

GAZETTE



Connecting Adults with Opportunities to Stay Active and Engaged

CONFEDERATION PARK 55+ ACTIVITY CENTRE NEWSLETTER

MARCH 2024

IN THIS ISSUE

Egg Hunt

With Easter at the end of this month, you'll have plenty of time to find all 60 eggs hidden in this issue (this cover not included!)

Our **AGM** is being held at 1PM on Mar 22nd. Registered members: come at noon for your free slices of pizza!

See Page 9

Spring Registration begins March 4th!

See Pages 32 & 33



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: It's time for an Easter Egg Hunt! Beginning on page 3, hunt for 60 eggs hidden throughout this edition of the Gazette! Have fun and Happy Easter!

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
Vacant Vice-President
Linda Earl Secretary
Neil Little Treasurer
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Dorothy Dyer Director
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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

Jeannette 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.



Hi all!!

St Patrick's and Easter Friday!! Luck of the Irish to all!! Here's hopping you get lots of Easter eggs!!

March is also the month of our AGM. So please register and come on in to cast your votes, or better yet think about joining the Board!! We have a very talented group doing the work on this board and you would be learning from some of the best!! March 22nd, pizza is served at noon and the meeting starts at 1:00.

I would like to take a moment to thank Alison Demeter who has been an instructor with our Centre for the past 12 years for the "Perfectly Imperfects". Alison and her group have done a number of shows over their years with us. Not here at the Centre, but at different venues in Calgary. "Perfectly Imperfects" did do a feature for us at our 50th in May 2023 and it was fantastic. Under Alison's mentorship, the group has done some truly great work. Alison will be providing her class at Dalhousie Community Centre from here on. Thank you, Alison for all your dedication and hard work!!

Scottish Country Dance will be one of our classes for the spring session. Ann Longair will be the instructor for the class and was our instructor for the last session as well. Welcome back to the Scottish Country Dancers and Ann!

September 13th – Seniors Games Day – Sponsored by Chartwell

Just a bit of one of our upcoming events this year. September 13th. We are hosting a Seniors Games which will be open to all of the centres as well as our own. This event is being sponsored by Chartwell and it is looking to be a great deal of fun for all who wish to attend.

We have started a tentative schedule of events for the day and will need some help from members with a couple of them. **See Page 34.** I also will need some help with the Crib and Bridge Tournaments as I know nothing about Bridge and, while I do know lots about crib, I need someone to coordinate both of these tournaments. Participants will need to register on our website, as well as those wishing to observe.

A handwritten signature in blue ink that reads "Jeannette". To the right of the signature is a small, colorful circular logo with a rainbow-like gradient.

Jeannette Provo
Executive Director

Meet Our Board

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



Hello Everyone!

I take this opportunity to wish all of you a belated Happy New Year. I hope this finds you settled in to the routine of a New Year after a busy Holiday Season and looking forward to new experiences

and continuing with activities you have enjoyed in the past at Cponfederation Park.

We are approaching our Annual General Meeting, (Friday, March 22, 2024) so this seems like a good time to review the past year at Confederation Park 55+ Activity Center. The Board of Directors are in the final stages of renewing our lease with Triwood Community Center which will ensure us of having a home for the next three years. Hopefully the lease will be signed and in place by the time we meet for the AGM. All of us at Confederation Park are very grateful for the way we have been welcomed by the Triwood Board of Directors, staff and members. Sincere Thank You to everyone.

Confederation Park Activity Center is recognized as one of the most successful 55+ centers in the City of Calgary and that can be traced directly back to our dedicated Executive Director, all staff members, Board of Directors, and volunteers. Jeannette has been instrumental in forming the super membership group, and several outreach programs. She has also been amazing in securing grants which bring in crucial funds that contribute to the success of the many

programs offered to members. Debbie Nay has been responsible for the success of T & C for more than 15 years. It is safe to say that thanks to Debbie's efforts this is probably the most successful program of it's type in the City and it continues to grow. Jeannette and Debbie have also been responsible for securing many sponsors for various events. Nigel is program coordinator, Richard is responsible for membership services and of course Marie does a wonderful job of Marketing. When there is an event being held all the staff pitch in to make sure it runs smoothly. thank you to all the staff for their dedication.

We have mentioned many times in the Gazette, E Blasts and in person at events how very grateful we are for the support of our members. Support can be defined in more than one way of course but some of the most important ways are your kind words of gratitude and encouragement to staff, volunteers and members of the Board of directors. It is appreciated. The Board of directors and Staff are looking forward to a strong presence at the A.G.M. This will be your chance to to have your questions answered, obtain a copy fo the audited financial report for the past year, hear committee reports and meet members of your Governing Board of Directors. We truly look forward to seeing you at the meeting.

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

Sharon Dun
President

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

Sudoku



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.



LIGHT HOUSEKEEPING



FRIENDLY COMPANIONSHIP



AN EXTRA HELPING HAND



HOUSEKEEPING

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

SUDOKU EASY

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

SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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

SUDOKU HARD

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

Word Search

ANSWER at yycseniors.com.

Thank you to Discovery Education PuzzleMaker for this game.



BASKET	F	T	H	E	L	U	B	T	C	K	D	R	O	F	T	H	E	B	N	I	GOLD
BEER	A	R	I	S	H	L	O	B	E	W	L	B	E	A	N	S	L	I	E	T	GREEN
BLARNEY STONE	I	H	Y	O	E	R	U	T	H	I	A	S	S	V	M	O	O	N	R	E	HAM
BLESSED	T	T	H	S	R	K	T	Y	E	N	R	A	L	B	O	D	V	E	D	T	HUNT
BLOOM	H	I	S	A	P	I	N	C	H	R	E	S	I	M	E	L	L	Q	L	A	IRELAND
BUNNIES	R	E	C	N	S	K	X	K	P	M	M	H	D	C	R	U	C	P	I	L	IRISH
CARROT	D	E	H	C	R	U	H	C	L	S	E	A	O	D	K	M	R	O	H	O	JELLY BEANS
CHICKS	O	Q	E	A	D	N	N	D	A	E	Z	R	F	L	Y	I	P	L	C	C	LAMB
CHILDREN	T	M	A	B	Y	E	F	D	M	H	A	P	F	D	I	N	N	E	R	O	LEPRECHAUN
CHOCOLATE	B	O	I	W	P	E	J	J	B	T	P	R	A	G	O	L	D	S	M	H	LILY
CHURCH	S	G	G	E	A	R	Y	L	I	L	T	T	D	W	F	L	K	Z	I	C	LIMERICK
CLOVER	T	S	A	E	F	G	N	O	E	R	E	S	I	B	R	C	W	N	I	L	LUCK
CROCUS	M	Z	V	L	G	E	N	V	A	K	S	U	A	D	I	L	D	S	K	V	MUSIC
CRUCIFIX	V	E	U	B	S	S	G	D	S	Y	R	C	N	H	T	N	U	H	C	O	NEW HAT
DAFFODILS	B	C	Q	I	I	G	I	A	T	S	E	O	C	U	O	M	N	Q	I	I	PARADE
DECORATIONS	K	T	R	U	R	T	B	P	E	F	W	R	X	I	F	I	C	U	R	C	PEEPS
DINNER	B	U	N	N	I	E	S	J	R	L	O	C	N	X	T	Z	N	E	E	S	PINCH
EASTER	T	L	Q	O	S	N	E	W	E	Z	L	L	R	E	P	A	L	O	M	P	RAINBOW
EGGS	N	I	N	Q	H	D	O	P	K	L	F	U	K	K	W	A	H	E	I	E	RISEN
EMERALD	I	P	N	F	A	B	R	X	Y	C	L	H	Q	L	N	I	N	G	L	E	SAINT
EQUINOX	A	S	X	R	N	E	N	H	A	A	O	Y	C	D	O	O	Z	N	Y	P	SHAMROCK
FAITH	S	A	A	I	C	B	R	X	D	S	I	R	G	B	T	R	J	I	O	E	SPRING
FEAST	B	P	A	H	B	E	M	Z	N	N	N	B	M	S	E	Y	E	R	Q	G	SUNDAY
FLOWERS	L	R	A	G	N	B	A	K	U	T	O	G	T	A	K	F	R	P	S	S	TRADITION
FOLKLORE	U	U	C	R	W	Q	H	I	S	L	X	F	L	V	H	G	E	S	V	J	TULIPS
	N	Y	O	Z	K	N	E	O	N	N	C	E	K	A	Y	S	K	A	P	I	

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

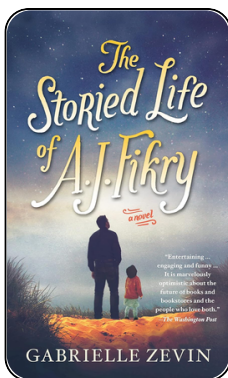
UNDERWEAR:

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 Review

The Storied Life of

A.J. Fikry

Gabrielle Zevin

This Month we reviewed
'The Storied Life of AJ
Fickry ' by Gabrielle
Zevin.

This author has skillfully created a very enjoyable read, despite there being some heavy topics in the tale. The subtext of this entertaining Story is Book stores, Books and their essential contribution to our lives. We are all well aware of the numbers of parents and children who cheerfully haul large quantities of children's books home from the library. We also notice how mystery fiction and cook books still have an enormous following. Even with the arrival of e books and audio books and Amazon there is still a place in the world for Bookstores. I was immediately put in mind of Tanners in Sidney, and our very own Pages in Kensington. It IS difficult to keep these places alive - but not impossible.

Bookstores are magnets and treasures.

When our tale starts AJ's bookstore is very close to folding. He is on a very destructive trajectory, which of course is turned around by a curious series of

events. We are guided through his life with a light sprinkling of his literary recommendations interspersed throughout. Our scores were universally high ranging from 7 to one shining 10 . As one of our members said "It was refreshing not to be battling with World War 2 or dysfunctional families".

This books been made into a film, but since the United States has such an aversion to depicting characters as they are written - I would recommend the book over the movie.

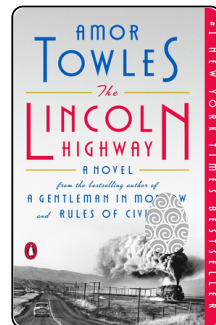
Our discussion did veer away from the book, as the subtext is, I think, the main message our writer has delivered here.

Next month we will review 'The Lincoln Highway' by Amor Towles

Submitted by
Jean Kensit

NEXT MONTH
The Lincoln
Highway

by Amor Towles



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

Featured Event

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

Tea & Conversation

Thursdays at 1:30 PM



Make sure your kilt is
short enough to do a Jig,
but long enough to hide
your Lucky Charms!

**Happy St Patrick's Day
Everyone!**

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 continued donations to the Tea & Conversation program your support is greatly appreciated and needed.

*May your troubles be less
may your blessings be more
and may nothing but happiness
come through your door*

♥ Stay safe and be well! ♥



MARCH 2024

Mar 7th Sox & Sax
Mar 14th Randy Poirier
Mar 21st Greg Rumpel
Mar 28th Timeless Reflections

Thank you to all of our Entertainers

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 T&C SPONSORS



Tea & Conversation

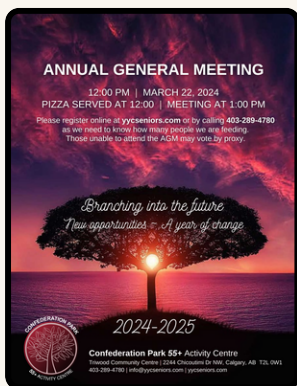


T&C
TEA & CONVERSATION
Thursdays
1:30 PM - 2:30 PM



Upcoming Events

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



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

Fri, Apr 12th
Volunteers **ONLY**
**Western Murder
Mystery, Volunteer
Appreciation Lunch**
FREE
11 AM - 2:30 PM



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

Tue, Apr 30th
FREE Presentation
Spring Cleaning
with Complimentary
Tea, Coffee & Snacks
10 AM - 12 PM



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

Fri, May 10th
**Mother's Day Tea
& Fashion Show**
~ Hat Contest
~ Live Entertainment
~ Dancing
\$20 Members
\$30 Non-Members
10:30 AM - 2:30 PM



Tues, Apr 30th
A Walk Along the River
with Carol Marasco
\$40 Members
\$75 Non-Members
10 AM - 12 PM

Register at
yycseniors.com
OR CALL 403-289-4780

Intergenerational Club

The Irish-Canadian Farmer

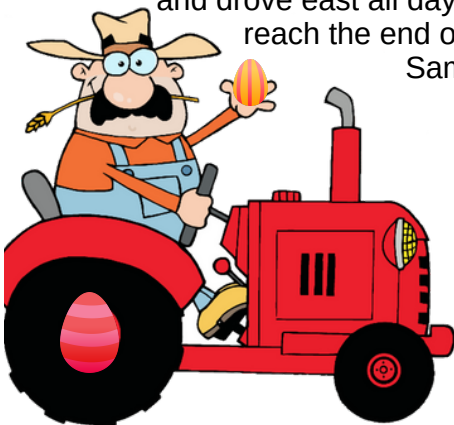
There was once a very successful farmer from Central Alberta who started gaining interest in his ancestry. After doing some digging, he traced his lineage back to a small town in Ireland. And lo and behold, they were a family of farmers. So he packed his bags and took a trip to Ireland to visit the small town to see if he could track down some of his kin.

After landing in Dublin, and driving an hour outside of the city, he stopped in a pub to grab a drink and start asking around about his family.

The Canadian sat down, ordered a pint, and started talking to the Irishman sitting at the bar. After explaining his story and the purpose of the trip, the Irishman responded, "I've never heard of your family, but I'm a farmer as well. Tell me, what's it like farming in Alberta?"

"Oh it's great!" the Canadian said, "If you started out in the morning, and drove west, you could drive all day before you reached the end of my property. And if you started the next day and drove east all day, you wouldn't reach the end of my property. Same thing North and South!"

"Ahh, I know what you mean," said the Irishman, "I've once had a tractor like that as well."



(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

MARCH 11th

Apr 8, May 13 & May 27



Register with Nigel:
403-289-4780

Senior Living Options

Thank you to our Sponsor, Scenic Acres Retirement Living for this important message.



PART 1: WHAT MAKES A HOME?

Is this the right fit?

Considering a change in how, or where, to live is a big step. At some point, it's a matter of looking deeper into the options available — there are more than ever before — and trying to find the right fit.

But with choice can come confusion. It's like when you're faced with a 20-page menu. Over the next three months we will summarize the three main senior living options: home care, retirement home and long-term care.

The Home Care Solution

If the idea of staying at home appeals most, and – with the right support systems – it can work, then home care might be the place to start. After all, there's no need to move, and life can go on pretty much the same as always, except with a caregiver coming in. As well, there might be a need to make some slight changes around the house for accessibility, just to make it easier to move around the home.

With home care, there are costs to consider, including the renovation of the home to make it more accessible, and the price of the care qualified for, assuming there will be costs for at least some part of it. Beyond these considerations, there are some not-so-obvious things to consider.

For one, is the space itself limiting independence? Is climbing the stairs, cooking, staying safe, taking care of the bills and doing everything else that living alone means do-able?



Second, how much reliance is there on other people, and if so, is this sustainable? Finally, is there a lot of time alone, or would a more engaging environment be more beneficial? Remember, the answers to these questions may change frequently as circumstances change.

It's a lifestyle choice; it's where you are going to live. And if you can't truly thrive and be happy, it's not the right fit.

Stay tuned next month for part 2: Retirement Home Option.

Scenic Acres
RETIREMENT LIVING

Monika Jones: 403-208-0338
150 Scotia Landing NW
Calgary, AB

OPEN HOUSE
MAR 23, 1 - 4 PM

Scenic Acres Retirement Living



When You're Here, You're Home.

Scenic Acres Retirement Living is more than just a retirement residence; it's a vibrant community where you're celebrated, embraced, and supported. Our goal is to foster friendships and provide warm, dynamic and personalized service, to meet your unique needs and preferences.

OPEN HOUSE

Saturday, March 23rd 1 - 4 pm

Call 403-208-0338 to RSVP today

Scenic Acres
RETIREMENT LIVING

150 Scotia Landing NW
Calgary, AB
403-208-0338

cogirseniorliving.ca









MARCH 2024

ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEATED YOGA 9:30 AM - 10:30 AM Last Class: Mar 18 Spring Start: Apr 8 DRAWING 1 10:45 AM - 12:45 PM Spring Start: Apr 8 PERFECTLY IMPERFECTS 11:00 AM - 12:30 PM Final Class: Mar 25 SPANISH 2 Adv Beg 12:45 PM - 1:45 PM Last Class: Mar 18 Spring Start: Apr 8 LINE DANCE Beginner 1:00 PM - 2:00 PM Last Class: Mar 18 Spring Start: Apr 8 CHINESE MAHJONG CLUB 1:00 PM - 3:00 PM Last Meeting: Mar 18 BOOK CLUB 1:00 PM - 3:00 PM Mar 4, Apr 8, May 6, Jun 3 EUCHRE 1:00 PM - 3:00 PM Last Meeting: Mar 18 Spring Start: Apr 8 WATERCOLOURS 1:15 PM - 3:15 PM Last Class: Mar 18 Spring Start: Apr 8 SPANISH 3 Beyond Beg 2:00 PM - 3:00 PM Last Class: Mar 18 Spring Start: Apr 8 LINE DANCE IMPROVER 2:15 PM - 3:15 PM Last Class: Mar 18 Spring Start: Apr 8 INTERGENERATIONAL CLUB SEE PAGE 13 3:30 PM - 5:15 PM Mar 11, Apr 8, May 13 & 27	CRIB 9:00 AM - 11:00 AM Last Meeting: Mar 19 Spring Start: Apr 2 DRAWING 10:00 AM - 12:00 PM Last Class: Mar 5 DRAWING 2 10:00 AM - 12:00 PM Spring Start: Apr 2 PAINT WITH CAROL MARASCO 10:00 AM - 12:00 PM Positano Italy: Mar 26 Walk Along River: Apr 30 Springtime Floral: May 28 Sunrise Poppies: Jun 25 TAI CHI Beginner 10:00 AM - 11:00 AM Last Class: Mar 26 Spring Start: Apr 2 YOGA 10:45 AM - 11:45 AM Feb 6 - Mar 12 Spring Start: Apr 2 TAI CHI Intermediate 11:05 AM - 12:05 PM Last Class: Mar 26 TAP Beginner 12:00 PM - 1:00 PM Spring Start: Apr 9 ALCOHOL INKS Intro 12:30 PM - 2:30 PM Last Class: Mar 5 Spring Start: Apr 2 HARMONY FIRST 12:30 PM - 3:00 PM Last Meeting: May 14 SHARING HANDICRAFTS 1:00 PM - 3:00 PM Last Meeting: Mar 19 Spring Start: Apr 2 BALLET Beginner 1:15 PM - 2:15 PM Spring Start: Apr 9	THE WORX 8:45 AM - 9:45 AM Last Class: Mar 6 Spring Start: Apr 3 SEATED YOGA 9:45 AM - 10:45 AM Last Class: Mar 20 Spring Start: Apr 3 TAP Advanced 11:30 AM - 12:30 PM Last Class: Mar 6 Spring Start: Apr 10 BELLY DANCING 12:00 PM - 1:00 PM Last Class: Mar 13 Spring Start: Apr 3 BALLET for Seniors 12:45 PM - 1:45 PM Last Class: Mar 6 Spring Start: Apr 10 ENERGIZING DANCE 2:00 PM - 3:00 PM Last Class: Mar 6 Spring Start: Apr 10	WOODCARVERS 9:00 AM - 11:00 AM Last Meeting: Mar 7 Spring Start: Apr 4 JAZZ 11:00 AM - 12:00 PM Last Class: Mar 7 Spring Start: Apr 11 SEATED YOGA 12:15 PM - 1:15 PM Last Class: Mar 21 Spring Start: Apr 4 <div>  Thursdays 1:30 PM - 2:30 PM **See pages 10 & 11 for details. \$5 Requested Donation yycseniors.com/t&c </div>	ZUMBA GOLD 8:45 AM - 9:45 AM Last Class: Mar 15 Spring Start: Apr 12 UKULELE Ongoing, Experienced 10:00 AM - 11:00 AM Last Class: Mar 15 UKULELE All levels 10:00 AM - 11:00 AM or 11:15 AM - 12:15 AM Spring Start: Apr 5 SCOTTISH COUNTRY DANCE 12:30 PM - 2:00 PM Spring Start: Apr 5 COMPUTER 12:15 PM - 1:15 PM or 1:30 PM - 2:30 PM <div> Register for Spring Classes 403-289-4780 or yycseniors.com </div>

ROOM LEGEND

-  CHARLESWOOD* (direct access)
-  FOOTHILLS (downstairs)
-  COLLINGWOOD (upstairs)
-  PUB (downstairs)
-  BOARDROOM (upstairs)
-  ZOOM (online)

*CHARLESWOOD - ROOM ACCESS BELOW



Sudoku Answers

SUDOKU EASY

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



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 PUZZLES ON PAGE 5

SUDOKU MEDIUM

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

SUDOKU HARD

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2024 TAX CLINIC OPENS MARCH 14th

Tax season is upon us once again and we are happy to help file your tax return electronically. Call 403-289-4780 to book an appointment. Visit yycseniors.com/taxes for eligibility, documentation required and more information.



1



Les Jardin
BLUES FEST
FREE, 12 - 4PM
10808 18 St SE

2

3

4

REGISTER

**SPRING
REGISTRATION
BEGINS**

5

6

7

T&C

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

8

**GAMES
AFTERNOON**

Games & Pizza
JTs PUB, 12-3PM
\$10 per person
See Pg 12

9

THE ORIGINAL
*** HARLEM ***
GLOBETROTTERS

**Harlem
Globetrotters**
2024 World Tour
WinSport

10



11

**INTER-
GENERATIONAL
CLUB**

3:30 - 4:30 PM
See Pg 13

12

13

14

T&C

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

15



**ICE SKATING AT
OLYMPIC PLAZA**
FREE SKATE
Rentals Available
Last Weekend, 16-17

16

**The Outdoor
Adventure
& Travel
Show**

March 16-17
10AM - 5PM
BMO Stampede Park

17



18



**ALBERTA
BIKE SHOW**
Mar 18 & 19
BMO Centre,
Stampede Park

19

20



21

T&C

**TEA &
CONVERSATION**
1:30 - 2:30 PM
GREG RUMPEL

22



**ANNUAL
GENERAL
MEETING**
Charleswood Rm
12 PM PIZZA
1 PM MEETING
See Pg 9

23



**PERFECTLY
IMPERFECTS**
Mar 22 & 23
McDougall
United Church
See Pg 19

24

25

**PAINT WITH
CAROL MARASCO**
POSITANO, ITALY
10 AM - 12 PM
\$40M, \$75 NM
See Pg 23

27

T&C
**TEA &
CONVERSATION**
1:30 - 2:30 PM
TIMELESS
REFLECTIONS

28

29



CENTRE IS CLOSED

30

**FREE EASTER
CANDY HUNT**
11AM - 2PM
Bob Snodgrass
Rec Complex
High River, AB

31

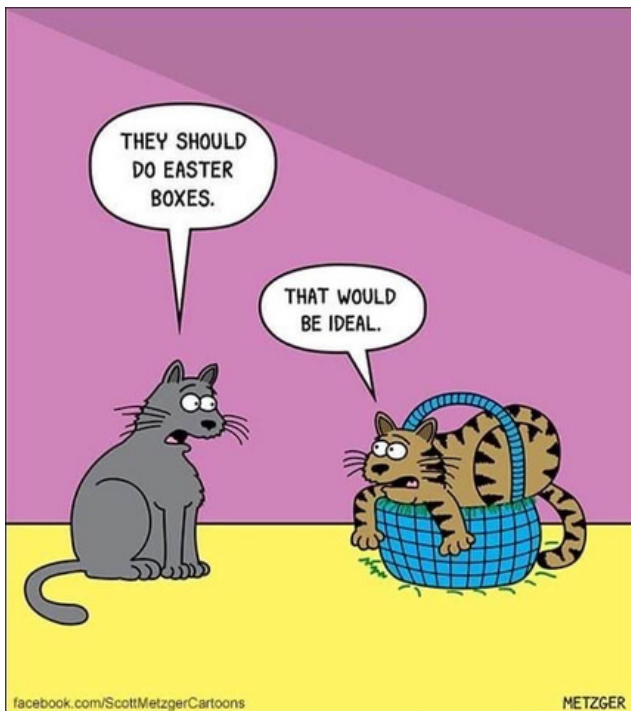


NOTES

✓ Sign up for next month's Volunteer Appreciation Western Mystery

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



**An Active, Friendly
and Warm Community**

At Sage Hill, independence and peace
of mind are part of everyday life.

6 Sage Hill Gardens NW | 403-455-2273 | sagehillseniors.ca

PODIATRIST APPOINTMENTS: We offer podiatrist service for Members and Super Members. Next visits: Apr 5th & May 24th. Please call us at 403-289-4780 to book.

LAWYER APPOINTMENTS with Arlene Blake are available for Members and Super Members. Next visit: Mar 25th. 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.

PERFECTLY IMPERFECTS IN CONCERT: With our radio dial set at CPAC, we invite you to travel back in time for a fun-filled adventure as we simulate a live radio broadcast of music, commercials and surprising twists as we celebrate eight Canadian singers...Paul Anka, Ian Tyson, Gordon Lightfoot, Leonard Cohen, Joni Mitchell, Neil Young, Anne Murray and Connie Kaldor! **Two Performances:** Fri, Mar 22nd at 1:30PM or Sat, Mar 23rd at 7PM . **Location:** McDougall United Church: 8516 Athabasca St SE. **Tickets:** Only \$15/person. To purchase, please click the link or visit: www.eventbrite.ca/e/alberta-afternoon-tickets-812716375557.



The Importance of Asking for Help in Caregiving

If you are a spousal caregiver, you may find it challenging to talk with your loved one about how caring for them is impacting you. You may feel it is selfish to be thinking about your need for help with caregiving tasks or your need for more emotional support or socialization. The truth is, this isn't selfish: it's necessary. Caregiving is more like a marathon than a sprint – and to complete a marathon, you need to pace yourself and not “burn out” before the race is through. You need the assistance, support and rest necessary to be a caregiver, too, in order to go the distance.

2. Explain to your spouse that you are thinking about options for living and care that might be good for both of you. You may want to talk to your spouse about how you think retirement living will benefit you and your marriage before explaining what you think the benefits are for them.



How to Discuss Retirement Living Options with Your Spouse

If you want to explore retirement living, but aren't sure how to bring about the topic with your spouse, here are some suggestions:

1. Pick a time when both of you are relatively relaxed and well rested.

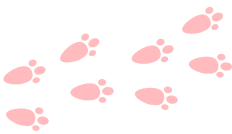
3. If your spouse has concerns, listen to them fully. Often, people try to jump to solutions before understanding how someone feels.
4. If you and your spouse cannot reach an agreement about what support solution will work best, you might consider having someone you trust talk with both of you.

Visit chartwell.com/blog for more tips from Dr. Amy D'Aprix.



Easter Fun

One Easter, a father was teaching his son to drive when out of nowhere a rabbit jumped on the road. Slamming on the brakes, the son said, "I nearly ruined Easter! I almost ran over the Easter Bunny." His father replied, "It's okay son—you missed it by a hare."



What do you call
an Easter Bunny
wearing a kilt?
Hopscotch

What does the
Easter Bunny get
for making a
basket?

*Two points, just
like everyone else!*



A man wanted an Easter pet
for his daughter. He looked
at a little bunny, a baby
chick and a baby duck. They
were all cute, but he decided
to buy the baby chick. It was
a little cheaper.



Why did the Easter
Bunny have on a hat?
*Because he was having
a bad hare day.*

Therapist: What's been up lately?
Chocolate Bunny:
I don't know Doc,
I just feel so hollow inside.



The Best Ham Glaze for your Easter Ham

If ham roast is on your Easter menu,
you'll love how easy and quick it is
to make this very tasty ham glaze.

INGREDIENTS

- $\frac{2}{3}$ cup brown sugar
- $\frac{1}{4}$ cup orange juice or pineapple juice
- 2-3 tablespoons dijon mustard or grainy mustard
- $\frac{1}{2}$ teaspoon garlic powder pinch ground cloves

DIRECTIONS

1. Whisk all ingredients together.
2. Brush over a spiral cut or scored ham about 20-30 minutes before the ham is done.
3. If desired, brush extra ovetop and broil to make the glaze golden.

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**

Tragedy at the Brewery

A priest walks down the street in a Dublin neighbourhood. He stops at one house and knocks at the door. A woman answers and the priest asks if she is Mrs. Sean Kennedy. She answers yes.

The priest then says, "Mrs Kennedy, there has been a tragic accident at the Guinness brewery and I regret to inform you that your beloved husband, Seamus, has passed away.

The distraught woman collects her wits and asks, "Father, tell me what happened, please."

"Well he was up in the catwalks repairing some machinery. He slipped and fell into an open vat of stout and drowned," the priest replied sadly.

"Oh Father, Sean was a good husband and a devout Catholic. Do you think he had time to make his peace with the Lord before he died?"

"I would think so, Mrs. Kennedy. After all, he did climb out three times to go to the bathroom."





CAROL MARASCO
WORKSHOPS

ACRYLICS

Positano, Italy

Tuesday, Mar 26, 2024
10 AM - 12 PM

\$40

Member Price
\$75 Non-Members
Includes All Supplies



A Walk Along the River

Tuesday, Apr 30, 2024
10 AM - 12 PM

\$40

Member Price
\$75 Non-Members
Includes All Supplies



Register at yycseniors.com

Origin At Home

Origin at Home Wellness Companion Services is dedicated to enhancing the quality of life for older adults through personalized caring support in the comfort of their own homes. At the heart of our mission is our team. Meet Wellness Navigator, Hafiza, whose passion and dedication drive our commitment to providing exceptional service.



Hafiza brings a wealth of experience and empathy to her role as a Wellness Navigator. With a deep understanding of the unique needs of older adults, she works tirelessly to ensure that each client receives the individualized care and attention they deserve.

Reflecting on her work, Hafiza emphasizes, "Supporting older adults in their homes is not just about providing care; it's about preserving their independence, dignity, and quality of life." Hafiza embodies the core values of Origin at Home.

"One of the most rewarding aspects of our work is witnessing the transformative effects of our support on a daily basis. From clients living with dementia, remaining in their familiar environment promotes a sense of security and continuity, reducing stress and agitation, while giving partners the break they need. Our personalized care not only enhances their quality of life but also brings peace of mind to their loved ones." We firmly believe that every individual should have the chance to age with dignity, respect, and an improved quality of life while remaining in the comfort of home.

Schedule a home visit with Hafiza today and take the first step toward a happier, healthier, and more independent life with Origin at Home.

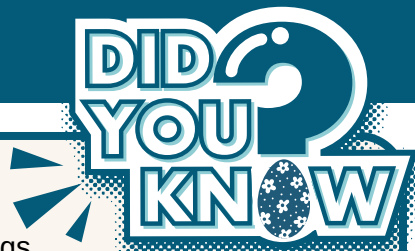


EXPERIENCED • TRUSTED • DEPENDABLE

To learn more or schedule a free consultation,
call us at 403-919-7147,
or visit our Hafiza every 4th Thursday at T&C.

originathome.ca

Did you know?



Hello everyone!!

I have a bit of information to share with you about a few things.

Pop-up Bread Market: Unison at Kerby is starting our partnership for our first Bread Market on March 28th at 12:00-1:15pm. This is on a first come, first serve basis and is open to the community. Triwood CA has offered us the Collingwood for this collaboration and we are very excited to have this for you and the community members! **This is free.**

Lunch in the Pub: In February we sent out a survey to see what your thoughts were on continuing with our lunch program. We heard you and are going to make it easier for you to see what days and times we are in the Pub, as well as a menu with prices. We are going to make small changes at this time such as pastries, instead of cookies. Stay tuned for a link on our main page of the website that will take you to the menu, days and times that are available. Here are some suggestions and what we propose:

- **Hot Meals:** these were offered and there was little interest. If we see more traffic to the lunches, we will consider this in future.
- **Homemade Soup:** this one is tough because we simply don't have anywhere to prep homemade soups. Along with that, we have tried all types of soup and the popular soup is tomato soup.
- **Signage:** Because we are renters, this is not something we have any control over. I would encourage you check the website / Gazette when we have it revised so you can click on the link and see what the menu is.
- **Happy Hour:** this has been brought forward to Triwood CA and they are definitely working towards this soon.

• **Somewhere to have lunch** when there is a Presentation in the Pub. Call ahead the day before and we can prep your lunch for Tuesdays and you can pick it up. Presentations are only once a month.

• **Frozen Meals:** this is something that may be coming, but we are working on the logistics and costs of providing this program again.

• **Monthly luncheons:** We host a lunch almost every month. If you have not tried it, please do. Purchase a ticket and try it out. If there is food left over, we will sell you a lunch.

Triwood Community Association / Confederation Park 55+:

We have been located in Triwood Community Association for 2 1/2 years now. Many have a hard time distinguishing the fact that we are two different organizations. I would encourage you to ask questions if you are not certain because we offer programs to older adults as does Triwood. It is our goal (both Triwood and Confederation Park) to do more collaborations that will benefit all the community as a whole. While our membership has 55+ in the title all persons 18 and up are welcomed as members to our organization. 18-54 would be non-voting members, but are able to participate in everything. Come in and check us out!!

Jeannette



Hard
Puzzle #7

Published Feb 25, 2024

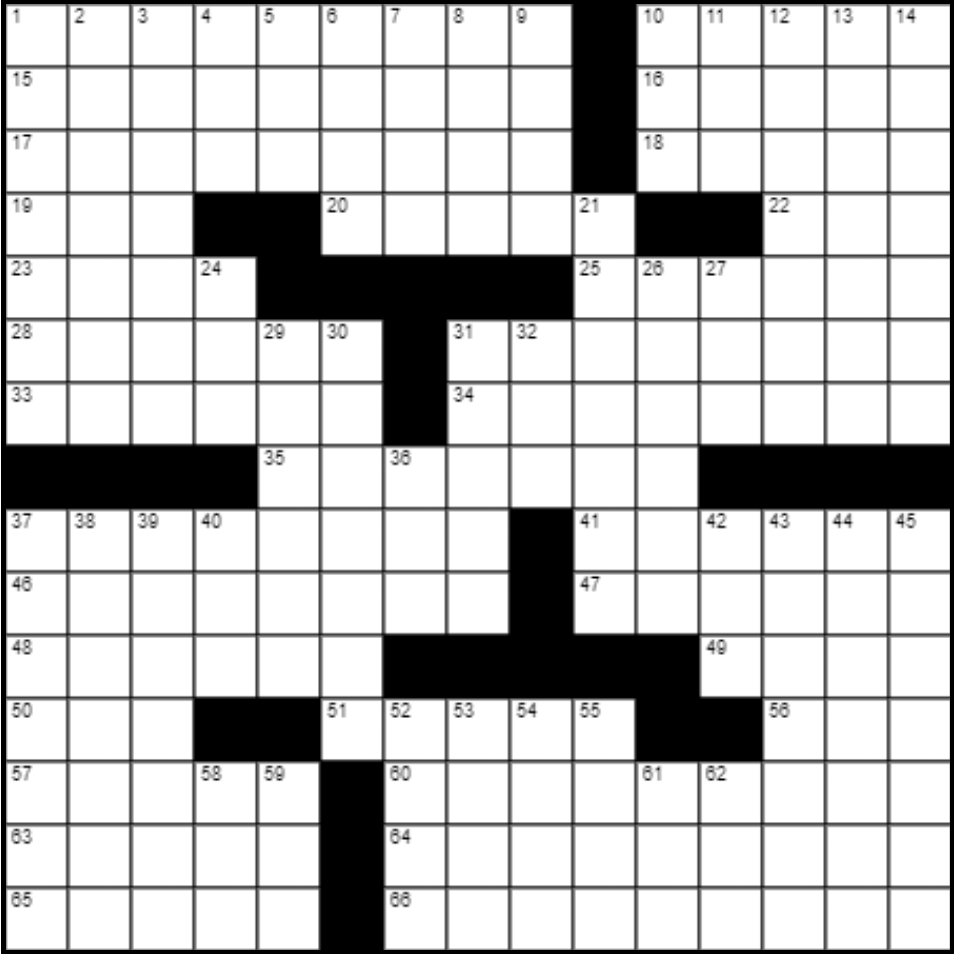
ACROSS

- 1- Absence of oxygen;
- 10- ____ in the right direction;
- 15- Think;
- 16- Alarm;
- 17- Curved downward;
- 18- Temptress;
- 19- Dot follower;
- 20- "Family Ties" mom;
- 22- "Today" rival, briefly;
- 23- Word of regret;
- 25- Carte blanche offer;
- 28- Boards;
- 31- Plume of feathers;
- 33- English Channel swimmer Gertrude;
- 34- Treacle;
- 35- In the right;
- 37- Collaborator during Reconstruction;
- 41- Japan;
- 46- Majestically, musically;
- 47- Repeated from the beginning;
- 48- Ham;
- 49- Flat sound;
- 50- First name in horror;
- 51- "The Family Circus" cartoonist Bil;
- 56- Haul;
- 57- Attempts;
- 60- Earliest known inhabitant;
- 63- Muse with a lyre;
- 64- Disease of rabbits;
- 65- Charged;
- 66- Declaration;

DOWN

- 1- Farm measure;
- 2- Teased;
- 3- Curved like a bow;
- 4- Grown elver;
- 5- Baseball stat;
- 6- Writer Sarah ____ Jewett;
- 7- Ancient Semitic for "Lord";
- 8- ____-bitty;
- 9- So-so grades;
- 10- Biblical beast;
- 11- School subj.;
- 12- Goals;
- 13- Recluse;
- 14- Roman household gods;
- 21- Division of the United Kingdom;
- 24- Abbr. on old maps;
- 26- Decorative ivy;
- 27- Parisian possessive;
- 29- Soap ingredient;
- 30- Mesh;
- 31- Buddy;
- 32- Summer Games org.;
- 36- Holds;
- 37- Ore refinery;
- 38- Secret society of Naples;
- 39- Eternal;

- 40- D-Day craft;
- 42- IBM products;
- 43- Hobby;
- 44- Constituent of blood serum;
- 45- Piece of cake!;
- 52- Diner sign;
- 53- Touch on;
- 54- Vincent Lopez's theme song;
- 55- Middle of QED;
- 58- 7th letter of the Greek alphabet;
- 59- Drunkard;
- 61- Strong feeling of anger;
- 62- Precious stone;



Thank You Sponsors



CROWFOOT PHARMACY

Scenic Acres
RETIREMENT LIVING

The
Scenic Grande
RETIREMENT LIVING



The Edgemont



family & community
support services



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FOUNDATION**
FOR COMMUNITY, FOREVER



SAGE HILL
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CHARTwell
retirement residences



ORIGIN
at HOME

EXPERIENCED • TRUSTED • DEPENDABLE



B R I X
REAL ESTATE GROUP

FREE BREAD MARKET - EVERY 4TH THURSDAY AT NOON

bread market

CONFEDERATION PARK 55+ IS PROUD TO OFFER A MONTHLY



FREE BREAD MARKET

4TH THURSDAY OF EVERY MONTH
AT TRIWOOD COMMUNITY CENTRE
IN THE COLLINGWOOD AT 12 PM - 1:15 PM

OUR FIRST FREE BREAD MARKET IS ON

Thursday, March 28

Bread is available on a first-come, first serve basis
and is open to our entire 50+ community.

IN PARTNERSHIP WITH



AND



What's Happening at Triwood

All Triwood Community Association programs and events require a Triwood Membership available at triwoodcommunity.com

TRIWOOD DINNER CONCERTS PRESENTS



OVER THE MOON

SUNDAY, MARCH 24TH

Tickets for Concert: \$25

Tickets for Dinner & concert: \$55

TRIWOODCOMMUNITY.COM

Triwood Game & Social

Chess Group

Monday, 7-9pm
Mar 18

Every third Monday of the month.
Free with a Triwood Membership.
Drop-ins and sign-up available.



CROSSWORD Answer from Page 26



Companion Services

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

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

403-919-7147

originathome@origin.ca

www.OriginAtHome.ca

1	A	N	A	E	R	O	B	I	C		A	S	T	E	P
15	C	E	R	E	B	R	A	T	E		S	C	A	R	E
17	R	E	C	L	I	N	A	T	E		S	I	R	E	N
19	E	D	U				E	L	Y	S	E			G	M
23	A	L	A	S							N	A	M	E	I
28	G	E	T	S	O	N				A	I	G	R	E	T
33	E	D	E	R	L	E				M	O	L	A	S	S
37	S	C	A	L	A	W	A	G			N	I	P	P	O
48	M	A	E	S	T	O	S	O			D	A	C	A	P
48	E	M	O	T	E	R									
50	L	O	N												
57	T	R	I	E	S										
63	E	R	A	T	O										
65	R	A	N	A	T										

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

REGISTRATION REQUIRED
Free Presentation



CONFEDERATION PARK 55+ ACTIVITY CENTRE FREE PRESENTATION SERIES



Soft Landings

Whether you're preparing to downsize or just wanting to do some serious spring cleaning, come hear from Lynn Van Egmont, President of Soft Landings Downsizing and Relocation Services as she shares some expert tips and advice on downsizing and decluttering that will set you on the road to success.

Spring Cleaning

COMPLIMENTARY TEA, COFFEE & SNACKS

TUESDAY, APRIL 30TH | 10AM - 12PM

TRIWOOD JT'S PUB | 2244 CHICOUTIMI DR NW

THANK YOU TO OUR SPONSORS

The **Scenic Grande**

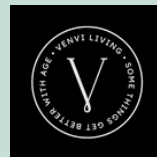
RETIREMENT LIVING

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

yycseniors.com

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

Next Month

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

WESTERN MURDER MYSTERY



VOLUNTEER APPRECIATION

MUST REGISTER (VOLUNTEERS ONLY)
PLEASE CALL THE CENTRE FOR CODE

MYSTERY FOOD

FRIDAY, APRIL 12, 2024 | 11:00 AM - 2:30 PM
CHARLESWOOD ROOM - CONFEDERATION PARK 55+



Confederation Park 55+ Activity Centre

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

Recognizing Depression

Did you know that according to the Government of Canada, 1 in 6 adults over the age of 65 suffer from depression? Many seniors are susceptible to depression due to health deterioration, social isolations, and many other factors. It is important to recognize depression and seek professional help without feeling disapproved.

Causes: The term "depression" is often misused to describe temporary feelings of sadness, demoralization and melancholy. We all, at one point or another, talk about feeling depressed, but there is a distinct difference to be made between "feeling blue", "down" or sad and depression. **Depression is caused by a combination of biochemical, genetic and environmental factors. It is in no way a sign of weakness.** Depression is the result of a chemical imbalance in the brain involving neurotransmitters. Neurotransmitters are responsible for behaviour, thought and emotion. This type of imbalance can lead to distorted thinking and a skewed view of reality akin to wearing blacked-out glasses that cannot be removed.

Symptoms: The symptoms of depression can affect daily tasks. Even the simplest tasks can appear daunting and impossible to carry out. However, with the proper diagnosis and treatment, depression can be overcome. The symptoms of depression can vary from person to person and are not necessarily easy to identify: Anxiety; Suicidal Thoughts; Persistent self-defeating attitude; Loss of interest in daily activities;



Fatigue, weakness; Crying easily, for no reason; Irritability; Disturbed sleep patterns (insomnia or hypersomnia); Withdrawal; Feelings of guilt or worthlessness; Change in appetite or weight; Sadness, hopelessness, despair.

If you experience a marked change in mood or a noticeable loss of interest or enjoyment in previously pleasurable activities or if you have had a few of these symptoms for more than two weeks, we strongly encourage you to speak to your doctor, to a health care professional (pharmacist, nurse) or to a loved one. Talking to someone is the first step to getting help. The longer you wait before being diagnosed, the longer treatment will take. It is therefore recommended that you seek professional help as soon as possible.



Spring Registration



SPRING REGISTRATION

Registration for our Spring program begins March 4th! Sign up online 24/7 at yycseniors.com, by phone or in person between 10 AM - 2 PM Mon - Fri.

STAY FIT

Seated Yoga

Yoga

Tai Chi: Beginner or Intermediate

The Worx

Zumba Gold

DANCE

Tap: Beginner & Advanced

Belly Dancing

Jazz Dance

Ballet for Beginners

Ballet for Seniors

Energizing Dance

Scottish Country Dance

LINE DANCE

Beginner

Intermediate II

Improver

BE ARTISTIC

Intro to Alcohol Inks

Drawing: Levels 1 & 2

Watercolours

Carol Marasco's Art Workshops

LEARN SOMETHING NEW

Spanish: Levels 2 & 3

Ukulele Classes

Computer Class

SING

Harmony First Chorus

JOIN A CLUB

Chinese Mahjong

Euchre Club

Crib Club

Wood Carvers

Book Club

Sharing Handicrafts



Spring Registration



REGISTER AT
YYCSENIORS.COM/SPRING2024
OR CALL 403-289-4780



Scottish Country Dance

Instructor: Ann Longair

Ann grew up in the Okanagan Valley in BC. She took up Scottish Country Dancing about ten years ago and it is one of her favourite pastimes. Now retired, she has the time to teach Scottish Country Dancing and is excited to encourage others to participate in this form of dance.

We are very happy to announce that Scottish Country Dancing is back at Confederation Park 55+. This form of dance is one of the best social, physical and mental activities according to BBC health strategy plan studies.

Scottish Country Dance is a form of social dance involving groups of couple dancers who trace progressive patterns. A dance consists of a sequence of figures. These dances are set to musical forms (Jigs, Reels and Strathspey Reels) which come from the Gaelic tradition of Highland Scotland, as do the steps used in performing the dances.

All levels of competency are welcome, from beginners to advanced.



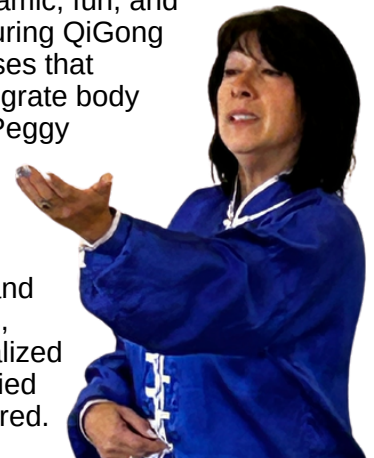
Tai Chi Classes

Instructor: Peggy Lapaschuk

Sifu Peggy has over 50 years of experience in Chinese martial arts, starting at the age of 9. Sifu Peggy has been teaching for over 35 years and opened her own Martial Arts school in 2010 before moving to Airdrie.

We have had rave reviews about our new Tai Chi instructor, Sifu Peggy, and we are very pleased that she is now our ongoing Tai Chi Instructor.

Discover Sifu Peggy's approach to Tai Chi classes, where each individual or small group receives personalized instruction to suit their levels and abilities. There's no pressure to keep up with the group, as everyone trains at their own pace. The classes are dynamic, fun, and interactive, featuring QiGong warm-up exercises that engage and integrate body and mind. Sifu Peggy specializes in working with individuals rehabbing from MVA's, PTSD, and other disabilities, offering personalized goals and modified training as required.



Seniors Games Day

Please note this is a tentative schedule. We will update this schedule online at yycseniors.com.

September 13th

TENTATIVE SCHEDULE OF EVENTS

SPONSORED BY



CHARLESWOOD ROOM

Line Dancing Classes

Charleswood: 25 people max for each sessions

- 10:00 AM - 11:15 AM Learn a short dance with Lisa Franklin
- 11:30 AM - 12:00 PM Contest for dancers with prizes
- 1:00 PM - 2:15 PM Learn a short dance with Lisa Franklin
- 2:30 PM - 3:00 PM Contest for dancers with prizes

Drawing Classes

Collingwood: 12 people max for both classes

- 10:00 AM - 11:15 AM ... Learn to Draw using charcoals with Alesha Buczny
- 11:30 AM - 12:00 PM Contest for artists with prizes
- 1:00 PM - 2:15 PM Learn to Draw using charcoals with Alesha Buczny
- 2:30 PM - 3:00 PM Contest for artists with prizes

FOOTHILLS ROOM

Crib & Bridge Tournaments

Held in Foothills, 4 tables of 4

- 10:00 AM - 12:00 PM Crib Tournament
- 12:30 AM - 1:00 PM Winners & Prizes
- 1:00 PM - 3:00 PM Crib Tournament
- 3:00 PM - 3:30 PM Winners & Prizes
- 10:00 AM - 12:00 PM Bridge Tournament
- 12:30 AM - 1:00 PM Winners & Prizes
- 1:00 PM - 3:00 PM Bridge Tournament
- 3:00 PM - 3:30 PM Winners & Prizes

“

Volunteers are not paid;
not because they are worthless,
but because they are priceless.

– Sherry Anderson

”

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

➡ VOLUNTEER POSITIONS AVAILABLE

- Another Volunteer needed in the Confed **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.
- Volunteers needed for Seniors Games Day on September 13th. Contact Jeannette to help.



Become A Member

\$ **35**

**REGULAR
MEMBERSHIP**

OR \$ **50** 

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



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

Super Membership Locations

Alberta 55 plus **NEW!**
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 **NEW!**
SW 55+ 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

St Patrick's Dinner Dance

Friday, March 22, 2024

Doors open at 5:00 dinner at 6pm



No tickets sold at the door

\$25 members/super members & \$30 non members

Contact the office in person or phone 403-286-4488 to or use

[Bowness Seniors' Centre website.](http://BownessSeniorsCentre.ca)

Cash, cheque, credit or debit card.

Only Credit card transactions over the phone

Bowness Seniors' Centre

6422 35 Ave. NW Calgary AB T3B 1S6

Bow Cliff 50+

Saint Patrick's Day Lunch

Wednesday March 13, 12:00- 1:00 pm

Irish Stew, Mashed Potatoes & Bread Pudding

\$12 Members * \$14 Non-members

RSVP by March 11th

3375 Spruce Drive SW
403-246-0390
www.bowcliffseniors.org



NOW HERE

GFLS POOL

(Billiards, not Swimming)

Thursdays, 12:30 to 3 PM

Drop in for a FUN game of Pool.

All skill levels welcome.

\$2 Members / \$5 Non-Members

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



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

GFLS

Community Breakfast

**THURSDAY,
MARCH 14
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

OGDEN 50+ ACTIVITY CENTRE

*Bring your own
Lunch Wednesdays
at noon
and eat lunch with the gang.*

(replaces potluck lunch)

Ogden 50+ Activity Centre
2102 69 Ave SE, Calgary, AB T2C 3Y4
(403)-279-2003

PICKLEBALL WORKSHOP

Learn to play from the experts at
Ogden 50+!

TUESDAYS 4:00 PM
WEDNESDAYS 9:00 AM
FRIDAYS 4:00 PM

ONLINE

Active Aging: FREE Online Presentation

Adults 65+: Doing taxes has its benefits!

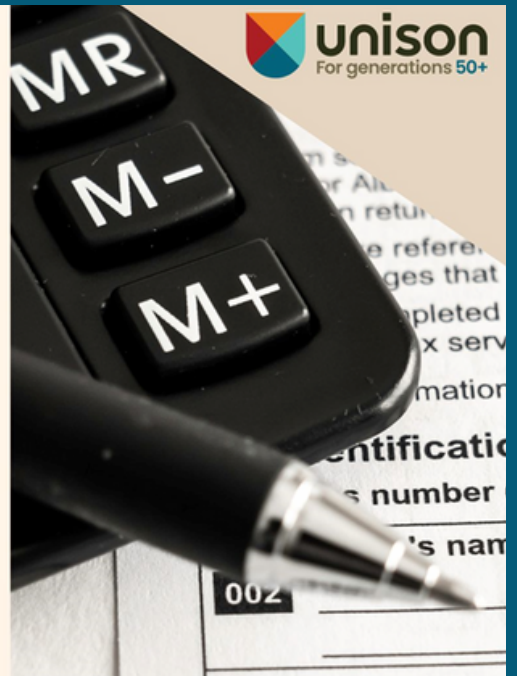
*This presentation will NOT be
recorded and added to the Unison
YouTube Channel

Wednesday, April 10th @ 2 pm



You can scan this QR code with your phone,
click on the link that pops up, and be taken
directly to our Presentations page.

 **unison**
For generations 50+



SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



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

Flower Arranging with Pat

Come and join Pat, and make an Easter flower arrangement,

You can put it on your table for your Easter dinner.

Or just a wonderful Easter Decor

Friday, March 22, 2024

9:30am – 12:00pm

Cost of \$30.00 Member

\$35.00 Guest



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

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



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

St Patrick's Day Luncheon



March 11, 2024 @ 12:00pm
\$20.00 Members / \$25.00 Guest
Menu: Irish Stew, Salad and buns
Dessert By: Chartwell

The logo for Ogden 50+ Activity Centre, featuring the word "OGDEN" in orange, "50+" in large orange numbers, and "ACTIVITY CENTRE" in smaller black text.

**FREE SKETCHING CLASSES
BY VOLUNTEER INSTRUCTOR**

TUESDAYS @ 9:30 AM
2102 69 Ave SE, Calgary

**SKETCH
BOOK**

Looking for Max 7 people
Sign up with Sonia
403-279-2003 x4
sonia@ogden50plus.org



SENIORS' EXPO 2024

EXPLORE • GROW • CONNECT

Saturday, April 27th, 2024 | 9am - 3pm



**Join us for an inside
scoop on all things
generations 50+**

- Exhibitor Booths
- Educational Sessions
- Giveaway Bags
- Music
- FREE Admission and Parking

Unison at Kerby Centre
1133-7 Avenue S.W.
Calgary, Alberta

(403) 265-0661
UnisonAlberta.com

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**