

GAZETTE



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

FEBRUARY 2024



IN THIS ISSUE

Start your long weekend off with a bang at our **Family Day Lunch** on Friday, Feb 16th. **See Page 9**

February is filled with events around Calgary. What are you planning to attend? Check our calendar! **See Page 18**

This month's Free Presentation is on Government Benefits by Alberta Blue Cross. **See Page 29**

Photo courtesy of travelwiththesmile.com/blog/calgary-in-winter-things-to-do

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: A new activity at Bowness Park is ice biking! It's the newest form of ice skating with rentals available every weekend until mid-March. It's not as easy as it looks so be prepared for a good workout!

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.



Hello everyone!!

It is already a busy year for the staff here at Confed. Lots of planning for the year is already in place with some exciting new additions.

I wanted to thank some really important people who were our life savers for our Casino!! So for all of you who volunteered for this event on December 23rd, 24th or 25th, please know how much we appreciated your help!! It is not easy to get volunteers at the best of times, but during Christmas was even more difficult. But you all stepped up and helped us out. We had many people outside our organization who also helped us and we were very thankful for them as well. We stand to make a pretty good sum of money and that would not have happened without your help!!

I would also like to thank the staff at Ace Airport Casino as they were truly wonderful in helping us out with volunteers. Special Thanks to Tony To who was our advisor. Marie's husband, Kevin Woron has taken over the role of coordinating our casino and I want to thank him for all of his work.

Last but not least, Seppo Sarvi who worked all three nights along with Kevin during the casino!! It was a great experience and the volunteers and staff made it so much fun!!

If you have any concerns or new ideas you would like to discuss, please give me a call and we will set up a meeting so I can devote some time to you. We are moving towards a very different way of communicating this year. I would like to do more one-on-one meetings with members to see how we can improve what we are doing. Please do not hesitate to make arrangements to meet with me!

A handwritten signature in blue ink that reads "Jeanette".

Jeannette Provo
Executive Director

A colorful poster for "Family Day Lunch". The background is divided into orange, purple, and yellow sections. The text "Family Day" is in a purple script font, and "Lunch" is in large white letters. Below this, it says "FRIDAY, FEB 16TH 11:30AM - 2:30PM" in purple. Then, "\$20 MEMBERS" and "\$30 NON-MEMBERS" are listed in purple, followed by the phone number "403-289-4780". On the right, there is a circular photo of two women, with the text "DANCE • FEATURING THE WILD ROSE DUO • DANCE" around it.

Family Day
Lunch
FRIDAY, FEB 16TH
11:30AM - 2:30PM
\$20 MEMBERS
\$30 NON-MEMBERS
403-289-4780
DANCE • FEATURING THE WILD ROSE DUO • DANCE

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.



Hello!

My name is Linda Earl and I am the secretary this year, for the Board of Directors for Confederation Park Seniors.

I became involved with Confederation park in 2009 when I was looking for something to do after retiring. Since then I have been coming to play crib every week that it is open. I have also participated in art classes and exercise classes and volunteered for many things. I have even participated in teaching sewing at the Centre.

In 2010 I was elected to the board of directors and I have been on and off the board ever since (after 6 years you have to take a year off.) It has been a very interesting experience and I have learned a lot over the years. Being involved with the Board gives you an input into what is happening and how things get accomplished. Without a board there is no Centre, as it contravenes our Bylaws. The Board needs 5 to 11 volunteers to run efficiently – this could include you!

To help the Board accomplish its goals there are Committees. There are several of these committees – all with different

but one desired outcome – helping the Board make the best decision possible for the Centre. As a member of the Centre you are eligible to be a member of any committee. All have different aims and objectives and are busy at different times.

- The Nomination committee works to get new people on the Board that are a good fit for what the Board needs. They are busy from October til the AGM in March.
- The Governance Committee work to create and keep all our paperwork organized and up to date. They are busy most of the year with the summer off.
- The Finance committee is another that is a year round with the summer off. They organize the finances of the Centre and our investments, arrange the audit and balance the budget.
- The Events Committee is the one that organizes special events like our Anniversary and big Parties that happen once a year. A lot of the lunches and speaker events are organized through the office but big events are planned and organized by the events committee. This is another year round committee – busier closer to the events they are setting up.
- The Facilities Committee is a fairly new committee as it started when we had to find a new home. At the

Continued on Page 13...

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

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

SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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4	6				7	9		
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SUDOKU HARD

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3					4			
		7	3					6
			2			5		
9								
7							6	

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

FEBRUARY 2024 | 5



- ADMIRER
- AMETHYST
- AQUARIUS
- ARROW
- BIRDCOUNT
- BLACKHISTORY
- BLIZZARD
- BONHOMME
- BURROW
- CANDY
- CARD
- CARNAVAL
- CELEBRATE
- CHINESE
- CHOCOLATE
- COLD
- COZY
- CUPID
- DRAGON
- FAMILY
- FIREPLACE
- FLAGDAY
- FOOTBALL
- GROUNDHOG
- hibernate

- ICEPALACE
- KISS
- LEAPYEAR
- LIONDANCE
- LOVE
- LUCKY
- MITTENS
- PARKA
- PINKSHIRT
- PISCES
- PRIMROSE
- REDROSES
- SHADOW
- SKATING
- SKIING
- SLEDDING
- SLIPPERY
- SNOW
- SUPERBOWL
- SWEETHEART
- TOQUE
- TWENTYNINE
- VALENTINE
- VIOLET
- WINTER

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

HIDDEN MESSAGE



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



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.

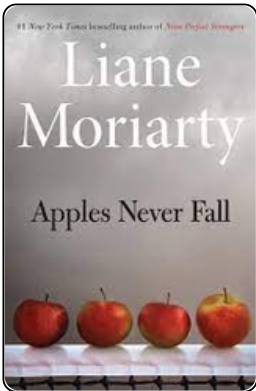
We are **NOT** accepting any house hold items at this time.

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



Book 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

Apples Never Fall

Liane Moriarty

We started off the Year with 'Apples Never Fall' by Liane Moriarty. This excellent Australian writer wrote about the family dynamics and dysfunctions of an extremely dedicated Tennis family in Sydney.

The book opens with an intriguing prologue, and the chapters proceed to swivel back and forth throughout the book from recent past to present. The catalyst to the unravelling of this particular family happens to be a very devious and manipulative young girl. The author also happens to be highly skilled at manipulating her readers as she takes them through the story. None of our group objected to this see-saw style. That was a first. She also shaded our view of the parents by identifying them in one instance as the mother and father of only one of their four children. This is a challenging topic dealt with in a very skillful fashion with plenty to smile about, even as we start to be feeling uneasy about our young mendacious catalyst.

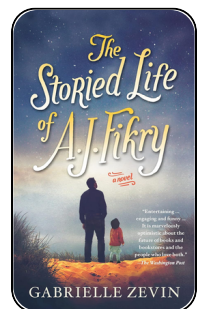
Our scores were universally high ranging from 7 to 10 and a couple went up after our discussion - which was kept orderly by our presenter. A couple of us felt that the very end of the book was surplus to requirements, as our family had recovered from upheaval and was soldering on with rather more focus than at the start of the tale. Nonetheless it does add a delicious very dark flip of the cat's tail. It also implies that psychopaths can be made versus born. There is more than one family with dysfunction in this tale. Those apples certainly didn't fall far from their trees. You just never know.

Next month we will be reading 'The Storied Life of AJ Fikry' by Gabrielle Zevin.

Submitted by
Jean Kensit

NEXT MONTH The Storied Life of A.J. Fikry

by Gabrielle Zevin



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

Featured Event

Family Day Lunch

FRIDAY, FEB 16TH
11:30AM - 2:30PM

\$20

MEMBERS &
SUPER MEMBERS
\$30 NON-MEMBERS

BRING YOUR ADULT KIDS!
ALL ADULTS 18+ ARE WELCOME

lunchbox

SERVED AT NOON: ASSORTED
CROISSANT SANDWICHES,
VEGGIES, FRUIT & DESSERT

dance & mingle

THE WILD ROSE DUO WILL
ENTERTAIN YOU AT 1 PM.



TICKETS 403-289-4780

yycseniors.com

Menu subject to change without notice. Advanced tickets only. Tickets are non-refundable.
Assigned seating unless arranged at time of ticket purchase.

Tea & Conversation

Thursdays at 1:30 PM

Happy
Valentine's Day
to all of you



*May your troubles be less
May your blessings be more*

Stay Safe
& Be Well



FEBRUARY 2024

Feb 1st Sox & Sax
Feb 8th Walkin' on Sunshine
Feb 15th Walkin' on Sunshine
Feb 22nd Timeless Reflections
Feb 29th Greg Rumpel

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 donations to the Tea & Conversation program your support is greatly appreciated and needed. We hope you enjoy your time at Tea & Conversation as much as we enjoy having you.

**Stay Active
& Stay Involved**

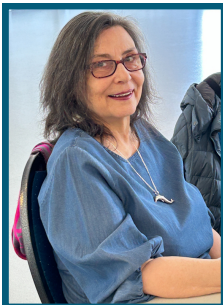
Studies have shown that participating in an event like T&C has positive benefits for your emotional, mental and physical well-being.

PLEASE SUPPORT OUR SPONSORS



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.



Family Day Lunch
FRIDAY, FEB 16TH
11:30AM - 2:30PM

\$20
MEMBERS & SUPER MEMBERS
\$30 NON-MEMBERS
BRING YOUR ADULT ID! ALL AGES 18+ ARE WELCOME

lunchbox
SERVED AT NOON: ASSORTED CROISSANT SANDWICHES, VEGGIES, FRUIT & DESSERT

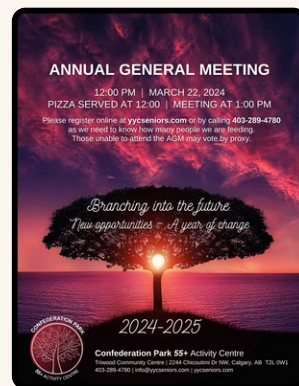
dance & mingle
THE WILD ROSE DUO WILL ENTERTAIN YOU AT 1 PM.

DANCE - FEATURING THE WILD ROSE DUO
3PM - 4PM

TICKETS 403-289-4780
yycseniors.com
THIRWOOD COMMUNITY CENTRE
2244 CHICOUTIMI DR NW

Fri, Feb 16th
Family Day Lunch & Dance
\$20 Members
\$30 Non-Members
11:30 AM - 2:30 PM

Fri, Mar 22nd
Members **ONLY**
ANNUAL GENERAL MEETING
Pizza Served **FREE**
12 PM - 2:30 PM



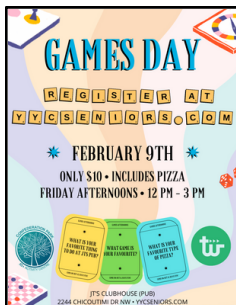
ANNUAL GENERAL MEETING
12:00 PM | MARCH 22, 2024
PIZZA SERVED AT 12:00 | MEETING AT 1:00 PM

Please register online at yycseniors.com or by calling 403-289-4780 as we need to know how many people we are feeding. Those unable to attend for a variety of reasons or travel.

*Branching into the future
New opportunities - A year of change*

2024-2025

Confederation Park 55+ Activity Centre
2244 Chicoutimi Dr NW, Calgary AB T2C 0W1
403-289-4780 | info@yycseniors.com | yycseniors.com



GAMES DAY
REGISTER AT
YycSeniors.com

* FEBRUARY 9TH *
ONLY \$10 - INCLUDES PIZZA
FRIDAY AFTERNOONS • 12 PM - 3 PM

IT'S CLUBHOUSE (PUB)
2244 CHICOUTIMI DR NW • YycSeniors.com

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

Fri, Mar 8th
Games Day
\$10 Tickets
Includes 2 slices pizza
12 PM - 3 PM



GAMES DAY
REGISTER AT
YycSeniors.com

* MARCH 8TH *
ONLY \$10 - INCLUDES PIZZA
FRIDAY AFTERNOONS • 12 PM - 3 PM

IT'S CLUBHOUSE (PUB)
2244 CHICOUTIMI DR NW • YycSeniors.com



Chartwell Care Presents

**Government Benefits
Alberta Blue Cross**

Please join us for a presentation with Alberta Blue Cross at this event. Information on how to access Government and Personal benefits as we go.

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

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

Register at yycseniors.com

Tues, Feb 13th
FREE Presentation
**Government Benefits
presented by Alberta
Blue Cross**
10 AM - 12 PM

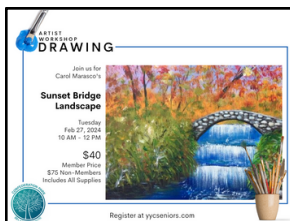
Tues, Mar 26th
Positano Italy
with Carol Marasco
\$40 Members
\$75 Non-Members
10 AM - 12 PM



**ARTIST WORKSHOP
ACRYLICS**
Join us for
Carol Marasco's

Positano Italy \$40
Member Price
Tuesday, Mar 26, 2024
10:00 AM - 12:00 PM
\$75 Non-Members
Includes All Supplies

Register at yycseniors.com



**ARTIST WORKSHOP
DRAWING**
Join us for
Carol Marasco's

**Sunset Bridge
Landscape**

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
OR CALL 403-289-4780

Intergenerational Club

... Continued from Page 4

moment we are working on our lease for our current contract. This is another part-time committee.

- The Casino Committee is a specialized one that works when we have a Casino date. Considering we just did one in December, this committee will probably not be active again 'til our next Casino which will most likely be in spring of 2025.
- The Garage Sale Committee is a part-time committee but it is coming into its season soon. Our Garage Sale is June 15, 2024 this year and again will be in the Hockey Arena. We will be looking for people to participate in all areas of this project – it is a lot of work but everyone seems to enjoy it and look forward to it every year. We will be starting to organize this in the coming months. I look forward to new faces coming to help our as well as everyone who have joined us in previous years.

If you have any interest in joining us on the Board or coming out to be a Committee member, please contact Sharon Dun on the board or Jeannette Provo in the office and they will get you the information you need.

Linda

Linda Earl
Treasurer



(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

Feb 12 & 26th

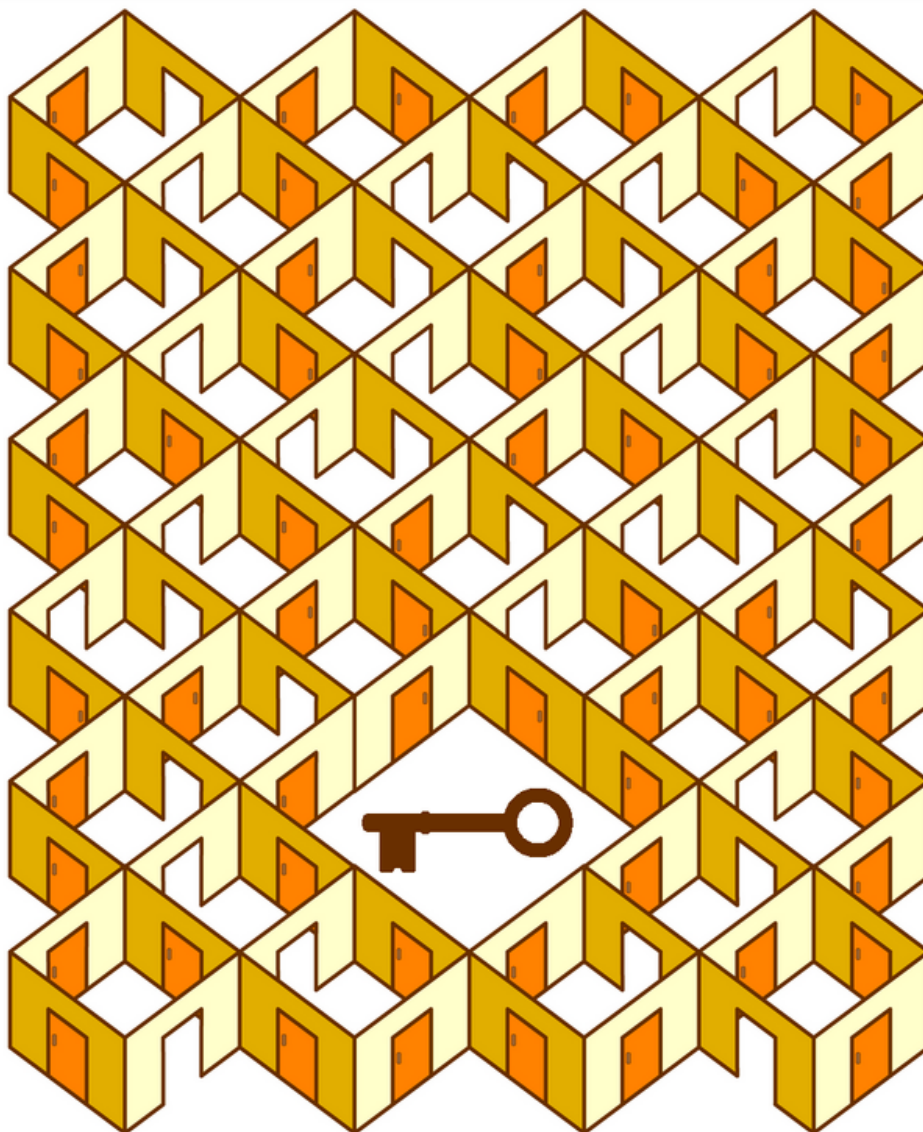
Mar 11, Apr 8, May 13 & 27



Register with Nigel:
403-289-4780

LOCKED DOORS

The key only fits in ONE door. Can you get
through the maze unlocking the right door?



SEASONEDTIMES.COM

ANNUAL GENERAL MEETING

12:00 PM | MARCH 22, 2024
PIZZA SERVED AT 12:00 | MEETING AT 1:00 PM
CHARLESWOOD ROOM

Please register online at yycseniors.com or by calling **403-289-4780** as we need to know how many people we are feeding. Those unable to attend the AGM may vote by proxy.

Branching into the future
New opportunities ~ A year of change



2024-2025

Confederation Park 55+ Activity Centre

Triwood Community Centre | 2244 Chicoutimi Dr NW, Calgary, AB T2L 0W1
403-289-4780 | info@yycseniors.com | yycseniors.com

February

ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEATED YOGA 9:30 AM - 10:30 AM Last Class Mar 18 PERFECTLY IMPERFECTS 11:00 AM - 12:30 PM Last Class: Mar 25 SPANISH 2 Adv Beg 12:45 PM - 1:45 PM Last Class: Mar 18 LINE DANCE Beginner 1:00 PM - 2:00 PM Last Class: Mar 18 CHINESE MAHJONG CLUB 1:00 PM - 3:00 PM Last Meeting: Mar 18 BOOK CLUB 1:00 PM - 3:00 PM Feb 5, Mar 4 EUCHRE 1:00 PM - 3:00 PM Last Meeting: Mar 18 WATERCOLOURS 1:15 PM - 3:15 PM Last Class: Mar 18 SPANISH 3 Beyond Beg 2:00 PM - 3:00 PM Last Class: Mar 18 LINE DANCE IMPROVER 2:15 PM - 3:15 PM Last Class: Mar 18 INTERGENERATIONAL CLUB: SEE PAGE 13 3:30 PM - 5:15 PM Feb 12 & 26, Mar 11, Apr 8, May 13 & 27 CENTRE CLOSED No Classes: Feb 19th, 2024	CRIB 9:00 AM - 11:00 AM Last Meeting: Mar 19 DRAWING 10:00 AM - 12:00 PM Last Class: Mar 5 PAINT WITH CAROL MARASCO 10:00 AM - 12:00 PM Sunset Bridge: Feb 27 Positano Italy: Mar 26 River Walk: Apr 30 TAI CHI Beginner 10:00 AM - 11:00 AM Last Class: Mar 26 YOGA 10:45 AM - 11:45 AM Feb 6 - Mar 12 TAI CHI Intermediate 11:05 AM - 12:05 PM Last Class: Mar 26 ALCOHOL INKS Intro 12:30 PM - 2:30 PM Last Class: Mar 5 HARMONY FIRST 12:30 PM - 3:00 PM Last Meeting: May 14 SHARING HANDICRAFTS 1:00 PM - 3:00 PM Last Meeting: Mar 19	THE WORX 8:45 AM - 9:45 AM Last Class: Mar 6 SEATED YOGA 9:45 AM - 10:45 AM Last Class: Mar 20 TAP Advanced 11:30 AM - 12:30 PM Last Class: Mar 6 BELLY DANCING 12:00 PM - 1:00 PM Last Class: Mar 13 BALLET for Seniors 12:45 PM - 1:45 PM Last Class: Mar 6 ENERGIZING DANCE 2:00 PM - 3:00 PM Last Class: Mar 6	WOODCARVERS 9:00 AM - 11:00 AM Last Meeting: Mar 7 JAZZ 11:00 AM - 12:00 PM Last Class: Mar 7 SEATED YOGA 12:15 PM - 1:15 PM Last Class: Mar 21 <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>	ZUMBA GOLD 8:45 AM - 9:45 AM Last Class: Mar 15 UKULELE Ongoing, Experienced 10:00 AM - 11:00 AM Last Class: Mar 15 <div>  <p>Buy a Gift Certificate for Valentine's Day!</p> <p>Available at the Office</p> </div>
<div> <h3>ROOM LEGEND</h3> <div>  CHARLESWOOD* (direct access)  FOOTHILLS (downstairs) </div> <div>  COLLINGWOOD (upstairs)  PUB (downstairs) </div> <div>  BOARDROOM (upstairs)  ZOOM (online) </div> </div> <div> <p>*CHARLESWOOD - ROOM ACCESS BELOW</p>  <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

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

SUDOKU PUZZLES ON PAGE 5

SUDOKU MEDIUM

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

SUDOKU HARD

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

FEBRUARY
Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div> TEA & CONVERSATION 1:30 - 2:30 PM SOX & SAX </div>	<div>2</div> <div> HAPPY GROUNDHOG DAY SHADOW: 6 MORE WKS NO SHADOW: EARLY SPRING! </div>	<div>3</div> <div> Carnaval de Quebec Feb 3 - 12 </div>
<div>4</div> <div> Calgary opera The Elixir of Love 2PM - 5PM Jubilee Auditorium </div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div> <div> TEA & CONVERSATION 1:30 - 2:30 PM WALKIN' ON SUNSHINE </div>	<div>9</div> <div> GAMES AFTERNOON Games & Pizza JTs PUB, 12-3PM \$10 per person See Pg 12 </div>	<div> HAPPY CHINESE NEW YEAR 2024 </div>
<div>11</div> <div> Calgary Boat & Outdoor Show Feb 9 - 11 BMO Centre </div>	<div>12</div> <div> INTER-GENERATIONAL CLUB 3:30 - 4:30 PM See Pg 13 </div>	<div>13</div> <div> FREE PRESENTATION Government Benefits Alberta Blue Cross 10 AM - 12 PM See Pg 29 </div>	<div>14</div> <div> HAPPY Valentine's Day </div>	<div>15</div> <div> TEA & CONVERSATION 1:30 - 2:30 PM WALKIN' ON SUNSHINE National Flag Day </div>	<div>16</div> <div> Family Day Lunch Family Day Lunch & Dance 11:30 AM - 2:30 PM \$20 M, \$30 NM See Page 9 </div>	<div>17</div> <div> The Great Backyard Bird Count Feb 17 - 20 </div>
<div>18</div> <div> A Wrinkle in Time Storybook Theatre A Wrinkle in Time Feb 16 - Mar 16 Beddington Theatre Arts Co. </div>	<div>19</div> <div> HOLIDAY FAMILY DAY Centre is Closed </div>	<div>20</div>	<div>21</div>	<div>22</div> <div> TEA & CONVERSATION 1:30 - 2:30 PM TIMELESS REFLECTIONS </div>	<div>23</div>	<div>24</div> <div> Calgary Home & Garden Show Feb 22 - 25 BMO Centre </div>
<div>25</div> <div> LUMINOUS VOICES THE CANADIAN CHAMBER CHOIR Luminous Voices 3:00 PM Knnox United Church </div>	<div>26</div> <div> INTER-GENERATIONAL CLUB 3:30 - 4:30 PM See Pg 13 </div>	<div>27</div> <div> PAINT WITH CAROL MARASCO Sunset Bridge Landscape 10 AM - 12 PM \$40M, \$75 NM See Pg 23 </div>	<div> Pink Shirt Day ANTI-BULLYING </div>	<div>29</div> <div> Leap Day! TEA & CONVERSATION 1:30 - 2:30 PM GREG RUMPEL </div>		

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



Patricia's Mobile Dental Hygiene

**THURSDAY
APPOINTMENTS
403-289-4780**



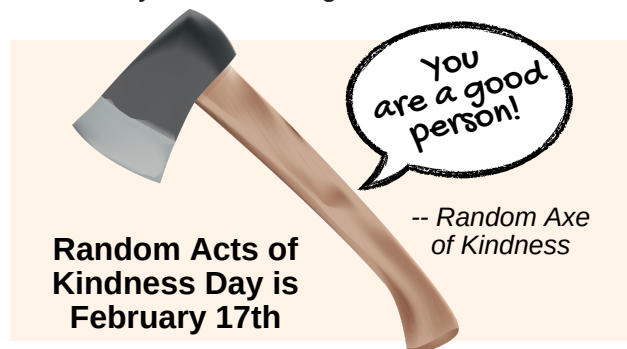
PODIATRIST APPOINTMENTS: We offer podiatrist service for Members and Super Members. Next visit is Feb 16th. Please call us at 403-289-4780 to book.

LAWYER APPOINTMENTS with Arlene Blake are available for Members and Super Members. Next visit: 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.

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.



Eight Again

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off, he asked what she'd like as a gift. "I'd like to be eight again," she replied, still looking in the mirror.

On the morning of her birthday, he rose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, with popcorn, a soda pop, and her favorite candy, M&Ms. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed, exhausted.

He leaned over his wife with a big smile and lovingly asked, "Well dear, what was it like being eight again?"

Her eyes slowly opened and her expression suddenly changed.

"Oh honey, I meant my dress size!"

Recipe & photo courtesy of
canadianliving.com



Easy Drop Cheddar Biscuits

INGREDIENTS

- 1 3/4 cup all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon granulated sugar
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 cup butter cubed
- 1 cup shredded old Cheddar cheese
- 1 cup milk

DIRECTIONS

1. In large bowl, whisk together dry ingredients. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs.
2. Add cheese and milk, mixing with fork until ragged moist dough forms. Drop by 1/4 cupfuls, 1-1/2 inches apart, onto greased baking sheet.
3. Bake in centre of 425°F until lightly browned, 13 to 15 minutes.

Retirement living is aging at home

Many people are existing in their homes rather than having a rich, full life. Because of that, Dr Amy promotes, “Aging at Home” instead of “Aging in Place.” Staying in the home that you have lived in for a long time works under a specific set of circumstances:

- One or both people are healthy enough to manage the day-to-day household chores, such as cooking and grocery shopping, as well as the bigger maintenance jobs. This doesn't mean they have to do all of the work, but they have to be able to stay on top of these things and afford help when they can't do the actual work.
- There is easy opportunity to see other people and socialize. This may mean continuing to drive and/or having friends nearby who are also healthy enough to get together
- If there are care needs, there is another healthy family member in the home or very nearby to manage home care. From both personal and professional experience, I can tell you that it can be very difficult to keep someone who has significant care needs in their long-term home if there is no one there to manage care.
- The environment is safe. Safety might be compromised by mobility issues, cognitive issues, and features of the home, such as steep stairs or a lack of good lighting.

- It's true that many homes can be retrofitted to be safer; but in my experience serious safety concerns are often overlooked.



- It's true that many homes can be retrofitted to be safer; but in my experience serious safety concerns are often overlooked.

Retirement living is an option that addresses all of those concerns. There is a home-like environment that is safe, provides meals and housekeeping, as well as the opportunity to socialize and have friends right where you live. No one should spend their later years isolated and lonely.

My parents moved into retirement living at my encouragement. Initially, my father was hesitant. Yet about six months after they moved in, I was walking with my dad and he said what I have heard countless people say, “I wish we had moved here sooner. This was the best thing we could have done.”



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



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**

A Camping Mystery

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal, they lay down for the night and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. Holmes said: "Watson, look up and tell me what you see".

Watson said: "I see a fantastic panorama of countless stars."

Holmes: "And what does that tell you?"

Watson pondered for a moment:

"Astronomically, it tells me that there are millions of galaxies and potentially billions of planets."



Watson continued, "Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow."

"Why? What does it tell you, Holmes?"

Holmes was silent for a moment then spoke: "My good Watson... someone has stolen our tent."



CAROL MARASCO
WORKSHOPS

ACRYLICS

Sunset Bridge Landscape

Tuesday, Feb 27, 2024
10 AM - 12 PM

\$40

Member Price
\$75 Non-Members
Includes All Supplies



Positano, Italy

Tuesday, Mar 26, 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 **Origin at Home's** Wellness Representative, when you're attending Tea and Conversation on Thursdays. We 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.



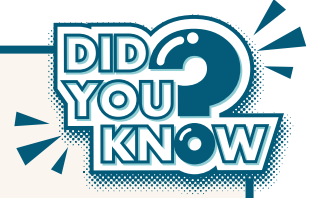
To learn more or schedule a free consultation, call us at 403-919-7147, or visit our table at T&C on Thursdays.

originathome.ca



Did you know?

Here's a little something that we do that you may not know about! This year, the Chinese New Year celebrates the Year of the Dragon, specifically the Wood Dragon.



Chinese New Year Celebrations and the Year of the Dragon

Chinese New Year is a 15-day festival celebrated in China and Chinese communities across the globe. The festivities begin with the new moon that falls between January 21 and February 20 according to Western calendars, concluding with the next full moon. The Lunar New Year is a significant holiday in many Asian countries and the Asian diaspora, with celebrations following the phases of the moon. Since the mid-1990s, China has designated seven consecutive days off work during the Chinese New Year, known as Spring Festival.

The origins of Chinese New Year are rooted in legend. One such story describes a monster named Nian ("Year") that would attack villagers at the beginning of each new year. To scare the beast away, people would use bright lights, loud noises, and the colour red. Even today, firecrackers, fireworks, red clothes, and decorations are used to chase away bad luck and invite good fortune. Young people receive money in red envelopes, while traditions honouring deceased relatives are also observed.

Chinese New Year is also a time for feasting and reconnecting with family members. For those born in certain years, such as 2000, 2012, or 2024, the Chinese zodiac sign of the dragon is theirs. This legendary creature symbolizes power, nobility, honour, luck, and success. People born in the year of the dragon are often naturally courageous, tenacious, and intelligent, exuding enthusiasm and confidence.

The year 2024 is the Year of the Wood Dragon, beginning on February 10th, 2024 (Chinese New Year) and concluding on January 28th, 2025 (Chinese New Year's Eve). This year is expected to bring about many opportunities, changes, and challenges. If you're considering making a shift in your life, this year might present a favourable chance.



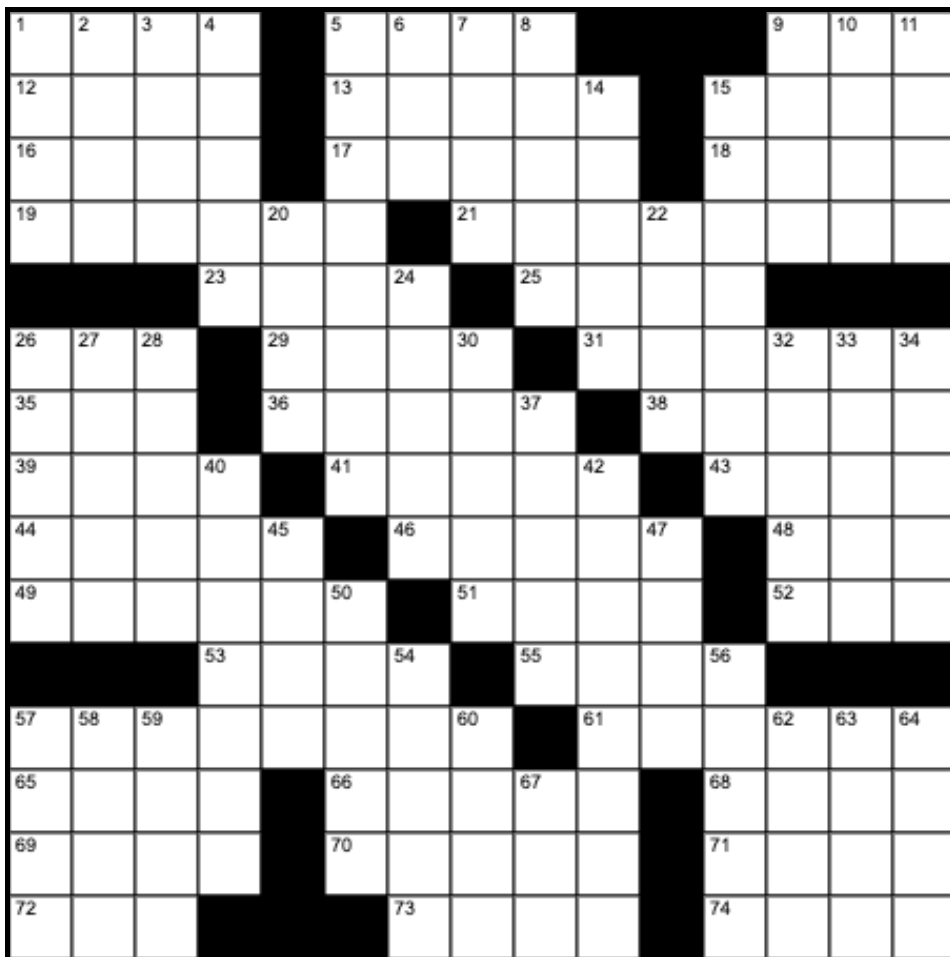


Hard Puzzle #7

Published Jan 28, 2024

ACROSS

- 1- Court org.; 5- Actress Skye;
9- Tennis tactic;
12- "All the Way" lyricist
Sammy; 13- Tiny branches;
15- Your excellency;
16- Carefree adventure;
17- Traffic problem;
18- Gotcha;
19- Loss of volition;
21- Feudal lord;
23- Pulls the plug on;
25- Relate; 26- Mule of song;
29- Oceans; 31- Candy brand;
35- "Foucault's Pendulum"
author Umberto;
36- Drying ovens;
38- Cosmetician Lauder;
39- Enlist again;
41- Atty.-to-be exams;
43- Rani's garb; 44- Wild rose;
46- "The Wild Swans at Coole"
poet; 48- ____ Tin Tin;
49- King of the fairies;
51- Old Italian money;
52- Shoe width;
53- He ran from Iran;
55- Honest-to-goodness; 57-
Highest peak in Great Britain;
61- Ring of color;
65- "The Time Machine" race;
66- Varsity starters;
68- Take down ____ (humble);
69- Hoof sound; 70- Supple;
71- Wither through heat
exposure;
72- Understanding;
73- Old despot;
74- Opposite of ecto-;



DOWN

- 1- Bruins' home;
2- Swedish import;
3- Drive- ____;
4- Low joint;
5- You're on!; 6- Have;
7- Long and Peebles;
8- Everglades wader;
9- Actress Virna;
10- White-centered cookie;
11- Oktoberfest order;
14- More cunning;
15- Pure;
20- ____ many words;
22- Exultation;
24- Impertinent;
26- ____-Croatian;
27- Sour-tasting;
28- Nephew of Donald Duck;
30- Madame de ____;
32- Gawk;
33- Unsettling;
34- River that flows through
Paris;
37- Flight of steps;
40- Edible root;
42- Pennant;
45- Architect Mies van der ____;
47- River to the Moselle;
50- Maritime;
54- Command to the band;
56- Rent;
57- Call's partner;
58- Model Macpherson; 5
9- High time?;
60- Tennis units;
62- Frank; 63- Heavy metal;
64- Farm prefix;
67- Gotchal;

Thank You Sponsors

The
Scenic Grande
RETIREMENT LIVING
Scenic Acres
RETIREMENT LIVING



The Edgemont



Two friends are walking down the street

One friend turns to the other and says, "Let's go get a drink, there's this new place that does THE best punch you'll ever drink." So they make their way to the bar and walk straight up to the bartender "Bartender, two glasses of your best punch please."

The bartender replies in a stern voice, "If you want some punch you're gonna have to get in line like everybody else."

The friends turn and look around but there's no punch line...



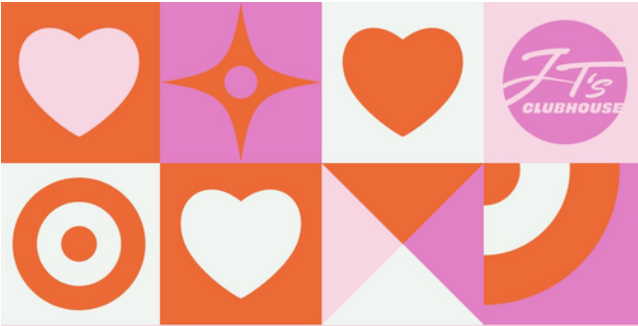
SMALL	MEDIUM	LARGE
\$ 30	\$ 35	\$ 40
20 LBS	30 LBS	40 LBS

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

**Next Order
& Pick-up Date**

Order by Feb 18
Pickup Feb 28

What's Happening at Triwood



VALENTINE'S TRIVIA @ JT'S

Friday February 9th, 2024
Doors open at 6pm; Trivia starts at 7:30pm
Age: 18+
Ticket Price: \$10

TRIWOOD DINNER CONCERTS PRESENTS



OVER THE MOON

Tickets for Concert: \$25
Tickets for Dinner & concert: \$55

SUNDAY, MARCH 24TH

TRIWOODCOMMUNITY.COM

CROSSWORD Answer from Page 26



ORIGIN
at HOME
Companion
Services

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

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

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www.OriginAtHome.ca

1	U	2	S	3	T	4	A		5	I	6	O	7	N	8		9	L	10	O	11	B
12	C	A	H	N					13	T	W	I	G	S			15	S	I	R	E	
16	L	A	R	K					17	S	N	A	R	L			18	I	S	E	E	
19	A	B	U	L	I		20	A		21	S	E	I	G	N	I	O	R				
							23	E	N	D	S			25	T	E	L	L				
26	S	A	L				29	S	E	A	S			31	R	E	E	S	E	S		34
35	E	C	O				36	O	A	S	T	S			38	E	S	T	E	E		
39	R	E	U	P			41	L	S	A	T	S			43	S	A	R	I			
44	B	R	I	A	R			46	Y	E	A	T	S			48	R	I	N			
49	O	B	E	R	O	N			51	L	I	R	A			52	E	E	E			
							53	S	H	A	H			55	R	E	A	L				
57	B	E	N	N	E	V	I	S			61	A	R	E	O	L			63	A		
65	E	L	O	I				66	A	T	E	A	M			68	A	P	E	G		
69	C	L	O	P				70	L	I	T	H	E			71	S	E	A	R		
72	K	E	N								73	T	S	A	R			74	E	N	D	O

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

REGISTRATION REQUIRED
Free Presentation



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



Become a Member

“Volunteers are not paid;
not because they are worthless,
but because they are priceless.”
– Sherry Anderson

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 as soon as possible
- Board of Director and Committee Members needed. Contact Jeannette at 403-289-4780 or ed@yycseniors.com.

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

\$50
OR
SUPER
MEMBERSHIP
(or add \$15 to bump up)

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

Rainbow Elders

SW55+ Connect

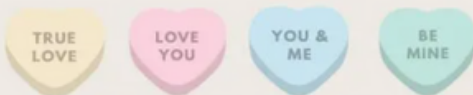
West Hillhurst GoGetters

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
6422 35 Avenue NW T3B 1S6



SWEET HEART DINNER DANCE

Join us as we celebrate
love in the sweetest way!

FEB 23, 2024 Door open
5:30
Dinner at 6

Member & Super Member \$25
Non Members \$30

No tickets sold at the Door
Purchase tickets online

www.bownessseniorscentre.com,

Call or drop in to Bowness

Seniors' Centre

403-286-4488

LEARNING NEVER ENDS



BOW CLIFF'S 2ND FEBRUARY LEARNING CAFE
FRIDAY, FEBRUARY 23RD @ 10AM



President
Calgary Neuropathy Association



Calgary Neuropathy Association
Support, Speakers, Education and Information

Linda Petiot joined CNA in December 2015 after hearing Dr. Haxton speak to the group. She was so happy to hear there were things she is able to do for her neuropathy that she joined CNA that day to learn more. Since that day she's been researching and trying different options for neuropathy and pain relief. Linda is an independent information technology business analyst who has taken on the Vice-President role as well as management of the CNA website and video production. Linda says, "Even though it is volunteer, working with Sylvia and the rest of this team is the highlight of my career. I feel like I can really make a difference and help people with peripheral neuropathy." Linda is looking forward to the exciting things the team will do together.

Art Classes

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

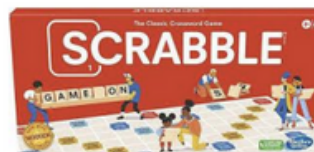
Thursday Mixed Media Art:

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

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



Calgary Scrabble Club

Meets every **Thursday at 6:45pm** and
Sundays at 12:00pm.

All ages welcome including your grandchildren,
Grade 5 and up. Cost: **\$3.00 drop-in fee** Thursdays
and **\$5.00 drop-in fee** Sundays.

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

Ogden 50+ Computer Workshop

Wednesdays 1 pm - 2 pm

Have a tech question? Come to a workshop and Neil can help with all your computer, iPad and mobile phone needs.

COFFEE & CONVERSATION

**2nd & 4th MONDAYS
OF THE MONTH AT 10 AM**

UPCOMING TOPICS:

FEBRUARY 2024

February 12 - Communication Styles

February 26 - Wheel of Life

MARCH 2024

March 11 - Spinning on a Bar Stool

Guest Speaker: Author - Glenda Toews

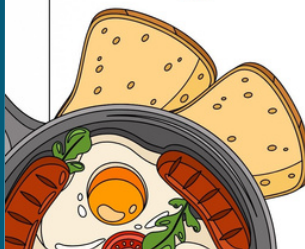
March 25 - Core Beliefs



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



Community Breakfast



**THURSDAY,
FEBRUARY 8
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



Potluck Lunch WEDNESDAYS



BYOS

(Bring your own sandwich +1 to share)
or eat for \$3!

Dessert included*

On Wednesdays stop by the center with two sandwiches, one for you and one to share. All fillings are welcome! If you've vowed you made your last sandwich when you retired, you can still come and pay \$3 to the kitty. Dessert provided by the dessert committee.

2102 69 Ave SE, Calgary



1940 6 Ave NW, Calgary, AB
Call us to register:
403-283-3720

Valentine Luncheon

Date: Monday February 12, 2024

Time: 12:00 noon

Cost: \$20.00/Member - \$25.00/ Guest

Menu: Spaghetti and Meat Balls, Caesar Salad, Garlic toast

Dessert: French style cheesecake with raspberry coulis

Provided By: Tri wood Community Assoc.

Last minute walk-ins will not be accepted as we must know of attendees for the food preparation.



Cowboy Casino

February 20th, 2024

Pick up time is 10:30am

Cost of \$10.00 members / \$15.00 Guests

Min of 20 people for this to take place.

ACTIVE AGING SPOTLIGHT

Valentines Day Tropical Plant Dish

Tuesday, February 13th | 1pm - 2:30pm
@Kerby | Member / Non-Member: \$25

Join the Calgary Horticultural Society's Kath Smyth to make a unique gift for your special someone or hoping to add a fresh and romantic flair to your home, this workshop is perfect for plant enthusiasts and those who want to try something new.

Register at kerbycentre23.wildapricot.org



unison
At Kerby Centre



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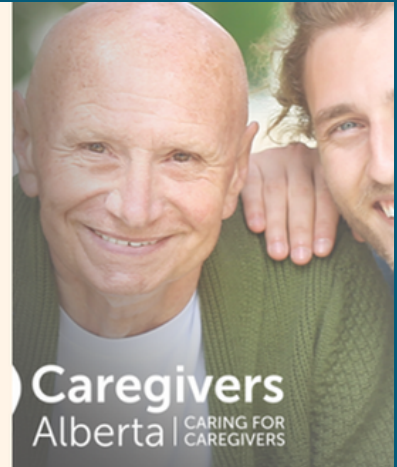
WELLNESS SPOTLIGHT

Caregivers Peer Support Group

Last Wednesday of every month
January 31th, February 28th
1pm-2pm | @Kerby

Have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers.

Email Lolaf@UnisonAlberta.com or call
(403) 234-6566 to register now



Are you interested in FIRST AID & CPR TRAINING

*Get Certified in
First Aid &
CPR Program*

GFLS is looking to offer First Aid training. To arrange these classes GFLS needs to determine the level of interest as each course option has a required minimum before date(s) can be scheduled.



3425 - 26 Avenue SE, Calgary, AB
403-272-4661 support@gfls.org



COURSE OPTIONS:

3-Hour Course includes:

(certification optional)

- CPR/Heart Attack/Stroke/AED

OR

8-Hour Certification Course includes:

- First Aid
- CPR / AED

*If interested,
please see Kelly
for more details.*

Beginner Bridge Lessons with Instructors Tom Wilcock & Greg Mayan

Drop-in lessons: 1PM - 3PM
10 Weeks beginning April 3rd

\$5/session
Members & Super Members
\$8 Non-Members



Bowness Seniors' Centre

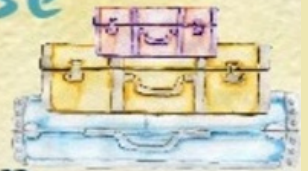
6422 35 Avenue NW
Calgary AB T3B 1S6
403 286-4488

bownessseniorscentre.com

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

Senior Living?

DON'T HOLD YOUR BREATH.

That's what some of our residents said before they discovered the benefits of worry-free support and services delivered by staff they've come to know at Chartwell.

Now they're saying:

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



BOOK A TOUR!



CHARTWELL

CHARTWELL COLONEL BELCHER 1945 Veteran's Way NW, Calgary | **587-287-3938**

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

CHARTWELL FOUNTAINS OF MISSION 222 25th Avenue SW, Calgary | **587-287-3946**

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**