

GAZETTE



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

JANUARY 2024

IN THIS ISSUE

Happy New Year!
We're starting off this
year right! Check our
Event Calendar.
See Page 12

On Friday, Jan 26th,
come to our **Lunch &
Learn** about Diabetes.
See Page 9

Thank you to everyone
who **donated** in 2023!
You are our heroes.
See Page 14

Photo courtesy of <https://www.calgaryzoo.com/events/penguin-walk>.

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: The Penguin Walk, at the Calgary Zoo, offers up to 14 king penguins an opportunity for wintery enrichment as well as additional daily exercise. Photo courtesy of and for more info, visit: <https://www.calgaryzoo.com/events/penguin-walk>.

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

OFFICE IS CLOSED DURING EVENTS

NOTICE: Photos are taken during events and programs as a way of promoting our center. If you prefer not to have your photo taken, kindly inform the photographer.

DIGITAL EDITIONS of The GAZETTE:
Available online at yycseniors.com/The-Gazette

BOARD OF DIRECTORS

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

STAFF

Jeannette Provo Executive Director
Nigel Hand Program Coordinator
Marie Woron Marketing Coordinator
Richard Ma Member Services
Coordinator
Debbie Nay Event and
Tea & Conversation Coordinator
Kim Park Bookkeeper

**WE ARE LOCATED IN THE
TRIWOOD COMMUNITY CENTRE
2244 Chicoutimi Dr NW
Calgary, AB T2L 0W1**

403-289-4780 | info@yycseniors.com

Advertising Info & Rates: yycseniors.com/rates



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.



Happy New Year!

I hope you are all well rested and ready to get back to work with classes, clubs, and so forth!!

We have a very exciting year ahead with some new and interesting events that we will be hosting. A wide variety of new presentations and we think it is going to be another amazing year here at Confed Park!!

Keep your eyes on our website, brochures and Gazette for all the new and exciting things coming your way. And as always, if you have any new ideas that you would like to see us try, we are always open to suggestions.

Now that we have our housekeeping program up and running, we are on to the next project. This one will be our frozen meal program which is going to take some time to get in the works but it is my hope that we might get it going by April of this year. There are a lot of moving parts anytime you start a new program and this will also be another of those projects. Bear with me as I work through this process.

We have some new rules around our eblasts which we send out to members, Super members and our community partners each week. We have heard a lot of people say they are not getting the information we provide and we have learned a lot of people are unsubscribing from their eblasts. This is our only quick way of communicating to members anything that may be happening, changing or

otherwise. If the T&C is cancelled due to a scheduling conflict, this is the quickest and most effective mode of communicating to all of you as quickly as we can. We have also heard, "We didn't know that!" What we need members to understand is with the great effort we make to communicate via our eblasts, Gazette, website, brochures and social media, there is really no excuse to say that you did not know something. We are not able to resubscribe you to your eblasts without your permission, so we will need an email or letter from you asking us to do this for you. If you are not concerned about missing out on events, classes being cancelled due to low enrollment then it is not something you need to worry about, but if you wish to stay in the know about what is going on you may want to stay subscribed and also read the eblasts as they do have a lot of really good information.

We appreciate the support we continue to get from members around some of our processes as it is a lot of work to run our organization and the staff are striving to make our processes more efficient in order to make your experience a good one. Communication is extremely important not only from the centre, but also from the different groups as to what they are doing. Because we are a small staff and our centre continues to grow and get busier and it is absolutely imperative that the communication remains strong.

Thank you all so much!! Let's have a terrific 2024!!



Jeanette 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.



Welcome to the New Year!

I am Neil Little, Chair of the Finance Committee, Board Treasurer and a member of The Governance Committee of Confederation Park 55+ Activity Centre. I was elected to the Board of Directors in March of 2022 and thoroughly enjoy working with the Board, The Staff and Members.

My motivation for becoming involved with Confederation Park 55+ Activity Centre goes back to my days as an active Rotarian, where the motto was "service above self."

The Finance Committee meets regularly to review the monthly financial statements of the Centre and ensure we are on track and on budget.

Working with Executive Director Jeannette and bookkeeper Kim, our annual budget is prepared each fall for the ensuing fiscal year and approved by the Board.

Board oversight of finances is an essential element of all organizations. Annually, our auditor reviews in more detail our financial operations to ensure controls are in place and are being adhered to in accordance with our Finance policy.

My work with the Governance committee involves reviewing all current policies to ensure they are appropriate, current and if necessary, amended or replaced. This committee also reviews our Strategic Plan and bylaws annually.

My background is in Finance and I have worked in senior financial positions in industry over my 50 year career. I am an avid reader, lifelong avid golfer and volunteer at the Board level with another organization as well.

On behalf of the Board of Directors, I wish you all a Happy New Year!

Neil Little
Treasurer



CONFEDERATION PARK
55+ ACTIVITY CENTRE

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
OR CALL NIGEL AT 403-289-4780

✓ LIGHT
HOUSEKEEPING

✓ FRIENDLY
COMPANIONSHIP

✓ AN EXTRA
HELPING HAND

SUDOKU EASY

	2			3	6		9	
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		2		4			3	
	6						8	
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		8					6	9

SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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SUDOKU HARD

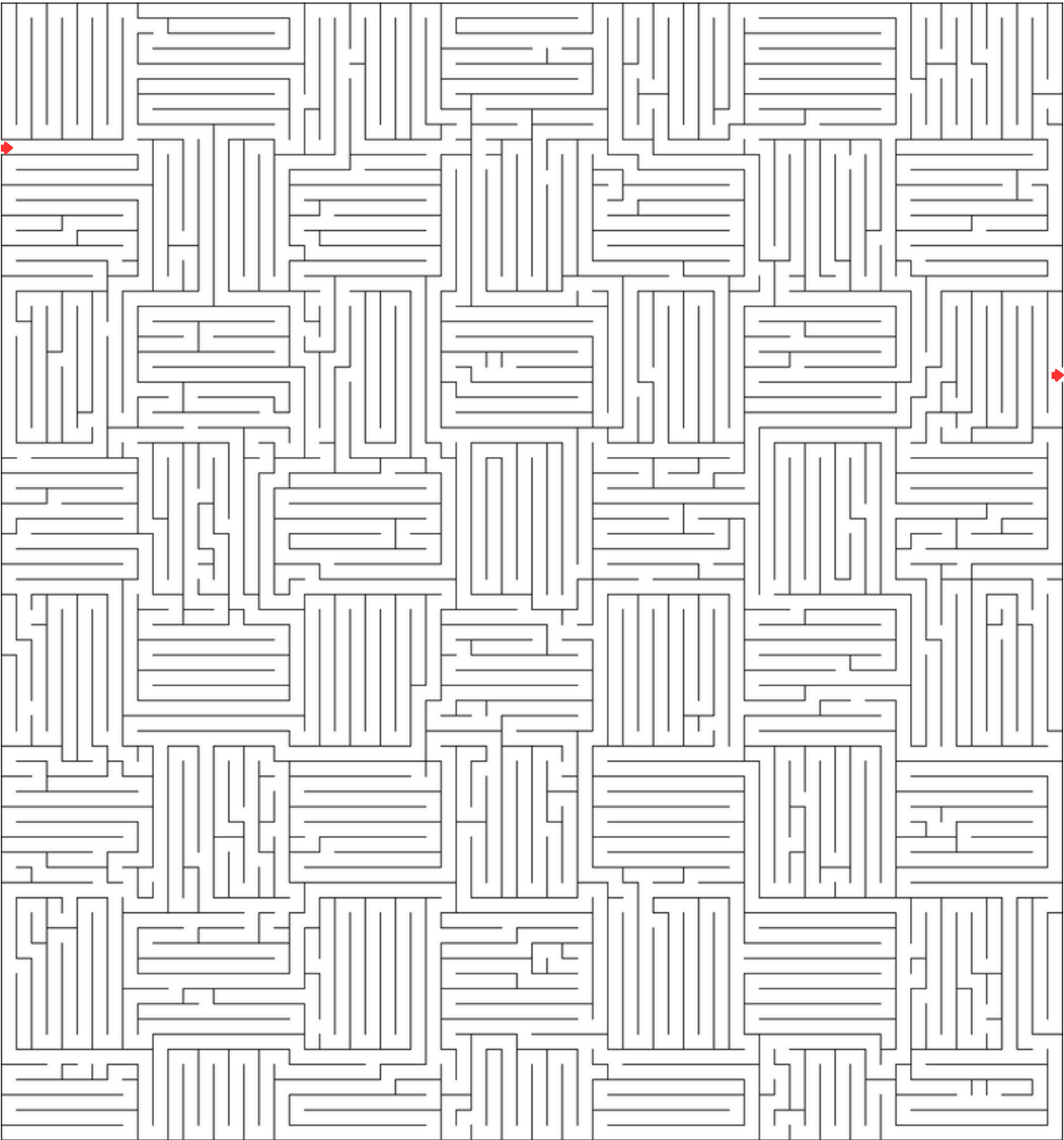
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CONFEDERATION PARK 55+ ACTIVITY CENTRE | 403-289-4780 | YYCSENIORS.COM

JANUARY 2024 | 5

A-Mazing!

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



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

Boutique on the Park



403-289-4780

FOR THE MONTH
OF JANUARY
Winter Sale

50% OFF

**COATS, BOOTS
& BLAZERS**

LOCATED IN THE
Foothills Room

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

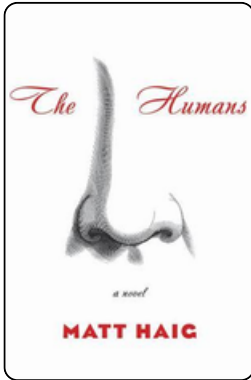
UNDERWEAR:

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.

Please visit the office to open the Boutique for you during regular office hours.





Book Review

The Humans

Matt Haig

This month we reviewed
'The Humans' by Matt
Haig.

This was a very analytical book and I have never witnessed such a quiet thoughtful and earnest discussion as the one we had. We were also a smaller group that Monday.

The story is one of an Alien who has been sent from a distant planet to eliminate the mathematical discovery of the professor whose body he has to inhabit. He also has to eliminate anyone else with whom this professor might have shared his discovery. Humans are apparently not equipped for the consequences of this discovery. Indeed this alien has to suppress his intense distaste for our species.

The author, invests the humans in this book with many of his own feelings and foibles. Our Alien starts out, his transfer having been rather botched by his handlers- walking naked down a motorway at about midnight just outside Cambridge England. He does not perceive the need for clothes, is able to pass through locked doors, and some useful non human activities. He is repelled by his own appearance and that of mankind. Slowly as the book progresses and he starts to carry out his task, the human ness of Humanity, our music, poetry and that, baffling to him, emotion love, start to rub off on him. He is amazed and disturbed after he has

killed his first victim. Had he done that within the first hour of arrival it would not have bothered him at all.

Thus the Author is using this Alien as well as his immediate family and friends to show us ourselves. As the Author says - "If you do not like this book- then you do not like me". A great deal of Matt Haig lurks in these pages. These are very British humans.

Our scores started with mostly 8, 8.5 one 6 and two 7. By the end of our very thoughtful talk there was an outbreak of 9, and 6 became 7! Some of us had read more thoughtfully than others and there was plenty of meat for philosophical discussion. Even the attitude of the Voldorians is flawed and dare I say rather human.

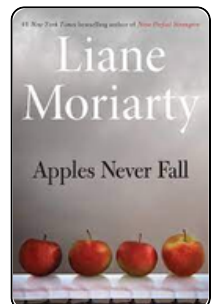
Here is one thought we were left with " Is empathy inherent or is it learned?" We did also agree that Free Will is somewhat limited. One of the conclusions swiftly gleaned by our Alien is that Humans disregard people of great learning, but absolutely worship idiots. That hit home for me.

Next month we will be discussing "Apples Never Fall" by Liane Moriarty Happy New Year!

Submitted by
Jean Kensit

DECEMBER Apples Never Fall

by Liane Moriarty



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

Featured Event



TOPIC:

DIABETES

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

CHARLESWOOD HALL | 2244 CHICOUTIMI DR NW

LUNCH

Provided by The Edgemont, The Scenic Grande and
Scenic Acres Retirement Living

Your delightful lunch will include Butternut Squash Soup, a variety of
fresh Salads, Cold Sandwiches, a Vegetable Platter
ending with delicious and tasty desserts.

The
Scenic Grande
RETIREMENT LIVING

Amy Michoc-Barnes
587-296-4871

Scenic Acres
RETIREMENT LIVING

Monika Jones
403-208-8641



The Edgemont
Angela Catton
403-241-8990

LEARN

Presentation by Crowfoot Pharmacy

- 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

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

LUNCH & LEARN

Tea & Conversation

Thursdays at 1:30 PM



CHEERS TO A NEW YEAR

and another chance for us to get it right.

OPRAH WINFREY



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 hands 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.



LIVE ENTERTAINMENT

JANUARY 2024

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

Stay Active & Stay Involved

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

PLEASE SUPPORT OUR SPONSORS



EXPERIENCED • TRUSTED • DEPENDABLE



CHARTwell
retirement residences

Scenic Acres
RETIREMENT LIVING

The
Scenic Grande
RETIREMENT LIVING



The Edgemont

Tea & Conversation



T&C
TEA & CONVERSATION
Thursdays
1:30 PM - 2:30 PM



Upcoming Events

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



TOPIC: DIABETES
JANUARY 26, 2024 FROM 11:30 AM - 2:30 PM
TRIWOOD | 2244 CHICOUTIMI DR NW

LUNCH
Provided by The Edgemont, The Scenic Grande and Scenic Acres Retirement Living.
Your delightful lunch will include Butternut Squash Soup, a variety of fresh Salads, Cold Sandwiches, a Vegetable Platter ending with delicious and tasty desserts.

Scenic Grande RETIREMENT LIVING Amy McLeod-Simoes 587-290-4871	Scenic Acres RETIREMENT LIVING Monika Jones 403-208-8841
--	--

LEARN
Presentation by Crossfoot Pharmacy

- 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
\$25 Non-Members
\$15 Members & Super Members

Items are for informational and subject to change without notice. Advanced tickets only. Registration keeping others. Arrangements in terms of local rules. No refunds.

LUNCH & LEARN

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

Tues, Jan 30th
Presentation
Effective Communication & Healthy Aging
FREE
10 AM - 12 PM






CONFEDERATION PARK 55+ ACTIVITY CENTRE
FREE PRESENTATION SERIES

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 MEDICATION 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 medication process, and the many benefits of supported planning and decision making while addressing the critical issues of ageing 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 Longevity

JAN 30 10AM - TRIWOOD COMMUNITY CENTRE | 2244 CHICOUTIMI DR NW

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



Government Benefits Alberta Blue Cross

Please join us for a conversation with Alberta Blue Cross as they present information on how to access Government and Personal Benefits as we age.

RVP Confederation Park 55+ Activity Centre (403) 289-4780

February 13th, 10:00am - noon
Triwood Community Centre
2244 Chicoutimi Dr NW, Calgary

CHARTWELL.COM

Tues, Feb 13th
FREE Presentation
Government Benefits presented by Alberta Blue Cross
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





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



Winter Cabin On the Lake

Join us for Carol Marasco's

Tuesday
Jan 30, 2024
10 AM - 12 PM

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



Register at yycseniors.com

Tues, Jan 30th
Winter Cabin On the Lake with Carol Marasco
\$40 Members
\$75 Non-Members
10 AM - 12 PM

Fri, Feb 9th
Games Day
\$10 Tickets
Includes 2 slices pizza
12 PM - 3 PM



GAMES DAY

REGISTER AT
YYCSENIORS.COM


* FEBRUARY 9TH *

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





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




Sunset Bridge Landscape

Join us for Carol Marasco's

Tuesday
Feb 27, 2024
10 AM - 12 PM

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



Register at yycseniors.com

Tues, Feb 27th
Sunset Bridge with Carol Marasco
\$40 Members
\$75 Non-Members
10 AM - 12 PM

Register at yycseniors.com

Intergenerational Club

John visited his grandpa who lived way out in the country.

On the first morning of the visit, John's grandpa prepared a breakfast of bacon and eggs. John noticed a film-like substance on his plate, and asked, "Are these plates clean?"

His grandpa replied, "They're as clean as cold water can get them. Just go ahead and finish your meal."

For lunch, Grandpa made hamburgers. Again, John was concerned about the plates, as his appeared to have specks of dried egg on it. "Are you sure these plates are clean?" he asked.

Without looking up, Grandpa said, "I told you before, those dishes are as clean as cold water can get them!"

Later, as John was leaving, his grandpa's dog started to growl and wouldn't let him pass.

John said, "Grandpa, your dog won't let me get by!"

Grandpa yelled to the dog, "Cold Water, go lie down!"



(FORMERLY KNOWN AS LINKAGES)

Intergenerational Club

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

NEXT MEETING DATES:

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

Jan 15th & 29th
Feb 12 & 26th



Register with Nigel:
403-289-4780

Thank You!

Thank you for donating in 2023! We are very grateful for your help. For information about donating, please visit yycseniors.com/donate

THANK YOU FOR MAKING LAST YEAR SPECIAL!

With your generous help, we can offer even more programs and events this year! We thank you and extend our heartfelt appreciation for your unwavering support.

**Thank you to our Donors who
generously donated a total of
\$19,110.50:**

Bill Crist
Birgit**
Carole McIntosh
Dwight
Ivy Boschman
Jane Perry
Jeannette*
Joyce
Judy
Kim Polvi
Lorraine Vitone
Lynda Lyster
Maureen Bolen
Susan
Terry
Thelma Shulyk
All Anonymous Donors

2023 President's Appeal Campaign

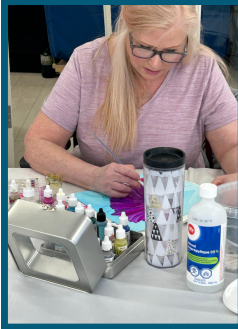
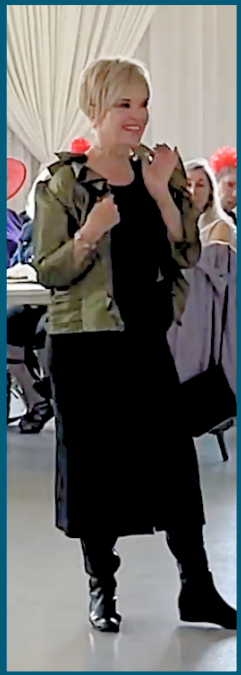
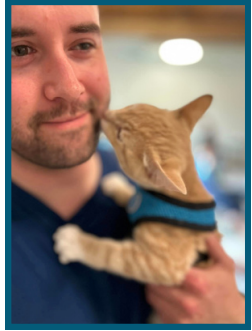
We are thrilled to announce that our campaign exceeded our expectations with an incredible 168% response rate! Thanks to your extraordinary generosity, the pantry program has been successfully launched, and we can provide food for our members and community. Your kindness ensures that no one goes hungry this winter.



*Monthly
**Quarterly Donation

To become more involved in our Centre, please call us, visit in person or on our website, or follow us on Facebook, Instagram, Twitter or NextDoor.

Our 50th Year in Photos



January

ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEATED YOGA 9:30 AM - 10:30 PM Jan 8 - Mar 18</p> <p>PERFECTLY IMPERFECTS 11:00 AM - 12:30 PM Winter: Jan 8 - Mar 18</p> <p>SPANISH 2 Adv Beg 12:45 PM - 1:45 PM Jan 8 - Mar 18</p> <p>LINE DANCE Beginner 1:00 PM - 2:00 PM Jan 8 - Mar 18</p> <p>CHINESE MAHJONG CLUB 1:00 PM - 3:00 PM Jan 8 - Mar 18</p> <p>BOOK CLUB 1:00 PM - 3:00 PM Jan 8, Feb 5, Mar 4</p> <p>EUCHRE 1:00 PM - 3:00 PM Jan 8 - Mar 18</p> <p>WATERCOLOURS 1:15 PM - 3:15 PM Jan 8 - Mar 18</p> <p>SPANISH 3 Beyond Beg 2:00 PM - 3:00 PM Jan 8 - Mar 18</p> <p>LINE DANCE IMPROVER 2:15 PM - 3:15 PM Jan 8 - Mar 18</p> <p>INTERGENERATIONAL CLUB: SEE PAGE 13 3:30 PM - 5:15 PM Jan 15 & 29, Feb 12 & 26 Mar 11, Apr 8, May 13 & 27</p> <p>CENTRE CLOSED No Classes: Feb 19th, 2024</p>	<p>CRIB 9:00 AM - 11:00 AM Jan 2 - Mar 19</p> <p>DRAWING 10:00 AM - 12:00 PM Jan 2 - Mar 5</p> <p>PAINT WITH CAROL MARASCO 10:00 AM - 12:00 PM Winter Cabin: Jan 30 Sunset Bridge: Feb 27 Positano Italy: Mar 26</p> <p>TAI CHI Beginner 10:00 AM - 11:00 AM Winter: Jan 23 - Mar 26</p> <p>YOGA 10:45 AM - 11:45 AM Feb 6 - Mar 12</p> <p>TAI CHI Intermediate 11:05 AM - 12:05 PM Winter: Jan 23 - Mar 26</p> <p>ALCOHOL INKS Intro 12:30 PM - 2:30 PM Jan 2 - Mar 5</p> <p>HARMONY FIRST 12:30 PM - 3:00 PM Jan 9 - May 28</p> <p>SHARING HANDICRAFTS 1:00 PM - 3:00 PM Jan 2 - Mar 19</p>	<p>THE WORX 8:45 AM - 9:45 AM Winter: Jan 10 - Mar 13</p> <p>SEATED YOGA 9:45 AM - 10:45 AM Winter: Jan 3 - Mar 20</p> <p>TAP Advanced 11:30 AM - 12:30 PM Jan 3 - Mar 6</p> <p>BELLY DANCING 12:00 PM - 1:00 PM Jan 10 - Mar 13</p> <p>BALLET for Seniors 12:45 PM - 1:45 PM Jan 3 - Mar 6</p> <p>ENERGIZING DANCE 2:00 PM - 3:00 PM Jan 3 - Mar 6</p>	<p>WOODCARVERS 9:00 AM - 11:00 AM Jan 4 - Mar 7</p> <p>JAZZ 11:00 AM - 12:00 PM Jan 4 - Mar 7</p> <p>SEATED YOGA 12:15 PM - 1:15 PM Winter: Jan 4 - Mar 21</p> <div><p>Thursdays 1:30 PM - 2:30 PM **See pages 10 & 11 for details.</p><p>\$5 Requested Donation yycseniors.com/t&c</p></div>	<p>ZUMBA GOLD 8:45 AM - 9:45 AM Winter: Jan 12 - Mar 15</p> <p>YOGA ZOOM 9:30 AM - 10:45 AM Jan 5 - Mar 8</p> <p>UKULELE 10:00 AM - 11:00 AM Winter: Jan 12 - Mar 15</p> <div><p>Buy a Gift Certificate for Valentine's Day! Available at the Office</p></div>
<div><h3>ROOM LEGEND</h3><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> <p>*CHARLESWOOD - ROOM ACCESS BELOW</p> <div><p>2244 Chicoutimi Dr NW, Calgary 403-289-4780</p><p>OFFICE: Up stairs to the right Indoor Stair lift is available.</p></div>				

Sudoku Answers



Explore what retirement living has to offer.

The Scenic Grande
RETIREMENT LIVING

Amy Michoc-Barnes
8720 Scurfield Dr NW
587-296-4871

Scenic Acres
RETIREMENT LIVING

Monika Jones
150 Scotia Landing NW
403-208-0338



The Edgemont

Angela Catton
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

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

SUDOKU PUZZLES ON PAGE 5

SUDOKU MEDIUM
























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

SUDOKU HARD

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

JANUARY

Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	 2 Glenbow at the Edison Nov 24 - Mar 3 Glenbow Museum FREE Admission	3	 4 TEA & CONVERSATION 1:30 - 2:30 PM SOX & SAX	 5 Winged & Wild 10 AM - 3PM \$8 Seniors Bow Habitat Station 1440 17A St SE	 6 Last weekend ZOO LIGHTS Jan 6-7
7 Blood, Sweat & Tears: Canadian Military Medicine Oct 20 - Mar 3 Military Museums 4520 Crowfoot Tr SW	8	9	 10 Wool & Warmth 6:30 - 9:30 PM Fort Calgary	 11 TEA & CONVERSATION 1:30 - 2:30 PM GREG RUMPEL	 12 GAMES AFTERNOON With Pizza JTs PUB, 12-3PM \$10 per person See Pg 25	 13 2024 Canadian National Skating Championship Jan 8-14 Winsport
 14 CALGARY RENOVATION SHOW Renovation Show Jan 12 - 14 BMO Centre Stampede Park	 15 INTER-GENERATIONAL CLUB Jan 15 & 29th 3:30 - 4:30 PM See Pg 13	 16 HIGH PERFORMANCE RODEO Jan 15- Feb 4 Various venues throughout Calgary	17	 18 TEA & CONVERSATION 1:30 - 2:30 PM TIMELESS REFLECTIONS	19	 20 East Village Hygge Hut on Riverwalk Fridays & Saturdays Fri 2-6PM: Live Music Sat 11 AM - 5 PM
 21 The Wedding Fair BMO Centre 10am-5pm Fashion Shows: 12:00pm & 3:00pm	 22 Sensory Friendly Day @ Regal Cat Cafe 9:30-10:30AM and 7:00-8PM 303 10 St NW	23	 24 Wool & Warmth 6:30 - 9:30 PM Fort Calgary	 25 Robbie Burns Day  25 TEA & CONVERSATION 1:30 - 2:30 PM GREG RUMPEL	 26 LUNCH & LEARN ABOUT DIABETES 11:30AM-2:30 PM \$15 M, \$25NM See pg 15	 27 Calgary RV Expo BMO Centre Jan 25 - 28
 28 Lake Louise Ice Magic Festival Carving: Jan 26-27 Awards: Jan 28 Viewing: Feb 2-4	 29 PAINT WITH CAROL MARASCO Winter Cabin on the Lake TUESDAY 10AM-12PM \$40M, \$75 NM See Pg 23 ➡	 30 FREE PRESENTATION Effective Communication & Healthy Aging 10 AM - 12 PM See Pg 25	31	THANK YOU TO ALL OUR 2023 VOLUNTEERS AND, ESPECIALLY, TO OUR CHRISTMAS CASINO VOLUNTEERS! The gift of your time through the holidays has helped our Centre immensely. We would love to see you join all our volunteers on April 12th at our Volunteer Appreciation Lunch. Mark your calendars for a party you won't forget!		

NOTES

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

Classifieds



PODIATRIST APPOINTMENTS: We offer podiatrist service for Members and Super Members. Next visits Jan 5th & Feb 16th. Please call us at 403-289-4780 to book.

LAWYER APPOINTMENTS with Arlene Blake are available for Members and Super Members. Next visits: Jan 22nd & Feb 5th. Please call us at 403-289-4780 to book an appointment.

COMMISSIONER FOR OATHS for Members & Super Members: If you require a witnessed signature for certain documents such as affidavits or statutory declarations, call Jeannette to book an appointment directly with her. 403-289-4780, Ext 202.

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.

Patricia's Mobile Dental Hygiene

**THURSDAY
APPOINTMENTS
403-289-4780**



ALZHEIMER'S AWARENESS MONTH: January is Alzheimer's Awareness Month in Canada. When a person is diagnosed with dementia, the Alzheimer Society is the first place to turn – and First Link® is the connection to support, care, knowledge, expertise, and referrals. Visit alzheimer.ca for information about this valuable program.

CAREGIVERS ALBERTA: Number to call if you are a Caregiver and need support. 1-877-453-5088. This number can help you find resources and supports you may need, plus a coach to help you in your journey. Note: This organization has amazing information that can assisted you as a Caregiver.

A man walks into a restaurant with a full-grown ostrich behind him...

As he sits, the waitress comes over and asks for their orders. The man says, "I'll have a hamburger, fries and a coke," and turns to the ostrich, "What's yours?"

"I'll have the same," says the ostrich.

A short time later the waitress returns with the order. "That will be \$6.40 please," and the man reaches into his pocket and pulls out the exact change for payment.

The next day, the man and the ostrich come again and the man says, "I'll have a hamburger, fries and a coke," and the ostrich says, "I'll have the same." Once again the man reaches into his pocket and pays with exact change.

This becomes a routine until late one evening, the two enter again. "The usual?" asks the waitress. "No, this is Friday night, so I will have a steak, baked potato and salad," says the man, "same for me," says the ostrich.

A short time later the waitress comes with the order and says, "That will be \$12.62."

Continued on page 22...

*Recipe & photo courtesy of
tasteofhome.com*



Salmon Patties

INGREDIENTS

- 1/3 cup finely chopped onion
- 1 large egg, beaten
- 5 saltines, crushed fine
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (14-3/4 ounces) salmon, drained, bones and skin removed
- 2 teaspoons butter

DIRECTIONS

1. In a large bowl, combine the first 6 ingredients. Crumble salmon over mixture and mix well. Shape into 6 patties.
2. In a large skillet over medium heat, fry patties in butter for 3-4 minutes on each side or until set and golden brown.

Refrigerate patties for up to 2 days or freeze up to 3 months. Reheat in air fryer or microwave.



White and Grey Hair Care Tips

You heard it here first: white and grey hair is trending, and many women are proudly going silver. But why do we even go grey? How do you treat aging grey hair? How can you enhance your white, grey hair? Luc Vincent, an expert hairstylist, gives us all the essential white and grey hair care tips

The Science Behind White and Grey Hair

Also called canities, white and silver hair is a topic often debated by scientists since its cause and development are still mostly unknown. However, one thing is certain: heredity genetics is the primary factor.

From birth, we know that the colour of our hair, just like our eyes, is coded in our DNA. We also know that colour is created by melanocytes—melanin cells. For instance, ebony-coloured hair has many melanin cells, and white hair has very little.

When melanocyte production is disturbed, an air bubble is coded instead of melanin, and the hair becomes colourless. As a result, the hair appears white, but it is actually semi-transparent. Grey hair occurs when a small amount of melanin is still mixed in with keratin. In other words, a lack of melanin production is at the root of white hair.

Hair Care Essentials

For maintaining grey hair, I recommend the Sans Yellow shampoo and conditioner. These products do not leave a purple sheen in your hair and gently eliminate yellow tones, leaving your hair shiny and soft without weighing it down.

Pool chlorine can also yellow your hair. Before swimming, lather your hair with a leave-in conditioner and put on your bathing cap. Afterwards, simply rinse it out: the conditioner will have protected your hair from the chlorine.

Is your hair brassy and yellow? If the stubborn yellow in your hair still won't disappear, you can go to the salon for a hair gloss or lightener to eliminate yellowing on specific hair strands. Afterwards, you can maintain your white hair daily using the Sans Yellow shampoo and conditioner.

Read more at <https://chartwell.com/blog/senior-health-wellness/care-tips-for-white-and-grey-hair>



CHARTwell
retirement residences

Pantry Program

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



... continued from page 20

Once again the man pulls exact change out of his pocket and places it on the table.

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.

The waitress can't hold back her curiosity any longer. "Excuse me, sir. How do you manage to always come up with the exact change out of your pocket every time?"

"Well," says the man, "several years ago I was cleaning the attic and I found an old lamp. When I rubbed it a Genie appeared and offered me two wishes. My first wish was that if I ever had to pay for anything, I would just put my hand in my pocket and the right amount of money would always be there."

"That's brilliant!" says the waitress. "Most people would wish for a million dollars or something, but you'll always be as rich as you want for as long as you live!"

"That's right. Whether it's a gallon of milk or a Rolls Royce, the exact money is always there," says the man.

The waitress asks, "One other thing, sir, what's with the ostrich?"

The man sighs, pauses, and answers, "My second wish was for a tall chick with long legs who agrees with everything I say."



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**



CAROL MARASCO
WORKSHOPS

ACRYLICS

Winter Cabin On the Lake

Tuesday, Jan 30, 2024
10 AM - 12 PM

\$40

Member Price
\$75 Non-Members
Includes All Supplies



Sunset Bridge Landscape

Tuesday, Feb 27, 2024
10 AM - 12 PM

\$40

Member Price
\$75 Non-Members
Includes All Supplies



Register at yycseniors.com

Origin At Home

Come say hi to Debra Chernesky, **Origin at Home's** Wellness Coordinator, when you're attending Tea and Conversation on Thursdays. Debra would love to chat about how Origin at Home companions can help you live well at home.

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

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

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

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

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

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

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

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

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

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



EXPERIENCED • TRUSTED • DEPENDABLE

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

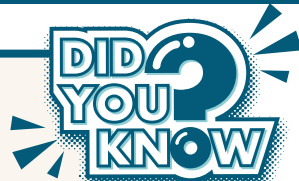
originathome.ca

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



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.



Did you know that Members and Super Members have one free personal classified ad each month?

We have offered this free service for over a year and only a few members have taken us up on it! You can use the ad to rent a room, sell household items, say happy birthday to a friend or even organize a party! Contact Marie for details: 403-289-4780 Ext 203, marketing@yycseniors.com.

FUN FACTS

*Thank you to
BBC Science Focus for these Fun Facts*

- **A cloud weighs around a million tonnes.** A cloud typically has a volume of around 1km³ and a density of around 1.003kg per m³ – that's a density that's around 0.4 per cent lower than the air surrounding it (this is how they are able to float).
- **Giraffes are 30 times more likely to get hit by lightning than people.** True, there are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010. But due to the population of the species being just 140,000 during this time, it makes for about 0.003 lightning deaths per thousand giraffes each year. This is 30 times the equivalent fatality rate for humans.
- **Earth's rotation is changing speed.** It's actually slowing. This means that, on average, the length of a day increases by around 1.8 seconds per century. 600 million years ago a day lasted just 21 hours.
- **Animals can experience time differently from humans.** To smaller animals, the world around them moves more slowly compared to humans. Salamanders and lizards, for example, experience time more slowly than cats and dogs. This is because the perception of time depends on how quickly the brain can process incoming information.
- **All the world's bacteria stacked on top of each other would stretch for 10 billion light-years.** Together, Earth's 0.001mm-long microbes could wrap around the Milky Way over 20,000 times.
- **The fear of long words** is called Hippopotomonstrosesquippedaliophobia. The 36-letter word was first used by the Roman poet Horace in the first century BCE to criticise those writers with an unreasonable penchant for long words. It was American poet Aimee Nezhukumatathil, possibly afraid of their own surname, who coined the term how we know it in 2000.

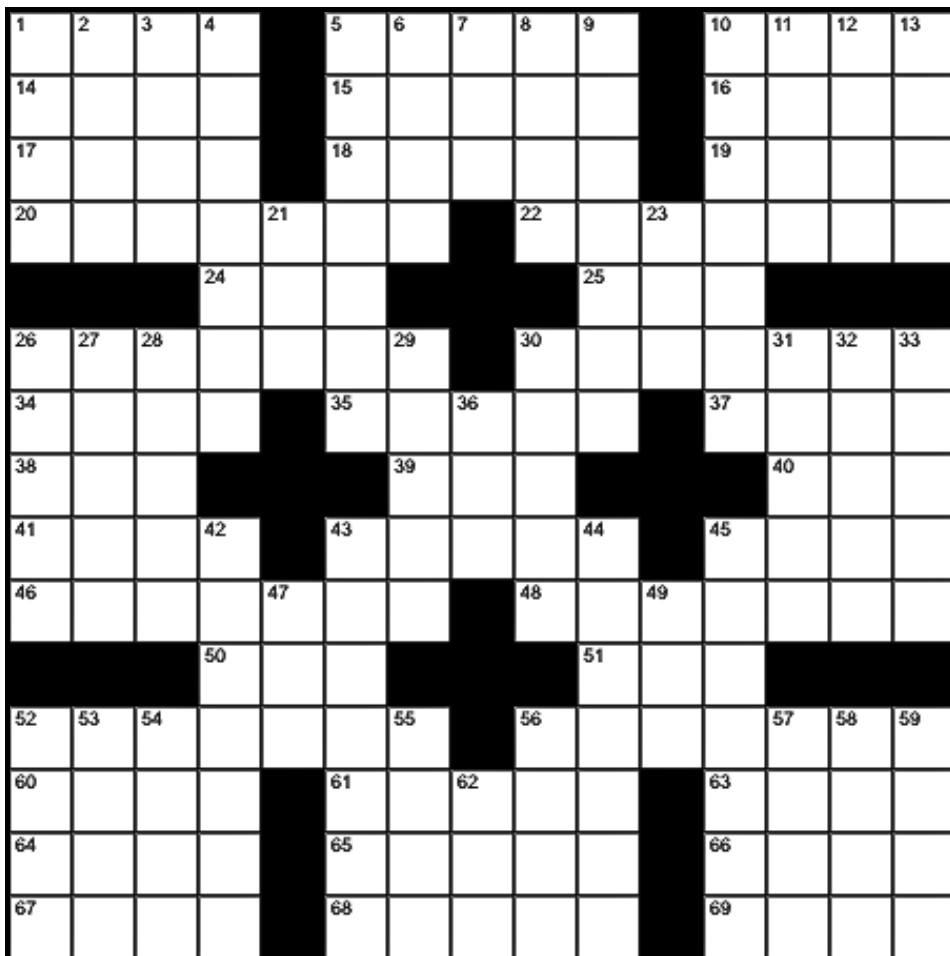


Hard Puzzle #7

Published Dec 28, 2023

ACROSS

- 1- Typeface;
- 5- Civil rights org.;
- 10- Low-___ diet;
- 14- 1997 Peter Fonda role;
- 15- Prestigious award;
- 16- Interstellar dist.;
- 17- Ardor;
- 18- Shorthand whiz;
- 19- Top of the line;
- 20- Cuban dance;
- 22- Run hastily;
- 24- Small cavity in a rock;
- 25- Mound stat;
- 26- Small portable house;
- 30- Go back in;
- 34- Norwegian king;
- 35- Give up;
- 37- Story;
- 38- Literary monogram;
- 39- Before, to Byron;
- 40- Kenan's comedy partner;
- 41- Sugar substitute?;
- 43- Beethoven dedicatee;
- 45- Moore of "G.I. Jane";
- 46- Chooses;
- 48- Like a Mel Brooks movie;
- 50- That's gotta hurt!;
- 51- Mayday!;
- 52- Letter opener;
- 56- Like high, thin clouds;
- 60- In the thick of;
- 61- Rapids transit?;
- 63- Saw red?;
- 64- Wait awhile;
- 65- French clerics;
- 66- Floe; 67- Toronto paper;
- 68- Inclined;
- 69- Singer Brickell;



DOWN

- 1- Fluffy matter;
- 2- Olive genus;
- 3- Kind of tide;
- 4- City in W central Israel;
- 5- Posy;
- 6- Regarding;
- 7- Hole in one;
- 8- Fires;
- 9- Move forward;
- 10- Urgent;
- 11- Sitting on;
- 12- Baseball's Sandberg;
- 13- ___ Rabbit;
- 21- Pull;
- 23- Live and breathe;
- 26- Language elements;
- 27- Tree-lined walk;
- 28- Twangy;
- 29- Physicist Bohr;
- 30- Like non-oyster months;
- 31- Selfish sort;
- 32- Varnish resin;
- 33- Thing of the past;
- 36- "___ tu" (Verdi aria);
- 42- Bring back into stock;
- 43- In the right;
- 44- Least difficult;
- 45- Undress;
- 47- Fortune 500 listings: Abbr.;
- 49- High peak;
- 52- Small amounts;
- 53- Throw off; 54- Verdi opera;
- 55- Broccoli ___ (leafy vegetable);
- 56- "Barton Fink" director;
- 57- Agog;
- 58- Hatcher of "Lois and Clark";
- 59- Outer boundary;
- 62- Magic org.;

Thank You Sponsors

The
Scenic Grande
RETIREMENT LIVING

Scenic Acres
RETIREMENT LIVING



The Edgemont



I'VE DECIDED, THAT FROM JANUARY 1ST, I'LL ONLY BE WATCHING VIDEOS IN 4K OR HIGHER.

It's my New Year's Resolution.

Just so everyone's clear...

I'm going to put my glasses on.

Don't throw false teeth at your vehicle. *You might denture car.*

MY DAD QUIT HIS JOB TO PURSUE HIS DREAM IN ARCHEOLOGY. *His career is now in ruins.*



HOW MANY OPTOMOTRISTS DOES IT TAKE TO CHANGE A LIGHTBULB?

One..... or two

What's the leading cause of dry skin? **Towels.**

Once I was so poor, I could only use calendar pages as toilet paper.

Those days are behind me.



**THE
GOOD
FOOD
BOX**

SMALL	MEDIUM	LARGE
\$ 30	\$ 35	\$ 40
20 LBS	30 LBS	40 LBS

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

**Next Order
& Pick-up Date**

Order by Jan 21st
Pick-up Jan 31st

What's Happening at Triwood

UKULELE NIGHT



Friday, January 12th | 6:30-8:30pm

\$40 | Teens & Adults

Fun and Easy to Learn!

Register online! triwoodcommunity.com



Recruiting Casino Volunteers!

March 29th & 30th 2024

For details, email
executivedirector@triwoodcommunity.com

CROSSWORD Answer from Page 26



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

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

403-919-7147

originathome@origin.ca

www.OriginAtHome.ca

	2	3	4		5	6	7	8	9		10	11	12	13					
	F	O	N	T		N	A	A	C	P		C	A	R	B				
14	U	L	E	E		15	O	S	C	A	R		16	L	T	Y	R		
17	Z	E	A	L		18	S	T	E	N	O		19	A	O	N	E		
20	Z	A	P	A	21	T	E	O		22	S	C	A	M	P	E	R		
					24	V	U	G				25	E	R	A				
26	W	A	N	I	G	A	N		30	R	E	E	N	T	E	32	33		
34	O	L	A	V		35	Y	I	E	L	D		37	T	A	L	E		
38	R	L	S					39	E	R	E				40	K	E	L	
41	D	E	A	R	42		43	E	L	I	S	E	44		45	D	E	M	I
46	S	E	L	E	47	C	T	S		48	S	A	T	I	R	I	C		
					50	O	O	H				51	S	O	S				
52	D	E	A	R	S	I	R		56	C	I	R	R	A	T	E			
60	A	M	I	D		61	C	A	N	O	E		63	O	W	E	D		
64	B	I	D	E		65	A	B	B	E	S		66	B	E	R	G		
67	S	T	A	R		68	L	E	A	N	T		69	E	D	I	E		

Register for these FREE presentations
online at yycseniors.com or call
us at 403-289-4780.

REGISTRATION REQUIRED
Free 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

Government Benefits Alberta Blue Cross

Please join us for a conversation with Alberta Blue Cross as they present information on how to access Government and Personal Benefits as we age.

RSVP Confederation Park 55+ Activity Centre (403) 289 4780

February 13th, 10:00am - noon
Triwood Community Centre
2244 Chicoutimi Dr NW, Calgary

• CHARTWELL.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

- 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+

Good Companions

Greater Forest Lawn 55+

Unison at Kerby Centre

Ogden 50+

Parkdale Nifty 50s

SW55+ Connect

West Hillhurst GoGetters

All adults (18 and over) are welcome at
Super Member Activity Centres.

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

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

Bowness Seniors' Centre

Established 1966

Wake your inner Scot

Celebrate Robert Burns with us!

Dinner Dance on January 26, 2024

Doors open at 5

Don't miss the Address to the Haggis or the Highland dancers.

Members \$25, Non Members \$30

No tickets at the door

Call 403 286-4488 to register/pay



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!



1940 6 Ave NW, Calgary, AB

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

**SW 55+ PUB
CONNECT TIME**

**2ND THURSDAY
EACH MONTH**

**THE POINT PUBLIC HOUSE
90 AVE SW**

WINE & PAINT

**Winter Cottage
Acrylic Painting
with Carol**

Tuesday, Jan 16th
12:30 - 3:00 PM
\$30 Members
\$35 Guest



SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



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.



Parkdale
Nifty 50's

403-283-0620



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

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

**Friday,
January 26, 2024
1pm - 4pm**

FABULOUS 50, 60, 70 SOCK HOP

Advanced Tickets* \$10 At door \$15
(*Tickets are non-refundable)



GFL55+

3425 - 26 Avenue SE, Calgary
403-272-4661 www.gfls.org



Community Breakfast



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

Greater Forest Lawn 55+ Society (GFLS)
3425 - 26 Avenue SE
403-272-4661 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
403-246-0390

OGDEN 50+ ACTIVITY CENTRE
2102-69 Ave SE
Calgary, AB, T2C 3Y4

TGIF
JANUARY

ROBBIE BURNS DAY



Friday, January 26
5:30 pm

Menu: Ribs, Baked Beans, Coleslaw,
Potato Salad & Buns
Dessert: Peach Cobbler & Ice Cream

Happy Hour
3 - 5 pm

Dance to Follow
by DJ Tony

Members \$20
Non-Members \$25

Gluten Free
Available

PREORDER BY JAN 23
CALL (403)-279-2003

ALL ABOUT DRAWING

Sherry Telle

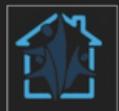


10 WEEKS - \$220.00
12:30PM - 3:30PM

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



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

**Come celebrate with us as we usher in a year of
Multicultural Events beginning with a**

UKRAINIAN CHRISTMAS LUNCHEON

S A T U R D A Y , J A N U A R Y 13 ,
2024



Doors open at 11:30 A.M.

Lunch will be served at 12:00 P.M.

Menu:

Sausages, Perogies, Cabbage Rolls, Dessert

Tickets: \$15.00

**Tickets must be purchased by Jan. 8, 2024
visit us online (www.pdnf.org), in person, or call us at
(403) 283-0620 to get yours!**

**50/50 proceeds to support War Displaced Ukrainians
in Calgary**

**If you are Ukrainian you are invited to wear your
traditional costume or share your cultural
memorabilia**

SATURDAY

JANUARY

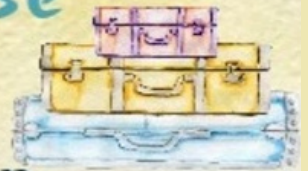
13

AT 11:30 AM

Seniors Cruises



Set Sail for Paradise April 2024



7 Day Eastern Caribbean

Price 1s per person based on double occupancy and includes:
Double Balcony Room, Meals, Drink Package, Gratuity,
First Night Hotel, Transfers, Taxes and Customer Experience Guide.
Flights and insurance extra



GOLDEN AGE ADVENTURES
GUIDED SENIOR TOURS

Contact Michelle Waddock
403 669 3589



Boulevard Travel



OPEN HOUSE



January 19 & 20
10 am – 4 pm



Join us for our Open House event, where you can look around and ask us your questions about:

- ✓ Dining and Activities
- ✓ Suite Layouts and Amenities
- ✓ Care and Support
- ✓ Pricing

It's a lifestyle worth exploring now. Come visit us with your loved ones – **no RSVP required.**

Claim your exclusive limited-time **MOVE-IN OFFER*** during the event.

*Conditions apply.



CHARTWELL EAU CLAIRE
301 7th St. SW, Calgary
587-287-3944

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