

# GAZETTE



## Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

NOVEMBER 2023



### IN THIS ISSUE

Where are the Remembrance Day Ceremonies in Calgary?  
**See Page 6**

We are in need of seed funding for our Pantry Program. Please give what you can.  
**See Page 9**

Our Christmas Lunch is coming next month. Do you have your tickets yet? Better grab 'em quick!  
**See Page 15**

We're holding a Food Drive!  
Nov 1 - Dec 15  
**See Page 19**

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:** Each November, 3500 crosses are erected in a park along Memorial Dr to pay tribute individually to the thousands of Southern Albertans who made the ultimate sacrifice defending our freedom. Visit [fieldofcrosses.com](http://fieldofcrosses.com) for more information.

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

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

## BOARD OF DIRECTORS

Sharon Dun .....	President
Celia Barrington .....	Vice-President
Linda Earl .....	Secretary
Neil Little .....	Treasurer
Marlene Monilaws .....	Past President
Dorothy Dyer .....	Director
Robert Lam .....	Director
Lynda Lyster .....	Director
Lionnette Williams .....	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)

Advertising Info & Rates: [yycseniors.com/rates](http://yycseniors.com/rates)

DIGITAL EDITIONS of The GAZETTE:  
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



## Hello all !!

*A couple of things have been brought to my attention that I would like to address.*

First of all is Volunteering.

- **I have been told that people have volunteered and been turned away:** The only time we would turn anyone away is if we have the positions filled already and there may not be space in whatever room we are using for anymore. We have a tiny serving space in the pub downstairs as well as the serving area upstairs so having too many bodies in a tiny space is not efficient, nor is it safe.
- **I have volunteered and no one has called me:** We don't have as many volunteer positions as we once had at our old building so there is a good chance you may not be called on a regular basis. So, a few things that you might need to know as well: We screen our volunteers as it is a requirement for us to do so. If you have a mobility issue, you may not be a fit for a job that entails a lot of walking. If you have shaking (ie: Parkinson's) you may not be safe to work with food or hot beverages. We don't want you to burn yourself or anyone else. All of this is about

keeping our volunteers and members safe.

- **You will see that we are now posting volunteer work** in our Gazette, in our eblasts and on our social media for positions or special events that we are needing help with. To date, we are having great response with people filling these positions. And as we only have so many positions we might ask for 2 or 10 depending on the event or project and once we have enough then we don't take anymore.
- **We are currently looking for 34 positions to work our casino** Dec 23rd, 24th and 25th . Not an ideal time, however it was the very last casino for the year and we felt it important that we take the opportunity because we could have a very long wait for the next one.
- **Our Garage Sale** will be coming up in May 2024 and we will need a lot of volunteers for that.

If you have not been called, please connect with me and we can sit down and discuss any concerns you may have. I would prefer if you book an appointment with me so that I can give you my undivided attention: Jeannette 403-289-4780 Ext 202 or email me at: [ed@yycseniors.com](mailto:ed@yycseniors.com).

*Continued on Page 20*



# President's Report

Sharon Dun has been a part of Confederation Park's team for many years, serving as a member, board member, and Vice President. In 2023, she was elected as President. When you see her in at the Centre, say hello! She loves chatting with members.



LAW Weaver (Dun)  
R.C.A.F.  
1960 - 1963

**As we approach** the eleventh hour of the eleventh day of the eleventh month, we pause to remember the sacrifices made by Veterans so we could live in a democratic society today.

The tendency is to think of the men who fought in World War I and World War II and that is how it should be, but we must also remember those who have served in other ways and in other conflicts.

In the First and Second World Wars, those in uniform who were fighting for our freedom were, for the most part, 18 to 20 years old. Women in those days were not allowed in combat but they served with great distinction in other ways. It is well known they were Nursing Sisters, and Ambulance Drivers and served with bravery. It is lesser known that women pilots were ferrying planes to be used in the war zones, they were working on breaking and creating codes that were instrumental in ending wars and behind the lines in the Resistance and as spies.

Canadians have served with distinction in wars and on Peacekeeping Missions, up to and including today, but not all battles were fought on the fields of war. There is a famous quote from Winston Churchill;

— — — — —  
**They also serve who stand and wait.**

— Sir Winston Churchill

The quote is a reference to the Mothers, Fathers, Wives, Husbands, Children and Siblings who waited for their loved ones to return to them. Many who returned were changed forever. That homeless person you walk by on the street may have served and be suffering from PTSD. Can you spare some time to show some respect for their sacrifice and buy them a meal, hot coffee or just sit down and chat. Show respect and compassion.

Our Canadian Military continue to serve with distinction all around the world. Please take a moment out of your busy day to thank those who have served in any way and listen to their stories. Be thankful for those who have served, are serving now, and those who are waiting for their return.

They must not be forgotten.

Sharon Dun  
President





Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. Thank you to puzzles.ca for these great puzzles.

# Sudoku

## EXTRAORDINARY SENIOR LIVING

# AMICA

BRITANNIA

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

### SUDOKU EASY

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

SOLUTIONS ON PAGE 17

### SUDOKU MEDIUM

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

### SUDOKU HARD

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

# Remembrance Day

November 11th  
Ceremonies to attend in Calgary.



## Remembrance Day Service Saturday, 11 November 2023

Please join us at **The Military Museums** this November 11th for our Remembrance Day ceremony.

**The Military Museums**  
**4520 Crowchild Trail SW, Calgary**

The museum will open its doors to the public after the Remembrance Day service at 12:00 pm and will close at 6:00 pm. We will not be accepting food bank donations this year.

**Laying of wreaths:** After the ceremony the public are welcomed to lay a wreath at the Eternal Flame monument. Staff will be on hand to provide an escort to and from the monument. Real poppies will be permitted to be laid. Plastic poppies are not recommended.

**Parking:** There will be limited parking available at Masters Academy. Parking is also available at the Flames Community Arena to the South. Note that access to TMM from the arena is through a pedestrian gate in the arena fence. For those with accessibility considerations, please advise our front gate staff upon arrival and they can direct you appropriately.

Please dress warmly, and plan to arrive early as past events have been well attended.

10:25 AM  
Arrival of VIPs and Guests of Honour

10:30 AM  
Ceremony begins

10:59 AM  
Last Post is performed, flags lowered

11:00 AM  
Act of Remembrance, 2 Mins of Silence

11:05 AM  
Ceremonial wreaths are laid

12:00 - 6:00 PM  
Museum is open to the public.

A virtual event will be live-streamed on our Facebook page beginning at 10:20 am MT

**Sunrise & Sunset Ceremonies are held from Nov 1 - 10. Please arrive 15 min early.**

**A televised Remembrance Day Ceremony is held at the field at 10:10 AM on November 11th.**

Parking is very restricted in the parking lot adjacent to the field this day. It is recommended that people park on the South side of the river in the Eau Claire area and walk the short distance across the bridge to the field. Memorial Drive, directly in front of the Field of Crosses will be closed from 9 AM until after the ceremony.

**200 Memorial Dr NW, Calgary**



The boutique is open for business!  
Hours: Mon-Tue-Thurs 12-3  
Wed & Fri by appointment.

# Boutique on the Park



**403-289-4780**

**POP UP SALE**  
**Dresses & Blazers**  
**1/2 Price**  
**For the month of**  
**November**

**Shop early for best**  
**selection!**

LOCATED IN THE  
**Foothills Room**  
(DOWNSTAIRS,  
LAST DOOR ON LEFT)

*Fall Hours*

**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:

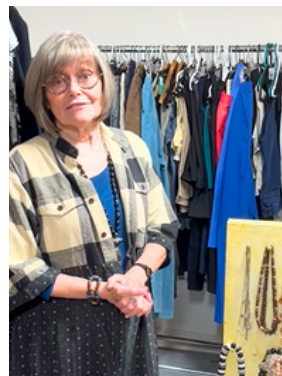
Gently used clothing  
Purses  
Shoes/boots  
Ties  
Scarves  
Coats  
Jewelry

### UNDERWEAR:

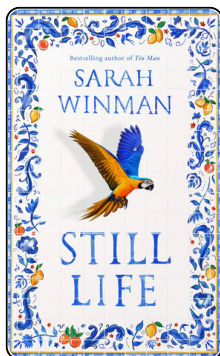
We are no longer accepting underwear  
unless the garment is NEW and has the  
store tag still attached.

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 Review

### Still Life

Sarah Winman

This month, we reviewed  
'Still Life' by Sarah Winman.

This is an expansive book set in both East London and Florence and embracing large portions of the 20th Century (excluding the first World War). There is a certain amount of leaping about, and this kind of book along with an absence of punctuation marks, makes it awkward for people to get into. Nonetheless scores were mostly high from 7.5 to 9 with one exasperated 3.

The writing style is lyrical, the characters well drawn. The topics addressed were the mundane, everyday life, the glories of Art and humanity's need for it. She also explores chosen families and Love in all its great diversity. Florence contrasts with post war bombed out grey East London. Florence is also post war, yet we are treated to the warmth and the wonderful ambience of the birthplace of the Renaissance. The colour of the light, the beautiful architecture - the kindness of the people that help our transplanted group of Londoners, who find themselves blooming and flourishing in the Tuscan sunshine.

She also takes us through the appalling flood that happened to Florence in 1966. Many of us had never heard about this flood. If we had, we dismissed it as something that happened to someone else.

Through her characters, the Author is able to tell us just how devastating this event was. Thousands of art works, books and manuscripts destroyed and damaged by oily muddy water that tore through the narrow medieval streets. It devastated the lives and livelihoods of many Florentines, who left never to return.

It also brought people there from all over the world - the mud angels who came to help a restoration work that is still in progress today.

Despite its large scope, this book is not enormous. The author succeeds in covering that ground with the aid of a remarkable talking parrot, a profoundly erudite, tree loving, self taught grandfather figure and a remarkable Art Historian. Her inclusivity of the different flavours of love available in the world is respectfully done.

Like life, the plot rambles. There is ample dialogue to show us, rather than tell us, her message. We have both Still Life and still life.

The later discussion in the pub included the art we see and experience in our own lives, and how we feel about it - that told us about each other.

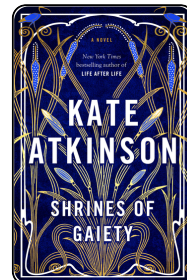
If you can be lead by an Author and patiently let her take you back and forth in time and place - this book has a lot to offer. If you prefer plot driven, cut and dried, stories - This book is not for you.

Next month, we will be reviewing 'Shrines of Gaiety' by Kate Atkinson.

Submitted by  
Jean Kensit

## NOVEMBER Shrines of Gaiety

Kate Atkinson



To donate and be a part of the solution to end food insecurity for our members and community, please visit [yycseniors.com/presidentsappeal](https://yycseniors.com/presidentsappeal).

# President's Appeal



## President's Appeal

Help us end food insecurity  
for our members and our community.



## PANTRY & FROZEN MEAL PROGRAMS

As we approach the end of the year, we are reaching out with a heartfelt request for your support. **Help us launch our free weekly hamper Pantry Program to ensure no one goes to bed hungry.** Help us relaunch our beloved **Frozen Meal Program**, a lifeline during the Covid pandemic, providing affordable, healthy, prepared meals and giving free or reduced-price frozen meals to those who qualify.



1

### VISIT OUR WEBSITE

Please give what you can to help:  
[yycseniors.com/presidentsappeal](https://yycseniors.com/presidentsappeal)

2

### VISIT OUR OFFICE

Donations are also accepted in person at the Confederation Park 55+ Activity Centre office located in the Triwood Community Centre.

3

### SHARE THIS MESSAGE

Please ask your friends and family to donate to this worthy cause.

4

### DONATE PANTRY ITEMS

Visit [yycseniors.com/pantry](https://yycseniors.com/pantry) or call us at 403-289-4780 information on donation items and drop-off times.

# Tea & Conversation

Thursdays at 1:30 PM



Photos courtesy of Canadian Armed Forces and Canadian Legion



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

- 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.**



**LIVE ENTERTAINMENT**



**NOVEMBER 2023**

Nov 2nd ..... Sox & Sax  
Nov 9th ..... Randy Poirier  
Nov 16th ..... Randy Poirier  
Nov 23rd ..... Walkin' on Sunshine  
Nov 30th ..... Timeless Reflection



PLEASE SUPPORT OUR SPONSORS





# Tea & Conversation



## Tea & Conversation

T&C has been filled with a gazillion wonderful memories and we thank you all so much for letting us be part of your lives.



# Upcoming Events

No ticket sales at the door.  
Advanced tickets **ONLY** at  
yycseniors.com or at the office.



**November 10th  
Remembrance Day  
Ceremony & Lunch**  
9:30 AM - 1:30 PM  
\$10 / ticket  
All proceeds to the  
Veterans Food Bank  
See pg 14



**Friday, Dec 8th  
Christmas Lunch**  
featuring Joyce  
Reddy Dancers and  
Santa!  
11:30 AM - 2:30 PM  
\$35 Members  
\$45 Non-Members  
See pg 15



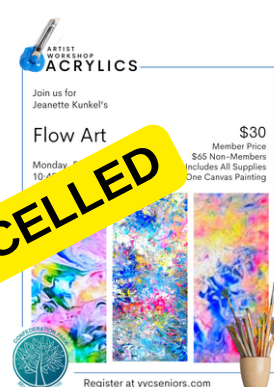
**Tuesday, Nov 14th  
Book Signing  
Pearls from the  
Storm with  
Jaline Perfect**  
**FREE**  
10 AM - 12 PM  
See pg 23

**Friday, Nov 17th  
Games Day**  
\$10 includes Pizza  
12:00 PM - 3:00 PM  
See pg 25



**Tuesday, Nov 28th  
CRA  
Benefits  
Presentation**  
**FREE**  
10 AM - 12 PM  
See pg 29.

**Monday, Dec 4th  
NEW CLASS  
Flow Art**  
with Jeanette Kunkel's  
10:45 AM - 1:15 PM  
\$30/Members  
\$65 Non-Members



**Register at yycseniors.com**



# LINKages Club

Register for your  
**WINTER PROGRAMS**  
beginning November 20th.

Come to the office or  
register online at  
[yycseniors.com/winter2024](http://yycseniors.com/winter2024)



## 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**  
**NOVEMBER 6th & 20th**  
**DECEMBER 4th**



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



For more information,  
contact: **BETTY GOOD** at  
[403-249-0853](mailto: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





FEATURED

Register for this event in person at  
our Office or online at [yycseniors.com](http://yycseniors.com).



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**

**\$10**

**TICKETS**

All proceeds to the  
**VETERANS FOOD  
BANK OF CALGARY**

**Chili & Fixings**

**SERVED AFTER THE CEREMONY**



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

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Register for this event in person at  
our Office or online at [yycseniors.com](http://yycseniors.com).

# Upcoming

## Christmas Lunch

**DECEMBER 8, 2023**

**Doors Open  
at 11:30 AM**

**Turkey Dinner  
with Fixings**

**50/50 Draw**

**TICKETS**

**Members: \$35.00**

**Non Members: \$45.00**



**403-289-4780**

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

**2244 Chicoutimi Dr NW, Calgary**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# NOV PROGRAMS

TO REGISTER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>SEATED YOGA</div><div>9:30 AM - 10:30 AM</div><div>No class Nov 13</div></div> <div><div>DRAWING 2</div><div>10:45 AM - 12:45 PM</div><div>No class Nov 13</div><div>Last class Nov 27</div></div> <div><div>PERFECTLY IMPERFECTS</div><div>11:00 AM - 12:30 PM</div><div>No class Nov 13</div></div> <div><div>SPANISH 2</div><div>Adv Beg</div><div>12:45 PM - 1:45 PM</div><div>No class Nov 13</div></div> <div><div>LINE DANCE Beginner</div><div>1:00 PM - 2:00 PM</div><div>No class Nov 13</div><div>Last class Nov 27</div></div> <div><div>CHINESE MAHJONG CLUB</div><div>1:00 PM - 3:00 PM</div><div>No club Nov 13</div><div>Last day Nov 27</div></div> <div><div>BOOK CLUB</div><div>1:00 PM - 3:00 PM</div><div>Nov 6, Dec 4</div></div> <div><div>EUCHRE</div><div>1:00 PM - 3:00 PM</div><div>No club Nov 13</div><div>Last day Nov 27</div></div> <div><div>WATER COLOURS</div><div>1:15 PM - 3:15 PM</div><div>No class Nov 13</div><div>Last class Nov 27</div></div> <div><div>SPANISH 3</div><div>Beyond Beg</div><div>2:00 PM - 3:00 PM</div><div>No class Nov 13</div></div> <div><div>LINE DANCE IMPROVER</div><div>2:15 PM - 3:15 PM</div><div>No class Nov 13</div><div>Last class Nov 27</div></div> <div><div>LINKAGES</div><div>(SEE PAGE 13)</div><div>3:30 PM - 5:15 PM</div><div>Nov 6 &amp; 20, Dec 4</div></div>	<div><div>CRIB</div><div>9:00 AM - 11:00 AM</div><div>Last day Nov 28</div></div> <div><div>DRAWING</div><div>10:00 AM - 12:00 PM</div><div>Last class Nov 13</div></div> <div><div>PAINT WITH CAROL MARASCO</div><div>10:00 AM - 12:00 PM</div><div>Fall Birch Trees: Nov 21</div><div>Northern Lights: Dec 5</div></div> <div><div>TAI CHI Beginner</div><div>10:00 AM - 11:00 AM</div></div> <div><div>YOGA</div><div>10:45 AM - 11:45 AM</div><div>Last class Nov 28</div></div> <div><div>TAI CHI Intermediate</div><div>11:05 AM - 12:05 PM</div></div> <div><div>TAP Beginner</div><div>12:00 PM - 1:00 PM</div><div>Last class Nov 14</div></div> <div><div>ALCOHOL INKS Intro</div><div>12:30 PM - 2:30 PM</div><div>Last class Nov 14</div></div> <div><div>SHARING HANDICRAFTS</div><div>1:00 PM - 3:00 PM</div><div>Last day Nov 28</div></div> <div><div>HARMONY FIRST</div><div>12:30 - 3:00 PM</div></div>	<div><div>THE WORX</div><div>8:45 AM - 9:45 AM</div></div> <div><div>SEATED YOGA</div><div>9:45 AM - 10:45 AM</div></div> <div><div>TAP Advanced</div><div>11:30 AM - 12:30 PM</div><div>Last class Nov 29</div></div> <div><div>BELLY DANCING</div><div>12:00 PM - 1:00 PM</div><div>Last class Nov 22</div></div> <div><div>BALLET for Seniors</div><div>12:45 PM - 1:45 PM</div><div>Last class Nov 29</div></div> <div><div>ENERGIZING DANCE</div><div>2:00 PM - 3:00 PM</div><div>Last class Nov 29</div></div> <div><div></div></div>	<div><div>WOODCARVERS</div><div>9:00 AM - 11:00 AM</div><div>Last day Nov 30</div></div> <div><div>JAZZ</div><div>11:00 AM - 12:00 PM</div><div>Last class Nov 30</div></div> <div><div>SEATED YOGA</div><div>12:15 PM - 1:15 PM</div></div> <div><div>TEA &amp; CONVERSATION</div><div>1:30 PM - 2:30 PM</div></div> <div><div></div><div><div>Thursdays</div><div>1:30 PM - 2:30 PM</div><div>**See pages 10 &amp; 11 for details.</div><div>\$5 Requested Donation</div><div>yycseniors.com/t&amp;c</div></div></div>	<div><div>ZUMBA GOLD</div><div>8:45 AM - 9:45 AM</div></div> <div><div>UKULELE</div><div>10:00 AM - 11:00 AM</div><div>No class Nov 10</div></div> <div><div>UKULELE</div><div>11:15 AM - 12:15 PM</div><div>No class Nov 10</div></div> <div><div>COMPUTER</div><div>1:30 PM - 2:30 PM</div><div>No class Nov 10 &amp; Dec 8</div></div> <div><div></div></div>
<div><div>ROOM LEGEND</div><div><div><div> CHARLESWOOD* (direct access)</div><div> COLLINGWOOD (upstairs)</div><div> BOARDROOM (upstairs)</div></div><div><div> FOOTHILLS (downstairs)</div><div> PUB (downstairs)</div><div> ZOOM (online)</div></div></div><div><div>*CHARLESWOOD - ROOM ACCESS BELOW</div><div><div></div><div><div>2244 Chicoutimi Dr NW, Calgary   403-289-4780</div><div>OFFICE: Up stairs to the right Indoor Stair lift is available.</div></div></div></div></div>				



# Sudoku Answers



Explore what Revera has to offer.

## The Scenic Grande

8720 Scurfield Dr NW  
587-296-4871



## Scenic Acres

150 Scotia Landing NW  
403-208-0338

## The Edgemont

80 Edenwold Dr NW  
403-241-8990

Whether you are looking for independent living, assisted living or memory care, our retirement homes offer a safe environment with personalized care options and recreation programs to suit your needs. **Call us for a personalized tour.**

## SUDOKU EASY

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

## SUDOKU PUZZLES ON PAGE 5

## SUDOKU MEDIUM

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

## SUDOKU HARD

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

# NOVEMBER Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Register for your <b>WINTER PROGRAMS</b> beginning November 20th.</p>			1	2  <b>TEA &amp; CONVERSATION</b> 1:30 - 2:30 PM ENTERTAINMENT	3  <b>Millarville Christmas Market</b> Nov 2-5 & 9-12	4  <b>Calgary European Film Festival</b> Nov 3-12 Globe Cinema
5 <b>Time to Fall Back!</b> 	6  <b>Calgary National Bank Challenger</b> Nov 5-12 Osten & Victor Alberta Tennis Ctr	7	8	9  <b>TEA &amp; CONVERSATION</b> 1:30 - 2:30 PM ENTERTAINMENT	10  <b>REMEMBRANCE DAY CEREMONY &amp; LUNCH</b> 9:30 AM - 1:30 PM \$10 Tickets See page 14 for details	11  <b>Remembrance Day</b> See pg 6 for ceremony info
12  <b>JazzYYC</b> Nov 9-12 Various locations jazzyyc.com	13	14  <b>Book Signing</b> 10AM - 12PM Boardroom See page 23	15	16  <b>TEA &amp; CONVERSATION</b> 1:30 - 2:30 PM ENTERTAINMENT	17  <b>Games Day</b> Noon - 3PM JT's Pub See page 25	18  <b>International Christmas Market</b> Nov 17-19, 24-26 Spruce Meadows
19	20  <b>Winter Registration NOW OPEN</b>	21  <b>Carol Marasco's Fall Birch Trees</b> Nov 21 10AM - 12PM See page 23	22	23  <b>TEA &amp; CONVERSATION</b> 1:30 - 2:30 PM ENTERTAINMENT	24	25  <b>Authentically Indigenous Holiday Market</b> Nov 25-26 Kerby Centre
26  <b>Once Upon A Christmas</b> Nov 26 & 26 Dec 2,3,9,16,17 Heritage Park	27	28  <b>Benefits Presentation</b> JT's Pub See page 9	29	30	 <p><b>Christmas Lunch</b>  <b>DECEMBER 8, 2023</b>  <b>11:30 AM - 2:30 PM</b>  <b>\$35 Members, \$45 NM</b>  <b>See Page 15 for Details</b></p>	

## NOTES

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**POP UP SALE**  
**Dresses & Blazers**  
**1/2 Price**  
**For the month of November**

**Shop early for best selection!**

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](mailto:marketing@yycseniors.com)

# Classifieds



## Patricia's Mobile Dental Hygiene

Patricia visits  
 every 2nd Monday:  
**November 6th & 20th**

**APPOINTMENTS:**  
**403-289-4780**



**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](mailto:ed@yycseniors.com).



Pick up your Secret Savings Coupon  
 when you drop off your donation of  
 Food\* or Cash.

\*Please be sure all food donations are non-perishable, have NOT expired and are in small portions for one or two people. Monetary donations are greatly appreciated.



**9 AM - 4 PM** MONDAY - FRIDAY  
**2244 CHICOUTIMI DR NW**

DONATIONS SUPPORT CONFEDERATION PARK 55+ ACTIVITY CENTRE'S  
 FREE PANTRY PROGRAM FOR ALL MEMBERS & COMMUNITY.  
[YYCSENIORS.COM/PANTRY](http://YYCSENIORS.COM/PANTRY) • 403-289-4780



Continued from Page 3

The second thing is Events:

- So again we have people unhappy that they are not getting into our events. For a very long time we have been encouraging people to get signed up and paid as soon as possible. Now with the “Super Memberships” our classes and events are filling up to capacity, which means you have to get your tickets as soon as possible.
- Keep in mind that our Remembrance Day Ceremony is on November 10th, with the cut-off for tickets on November 2nd. Our Christmas Lunch will be next and it is a catered event, so we need people signed up and paid no later than November 23rd.

I hope this helps with any concerns you may have and if you have any other concerns please do not hesitate to call or email me.



*Jeannette*

Jeannette Provo  
Executive Director

Recipe and photo  
courtesy of Marie Woron.



## Pumpkin Spice Coffee

### INGREDIENTS

- 1/2 cup ground coffee (not instant)
- 2 tsp pumpkin pie spice
- 1/2 tsp ground nutmeg
- 1 cup milk of your choice (nut milk, soy milk, oat milk, etc. also works well)
- 1/4 cup - 1/3 cup sugar (or substitute)
- 4 cups water
- Whipped topping, if desired
- Dash of cinnamon, if desired

### DIRECTIONS

1. Place coffee and spices in filter in brew basket of coffee maker.
2. Add milk and sugar to empty carafe of coffee and put carafe back in coffee maker as usual.
3. Add water to coffee maker; brew. When brewing is complete, stir until blended.
4. Pour a cup and top as desired. Enjoy!



## 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.

## Embracing what will trigger a change in your life.

“We can exercise our independence and have more of the life we want; we just need to be aware when it’s time to make a change for the betterment of our lives and take action.”

We all want to maintain choice, control and independence as we age. In order to do that, I suggest we ask ourselves this question: If there were a change in my health or mobility, what would I do differently?

When answering this, we need to consider where we might live, how we might manage the task associated with living and caring for ourselves, and with whom would we spend our time.

### MEET MY UNCLE JACK (name has been changed to protect his identity)

At age 93, my Uncle Jack decided to look into retirement living, as his wife had passed away and he was starting to feel lonely living on his own. He went to look at retirement residences and found one he liked a lot. He agreed it would be a wonderful place for him to live on his own. He liked the food, thought it was very attractive and enjoyed the people he met. When I asked him when he was planning to move, he told me what countless people have said to me over the years: “Someday I’ll move there, but I’m not ready yet.”

I wanted to understand why he felt he wasn’t ready and asked him what he thought would trigger him to know when the time was right to move. He paused, thought for a moment and said, “When I can no longer drive, because I’ll become isolated where I am now, and I don’t want that.”

### COMMON TRIGGERS FOR A MOVE

Let’s talk about triggers. No longer wanting or being able to drive is a common trigger for a move, as is death of a spouse. Another trigger is health or mobility issues that interfere with someone’s ability to easily manage day-to-day chores or the maintenance of their home.

## THE GOAL: MAINTAINING INDEPENDENCE

Many people associate independence with living in their own home—the one they may have been in for decades. Yet, if we look up the definition of independence, it is much broader and doesn’t address where we live. In order to have choice, control, and independence as we age, we need to ask ourselves what we would do in the face of changes in our health or mobility— and then we need to identify the triggers that would signal to us it is time to implement these changes. That is how we stay in control of our lives.



# 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**

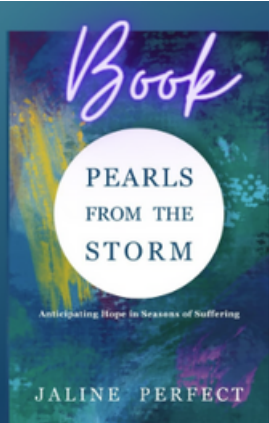
**Market Mall**  
3625 Shaganappi Trail NW

**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**

Register for this FREE event at [yycseniors.com](http://yycseniors.com)  
or call us at 403-289-4780.

# Book Signing



## 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

**TUESDAY, NOVEMBER 14TH**

**10 AM - 12 PM**

Sponsored by



**DO YOU LOVE TO SKI  
OR SNOWBOARD?**

**CANADIAN ADAPTIVE  
SNOWSPORTS 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



[info@cadscalgary.ca](mailto:info@cadscalgary.ca)



[www.cadscalgary.ca](http://www.cadscalgary.ca)



**CADS**  
Canadian Adaptive Snowsports Association - Calgary



ARTIST  
WORKSHOP

## ACRYLICS

Join us for  
Carol Marasco's

## Fall Birch Trees

Tuesday  
Nov 21, 2023  
10 AM - 12 PM

**\$40**

Member Price  
\$75 Non-Members  
Includes All  
Supplies



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



# Origin At Home



## 5 Reasons Why Senior Companionship Is So Important

For many seniors, having a Companion could be the key to living a happy, healthy life. Here are five reasons why an Origin at Home Senior Companion can be so important:

**1. Reduces Social Isolation** Social isolation is a serious issue among seniors, particularly for those who live alone or have mobility issues. When seniors are isolated from friends and family, they are at increased risk for depression, anxiety, and other mental health issues. In fact, research shows that social isolation can be as detrimental to one's health as smoking or obesity.

**2. Improves Mental Health** Companionship has been shown to have a positive impact on mental health for seniors. In addition to reducing feelings of isolation, having a companion can boost mood, increase self-esteem, and provide a sense of purpose and belonging.

**3. Enhances Cognitive Functioning** Engaging in meaningful conversations, games, and activities with a companion stimulates the brain and improve cognitive functioning.

**4. Increases Safety** Seniors who live alone may be at increased risk for falls, accidents, and other emergencies. Origin at Home Companions can provide an extra layer of safety by ensuring home safely, and alerting emergency services in case of a fall or other emergencies.

**5. Provides Companionship and Friendship** Perhaps the most obvious benefit of an Origin Companion is the companionship and friendship it provides. A Companion can help seniors feel valued and cared for, and can lead to lifelong friendships.

Senior companionship can be a crucial element in maintaining the health and well-being of seniors. From reducing social isolation to improving mental health, enhancing cognitive functioning, increasing safety, and providing companionship and friendship, the benefits of Origin at Home Companions are clear. Call us for more information: 403-919-7147.

Visit our blog to read more:  
[blog.originway.ca](https://blog.originway.ca)



**ORIGIN**  
*at* **HOME**

EXPERIENCED • TRUSTED • DEPENDABLE

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)



## When not paying your bills pays off

Abe and Esther are flying to Australia for a two week vacation to celebrate their 40th anniversary.

Suddenly, over the public address system, the Captain announces, "Ladies and Gentlemen, I am afraid I have some very bad news. Our engines have ceased functioning and we will attempt an emergency landing."

"Luckily, I see an uncharted island below us and we should be able

to land on the beach. However, the odds are that we may never be rescued and will have to live on the island for the rest of our lives!"

Thanks to the skill of the flight crew, the plane lands safely on the island.

An hour later Abe turns to his wife and asks, "Esther, did we pay our \$5,000 PBS pledge check yet?"

"No, sweetheart," she responds.

Abe, still shaken from the crash landing, then asks, "Esther, did we pay our American Express card yet?"

Ester exclaims, "Oh, no! I was only thinking about packing for the trip! I completely forgot all about paying the Amex, Visa and even the Mastercard!"

Abe grabs her and gives her the biggest kiss in 40 years.

Esther pulls away and asks him, "What was that for?"

Abe laughs, "Don't worry, they'll find us!"



CONFEDERATION PARK  
55+ ACTIVITY CENTRE

# GAMES DAY

REGISTER AT  
YYCSENIORS.COM

★ NOVEMBER 17TH ★  
ONLY \$10 • INCLUDES PIZZA  
FRIDAY NOON - 3 PM

JT'S CLUBHOUSE (PUB)  
2244 CHICOUTIMI DR NW • YYCSENIORS.COM

GAMES AFTERNOONS  
WHAT IS YOUR FAVOURITE TYPE OF PIZZA?  
COME ON OUT & HAVE FUN!

GAMES AFTERNOONS  
WHAT GAME IS YOUR FAVOURITE?  
COME ON OUT & HAVE FUN!

tw

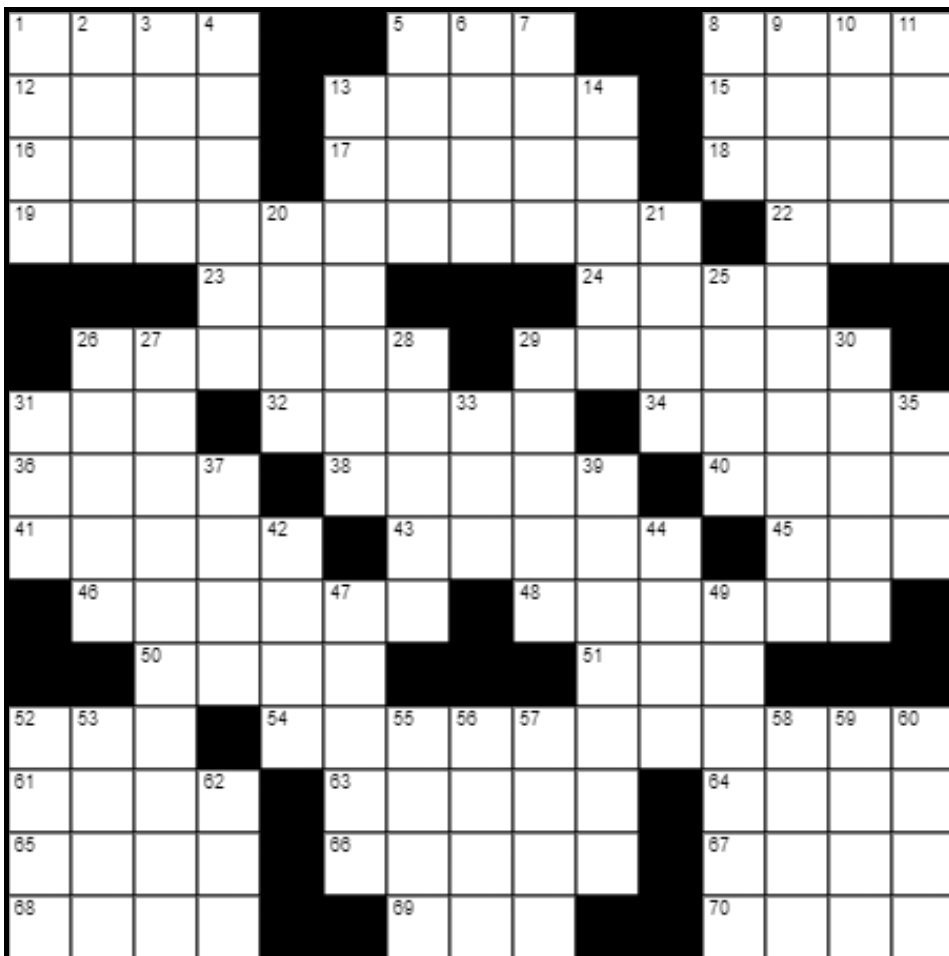


## Easy Puzzle #4

Published Oct 23, 2023

### ACROSS

- 1- Girder type;
- 5- Bar bill;
- 8- Piece of fencing?;
- 12- Zilch;
- 13- Last;
- 15- \_\_\_ avis;
- 16- Raw materials;
- 17- Old-womanish;
- 18- Inverness inhabitant;
- 19- Citizenship;
- 22- Tricky curve; 23- RR stop;
- 24- "My fault!";
- 26- Ostrich or emu;
- 29- Fishes;
- 31- H.S. proficiency test;
- 32- Polite;
- 34- MetLife competitor;
- 36- Like \_\_\_ of bricks;
- 38- Small change;
- 40- Somewhat;
- 41- Balls;
- 43- Hit back, perhaps;
- 45- Friendly introduction?;
- 46- Repetition;
- 48- Revise;
- 50- Swedish auto;
- 51- Each;
- 52- And so on;
- 54- Ominous;
- 61- Untruths, tells falsehoods;
- 63- Prevention dose;
- 64- Busy as \_\_\_;
- 65- Editor Wintour;
- 66- Kitchen gadget;
- 67- High schooler;
- 68- Pulls in;
- 69- Homer's neighbor;
- 70- Famous last words;



### DOWN

- 1- Get \_\_\_ the ground floor;
- 2- Repeated, an island of French Polynesia;
- 3- Work without \_\_\_;
- 4- Oppose;
- 5- Singer Turner;
- 6- Blue dye source;
- 7- \_\_\_ Ha'i;
- 8- Hesitant sounds;
- 9- Leader;
- 10- Son of Aphrodite;
- 1- Chow; 13- Zealot;
- 14- Admit;
- 20- Auricular;
- 21- Indian exercise method;
- 25- This can be guilty or not guilty;
- 26- Pave over; 27- Youthful;
- 28- Partner of each;
- 29- Vow locale;
- 30- Nosh; 31- Choke;
- 33- Chemical ending;
- 35- Flap; 37- The \_\_\_ Valley is a Californian wineland;
- 39- King's staff;
- 42- Strip of wood;
- 44- Affectedly dainty;
- 47- Loathe;
- 49- Elaborately adorned;
- 52- Enthusiastic vigor and liveliness;
- 53- Fork feature; 55- Undoing;
- 56- Suffix with exist;
- 57- Scored 100 on;
- 58- Yeah, right!; 59- Nair rival;
- 60- Knee; 62- KLM rival;

# Thank You Sponsors



**A M I C A**  
SENIOR LIFESTYLES



**B R I X**  
REAL ESTATE GROUP

*I got an email explaining how to read maps backwards.*

It was spam.

*Why shouldn't you wear glasses when you play football?*

It's a contact sport.

*Why do scuba divers fall backwards into the water?*

If they fell forward, they'd still be in the boat.



*Yesterday, a clown held a door open for me.*

It was a nice jester.

*What do you call an illegally parked frog?*

Toad.

*Why can't a bicycle stand by itself?*

Because it's two tired.



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

PLEASE ORDER YOUR GOOD FOOD BOX  
THROUGH THE TRIWOOD COMMUNITY CENTRE:  
[triwoodcommunity.com/good-food-box](http://triwoodcommunity.com/good-food-box)

**Next Order  
& Pick-up Dates**

Order by Nov 12  
Pick-up Nov 22

Order by Dec 3,  
Pick-up Dec 13



# What's Happening at Triwood



## CRAFT NIGHT!

Friday, November 10th | 6:30-8:30pm  
\$40 | Supplies included  
Register online! [triwoodcommunity.com](http://triwoodcommunity.com)



## TRIWOOD CHRISTMAS MARKET 2023

SAVE THE DATE | 2244 CHICOUTIMI DR NW

FRIDAY, DECEMBER 1ST  
3-9PM

SATURDAY, DECEMBER 2ND  
10AM-4PM

## CROSSWORD Answer from Page 26



### Companion Services

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

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

**403-919-7147**  
[originathome@origin.ca](mailto:originathome@origin.ca)  
[www.OriginAtHome.ca](http://www.OriginAtHome.ca)

1	I	B	A	R		5	T	A	B		8	E	P	E	E	11			
12	N	O	N	E		13	F	I	N	A	L		15	R	A	R	A		
16	O	R	E	S		17	A	N	I	L	E		18	S	C	O	T		
19	N	A	T	I		20	O	N	A	L	I	T	Y		22	E	S		
					23	S	T	A				24	O	O	P	S			
		26	R	A	T	I	T	E		28		29	A	N	G	L	E	S	30
31	G	E	D		32	C	I	V	I	L		34	A	E	T	N	A	35	
36	A	T	O	N		37		38	C	E	N	T	S		39	A	T	A	D
41	G	A	L	A	S		42		43	R	E	A	C	T		45	E	C	O
	46	R	E	P	L	A	Y		47		48	R	E	W	O	R	K		
		50	S	A	A	B					51	P	E	R					
52	E	T	C		53		54	T	H	R	E	A	T	E	N	I	N	G	60
61	L	I	E	S		62		63	O	U	N	C	E		64	A	B	E	E
65	A	N	N	A		66		67	R	I	C	E	R		68	T	E	E	N
69	N	E	T	S		70		71	N	E	D				72	E	T	T	U

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

## REGISTRATION REQUIRED Presentation Series

# CANADA REVENUE AGENCY

## BENEFITS PRESENTATION

### Topics:

- Seniors Benefits and Credits
- Disability Tax Credit
- Scams
- Digital Service

**NOVEMBER 28, 2023 AT 10 AM - 12 PM**

Location: JTs Pub, Triwood Community Centre

Address: 2244 Chicoutimi Dr NW, Calgary

Register for this FREE presentation at

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



## VOLUNTEER POSITION

Help Keep Our Members  
Informed

Hi Jackie!  
You won't want to  
miss this event...

We're seeking one  
volunteer to join us  
in the office once  
a month to call  
members and  
provide them with  
center updates.

If you are interested,  
please call Richard at  
403-289-4780 or email  
[members@yycseniors.com](mailto:members@yycseniors.com)



## Attention Coffee Enthusiasts

Due to the increase  
in the cost of coffee and  
supplies, the new price for  
coffee at our Centre will  
be \$1.50 as of  
January 1st,  
2024.



# 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 Ext 202 to help.

### Volunteer to Update Members by Phone

**Location:** at the Confederation Park 55+ Office

**Call Richard** at 403-289-4780 Ext 200 to help.

“

“Don’t ever question the value of volunteers. Noah’s Ark was built by volunteers; the Titanic was built by professionals.”

– Dave Glynn

”

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

\$**35**

REGULAR  
MEMBERSHIP

OR

\$**50**

SUPER  
MEMBERSHIP

ALL NEW 2024 MEMBERSHIPS (or add \$15 to bump up)  
ARE VALID FROM NOV 1st.

### 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

**NEW!** West Hillhurst GoGetters

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

## CHRISTMAS BAKESALE

BAKING BY BOW CLIFF MEMBERS, INCLUDING  
OUR SUPER MEMBERS BAKE TABLE AND  
TRADITIONAL GREEK BAKING BY THE  
HELLENIC SENIOR'S SOCIETY

CHRISTMAS MUSIC PROVIDED

BY  **imagine  
music**

PANCAKE BRUNCH AVAILABLE  
FOR \$5.00 (10-NOON)

★ SATURDAY DECEMBER 2, 2023

10:00AM-1:00 PM

BOW CLIFF SENIORS  
3375 SPRUCE DRIVE SW  
CALGARY

## IT'S TIME FOR THE GFLS HOLIDAY MARKET

ARTS \* CRAFTS \* FOOD  
COMMUNITY BAKE SALE

Date: Saturday, November 4, 2023

Time: 9:00 AM to 3:00 PM

Location: 

3425 - 26 Avenue SE  
Calgary, AB

The  
Cozy  
Corner  
Crafters

GFLS  
Men's  
Shed

For more information  
please contact  
the GFLS Centre at (403) 272-4661  
or support@gfls.org



## Merry CHRISTMAS

Saturday, Dec. 2, 2023

★ Cocktails at 5:30 PM - Catered Turkey Dinner at 6 PM

(Dinner includes turkey, ham, mashed potatoes,  
gravy, vegetables, salads, desserts, tea and coffee) ★

Entertainment - Rhythm of the Rockies

Cost - \$35 per person in advance

Purchase tickets online or call

(403) 283 - 0620



1940 6 Ave NW, Calgary, AB

Call us to register:  
403-283-3720

## Luncheon

Monday, November 13, 2023

Cost: \$15.00 Members / \$20.00 Guests

**Bangers and Mash**  
**Spolumbos Pork Sausages over**  
**Mustard mash potatoes**  
**with onion gravy**

Provided by: The Kerby Café

Desserts by: Chartwell

# SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

UNISON'S  
GOLDEN  
HEARTS



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)



## Bowness Seniors' Centre



**Snowflake Dinner Dance**

**Live entertainment**

**Friday November 24, 2023**

Doors open at 5 pm & Dinner at 6 pm

Contact the BSC office for tickets 403 286-4488

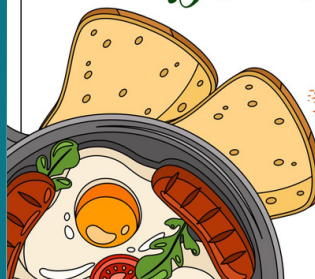
Members/~~Supermembers~~ \$20, non member \$25

Purchase tickets by Wednesday November 22.

No tickets sold at the door

**GFL55+**

*Community  
Breakfast*



**THURSDAY,  
NOVEMBER 9  
9 - 11 AM  
\$10**

Greater Forest Lawn 55+ Society (GFLS)

3425 - 26 Avenue SE

403-272-4661 [support@gfls.org](mailto:support@gfls.org)



# SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



**OGDEN 50+ ACTIVITY CENTRE**  
2102 69 Ave SE  
(403) 279-2003

## CHRISTMAS TEA & ARTISAN SALE

**SATURDAY, NOVEMBER 4, 2023**  
10 AM - 2 PM  
\$5.00 ADMISSION

**BAKE SALE, CRAFT SALE  
& ART SALE**

TABLE RENTAL \$25.00  
REGISTER WITH SONIA AT 403-279-2003 x 4  
OR EMAIL [SONIA@OGDEN50PLUS.ORG](mailto:SONIA@OGDEN50PLUS.ORG)

2102 - 69 AVE SE  
403-279-2003



## PICKLEBALL WORKSHOP

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

**TUESDAYS 3:00 PM  
FRIDAYS 3:00 PM**

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




## Hearing Screenings

Connect Hearing is coming to  
Parkdale Nifty Fifties to conduct  
screenings for your hearing  
health!

**BY APPOINTMENTS ONLY  
FROM 1:00PM - 4:00PM  
NOVEMBER 9 2023**

Connect  
Hearing 

call 403-283-0620 to book your spot now

PARKDALE NIFTY FIFTIES 40TH 

## Anniversary Dinner

Friday, Nov. 17, 2023

Cocktails at 5:30pm - Catered Roast Beef Dinner at 6PM

Dinner includes all the trimmings and dessert

Entertainment - Ron Marier

Cost - \$30.00 per person

Purchase tickets online or call (403) 283-0620  
Tickets must be purchased and paid for by Fri. Nov. 10

Dress to Impress!

Parkdale Nifty Fifties Seniors Association  
3512 - 5 Ave. NW



# SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

ACTIVE AGING SPOTLIGHT

## Indigenous Building Capacity Workshop

Monday, November 13th | 9:30am – 4:30pm  
Members: \$70 | Non-Members: \$100

Medicine Wheel and Building Capacity: Truth & Reconciliation Presentation

Registration Required  
Visit [kerbycentre23.wildapricot.org](http://kerbycentre23.wildapricot.org) or Room 306  
or contact Active Aging at (403) 705-3233 or  
[HenriettaF@UnisonAlberta.com](mailto:HenriettaF@UnisonAlberta.com)



### Active Aging: Weekly Activities

#### Badminton – \$3 Activity Fee

Monday

REGISTRATION NOT REQUIRED



YOU ARE INVITED TO

### Silver Star Christmas Musical Revue

## “Christmas Nostalgia”

JOIN US FOR AN EVENING OF FESTIVE MUSIC,  
CHRISTMAS CHEER AND MERRIMENT

FRIDAY DECEMBER 15TH | AT 7 PM

\$15.00 / TICKET

COFFEE & GOODIES PROVIDED

BOW CLIFF SENIORS CENTRE

3375 SPRUCE DRIVE SW



OGDEN 50+ ACTIVITY CENTRE  
2302-69 Ave SE  
Calgary, AB, T2C 3Y4  
(403)279-2003

## Rosebud Theatre

December 14, 2023

\$100.00 per person

Buffet Starts at - 11:00 am

Show - 1:30 pm

Bus Arrival at Ogden 50+ - 9:50 am

Bus Departure from Ogden 50+ - 10:30 am

Arrival at Rosebud Theatre, Rosebud, AB - 11:45 am

Departure from Rosebud - 4:00 pm

Calgary Arrival - 5:15 pm

Register by: Nov 28

**ALL is CALM:**  
The Christmas Truce of 1914  
By Peter Rothstein  
Vocal Arrangements by  
Erick Lichter & Timothy C. Takach



Coach Bus Charter by Southland Transportation

# 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.**



**INFORMATION & RATES**  
**[YYCSeniors.com/Housekeeping](http://YYCSeniors.com/Housekeeping)**  
**OR CALL NIGEL AT 403-289-4780**



**LIGHT  
HOUSEKEEPING**



**FRIENDLY  
COMPANIONSHIP**



**AN EXTRA  
HELPING HAND**

**403-289-4780 • [YYCSeniors.com](http://YYCSeniors.com)**

# Senior Living?

# *NOT IN A MILLION YEARS!*

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

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



Learn more!



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