and it is far too early for Christmas Decorations! It seems to be the same way with weather.

do we wear a sweater or a ski jacket and hope for the best?

On the good side, it is time to dig out your favourite home made soup recipe, and one of mine is featured on page 20. You can't beat a bowl of hearty soup and a nice crusty roll on a chilly day. If you have a favourite soup recipe you would like to

share, send it along so everyone can enjoy it.

Have you ever wondered about how you can help our Centre continue to run Why successfully? not consider becoming a member of the Board of serving Directors or on one of the experience Committees. Your and enthusiasm would be welcome and gratefully received. Any of your Board Members would be thrilled to talk to you about it and we can usually be found at any of our events. We are always wearing our name badge to identify us as a member of the Board. Big News! We now have an email address specifically for the Board of Directors. It is board@vvcseniors.com. Feel free to contact us through that address and give vour ideas. concerns. ideas. us suggestions, etc. You get the idea.

See you all around the Centre. If there is anything you need help with, be it personal or to do with classes or events we will try our best to help you out. Let's take care of each other.

Sharon Dur 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

SUDOKU EASY

EXTRAORDINARY SENIOR LIVING

AMICA

BRITANNIA

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

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8	2						
		6 8	2		3	1	
	1	8				6	
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2 3					2 4		3
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SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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SUDOKU HARD

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				3			9	6
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Word Search

ANSWER at yycseniors.com. Thank you to Discovery Education PuzzleMaker for this game.

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BROWN	W	н	I	\subset	А	н	D	0	А	S	γ	R	0	С	0	U	Р	I	W	т	к	R
CHILLY	Е	F	Е	R	н	в	\times	к	к	т	А	А	Q	А	Z	А	Е	Q	0	А	Е	Q
CIDER	С	н	I	L	L	Υ	т	R	L	Н	U	в	U	R	Υ	Ν	J	U	R	R	0	C
COBWEB	Υ	т	Ν	Е	L	Ρ	Е	0	\subset	Е	Υ	R	т	γ	D	U	Q	т	\subset	G	0	0
COLOURS	L	Е	Ν	Ν	А	L	F	R	0	С	А	А	Е	S	D	L	0	G	Е	I	U	s
CORN MAZE	н	J	А	А	Е	۷	0	\times	Ν	F	I	\vee	М	к	Υ	I	Ρ	S	R	М	А	т
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CRANBERRY	т	R	L	U	Е	I	s	А	Е	G	А	U	I	R	Т	0	D	м	s	×	R	Е
CRISP	А	С	I	Е	в	0	J	Т	F	۷	Ν	L	0	R	Ν	М	U	т	U	А	0	s
DECORATE	Ν	\subset	Z	Р	м	к	А	L	U	v	в	U	А	G	v	J	\subset	Е	Ν	s	W	I
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FALL	Е	W	s	R	0	Е	А	к	Е	0	R	U	F	J	S	I	Е	Е	к	U	С	R
FAMILY	в	J	z	\subset	Ν	0	v	s	Ν	Ν	R	Е	I	Ρ	Q	W	к	в	F	0	к	м
FEAST	I	J	Е	D	к	М	Υ	\subset	Ν	F	Y	L	0	к	0	R	\subset	R	Е	L	Н	G
FLANNEL	н	D	А	к	н	s	А	F	I	z	А	0	s	L	U	z	А	Q	\subset	0	А	υ
FOOTBALL FRIENDS	Е	G	Ν	А	R	0	I	z	D	Ν	к	м	L	т	W	0	J	0	т	С	Q	L
GENEROUS	н	s	А	U	Q	s	н	R	Е	Y	Е	А	I	Р	U	М	Р	к	I	Ν	s	Е
GOLD	т	н	А	Ν	к	F	U	L	в	s	Н	\subset	s	L	G	N	I	F	F	U	т	s
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The boutique is open for business! Hours: Mon-Tue-Thurs 12-3 Wed & Fri by appointment.

Boutique on the Park



403-289-4780

If 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.

LOCATED IN THE

Foothills Room

(DOWNSTAIRS, LAST DOOR ON LEFT)



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

DONATIONS

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.

DONATION ITEMS

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

Gently used clothing Purses Shoes/boots Ties Scarves Coats Jewelry

UNDERWEAR:

We are no longer accepting underwear unless the garment is NEW and has the store tag still attached.

We are NOT accepting any house hold items at this time.

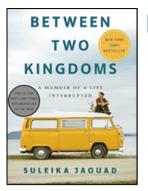
Thank you all for your kind words and donations to our beautiful Boutique.







Book Club



Book Review

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

This month our Book was 'Between Two Kingdoms ' by Suleika Jaouad. What a great start to the fall season!

This is a fact based book and it deals with the author's painful and incredible journey through a diagnosis and treatment of leukemia in her early twenties, and takes us to the second phase of her life, post leukemia, and how she dealt with her post morbid self. Scores were in the range of a low of 6 to a couple of 9s with most folk settling for 8/10. So what took us there?

The first Kingdom was the Kingdom of Pain and Isolation- the agonies of chemo, bone marrow transplant, more chemo plus solitary confinement. This portion of the book was harrowing. Some of us wished we could have skipped such a painful read. The author had been journaling throughout her experience, mostly as therapy, but her blog went viral and was taken up by The New York Times. This garnered her a heap of mail from fellow sufferers as well as an inmate of maximum security.

Then came the second part of the book. The part the author never expected to experience. The realization that you do not go 'back to normal.' You go on and you need to create your own 'new normal'. The Kingdom of Healing and Survival. This part of Suleika's journey was the one that resonated the most with our club. We ALL had known people with cancer. Being of mature years, we have all encountered trauma.

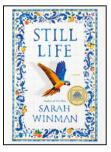
Her journey around the USA started in the Fall and included her driving through a wintertime Montana in a borrowed Subaruwith her first dog, Oscar. Her insights around this part of her healing journey made you feel as if you needed to take a hi-lighter to your copy of the book. There thought were manv provokina S0 suggestions. As she visited with a number of her blog correspondents all around the United States, every one of them had something fresh to offer her and thus to her readers -Yes, she visited the Jail! -

Discussion in the pub was very lively and inevitably included our own anecdotes and insights. To quote Suzanne - 'We had a great discussion with intelligent people." This book is recommended for all people going through trauma and also their friends, family and caregivers.

Next month we will be discussing "Still Life" by Sarah Winman.

Submitted by Jean Kensit

OCTOBER Still Life by Sarah Winman



Stumped? Visit our website for the answer! yycseniors.com/the-gazette

Find 15 Differences



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Tea & Conversation

Thursdays at 1:30 PM

Here's a little hug for you To make you smile when you feel blue To make you happy if you're sad, To let you know.... life ain't so bad!



Now I've given a hug to you, Somehow, I feel better too! Hugs are better when you share, So pass one on and show you care!

Already it is that time of the year for us to start getting ready for "Old Man Winter" COLD, SNOW, ICE and the FLU (2)

- Bundle up and stay warm: winter boots, gloves, hats and winter coats are a must.
- Remember to take extra precautions when shoveling the snow don't be afraid to ask for help.
- Make sure you have anti slip boots and shoes to help prevent you from a fall on the ice.
- Wash your hand frequently and cough into your elbows. If you are not feeling well stay home and seek medical attention if needed.

Thank you all for your donations to the Tea & Conversation program; your support is greatly appreciated and needed. The program is every Thursday in the Charleswood Room. T&C program begins at 1:30 - 2:30. If you have any questions, please call Debbie @ 403-289-4780.

Thanks to all of our volunteers. We are so lucky to have each and every one of you to count on week after week and you never let us down. Thanks a million!!

Studies have shown that participating in an event like T&C has positive benefits for your emotional, mental and physical well-being. Stay active and stay involved. ♥



<section-header>

Tea & Conversation













Tea & Conversation

T&C is well attended every week and, for that, we thank you for all of your support. We are so fortunate to have great people supporting our program.









Upcoming Events

Upcoming events at our Centre. Visit yycseniors.com to register or for more information.

November 10th

Remembrance Day

Ceremony & Lunch

Veterans Food Bank

9:30 AM - 1:30 PM See page 15 for details

\$10 all proceeds to the



October 6th **Thanksgiving Turkey Lunch** 11:30 AM - 2:30 PM See page 14 for details

GAMES DAY

October 13th Friday Afternoon Games \$10 includes Pizza 12:00 PM - 3:00 PM See page 25 for details



November 14th FREE Book Signing Pearls from the Storm with Jaline Perfect 10:00 AM - 12:00 PM See page 23 for details

Remembrance Dau

Ceremonu

REGISTER AT

YCEENIORSOCOL

* NOVEMBER 17TH *

ONLY \$10 • INCLUDES PIZZA FRIDAY AFTERNOONS • 12 PM - 3 PM

\$10





October 17th Bus Trip to Rivercross Ranch 11:00 AM - 2:30 PM

- Meet at 11:00 AM at our front entrance.
- Waivers must be signed before boarding the bus.

October 20th **Poker Tournament** 4:00 PM - 11:00 PM \$200 Buy In with re ouv \$10,000 - m Prizes! See page 35 for details





October 24th FREE Presentation: **Planning Your Senior Living Journey** 10:00 AM - 12:00 PM See page 29 for details



December 8th Christmas Lunch 11:30 AM - 2:30 PM \$35 Members \$45 Non-Members

November 17th Friday Afternoon Games \$10 includes Pizza 12:00 PM - 3:00 PM See page 25 for details

November 28th FREE CRA Benefits Presentation 10 AM - 12 PM



LINKages Club

Riddle Me This

Answers on page 20.

Who makes it, has no need of it. Who buys it, has no use for it. Who uses it can neither see nor feel it. What is it?

2 What is 3/7 chicken, 2/3 cat, and 2/4 goat?

3 Poor people have it. Rich people need it. If you eat it, you die. What is it?

4 I'm loud when I'm changing. When I change, I get bigger but weigh less. What am I?

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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





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



INTERGENERATIONAL LINKages Club

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

NEXT MEETING DATES:

Mondays3:30 PM - 4:30 PM

OCTOBER 16th NOVEMBER 6th & 20th DECEMBER 4th

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

FEATURED

Sorry! This event is SOLD OUT! Purchase your tickets to our events as soon as you can as they sell out quickly! yycseniors.com

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!



Beltone



YYCSENIORS.COM | 403-289-4780 | CONFEDERATION PARK 55+ ACTIVITY CENTRE

Register for this event in person at our Office or online at yycseniors.com.

Upcoming







Please attend Confederation Park 55+ Activity Centre and Triwood Community Assn's

Remembrance Day Ceremony

November 10th Doors: 9:30 AM

NO ADMITTANCE AFTER 10:30 AM

Chili & Fixings SERVED AFTER THE CEREMONY







TICKETS: yycseniors.com

MENU SUBJECT TO CHANGE WITHOUT NOTICE

CONFEDERATION PARK 55+ ACTIVITY CENTRE | 403-289-4780 | YYCSENIORS.COM

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OCT PROGRAMS

TO REGISTER

Call 403-289-4780 or visit yycseniors.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEATED YOGA 9:30 AM - 10:30 AM No class Oct 9, Nov 13 DRAWING 2 10:45 AM - 12:45 PM No class Oct 9, Nov 13 PERFECTLY IMPERFECTS 11:00 AM - 12:30 PM No class Oct 9, Nov 13 SPANISH 2 Adv Beg 12:45 PM - 1:45 PM No class Oct 9, Nov 13 LINE DANCE Beginner 1:00 PM - 2:00 PM No class Oct 9, Nov 13 CHINESE MAHJONG CLUB 1:00 PM - 3:00 PM No club Oct 9, Nov 13 BOOK CLUB 1:00 PM - 3:00 PM Oct 2, Nov 6, Dec 4	CRIB 9:00 AM - 11:00 AM DRAWING 10:00 AM - 12:00 PM PAINT WITH CAROL MARASCO 10:00 AM - 12:00 PM House by Ocean: Oct 17 Fall Birch Trees: Nov 21 Northern Lights: Dec 5 TAI CHI Beginner 10:00 AM - 11:00 AM YOGA 10:45 AM - 11:45 AM TAI CHI Intermediate 11:05 AM - 12:05 PM TAP Beginner 12:00 PM - 1:00 PM	THE WORX8:45 AM - 9:45 AMFirst Class Oct 4SEATED YOGA9:45 AM - 10:45 AMTAP Advanced11:30 AM - 12:30 PMBELLY DANCING12:00 PM - 1:00 PMFirst Class Oct 4BALLET for Seniors12:45 PM - 1:45 PMENERGIZING DANCE2:00 PM - 3:00 PM	WOODCARVERS 9:00 AM - 11:00 AM JAZZ 11:00 AM - 12:00 PM SEATED YOGA 12:15 PM - 1:15 PM TEA & CONVERSATION 1:30 PM - 2:30 PM *See pages 10 & 11 for details. \$5 Requested Donation yycseniors.com/t&c	ZUMBA GOLD 8:45 AM - 9:45 AM No class Oct 20 UKULELE 10:00 AM - 11:00 AM No class Nov 10 UKULELE 11:15 AM - 12:15 PM No class Nov 10 COMPUTER 1:30 PM - 2:30 PM No class Oct 6, Nov 10 & Dec 8
EUCHRE 1:00 PM - 3:00 PM No club Oct 9, Nov 13 WATER COLOURS 1:15 PM - 3:15 PM No class Oct 9, Nov 13 SPANISH 3 Beyond Beg 2:00 PM - 3:00 PM No class Oct 9, Nov 13 LINE DANCE IMPROVER 2:15 PM - 3:15 PM No class Oct 9, Nov 13 LINKAGES (SEE PAGE 13) 3:30 PM - 5:15 PM Oct 16, Nov 6 & 20, Dec 4	ALCOHOL INKS Intro 12:30 PM - 2:30 PM SHARING HANDICRAFTS 1:00 PM - 3:00 PM HARMONY FIRST 12:30 - 3:00 PM	CHARLESWOOD	(upstairs) Pl ostairs) ZC /OOD - ROOM ACC	DOTHILLS (downstairs) JB (downstairs) DOM (online)

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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

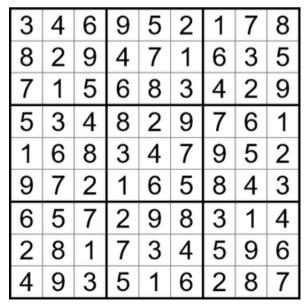
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SUDOKU PUZZLES ON PAGE 5

SUDOKU MEDIUM

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

SUDOKU HARD



OCTOBER Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Club 10AM - 4PM Red & White Club 1833 Crowchild Tr NW	2 Harvest Pumpkin Fest Oct 1 - 29th Butterfield Acres Petting Farm	Active Aging Presentations Unison at Kerby Centre Kerby Gymnasium FREE Presentations See page 33	4	5 Tee & conversation 1:30 - 2:30 PM SOX & SAX	6 <i>Thanksgiving</i> <i>Eunch</i> DOORS 11:30AM	7 Podiatrist Clinic Friday, Oct 6 Appointments: 403-289-4780
8	9 (hanks) giving	Lo Carol Marasco's House by the Ocean NEXT WEEK on Oct 17 10AM - 12PM yycseniors.com	11	12 Tea & conversation 1:30 - 2:30 PM RANDY POIRIER	Games Day Noon - 3PM JTs Pub See page 25	Calgary Tattoo & Arts Festival 20th Anniversary Oct 13 - 15 Stampede BMO Centre
15 Reptile Expo Oct 14 9AM-5PM Oct 15 IOAM-4PM \$10 Genesis Centre 7555 Falconridge BI NE	Lunchbox Theatre's The Dark Lady Oct 15 - 29 115 - 9 Ave SW Tickets \$25	BUS TRIP Rivercross Ranch Bus Leaves at 11 AM	Calgary Opera's Marriage of Figaro Oct 14, 18 & 20 Jubilee Auditorium	19 Tee & conversation 1:30 - 2:30 PM GREG RUMPEL	20 POKER TOURNAMENT 4:00 PM Registration & Dinner	21
22 REVEEN Hypnosis Monday, Oct 23, 1-4 PM The Kingshead 9116 Macleod Tr SE thekingshead.ca	23 Patricia's Mobile Dental Hygiene Scheduled Visit See page 19	PLANNING YOUR SENIOR LIVING JOURNEY 10 AM - 12 PM JTS Pub See page 29	25	TEA & CONVERSATION 1:30 - 2:30 PM TIMELESS REFLECTIONS	Alberta Ballet's The Sleeping Beauty Oct 26-28 Jubilee Auditorium	28 Halloween Brunch Oct 28 & Oct 29 Wilder Institute / Calgary Zoo 210 St George's Dr NE
29 FOISON PRISON Revisited 2PM, \$51-\$61 for tix Jubilee Auditorium	30 Top Gunn: A Maverick Musical Oct 28 - Jan 13 Jubilations Dinner Theatre, 1002 - 37 St SW	HALLOWEEN TRICK	Re C	emembr Cerei November 10th See page 15	NONY 1 • \$10 Tickets	VETERANS FOOD BANK

Members & Super Members are entitled to ONE FREE Personal Classified Ad per month! Only \$5/text ad; Business Card Size: \$45 Colour, \$30 B/W Submissions: marketing@yycseniors.com

Classifieds



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.

LAWYER APPOINTMENTS with Arlene Blake are available for our members. Next visits are October 23rd, November 13th and November 27th. Please call us at 403-289-4780 to book an appointment.

HOUSEKEEPER WANTED: Full-time, competitive wage. Must have access to a vehicle, a clean drivers abstract and valid DL as well as a police check. Please contact Jeannette or Nigel at 403-289-4780 or email ed@yycseniors.com.

Obituaries

Patricia's Mobile Dental Hygiene

Patricia visits every 2nd Monday: This Month: Oct 23

APPOINTMENTS: 403-289-4780



PETERS, Sarahlin: It is with great sadness that we announce the passing of Sarahlin Peters at the age of 53. Sarahlin is survived by her husband Phil Peters, her daughter Samantha Peters, her son Alec Peters, her mother, Linda Earl, and her brother, Rob Earl. A celebration of Sarahlin's life will be held at a later date. In lieu of flowers, donations may be made to the Cancer Society.

POOL, **Jane Ann**: Jane Ann Pool was an active member of Confederation Park 55+ Activity Centre and participated in Ballet, Jazz, and Tap classes for many years. It is with a heavy heart that we announce her peaceful passing on August 28th at the age of 93.

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

Recipe courtesy of Sharon Dun. (Company's Coming)

Big Bad Wolf Woes



Little Red Riding Hood is skipping down the road when she sees the big bad wolf hiding behind a log and says, "Oh what big eyes you have!"

The wolf runs off.

Later she sees him hiding behind a tree and exclaims. "Oh what big ears you have!"

Again the wolf runs off.

Later she sees him hiding behind a road sign and cries, "Oh what big teeth, you have!"

The big bad wolf jumps

out and says: "Will you please leave me alone, I'm trying to go to the bathroom!"



Did you hear the rumour about butter?

Well, I'm not going to spread it!

Riddle Me This (page 13): 1.A Coffin; 2. Chicago; 3: Nothing; 4: Popcorn



Hamburger Soup

INGREDIENTS

- 1½ lbs lean ground beef
- 1 medium onion, finely chopped
- 796 mL can of whole, diced or stewed tomatoes (large can)
- 2 cups water
- 3 284 mL cans of tomato soup
- 4 carrots, finely chopped
- 1 bay leaf
- 3 celery stalks, finely chopped
- parsley, to taste
- 1/2 tsp thyme
- 1/2 cup barley

DIRECTIONS

- 1. Brown meat and onions. Drain well.
- 2. Combine all ingredients in a large pot.
- 3. Simmer, covered, a minimum of 2 hours.

Photo by Wyattdogster, Allrecipes.com

Health & Wellness

Seniors find simplifying their lives brings rewards

The simple pleasures. The simple life. The trend to simplify our lives, particularly as we enter our senior years, is an ongoing goal for many of us.

You'll find endless articles, books, videos and blogs devoted to the art of living with less—not just in terms of material goods, but in treasuring only the people, the pursuits, and the parts of our lives that bring us happiness and freedom to live the way we want to live.

But there is also another way to discover a simplified life: it comes in the form of a retirement residence, where simplicity—and freedom—are built right in. Here's what Retirement Residence Simplicity means:

- 1. No more home maintenance chores, or the worry that comes from needing a new roof or arranging for snow shoveling. Simplicity is enjoying your spacious suite without thinking about upkeep.
- 2. No more multiple bills to coordinate for heat, hydro, taxes, and—depending on which of the flexible <u>dining options</u> you choose—even meals. Instead, one single payment covers your suite rental and many other services, both included and available.
- 3. No more organizing and managing outside services such as <u>home care/support</u>.





- 3. Should you need <u>extra support</u>, it's there right where you live; a simple, built-in solution.
- 4. No more worrying about getting around, especially in harsh weather. Shuttle bus service to shopping, appointments, and outings is often offered at retirement residences, so you can focus on the enjoyment of the event and not on the stress of getting there.
- 5. Living with the furniture and possessions that bring you the most joy and satisfaction that you've chosen to bring with you. Despite the initial challenge of <u>"rightsizing,"</u> many seniors find this a freeing process. Retirement residence simplicity means never again thinking, "I'd like to attend my book club, but it's just too much now to make the arrangements to go out."

Interested in finding a new kind of simplicity, freedom, and an active lifestyle through retirement living? Call us at 1-855-461-0685.

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 <u>must be in by Tuesday at 3:00PM</u>, so they can be prepared by our volunteers.

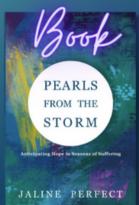
PICK-UP

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
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
to referring p Services avai 	r, including copy of Audiological Evaluation hysician available upon request lable in English & Farsi

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

Book Signing





Rejected, mistreated, physical ailment after physical ailment, depression, losing family members, feeling utterly alone and judged... Jaline Perfect began asking,

Why is this happening?

Wherever you are in your season of life, the purpose of Pearls from the Storm is to offer answers to the difficult questions that suffering evokes in a way that allows space to grieve, ponder, and challenge our perceptions. Through her personal experience, Scripture, and reflection questions, Jaline Perfect strings together pearls of wisdom and hope for those who feel suffering is far too close for comfort.



Join us for a BOOK SIGNING with Jaline Perfect Chat with Jaline and enjoy Complimentary Coffee, Tea & Snacks Sponsored by

TUESDAY, NOVEMBER 14TH 10 AM - 12 PM



DO YOU LOVE TO SKI OR SNOWBOARD?

CANADIAN ADAPTIVE <u>Sn</u>owsports needs you.

We are seeking volunteers and program participants. All experience levels are welcome!



WHY ENGAGE WITH CADS?

- 🤣 Everyone will meet new friends
- 🤣 ALL abilities are welcome
- 🥩 Everyone will learn new skills
- 🤣 Volunteers have access to FREE training
- 📀 Volunteers enjoy special offers and discounts
- Opportunities are available both on and off the snow!

CONTACT US:

- (403) 286-8050
- infoecadscalgary.ca
- www.cadscalgary.ca



SUNDAY NIGHTS 7:00-9:00PM

IANUARY - MARCH

CANADA OLYMPIC PARK



Scenic Acres Retirement

Open House

Saturday, October 14th at 1:00pm - 4:00pm

Scenic Acres is where your story continues to unfold.

Experience what retirement living is really like with curated experiences that add the wow into your day and get to know the residents and staff who help make everyday extraordinary.

Call to 403-208-0338 RSVP today.

Scenic Acres Retirement 150 Scotia Landing NW 403-208-0338



OCTOBER 2023 | 23

Origin At Home



The Impact of Diets on Aging Seniors' Brain Health

Numerous studies have highlighted the connection between diets brain and health. One key aspect is the role of inflammation, which is closely linked to cognitive decline. A diet rich in processed foods, sugars, and unhealthy fats can trigger chronic inflammation, negatively impacting brain function. On the other hand, diets high in antioxidants, omega-3 fatty acids, and nutrient-dense foods have been associated with lower levels of inflammation and a reduced risk of cognitive impairment.

To promote optimal brain health in aging seniors, a diet rich in specific nutrients is essential. Antioxidants, found in colorful fruits and vegetables, protect brain cells from oxidative stress and reduce inflammation. These foods can include berries, spinach, and bell peppers. Omega-3 fatty acids, found in fish, walnuts, and flaxseeds, are crucial for maintaining the integrity of brain cell membranes and supporting communication between brain cells.

Moreover, whole grains like quinoa, brown rice, and oats provide a steady source of energy to the brain, supporting cognitive function throughout the day. Lean proteins, such as poultry, lean meats, and legumes, provide amino acids necessary for the production of neurotransmitters that regulate mood and memory.

Hydration is equally important. Dehydration can impair cognitive function, so seniors should ensure they are drinking enough water throughout the day. Herbal teas and water-rich fruits like watermelon can contribute to hydration and overall brain health. All this is especially important during the hot summer months!

Visit our blog to read more: blog.originway.ca



Experience the gift of true companionship with Origin at Home. Book a free consultation today. **403-919-7147** | originathome@origin.ca | www.originathome.ca





Crossword

ANSWER ON PAGE 28

Thank you to bestcrosswords.com for this game.



Moderate

Puzzle#6

Published Sept 24, 2023

ACROSS

1- -Croatian: 6- "Jake's Thing" author:

10- bin ein Berliner:

- 13-Standoffish:
- 14-Cubs slugger Sammy;
- 15- In the old days;
- 16-Free from:
- 17-Swedish import:
- 18-Got up:
- 19- Female rabbits:
- 20- Primitive form of wheat:
- 22- Clan emblems:
- 24-Boot part;
- 28-Beethoven's Third:
- 31-Hint:
- 32-Attacked:
- 34-With it:
- 36-North Sea feeder:
- 37-Rep.'s counterpart;
- 38-Ladies of Spain;
- 41-Italian TV channel;
- 42-Skunk River city;
- 44- Hindu title:
- 45-Laid-back:
- 47-Ultimate:
- 49-She's a Dahl;
- 51-Snare; 53-Anxiety;
- 56-Something smelly;
- 59- Actress Ward;
- 61-Bedazzle:
- 64-Darling dog;
- 65-Entrances;
- 66-Monarch:
- 67-Gator's cousin:
- 68-Foolish;
- 69- Pay stub abbr.;
- 70-Start of a counting rhyme;
- 71-Website?:

1	2	3	4	5		6	7	8	9			10	11	12
13						14					15			
16						17					18			
19					20					21				
	22			23					24			25	26	27
			28				29	30		31				
	32	33					34		35		38			
37				38		39				40		41		
42			43		44				45		46			
47				48		49		50						
51					52			53				54	55	
			56			57	58				59			60
61	62	63			64					65				
66					67					68				
69					70					71				

DOWN

- 1-Reddish-brown gem;
- 2- "Silas Marner" author;
- 3-Copland ballet;
- 4-Augmented;
- 5-Vacationing;
- 6-Birthplace of St. Francis;
- 7-Grumble; 8-Author Dinesen;
- 9-Wooden shoe:
- 10-Daughter of Cadmus;
- 11- IV units; 12- Haw;
- 15-Cantankerous;
- 20-Hamsitup;

- 21-Poppycock;
- 23-Historical chapters;
- 25-Brahmin, e.g.; 26-Sour-tasting:
- 27-French father:
- 29- Church singers;
- 30-Ventilate:
- 32-Surround:
- 33- Concerning; 35- Evident;
- 37-Ump's call:
- 39-New Deal org.;
- 40-AuldLang ;
- garment: 46-Rvot: 48-Boy; 50-Insanity; 52- de Leon: 54-Went after: 55-Nicholas Gage book; 57-Hard to find: 58-By and by; 60-Just !; 61-Heavens; 62- for tat; 63-Cologne conjunction; 65-Actress Scala:

43-Loose-fitting skirt-like

Thank You Sponsors



CONFEDERATION PARK 55+ ACTIVITY CENTRE | 403-289-4780 | YYCSENIORS.COM

OCTOBER 2023 | 27

What's Happening at Triwood

OLDER THAN DIRT BAND SAVE THE DATE OCT 6TH 2023

Doors: 7pm | Music: 8pm | Last Call: 10:30pm | Close: II:15 2244 Chicoutimi Dr NW - Charleswood Hall





Flames Season Opener

Wednesday, October IIth @JT's Clubhouse | 2244 Chicoutimi Dr NW



CROSSWORD Answer from Page 26



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!

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www.OriginAtHome.ca



Register for this FREE presentation online at yycseniors.com or call us at 403-289-4780.

Presentation Series



CONFEDERATION PARK 55+ ACTIVITY CENTRE FREE PRESENTATION SERIES

PLANNING YOUR SENIOR LIVING JOURNEY

KNOW YOUR OPTIONS

How to **maintain your independence** by knowing your options and where to start.

TUESDAY, OCTOBER 24TH 10AM - 12PM IN THE PUB 2244 CHICOUTIMI DR NW

From retrofitting your home to accessing private and government home care to levels of living and levels of care.

Have a plan to ensure you are in control and have a say in your retirement living journey.

SPONSORED BY



yycseniors.com

REGISTRATION REQUIRED FOR THIS FREE PROGRAM

PLEASE REGISTER ONLINE OR CALL US AT 403-289-4780

Become a Member

Volunteer Positions Available

Christmas Casino Volunteers Needed

Location: ACE Airport Casino Dates: Dec 23rd, 24th and 25th Call Jeannette at 403-289-4780 to help. ROM JAN - DEC

66 "Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals." - Dave Glvnn

> Would you like to join our Volunteer Crew? Please contact Richard at 403-289-4780 or visit the Office for a Volunteer Application Form.

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

REGULAR MEMBERSHIP (Half price beings in June)

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** Oqden 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.



TANNAVA

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



Put on your hats and gloves and get a group together to celebrate and reminisce of bygone days. Fashions from past years will be modelled while the music of the era is being played and a commentator describes the clothes for your enjoyment. Tea, Sandwiches and sweets will be served at 1:00pm followed by the fashion show at 2:00pm



MEET AT BOW CLIFF CENTRE @ 9:45AM, BUS LEAVES AT 10AM SHARP! ARRIVE BACK AT BOWCLIFF @ 3:30PM.

Tea & Conversation - Calgary Zoo

October 6,2023 From : 1:00pm to 3:00pm Cost \$15.00 Members / \$20.00 Guest

We are excited to welcome a member of the Conservation Education team from the Wilder Institute/Calgary Zoo to share more about the daily lives of their amazing gorilla troop. This interpretive gorilla talk brings the zoo to you. The talk will dive into how the Wilder institute/Calgary Zoo provides exceptional

care for their troop, how the zoo maintains a genetically diverse gorilla population, and how we can all play a part in saving the world's largest primate species. Plus, we will explore what makes each gorilla unique, what makes them so wonderful to watch, and of course, the Who's Who? In the Wilder Institute/Calgary Zoo gorilla troop.

The talk will include adorable video footage of the two newest members, along with some interesting biological artefacts. Don't miss out on this exciting opportunity to learn more. And have Tea & Coffee and snacks.



lder CalgaryZoo



1940 6 Ave NW Calgary, AB

Call us to register: 403-283-3720



Bridge Tournament – October 14, 2023 Starts at 10:00am Cost is \$25.00 per person. Lunch & prizes included. 50/25/25 will also be available. Find a partner and join us by filling out a registration form. Registration must be received by Oct 6, 2023, with full payment by cash, cheque or E-transfer.

403-283-3744 • gogetters.ca • 1940 6 Ave NW



CONFEDERATION PARK 55+ ACTIVITY CENTRE | 403-289-4780 | YYCSENIORS.COM

OCTOBER 2023 | 31

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

Lighting up hearts & lives for 50 years

*Sponsorship opportunities available. Contact us by email at AndresG@UnisonAlberta.com



OCTOBERFEST DINNER & DANCE

Oct 27th - Doors 5PM, Dinner 6PM

Join us for an Octoberfest Party you won't want to miss! We're serving up Bratwurst with Red Cabbage, Potato Kugel and Buns. \$20 Members, \$25 Non-Members. Live Entertainment provided by Darline & Friends (formerly Prairie Nights).

BOWNESS SENIORS' CENTRE Tickets: 403-286-4488



Vunison 😥

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SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES





FREE Presentations

Tuesday, October 3rd from 10am - 3pm Unison at Kerby Centre Gymnasium

Ears to You – Presentation @ 10am

Learn how to address common hearing concerns, today's hearing aid technology, our services and how to access them! We will provide complementary hearing assessments and hearing aid clean and check.*

*Mobile Hearing Clinic Assessments from 11am to 3:30pm – Mobile Unit at Unison parking lot **(Only 5 spots available) Register now!**

Peak Oxygen - Presentation @ 11am

Peak Oxygen is funded by the government and is available to everyone! Join us to learn more about the benefits of home oxygen and how Peak Oxygen can drastically improve your respiratory health while still allowing you to maintain an active lifestyle. We will explain how you can have your own home oxygen through the Alberta Government funding.

Better Business Bureau (BBB) Presentation @ 1pm

This informative session focuses on scams that target seniors: Investments/financial, romance, house and home, windfall and internet scams. You will get general safety tips, help identifying red flags, what to do if it happens and where to go for help.

BioStrong – Presentation @ 2:15pm

In this presentation you will learn valuable information on how to improve your bone density, strength and balance while reducing back and joint pain. You'll also learn how to access our services.

RSVP now by contacting HenriettaF@UnisonAlberta.com (403) 705-3233



Affordable Housekeeping



Affordable for Everyone

Our Housekeeping program provides light housekeeping services for all Calgarians, not just seniors. Let us assist you to live safely by providing housekeeping services to ensure your home is regularly cleaned and maintained. Our team provides meaningful work opportunities for people in the community.

OUSEKEFD

INFORMATION & RATES YYCSENIORS.COM/HOUSEKEEPING OR CALL NIGEL AT 403-289-4780



LIGHT HOUSEKEEPING





403-289-4780 • YYCSENIORS.COM



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 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

