

# GAZETTE



## Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

DECEMBER 2023



### IN THIS ISSUE

**Our Christmas Party and Lunch** is already here! Join us Dec 8th. **See page 14**

**Our President's Appeal** to help fund our Pantry Program is off to an amazing start! Please donate to help our members and community. **See page 9**

**Winter registration** has begun! Don't miss out on your favourite class. Register today! **See page 16.**

Charitable Registration # 13217 1638 RR0001

2244 CHICOUTIMI DR NW CALGARY AB T2L 0W1 | 403-289-4780 | [WWW.YYCSENIORS.COM](http://WWW.YYCSENIORS.COM)

# What's Inside

# Our Team

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**Cover Photo:** Santa and the Grinch hanging out at the Copper Point Resort in Invermere, BC before the big day! Thank you to Michael Shepherd & Chris Ippolito for the photo. Book them for your party! Email [friendsofsanta@shaw.ca](mailto:friendsofsanta@shaw.ca)

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<br>Coordinator              |
| Debbie Nay .....      | Event and<br>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



# 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.



## Merry Christmas All!

It has been a really good year here at Confederation Park 55+. A great deal of work has been accomplished by the Board, staff and myself. First of all we celebrated our 50th Anniversary on May 16th. We have raised many donations to help with Tea and Conversation, our Pantry program and, hopefully soon, our frozen meal program. We received a grant for new computers for the staff and the Program Coordinator position. We have just finally launched our housekeeping program after a few hiccups. And we have some new classes on our schedule this fall. Presentations this year have been well attended, so we decided we will do more for 2024. We will have a schedule of dates, times and topics for you soon.

The biggest project for me personally was the launch of the Super Membership which started with 5 seniors' centres and we are currently working with 8 centres and 2 more in the works. It has been a great deal of work and all of the Executive Directors as well as the CEO of Kerby have been a part of many meetings to bring this all together. With a grant we received from Calgary Foundation for \$10,000.00, we are currently conducting a feasibility study to determine if a dedicated website would be viable for the Super Membership. If the study reveals that this is viable, then the next step will be to apply for funding to develop the website. Wish us luck in this endeavour. To date, we have almost

500 Super Members which is a really good start for 11 months in. I would like to thank my colleagues for all of their hard work in this project!

We have grown our sponsorships this year with many new additions. Many thanks to Beltone, Chartwell, Origin, Revera, R&D Retirement Solutions & Brix Real Estate for all of your amazing support this year!! We also received a very generous donation from Stampede Kinsmen for the Tea and Conversation Program which we are very grateful for. Just recently, we started the Presidents Appeal and donations have been pouring in. And of course, there are all the members donations received throughout the year!! A fantastic year!!

The Board has decided that we should be providing you information on different topics about how we provide services to you. A great deal of work goes into this process. The Board, staff and myself all have different work to do dependent on the project that we are working on. Over the next year, we will provide you with different tidbits in our Gazette each month under the heading "Did you know?" Watch for the December tidbit.

Many thanks to the members for all of their support this year!!! Have a terrific Christmas and New Years!!



*Jeanette*

Jeannette Provo  
Executive Director

# Meet Our Board

Each month, a member of the Board of Directors will be sharing their background with you so you can become a bit more familiar with them and what they do at the Centre. If you would like to join our Board of Directors, please contact Jeannette at [ed@yycseniors.com](mailto:ed@yycseniors.com).



## Hello!

My name is Lynda Lyster and I'm a member of the Confederation Park 55+ Executive Board, as well as the Events

and Facilities Committee. We have an excellent group of volunteers that serve with me and we are very fortunate to work with a dynamic staff.

I retired from the Calgary Board of Education after a satisfying career as elementary teacher, principal of Ramsay and Edgemont schools, and Director of Educational Services.

When my husband Dale and I retired, we bought a condo in Mazatlan, Mexico. I thought I'd like to volunteer at the school in the small, very poor town of Barron, just 5 km from our condo. Not being fluent in Spanish, I realized we couldn't help in the

classrooms but there was a lot of work to be done fundraising. We established a charity called Friends of Barron sixteen years ago and spend time in Mexico every winter working with about 800 students from K – 12.

I believe that providing an excellent education is the best way to change the future of young students who live in Barron who are trapped in a circle of poverty. Education can open doors to a better standard of living and employment for Mexico's bright young students.

Living in Calgary makes me realize how lucky we are to have the standard of living and freedom we enjoy. As we approach the Christmas Season, it's an ideal time to give back, giving and sharing our time as volunteers with our community.

Lynda Lyster  
Director



*Confederation Park 55+ Activity Centre  
Board of Directors, Executive Director & Staff  
wish you all a very*

*Merry Christmas*

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



**NEW LOCATION SPECIAL**

**\$19.99**

MEN'S & WOMEN'S CUTS

UNTIL JANUARY 31, 2024

REGULAR PRICE \$27.99

APPOINTMENTS

587-888-1388  
CALL OR TEXT

Hair Cru Salon  
29 Crowfoot Rise NW

10 YEARS' EXPERIENCE

**Haircuts By Melissa**

## SUDOKU EASY

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

SOLUTIONS ON PAGE 17

## SUDOKU MEDIUM

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

## SUDOKU HARD

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



# Word Search

ANSWER at [yycseniors.com](http://yycseniors.com).  
Thank you to Discovery Education PuzzleMaker for this game.

- ANGEL
- BAKING
- BELIEVE
- BELLS
- BIRTH
- BLESSED
- CANDYCANE
- CARDS
- CAROLS
- CHEER
- CHILDREN
- CHIMNEY
- CHURCH
- COLD
- COOKIES
- DECEMBER
- DECORATIONS
- DINNER
- DONATE
- ELVES
- FAMILY
- FRIENDS
- GARLAND
- GENEROUS
- GINGERBREAD
- GIVE
- HAM
- HOLIDAYS
- JINGLE
- JOLLY
- JOY
- LIGHTS
- MANGER
- MERRY
- MILK
- MITTENS
- NAUGHTY
- NICE
- NOEL
- ORNAMENTS



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

- |          |         |            |         |
|----------|---------|------------|---------|
| PARKA    | RUDOLPH | SKATING    | STUFFED |
| PARTIES  | SACK    | SLEIGH     | TOQUE   |
| PEACE    | SANTA   | SNOW       | TOYS    |
| PRESENTS | SCARF   | SNOWFLAKES | TREE    |
| REINDEER | SHOVEL  | STAR       | TURKEY  |

## HIDDEN MESSAGE

\_\_\_\_\_ !

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

# Boutique on the Park



**403-289-4780**

If at any time the boutique is not open during regular office hours 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)

*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.

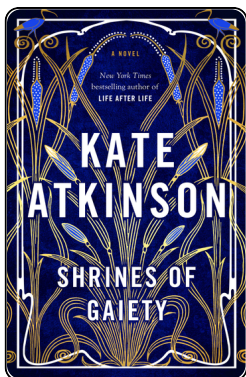
We are NOT accepting any house hold items at this time.

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



# Book Club

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



## Book Review

### Shrines of Gaiety

Kate Atkinson

Our Book this month was 'Shrines of Gaiety' by Kate Atkinson.

The setting of the book was the unruly Night club Scene in London, England during the 1920s. WW1 has just ended and London is determined to party and party hard. The Author uses the character of a real life resourceful, ruthless, working class woman who ran a Nightclub Empire. No small feat for a woman of that era. Detective work is in its infancy, corruption and crime are everywhere. So we are introduced to a number of principal characters who are going to illustrate this extraordinary period, each from their point of view. We have two runaway teenagers, a police detective, an ex Red-Cross nurse - turned Librarian, our Night club Empress and her family plus a host of semi peripheral characters.

There are at least two plot lines to help us join the dots. One is the mystery of the many girls being found drowned in the Thames. The second one is the unseating of our venerable Dame from her Nightclub Empire. By the time Ms Atkinson has taken us on this Dickensian dance - with excellent descriptions of the primitive

morgue by the river, the interiors of the various differing nightclubs, and the fantasized bucolic scenes of Shropshire from our homesick detective, character wise we are starting to get lost. Dickens at least had a little by-line across the top of the page to let you know which characters you could expect to read about. No such warnings here. Turn the page on a new chapter, and find yourself in another part of the jungle. Too many characters, some too lightly drawn, renders the reader flipping back to re establish the context.

The author has a lighthearted, witty style to ameliorate the darkness of her yarn but her book had a somewhat abrupt ending and very few loose ends were tied up. This leaves some readers dissatisfied.

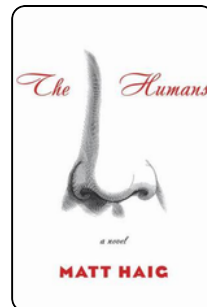
Our scores ranged from 8 to 5 and one unhappy 2. Discussion was as boisterous and vigorous as ever, although we were kept more or less focused. After our presenter's skillfully selected questions at least two scores went up by .5.

Next month we shall be reviewing 'The Humans' by Matt Haig.

Submitted by  
Jean Kensit

## DECEMBER The Humans

by Matt Haig





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

Hello All,

The Presidents Appeal is a **resounding success!** Thanks to your generosity, we exceeded our goal. As of the beginning of December, \$8,370 has been donated which will go towards supporting our food hamper program.

The Board of Directors, Executive Director and staff of Confederation Park 55+ Activity Center are profoundly grateful for your support in helping us reach our goal for this important program which will benefit our members.

Sincere thanks to everyone who donated.

Sharon Dun  
President  
Board of Directors

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



*Merry Christmas and Happy New Year.  
Best Wishes for 2024*

Christmas is fast approaching and soon we will have 2023 behind us. It is that time of the year for us to deal with “Old Man Winter”....COLD, SNOW, ICE and the FLU and Covid.☺

- 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.

We would like to thank all of our wonderful **volunteers**; we count on you week after week and you never let us down. Thanks a million!

Thank you all for your monthly, weekly and annual **donations** to the Tea & Conversation program. Your support is greatly appreciated and needed.

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



## LIVE ENTERTAINMENT

### DECEMBER 2023

Dec 7 ..... Sox & Sax  
Dec 14 ..... Randy Poirier

### JANUARY 2024

Jan 4 ..... Sox & Sax  
Jan 11 ..... Randy Poirier  
Jan 18 ..... Timeless Reflections  
Jan 25 ..... Greg Rumpel

♥ PLEASE SUPPORT OUR SPONSORS ♥

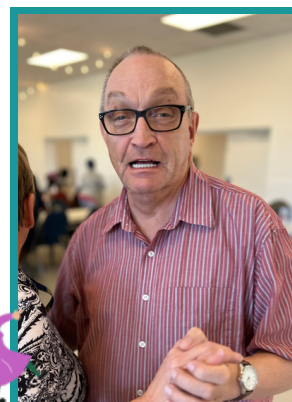


# Tea & Conversation



## 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.



**Christmas Lunch**  
December 8, 2023  
Doors Open  
at 11:30 AM

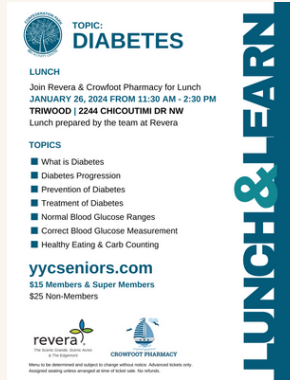
Turkey Dinner  
with Fixings

50/50 Draw

Tickets:  
Members: \$35.00  
Non Members: \$45.00

403-289-4780  
**yycseniors.com**  
2244 Chicomilmi Dr NW, Calgary  
MENU SUBJECT TO CHANGE WITHOUT NOTICE

Friday, Dec 6th  
**Christmas Lunch**  
\$35 Members  
\$45 Non-Members  
11:30 AM - 2:30 PM



**TOPIC: DIABETES**

**LUNCH**  
Join Revera & Crowfoot Pharmacy for Lunch  
JANUARY 26, 2024 FROM 11:30 AM - 2:30 PM  
TRIWOOD | 2244 CHICOUTIMI DR NW  
Lunch prepared by the team at Revera.

**TOPICS**

- What is Diabetes
- Diabetes Progression
- Prevention of Diabetes
- Treatment of Diabetes
- Normal Blood Glucose Ranges
- Correct Blood Glucose Measurement
- Healthy Eating & Carb Counting

**yycseniors.com**  
\$15 Members & Super Members  
\$25 Non-Members

revera | CROWFOOT PHARMACY

Menu to be determined and subject to change without notice. Advanced tickets only. Insurance seating limited. Seating at front of dining room. No refunds.

Fri, Jan 26th  
**Lunch & Learn**  
Topic: Diabetes  
\$15 Members  
\$25 Non-Members  
11:30 AM - 2:30 PM



**ARTIST WORKSHOP ACRYLICS**

Join us for Carol Marasco's  
**Northern Lights Forest**  
Tuesday  
December 5, 2023  
10 AM - 12 PM

\$40  
Member Price  
\$75 Non-Members  
Includes all Supplies

Register at yycseniors.com

Tues, Dec 5th  
**Northern Lights Acrylic Workshop**  
with Carol Marasco  
\$40 Members  
\$75 Non-Members  
10 AM - 12 PM

Tues, Dec 12th  
Presentation  
**Care At Home Services**  
FREE  
10 AM - 12 PM



**Care At Home Services**  
Join us December 12th from 10AM - 12PM  
at Confederation Park 55+ Activity Centre  
Located in the Triwood Community Centre  
2244 Chicomilmi Dr NW, Calgary

Register at yycseniors.com or call 403-289-4780

**How Can We Support You?**

- Companion care, personal home care, housekeeping, errands, post-surgical support and more care available
- Professional team of housekeepers, health care aides and nurses available to support 24hr/day

Enter for a chance to win a free gift basket!

**BLUE CROSS**  
**yycseniors.com**  
REGISTRATION REQUIRED FOR THIS FREE PRECASH PLAN. REGISTRATION FOR BLUE CROSS PLAN REQUIRED.



**ARTIST WORKSHOP ALCOHOL INKS**

Learn Alcohol Inks with Alesha Buczny  
Tuesday  
December 5, 2023  
10 AM - 12 PM

\$35  
Members & Super Members  
\$70 Non-Members

Register at yycseniors.com

Tues, Dec 5th  
**Alcohol Inks Christmas Ornament Workshop**  
with Alesha Buczny  
\$35 Members  
\$70 Non-Members  
10 AM - 12 PM

Fri, Jan 12th  
**Games Day**  
\$10 Tickets  
Includes 2 slices pizza  
12 PM - 3 PM



**GAMES DAY**

REGISTER AT  
YYCSENIORS.COM

\* JANUARY 12TH \*

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

WALK IN AND SIGN UP FOR FREE  
WALK IN AND SIGN UP FOR FREE  
WALK IN AND SIGN UP FOR FREE

IT'S CLUBHOUSE PUB  
2244 CHICOUTIMI DR NW • YYCSENIORS.COM



**ARTIST WORKSHOP DRAWING**

Learn to Draw with Alesha Buczny  
Monday  
December 11, 2023  
10 AM - 12 PM

\$35  
Members & Super Members  
\$70 Non-Members

Register at yycseniors.com

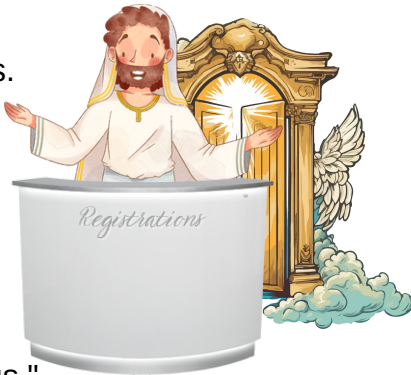
Mon, Dec 11th  
**Drawing Chickadees Workshop**  
with Alesha Buczny  
\$35 Members  
\$70 Non-Members  
10 AM - 12 PM

Register at  
**yycseniors.com**

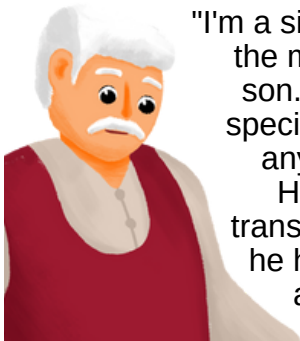
# LINKages Club

*It's Christmas*, and St. Peter is taking a few well deserved weeks off. Jesus volunteers to fill in for him at the Pearly Gates.

"It's no big deal," St. Peter explains. "Sit at the registration desk, and ask each person a little about his or her life. Then send them on to housekeeping to pick up their wings."



All is going great but then, on the third day, Jesus looks up to see a bewildered old man standing in front of him.



"I'm a simple carpenter," says the man. "And once I had a son. He was born in a very special way, and was unlike anyone else in this world. He went through a great transformation even though he had holes in his hands and feet. He was taken from me a long time ago, but his spirit lives on forever. All over the world people tell his story."

By this time, Jesus is standing with his arms outstretched. There are tears in his eyes, and he embraces the old man.

"Father," he cries out, "It's been so long!"

The old man squints, stares for a moment, and says, "Pinocchio?"



## INTERGENERATIONAL LINKages Club

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

**NEXT MEETING DATE:**

 **Monday**   
**3:30 PM - 4:30 PM**  
**DECEMBER 4TH**



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



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

# FEATURED

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

## 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**



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

# Upcoming



## TOPIC: **DIABETES**

### LUNCH

Join Revera & Crowfoot Pharmacy for Lunch

**JANUARY 26, 2024 FROM 11:30 AM - 2:30 PM**

**TRIWOOD | 2244 CHICOUTIMI DR NW**

Lunch prepared by the team at Revera

### TOPICS

- What is Diabetes
- Diabetes Progression
- Prevention of Diabetes
- Treatment of Diabetes
- Normal Blood Glucose Ranges
- Correct Blood Glucose Measurement
- Healthy Eating & Carb Counting

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

**\$15 Members & Super Members**

**\$25 Non-Members**



Menu to be determined and subject to change without notice. Advanced tickets only.  
Assigned seating unless arranged at time of ticket sale. No refunds.

# LUNCH & LEARN

# WINTER 2023

TO REGISTER

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

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| <b>SEATED YOGA</b><br>9:30 AM - 10:30 AM<br>Jan 8 - Mar 18   | <b>CRIB</b><br>9:00 AM - 11:00 AM<br>Jan 2 - Mar 19   | <b>THE WORX</b><br>8:45 AM - 9:45 AM<br>Last Fall Class: Dec 6<br>Winter: Jan 10 - Mar 13   | <b>WOODCARVERS</b><br>9:00 AM - 11:00 AM<br>Jan 4 - Mar 7   | <b>ZUMBA GOLD</b><br>8:45 AM - 9:45 AM<br>Last Fall Class: Dec 15<br>Winter: Jan 12 - Mar 15 |
| <b>DRAWING 1</b><br>10:45 AM - 12:45M<br>Jan 8 - Mar 18  | <b>DRAWING 2</b><br>10:00 AM - 12:00 PM<br>Jan 2 - Mar 5  | <b>SEATED YOGA</b><br>9:45 AM - 10:45 AM<br>Last Fall Class: Dec 13<br>Winter: Jan 3 - Mar 20   | <b>JAZZ</b><br>11:00 AM - 12:00 PM<br>Jan 4 - Mar 7   | <b>YOGA ZOOM</b><br>9:30 AM - 10:45 AM<br>Jan 5 - Mar 8                                      |
| <b>PERFECTLY IMPERFECTS</b><br>11:00 AM - 12:30 PM<br>Last Fall Class: Dec 4<br>Winter: Jan 8 - Mar 18 | <b>PAINT WITH CAROL MARASCO</b><br>10:00 AM - 12:00 PM<br>Northern Lights: Dec 5<br>Winter Cabin: Jan 30<br>Sunset Bridge: Feb 27<br>Positano Italy: Mar 26 | <b>TAP Advanced</b><br>11:30 AM - 12:30 PM<br>Jan 3 - Mar 6   | <b>SEATED YOGA</b><br>12:15 PM - 1:15 PM<br>Last Fall Class: Dec 7<br>Winter: Jan 4 - Mar 21  | <b>UKULELE</b><br>10:00 AM - 11:00 AM<br>Last Fall Class: Dec 8<br>Winter: Jan 12 - Mar 15   |
| <b>SPANISH 2</b> Adv Beg<br>12:45 PM - 1:45 PM<br>Jan 8 - Mar 18                                       | <b>TAI CHI Beginner</b><br>10:00 AM - 11:00 AM<br>Last Fall Class: Dec 12<br>Winter: Jan 23 - Mar 26  | <b>BELLY DANCING</b><br>12:00 PM - 1:00 PM<br>Jan 10 - Mar 13   | <div><div>T&amp;C</div><div>Thursdays<br/>1:30 PM - 2:30 PM<br/>**See pages 10 &amp; 11 for details.</div><div>\$5 Requested Donation<br/><br/>yycseniors.com/t&amp;c</div></div> | <b>WATERCOLOURS Beginner</b><br>10:00 AM - 12:00 PM<br>Jan 5 - Mar 15                        |
| <b>LINE DANCE Beginner</b><br>1:00 PM - 2:00 PM<br>Jan 8 - Mar 18                                      | <b>YOGA</b><br>10:45 AM - 11:45 AM<br>Feb 6 - Mar 12  | <b>BALLET for Seniors</b><br>12:45 PM - 1:45 PM<br>Jan 3 - Mar 6  |   | <b>UKULELE</b><br>11:15 AM - 12:15 PM<br>Last Fall Class: Dec 8<br>Winter: Jan 12 - Mar 15   |
| <b>CHINESE MAHJONG CLUB</b><br>1:00 PM - 3:00 PM<br>Jan 8 - Mar 18                                     | <b>TAI CHI Intermediate</b><br>11:05 AM - 12:05 PM<br>Last Fall Class: Dec 12<br>Winter: Jan 23 - Mar 26  | <b>ENERGIZING DANCE</b><br>2:00 PM - 3:00 PM<br>Jan 3 - Mar 6   | <div><div></div><div>Gift Certificates<br/>Available at the Office</div></div>  |  |
| <b>BOOK CLUB</b><br>1:00 PM - 3:00 PM<br>Dec 4, Jan 8, Feb 5, Mar 4                                    | <b>TAP Beginner</b><br>12:00 PM - 1:00 PM<br>Jan 9 - Mar 12   | <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> |   |  |
| <b>EUCHRE</b><br>1:00 PM - 3:00 PM<br>Jan 8 - Mar 18   | <b>ALCOHOL INKS Intro</b><br>12:30 PM - 2:30 PM<br>Jan 2 - Mar 5  | <div><div>*CHARLESWOOD - ROOM ACCESS BELOW</div><div></div><div>2244 Chicoutimi Dr NW, Calgary   403-289-4780</div><div>OFFICE: Up stairs to the right<br/>Indoor Stair lift is available.</div></div>  |   |  |
| <b>WATERCOLOURS</b><br>1:15 PM - 3:15 PM<br>Jan 8 - Mar 18   | <b>HARMONY FIRST</b><br>12:30 PM - 3:00 PM<br>Jan 9 - May 28  |   |   |  |
| <b>SPANISH 3</b> Beyond Beg<br>2:00 PM - 3:00 PM<br>Jan 8 - Mar 18                                     | <b>SHARING HANDICRAFTS</b><br>1:00 PM - 3:00 PM<br>Jan 2 - Mar 19   |   |   |  |
| <b>LINE DANCE IMPROVER</b><br>2:15 PM - 3:15 PM<br>Jan 8 - Mar 18                                      |   |   |   |  |
| <b>LINKAGES</b> (SEE PAGE 13)<br>3:30 PM - 5:15 PM<br>Dec 4, Jan TBA                                   |   |   |   |  |
| <b>CENTRE CLOSED</b><br>No Classes:<br>Feb 19th, 2024  |   |   |   |  |

# Sudoku Answers



Explore what Revera has to offer.

## The Scenic Grande

8720 Scurfield Dr NW  
587-296-4871



## Scenic Acres

150 Scotia Landing NW  
403-208-0338

## The Edgemont

80 Edenwold Dr NW  
403-241-8990

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

## SUDOKU EASY

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

## SUDOKU PUZZLES ON PAGE 5

## SUDOKU MEDIUM

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

## SUDOKU HARD

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



# DECEMBER Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Register for your WINTER PROGRAMS



**1**  
  
**Spirit of Christmas Market**  
Bragg Creek  
Dec 1 - 3

**2**  
  
**Bowness Seniors Cookie Competition**  
10 AM - 2 PM  
6422 35 Ave NW

**3**  
  
**Once Upon A Christmas**  
Nov 25 - Dec 17  
10 AM - 4 PM  
heritagepark.ca

**4**

**5**  
  
**CHRISTMAS ART WORKSHOPS**  
10 AM - 12 PM  
See Pg 23

**6**


**7**  
  
**TEA & CONVERSATION**  
1:30 - 2:30 PM  
SOX & SAX

**8**  
**CHRISTMAS LUNCH**  
11:30 - 2:30 PM  
Charleswood Room  


**9**  
  
**Glow Calgary**  
Dec 7-31  
Nutrien Western Centre  
4PM - 10PM

**10**  
**"Jingle All The Way"**  
**Jingle All The Way**  
Christmas Market  
11AM - 4PM  
2807 10 St NW  
See Pg 22

**11**  
  
**DRAWING CHICKADEES**  
10 AM - 12 PM  
See Pg 23

**12**  
  
**FREE PRESENTATION: Care at Home**  
10 AM - 12 PM  
See Pg 25

**13**

**14**  
  
**TEA & CONVERSATION**  
1:30 - 2:30 PM  
RANDY POIRIER

**15**  
  
**Christmas Market Tsuut'ina Nation**  
Dec 15-17  
19 Bullhead Rd  
Priddis, AB

**16**  
  
**Holiday Market Collective**  
BMO Centre  
20 Roundup Way SE  
Dec 8 -17

**17**  
  
**Gluten-Free Holiday Market**  
10AM - 3PM  
Marda Loop Comm.  
3130 16 St SW

**18**  
  
**Christmas Lights**  
Spruce Meadows  
Dec 8-31

**19**  
  
**Airdrie Festival of Lights**  
Outdoor Walk  
Dec 1 - 31  
Nose Creek Park  
Airdrie, AB

**20**  
  
**Holiday Farmers Market**  
3PM - 7PM  
Hillhurst Sunnyside  
1320 5 Ave NW

**21**  
  
**OFFICE HOURS: 9AM - 11AM**  


**22**  
**CLOSED FOR CHRISTMAS BREAK**  
**RETURNING JAN 2ND**

**23**  
  
**Rotary Festival of Trees**  
Dec 1 - 31  
Malcolm Hotel  
Canmore, AB


**24**  
*Christmas Eve*  


**25**  
*Merry Christmas*

**26**  
  
**Lions Festival of Lights**  
Thru Jan 8th  
Drive By  
14th St NW

**27**  
  
**In Search of Christmas Spirit**  
Thru Dec 31  
Cascade of Time  
Garden, Banff, AB

**28**  


**29**  
  
**Zoolights**  
Thru Jan 7th  
Calgary Zoo

**30**

**31**  
*Happy New Year!*  
**2024**

### NOTES

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**Like to drive around and look at the lights?**

Map of the best residential Christmas Light Displays:  
[lightenupcalgary.ca](http://lightenupcalgary.ca)

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



**PODIATRIST APPOINTMENTS:** We offer podiatrist service to all our members. Next visits begin in January. Please call us at 403-289-4780 to book.

**LAWYER APPOINTMENTS** with **Arlene Blake** are available for our members. 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

## Patricia's Mobile Dental Hygiene

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



**A truck** loaded with Worcestershire Sauce is driving through Saskatoon, Saskatchewan when the driver loses control and clips the side mirror of a Nissan Qashqui on Feheregyhazi Boulevard.

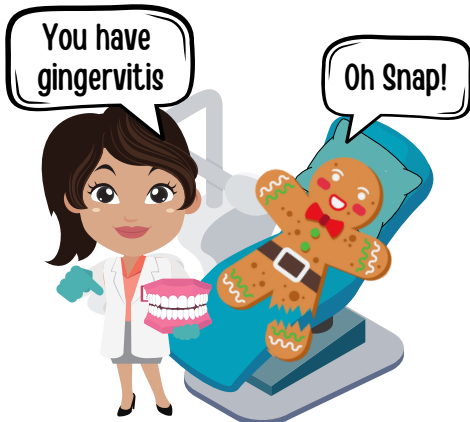


The truck then careens down the road and hits a car from Massachusetts, injuring the two otorhinolaryngologists inside. One of them, suffering from schistosomiasis, has a myocardial infarction.

A bystander witnesses the entire event and quickly calls to report the accident on his Huawei.

The emergency operator asks the bystander, "What happened?"

"It's hard to say."



Recipe & photo courtesy of  
[tasteofhome.com](http://tasteofhome.com)



## Homemade Cranberry Sauce with Apples

*One of the most loved condiments is also one of the easiest to make. Use on turkey, chicken or pork tenderloin. Skip the can and go for homemade this year.*

### INGREDIENTS

- 1 (12 ounce) package fresh cranberries, rinsed and sorted (frozen can be used)
- 2 large Granny Smith apples - peeled, cored, and diced
- 1 cup water
- 1 cup white sugar
- ½ teaspoon ground cinnamon (optional)

### DIRECTIONS

1. Place cranberries, apples, water, sugar, and cinnamon in a medium saucepan over medium heat; bring to a boil. Reduce heat to low and simmer until cranberries pop and apples are soft, about 20 minutes.
2. Remove from the heat and cool completely. Serve, or cover and refrigerate until ready to serve.



## 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.

## Expert Tips to Improve Heart Health for Seniors

Did you know that 45% of Canadians over the age of 20 have at least one risk factor for heart disease? These factors include stress, a sedentary lifestyle, tobacco use and a poor diet. Therefore, how can seniors strengthen their heart?

### **The cardiovascular system: impressive and essential!**

When we refer to the cardiovascular system, we often think of the heart. In fact, the cardiovascular system is also composed of blood vessels, arteries and veins that supply our entire body.

Weighing between 250 and 350 grams, the heart consists mainly of cardiac muscle cells, also known as myocardium. A typical heart rate should be between 60 and 80 beats per minute in adults. Every day, our heart pumps about 8,000 litres of blood, yet this organ weighs only less than a pound!

### **Understanding Heart Health for Seniors**

Having a poor diet can lead to being overweight or obese. It can also result in several medical conditions, such as hypercholesterolemia (high cholesterol), hypertension, and diabetes, which can affect heart health for older adults.

### **People with diabetes are two to four times more likely to develop heart disease.**

Establish and respect a regular eating routine. Avoid skipping meals and ensure that you eat every three hours.

Do not remove carbohydrates from your diet. Instead, control the amount you eat at every meal and spread them out evenly during the day.

Include grain, nuts, seeds, legumes and fruits in your diet.

Add some proteins to all your meals and snacks. cheese and nut butters.

Visit [chartwell.com/blog](https://chartwell.com/blog) for more tips!





# 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

## "Jingle All The Way" Christmas Market

**Sunday, December 10, 2023**

**11:00 am - 4:00 pm**

**Rosemont Community Centre  
2607 10th Street NW Calgary**

### featuring:

**Discovering the Horse  
Barefoot Bakery**

**Fun Creations  
Mary Kay**

**Norwex  
YYC Crafts**

**Revolving Rack**

**Costumes Galore**

**Stitchy Situations**

**Burnt Leather Designs  
Fifth Avenue Collection**

**& more**

**BRING IN THIS AD AND  
WE WILL HAVE A SURPRISE FOR YOU!**



## 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



## ARTIST WORKSHOP ALCOHOL INKS

Learn Alcohol Inks with  
**Alesha Buczny**

### Christmas Ornament Workshop

Tuesday  
December 5, 2023  
10 AM - 12 PM

**\$35**

Members & Super Members  
\$70 Non-Members



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



## ARTIST WORKSHOP DRAWING

Learn to Draw with  
**Alesha Buczny**

### Drawing Chickadees Workshop

Monday  
December 11, 2023  
10 AM - 12 PM

**\$35**

Members  
& Super Members  
\$70  
Non-Members



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

## 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)



## ARTIST WORKSHOP ACRYLICS

Join us for  
Carol Marasco's

### Northern Lights Forest

Tuesday  
December 5, 2023  
10 AM - 12 PM

**\$40**

Member Price  
\$75 Non-Members  
Includes All Supplies



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

# Origin At Home



## Fun & Safe Ways to Promote Active Living in the Winter

For some, wintertime means cozying up by the fire with a good book and a cup of tea. For others, it means layering up to enjoy an outside adventure with family friends. However you prefer to spend the season, winter can offer activities that promote physical and mental wellness.

Before you step outside into the winter wonderland, it's essential to understand the health and safety risks that winter brings that don't exist during the rest of the year. With Canadian winters being notoriously cold, hypothermia and frostbite pose significant risks to older adults. So each time you go outside, make sure you are dressed in warm, moisture-wicking layers and that every part of your body is covered, especially your fingers, toes, head, and ears. Prevent falls by wearing non-slip shoes and use protecting canes or walkers with rubber tips.

### Winter Activities That Promote Healthy Aging

**Get The Blood Flowing:** When it's cold and dreary outside, while tempting to stay inside and curl up, it's important to get up and get moving

**Take a Dip:** Swimming and water aerobics are some of the best and safest exercises for older adults. Pools provide a safe, low-impact exercise space that prevents falls, reduces stress on joints, and creates a fun environment!

**Strike a (Yoga) Pose:** Yoga, Tai Chi, and simple stretching are also valuable exercises that are safe and low-impact. While there's something special about doing a sun salutation outside in the sun, yoga and Tai Chi can be done anytime, anywhere!

**Have a Friendly Competition:** Who says winter activities promoting healthy aging have to be exercise? There are plenty of other fun and engaging activities that encourage social, physical, and mental wellness. Play indoor games that include pool, virtual bowling, games, and puzzles. All of these activities can foster social connections, promote cognitive functioning, and enhance motor skills.

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



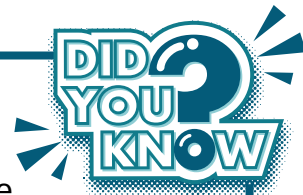
Experience the gift of true companionship with Origin at Home. Book a free consultation today. **403-919-7147** | [originathome@origin.ca](mailto:originathome@origin.ca) | [www.originathome.ca](http://www.originathome.ca)

EXPERIENCED • TRUSTED • DEPENDABLE



# Did you know?

Here's a little something that we do that you may not know about! For more information about this month's tidbit, please contact Jeannette at [ed@yycseniors.com](mailto:ed@yycseniors.com).



**Did you know that all requests you make to the staff must be sent to the Executive Director?** This applies to all members, instructors and so on. This has always been in place but every now and then we have to remind people. Once I receive the request, then I work with the staff to determine who has the time to do it. With some of the staff not working every day, vacations, sick time and so on, this process makes things easier for all of us. It also ensures that your request is not missed. Many thanks all! - Jeannette



**CONFEDERATION PARK 55+ ACTIVITY CENTRE**  
**FREE PRESENTATION SERIES**

## Care At Home Services

Join us **December 12th**  
from **10 AM - 12PM**  
for a **FREE PRESENTATION**

Register at  
[yycseniors.com](http://yycseniors.com) or call  
403-289-4780

### How Can We Support You?



- Companion care, personal home care, homemaking, nursing care, post-surgical support and foot care available
- Professional team of housekeepers, health care aides and nurses available to support 24hr/day

**Enter for a chance to win a free gift basket!**



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

**REGISTRATION REQUIRED FOR THIS FREE PROGRAM**  
PLEASE REGISTER ONLINE OR CALL US AT 403-289-4780

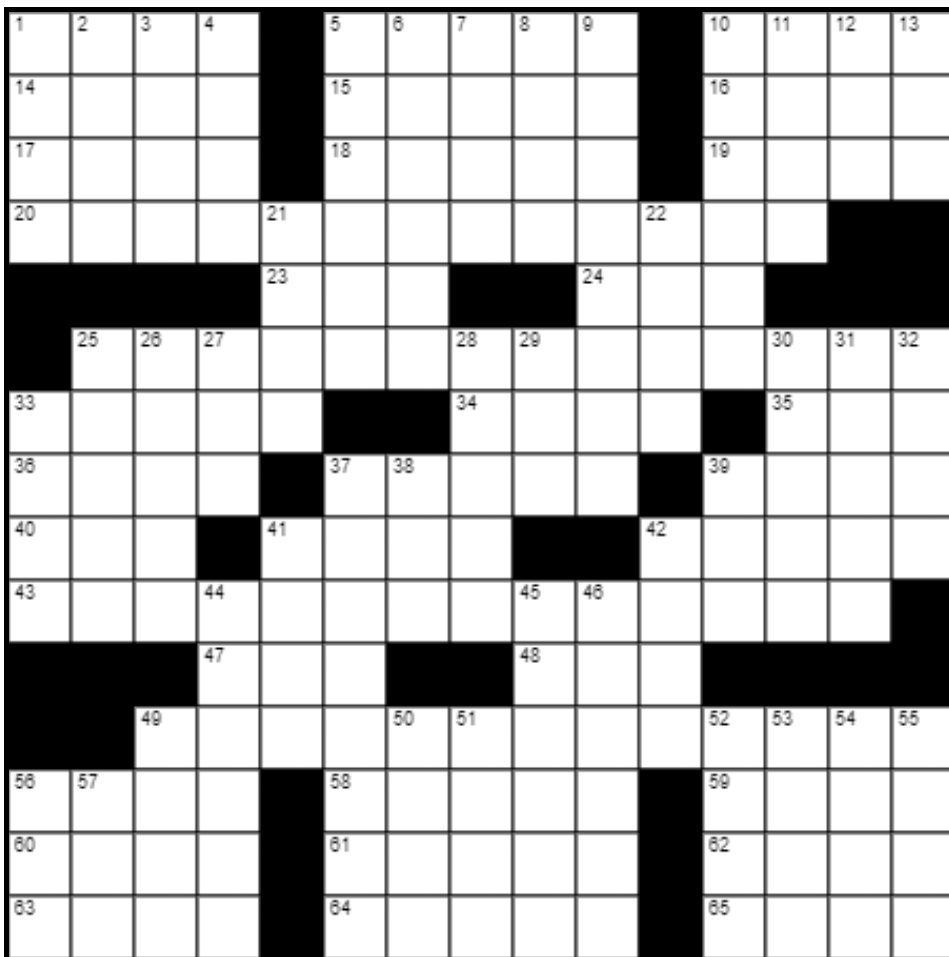


## Easy Puzzle #5

Published Nov 20, 2023

### ACROSS

- 1- Light ring;  
5- Gives a 9.8, say;  
10- On \_\_\_ with;  
14- Nabisco cookie;  
15- Moor;  
16- Hindu music;  
17- Woodstock singer Joan;  
18- Diamond flaw?;  
19- Hand cream ingredient;  
20- Offensive;  
23- School of the future?;  
24- Architect I.M.;  
25- Comprehensible;  
33- In agreement;  
34- Employs;  
35- Stephen of "The Crying Game";  
36- Injectable diazepam, in military lingo;  
37- Key;  
39- Membership fees;  
40- Id's counterpart;  
41- Gave temporarily, holy period of 40 days;  
42- Style;  
43- Obligation;  
47- Arab instrument;  
48- Afore;  
49- Amusement;  
56- Comic Foxx;  
58- Supermodel Cheryl;  
59- Draft picks;  
60- Expensive seating area;  
61- Name;  
62- Hit with an open hand;  
63- Prophet;  
64- Barbecue leftovers?;  
65- Swabbies;



### DOWN

- 1- Rail rider; 2- Bedouin;  
3- Actor Cobb; 4- Exude;  
5- Daniel Webster, e.g.;  
6- Hawk homes; 7- Poi source;  
8- School founded by Henry VI;  
9- Artillery fragments;  
10- Decorative ivy;  
11- "\_\_\_ Rider" starred Clint Eastwood;  
12- Gone by; 3- Actress Charlotte;  
21- Manitoba native;  
22- Places to sleep;  
25- Practice; 26- Taboos;  
27- Genetic letters;  
28- All, musically;  
29- Al Jolson's real first name; 30- Main impact;  
31- Suspicious; 32- Smooth sailing; 33- Super server;  
37- Private feud;  
38- Social connections;  
39- Agnus \_\_\_; 41- Boor;  
42- Secluded spot;  
44- Meditate;  
45- Compact hound;  
46- Van Gogh masterpiece;  
49- Verge;  
50- Journalist Jacob;  
51- 9th letter of the Hebrew alphabet;  
52- Pole;  
53- Actress Raines;  
54- In the neighborhood;  
55- Dosage abbr.;  
56- Literary monogram;  
57- Fair-hiring abbr.;

# Thank You Sponsors



Cosmetic surgery used to be such a taboo subject.

I can cut a piece of wood in half just by looking at it!

I've often heard that "icy" is the easiest word to spell.

Peter Pan is always flying... In fact, he neverlands!

I've decided to get Velcro shoes instead of laces.

*You're right. Now you can talk about Botox and nobody raises an eyebrow.*

*Wow, I can believe it! I saw it with my own eyes.*

*Looking at it now, I see why.*

*I like this joke, it never grows old.*

*Why knot?!*



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

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THROUGH THE TRIWOOD COMMUNITY CENTRE:  
[triwoodcommunity.com/good-food-box](http://triwoodcommunity.com/good-food-box)

**Next Order  
& Pick-up Dates**

Order by Dec 3rd  
Pick-up Dec 13th

Order by Jan 21st  
Pick-up Jan 31st



# What's Happening at Triwood

**TRIWOOD CHRISTMAS MARKET 2023**  
SAVE THE DATE | 2244 CHICOUTIMI DR NW

**FRIDAY, DECEMBER 1ST**  
3-9PM

**SATURDAY, DECEMBER 2ND**  
10AM-4PM

*A Triwood Christmas*

**SLEIGH RIDES**  
FRIDAY, DECEMBER 1ST  
4-8PM  
ALONGSIDE THE TRIWOOD CHRISTMAS MARKET

SPONSORED BY

**RE/MAX ROSS AITKEN**  
EXPERIENCE. MARKETING. RESULTS.

## CROSSWORD Answer from Page 26

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|    |   |    |    |   |    |    |   |    |   |    |   |    |    |    |   |   |   |  |
|----|---|----|----|---|----|----|---|----|---|----|---|----|----|----|---|---|---|--|
| 1  | H | A  | L  | O |    | 5  | R | A  | T | E  | S |    | 10 | A  | P | A | R |  |
| 14 | O | R  | E  | O |    | 15 | H | E  | A | T  | H |    | 18 | R  | A | G | A |  |
| 17 | B | A  | E  | Z |    | 18 | E | R  | R | O  | R |    | 19 | A  | L | O | E |  |
| 20 | O | B  | J  | E | C  | 21 | T | I  | O | N  | A | B  | 22 | L  | E |   |   |  |
|    |   |    |    |   | 23 | R  | O | E  |   |    |   | 24 | P  | E  | I |   |   |  |
|    |   | 25 | U  | N | D  | E  | R | S  | T | A  | N | D  | A  | B  | L | E |   |  |
| 33 | A | S  | O  | N | E  |    |   | 34 | U | S  | E | S  |    | 35 | R | E | A |  |
| 36 | C | A  | N  | A |    | 37 | V | I  | T | A  | L |    | 39 | D  | U | E | S |  |
| 40 | E | G  | O  |   | 41 | L  | E | N  | T |    |   | 42 | G  | E  | N | R | E |  |
| 43 | R | E  | S  | P | O  | N  | S | I  | B | I  | L | I  | T  | Y  |   |   |   |  |
|    |   |    | 47 | O | U  | D  |   |    |   | 48 | E | R  | E  |    |   |   |   |  |
|    |   | 49 | E  | N | T  | E  | R | T  | A | I  | N | M  | E  | N  | T |   |   |  |
| 56 | R | E  | D  | D |    | 58 | T | I  | E | G  | S |    | 59 | A  | L | E | S |  |
| 60 | L | O  | G  | E |    | 61 | T | I  | T | L  | E |    | 62 | S  | L | A | P |  |
| 63 | S | E  | E  | R |    | 64 | A | S  | H | E  | S |    | 65 | T  | A | R | S |  |

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

# REGISTRATION REQUIRED January Presentation

## Effective Communication and Healthy Aging

Join the conversation on January 30, 2024 at 10 AM - 12:00 PM in the Pub to explore the power of **MEDIATION** with **OLDER ADULTS**. Discover how you can empower yourself and improve your quality of life through effective, safe communication that is designed to preserve relationships.

Learn about the mediation process, and the many benefits of supported planning and decision making; while addressing the critical issues of ageism and elder abuse. You will gain valuable guidance for approaching difficult conversations with empathy and understanding. See you there!



Financial and Estate  
Planning



Relationships



Healthcare and  
Caregiving

Katherine McKinnon  
McKinnon Forgeron Law

Jennifer Wells  
Touchstone Mediation

Susan N. Kennedy  
2resolve conflict services

### 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

“

The smallest act of kindness is worth more than the grandest intention.

– Oscar Wilde

”

## VOLUNTEER POSITIONS AVAILABLE

- A few more **Christmas Casino** Volunteers at ACE Airport Casino are needed on Dec 23rd, 24th and 25th. **Call Jeannette** at 403-289-4780 Ext 202.
- One Volunteer needed in the Confed **Office**
- One Volunteer is needed to help in the **Marketing Office**
- One or Two Volunteers needed to do **Inventory** in the Centre in January
- One Volunteer to prepare **Thank You Cards** for signing
- One or Two Volunteers to **Phone** members every month

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  
service

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

## Art Classes Winter 2024

Get your creative juices flowing and join  
us for one of our many art classes!  
Open to all skill levels.

**Monday Watercolour: (FULL)**

**Thursday Mixed Media Art:**

Feb.1 - Apr.18, 9:30-11:30, 12 classes  
\$190 Members, \$205 Non-Members

**Thursday Watercolour II:**

Jan.25 - Apr.11, 9:30-12:00, 12 classes  
\$200 Members, \$215 Non-Members

**BOW CLIFF SENIORS**

Call the office (403.246.0390) or contact  
Angela Aviles to sign up today!

Bow Cliff Seniors Centre

## CHRISTMAS LUNCH!

Wednesday December 13th, 2023

11:30am-1:00pm

Ham, Scalloped Potatoes, Vegetable Medley, Salad & Dessert.  
\$20 member - \$25 non-member

A Special Performance from the 3rd Time Lucky Quartet at  
11:30am.

Limited seating - RSVP by Dec. 12.

403-246-0390



1940 6 Ave NW, Calgary, AB

**Call us to register:  
403-283-3720**

### Flower Arranging With Pat

Friday, December 15, 2023

1:00 pm – 3:00 pm

\$30.00 /member - \$35.00 /non-member

Deadline to sign-up: December 8



Pat Weatherly will help us create our own beautiful centre  
piece which we can use to decorate our Christmas dinner table  
or perhaps give as a hostess gift over the holidays.

All materials will be provided

This is a popular event, so please be sure to sign up early!

# SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

Come join our Crystal Belles  
at the annual GFLS

## *Holiday* SING ALONG



3425 - 26 Avenue SE, Calgary, AB  
403-272-4661 [www.gfls.org](http://www.gfls.org)

## NEW CLASS!

## Intermediate Yoga

BOW CLIFF  
*Seniors*



**Monday Mornings**

**11:30-12:30**

**January 22nd - April 15th, 12 sessions**

**\$100.00 Members, \$110.00 Non-Members**

**Call the office today to sign up: 403-246-0390**

Bowness Seniors' Centre Presents

The First Annual

## BEST HOLIDAY COOKIE COMPETITION

(Youth, Adult, & Group categories)

Tasting Room – Bake Sale - Lunch

**Saturday, December 02, 10AM-2PM**

**At the BSC -- 6422 35<sup>th</sup> NW (Bowness)**

**Free Admission!**



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

## Winter 2024 Programs

**Intermediate Yoga:** Mondays, 11:30-12:30, Jan.22 - Apr.15

**Watercolour Art:** Mondays, 12:30-3:00, Jan.22 - Apr.15 (FULL)

**Ukulele Beginner II:** Tuesdays, 10-11, Jan.23 - Apr.9

**Chair & Floor Yoga:** Tuesdays, 1-2, Jan.23 - Apr.9

**Beginner Line Dancing:** Wednesdays, 9:30-10:30, Jan.24 - Apr.10

**Tai Chi:** Wednesdays, 2:15-3:15, Jan.24 - Apr.10

**Mixed Media Art:** Thursdays, 9:30-11:30, Feb.1 - Apr.18

**Watercolour Art II:** Thursdays, 9:30-12:00, Jan.25 - Apr.11

**Keyboard Intermediate:** Thursdays, 1-2, Jan.25 - Mar.28

**Gymmy Gentle Fitness:** Fridays, 9:30-10:30, Jan.26 - Mar.15,  
\$90.00 Members

For pricing or more information  
please visit our website or call us:  
[www.bowcliffseniors.org](http://www.bowcliffseniors.org)  
403-246-0390

## MARGARET HOLLAND

ARTIST  
INSTRUCTOR/EDUCATOR

"It is through art that your  
eyes truly see the world in a  
spectrum of color.

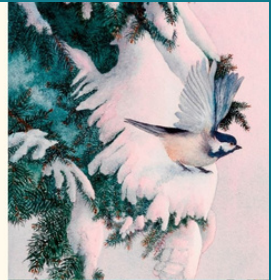
Capturing a moment in time  
with paint and creativity both  
sparks and energizes the soul.  
COLOR makes me sing with  
excitement."

-Margaret Holland

**\*New\* Wednesdays,**  
**January 17 – March 27**  
**11 weeks - \$242.00**  
**1:00pm – 4:00pm**

## Studio Painting

3512 5 AVE NW  
403-283-0620  
[www.pdf.org](http://www.pdf.org)

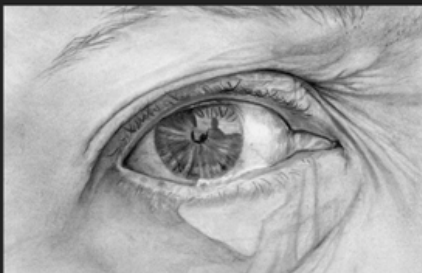


"Snow Trails"



## ALL ABOUT DRAWING

Sherry Telle

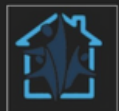


**10 WEEKS - \$220.00**  
**12:30PM - 3:30PM**

**FRIDAYS,**  
**JANUARY 12 – MARCH 22**

INTERMEDIATE ARTISTS WILL HAVE THE OPPORTUNITY TO  
REFINE THEIR TECHNIQUE AND EXPLORE NEW STYLES. EVEN  
ADVANCED ARTISTS CAN BENEFIT FROM REVISITING THE  
BASICS AND DISCOVERING FRESH PERSPECTIVES. JOIN OUR  
SUPPORTIVE COMMUNITY OF FELLOW ARTISTS GEARED  
TOWARDS DEVELOPING AND SUPPORTING YOUR OWN  
DRAWING STYLE.

3512 5 AVE NW 403-283-0620 [WWW.PDNF.ORG](http://WWW.PDNF.ORG)



NO MATTER WHERE YOU ARE ON YOUR  
ARTISTIC JOURNEY, THIS COURSE  
OFFERS SOMETHING FOR EVERYONE.  
BEGINNERS WILL GAIN CONFIDENCE  
THROUGH STRUCTURED EXERCISES  
AND STEP-BY-STEP GUIDANCE



# SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



Parkdale  
Nifty 50's

PARKDALE NIFTY FIFTIES  
3512 5 AVE NW - 403-283-0620  
WWW.PDNF.ORG

## JOIN US FOR ANIMAL PORTRAIT WORKSHOP

In this one day workshop you will have an opportunity to learn the acrylic painting techniques of artist Isabel Ostrom while creating a dynamic portrait of your favorite animal. Choosing the right reference, considering palette choices, and learning a failsafe method to get the proportions correct, Isabel will guide you through the process.



@ISABELOSTROMART  
WWW.ISABELOSTROM.COM

**Date:** Saturday,  
February 24th  
**Time:** 10:00AM -  
4:00pm  
**Price:** \$90.00

COME AND GET CREATIV



**unison**  
At Kerby Centre

## 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  
2102 - 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

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Our team provides meaningful  
work opportunities for people in  
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**AN EXTRA  
HELPING HAND**

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Now they're saying:

**"Don't knock it  
'til you try it."**



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**CHARTWELL EAU CLAIRE** 301 7th Street SW, Calgary | **587-287-3944**

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**CHARTWELL HARBOURS** 20 Country Village Cove NE, Calgary | **587-287-3942**

**CHARTWELL ROYAL PARK** 4315 Richardson Road SW, Calgary | **587-287-3940**

Visit **Chartwell.com** to **#ReThinkSeniorLiving**