

GAZETTE



Confederation Park 55+ Activity Centre Newsletter

Connecting Adults with
Opportunities to Stay Active and Engaged

MAY 2024

IN THIS ISSUE

Look back on our
Centre's rich history.
See Page 2

Treat your loved one to
our **Mother's Day Tea
and Fashion Show** on
May 10th.
See Page 9

Registration begins for
our **Summer Session**
this month!
See Page 13

Interested in a free tree
for your yard? Calgary
Parks' **Branching Out
Program** is back!
See Page 25

Charitable Registration # 13217 1638 RR0001

2244 CHICOUTIMI DR NW CALGARY AB T2L 0W1 | 403-289-4780 | WWW.YYCSENIORS.COM

A bit of history

Confederation Park 55+ Activity Centre has a rich history in NW Calgary. Enjoy reading about our Centre and please feel free to contact our Executive Director if you would like to learn more about us.

In the early 1970s, members of St Giles Presbyterian Church, located in NW Calgary, reviewed a City census completed at that time. This census indicated that many seniors, in North Hill and West Mount Pleasant areas, were living alone and were lonely; they needed companionship and social activity. In response, church constituents formed a drop-in centre for seniors in the lower hall of the church which, in 1973, formally became Confederation Park Seniors Citizens' Centre. The "Tree of Life" illustration, depicted in a portion of the stained-glass window in the church, was incorporated as Confederation Park's logo, an apt representation of the new Centre. In 1975, the Centre moved into their new building which was located on Confederation Park. 1980 heralded an addition to the building named, "The Social Room," and, from then through the 2010s, grew to become a vibrant part of the community with over 1000 active members.

In 2020, the world as we knew it came to a standstill with the Covid Pandemic. This deadly virus ran rampant throughout Senior Centres and Residences around the world. Confederation Park was under restrictions, along with the rest of the country, for many months. We learned to stay connected in different ways and many seniors embraced technology like never before. We began offering online Zoom classes and meetings and even featured free fitness classes on YouTube for seniors around the world to stay fit. We started a frozen meal program and offered free food hampers for those who were homebound.

In early 2021, just as we were emerging from government-imposed restrictions, we were asked to leave our building as it was being decommissioned. Our home of 48 years was taken from us, and we began the life-altering change of finding new accommodations. In August of that year, Triwood Community

Association reached out to us and offered us a new home in their Centre. With a change of our bylaws in 2022, we now opened our doors to welcome all adults, 18 years and older, along with seniors to create a healthy, intergenerational community.

2023 was very busy as we celebrated our 50th Anniversary. In addition to an open house and gala dinner, we had a multitude of events throughout the year. We also started a collaboration with 4 other activity centres and called it the Super Membership, allowing members access to all centres for a minimal annual charge. By the end of the year, we had 5 other centres join us totalling 10 participating centres with more throughout the city interested in the program. Our own membership had grown substantially, almost to the level it was at prior to the pandemic and our move.

Today, Confederation Park 55+ Activity Centre is a volunteer-driven, nonprofit organization, working to help aging adults and seniors reap the benefits of an active and socially inclusive lifestyle. Our Activity Centre offers a variety of dance, music, art, technology, language and fitness classes to stimulate and enhance the mental and physical wellbeing of members and non-members alike. Member clubs satisfy many interests and create a lot of laughter and fun. Member services like podiatrist clinics round out the offerings. Monthly lunches and presentations bring members together for social and educational engagement. Our flagship program, Tea and Conversation, held every Thursday afternoon, is open to the public and brings friendship, laughter, dancing and socialization to all.

We welcome all adults throughout Calgary and beyond to participate in our programs. Come by and say hello! Our doors are open!

What's Inside

Our Team

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Cover Photo: The May Long Weekend signals the official start of Canada's planting season! Whether container or yard gardening, many of us enjoy playing in the dirt, planting our vegetables, annuals, perennials, shrubs, trees, vines, and more.

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 & HOLIDAYS

BOARD OF DIRECTORS

Marlene Monilaws President
Lynda Lyster..... Vice-President
Linda Earl Secretary
Neil LittleTreasurer
Sharon Dun Past President
Dorothy Dyer..... Director
Robert Lam Director
Lionnette WilliamsDirector

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

Sponsorship Info: yycseniors.com/sponsors

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



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.



Hello all!!

We have a really heavy month next month.

Bus trip to Heritage Park, Seniors Information Fair, Bowcliff Lawn Bowling Event and our Garage Sale.

Please consider volunteering for the garage sale! We need as many of you as possible. We are more organized each year as we make changes to the process. This year we have a committee looking after signage and that is very much appreciated. They are already busy getting things ready for the sale.

Donations will be very carefully looked at as we cannot afford to be getting rid of items after the sale. So please make sure you review what is allowed and what is not. Make sure your items are clean and in working order. It will make our work a lot easier and we will really appreciate it. And clean working items tend to sell.

We are also desperate to have some volunteers for our board committees.

Finance needs more committee members and the time needed is about 1 1/2 hrs every month or two. If you want to learn about how things work or have financial background please consider joining our finance team.

We also need volunteers for our governance committee. This committee creates and updates policy for the organization. Again there is about 1 1/2 hrs a month and sometimes more depending on the work we are doing. Tasks are usually allocated to two people at a time and this has been very efficient. Committee work is rarely done during the summer. I have worked on all committees and it can be a lot of fun and the work being done is incredible.

You can make a difference!! Please consider.

Jeannette Provo
Executive Director



SENIORS
Information Fair

Health and Wellness, Retirement Options & More

FRIDAY
JUNE 7
10AM-3PM

President's Message



Hello everyone!

Hope you are enjoying Calgary's spring weather. Thank you to all the members who attended the AGM (Annual General Meeting) whether in

person or by a proxy vote. We have a new official board with some new positions.

PRESIDENT Marlene Monilaws
PAST PRESIDENT .. Sharon Dun
VICE PRESIDENT ... Lynda Lyster
SECRETARY Linda Earl
TREASURER Neil Little
DIRECTORS Dorothy Dyer
 Robert Lam
 Lionnette Williams

I would like to thank the previous board for all their hard work this past term and their continued support. Also a great thank you to Jeannette Provo, Executive Director and to her staff, Debbie, Richard, Nigel, Marie and Kim.

We are in our last session before summer classes and many exciting events are planned. A Mother's Day Tea and Fashion Show is happening in May with a light lunch. Members will be the models and clothing is from our own Boutique! We are holding our annual Garage Sale in June, again in Triwoods Arena. Please volunteer to help the 3 days before to help sort and

price the donations for the sale. It's a lot of fun and many bargains will be available.

T & C (Tea and Conversation), as usual, is held on Thursday afternoons with great entertainment.

I hope to meet many of the members at our functions, classes or clubs. Come and say, "Hi!" I would love to meet you all and have a visit or answer any questions you might have.

And always remember: Keep a smile on your face and enjoy!

Marlene

Marlene Monilaws
President



HAPPY
Mother's Day



Sudoku

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.



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



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

SUDOKU EASY

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

SOLUTIONS ON PAGE 17

SUDOKU MEDIUM

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

SUDOKU HARD

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

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

May fashions will be featured at our Mother's Day Tea on May 10th



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

Homecoming

Kate Morton

In March we read Homecoming by Kate Morton.

Kate is a well known and much loved Australian author, so this mystery is set in Australia in the 1950s with the chief protagonist living and discovering in 2018.

This author likes to take her time with her tales and over the course of the book there are many strands with some side tales. She is particularly evocative in describing her milieu and evoking atmosphere. In order to really appreciate this book and the skill of the writer, this book merits being read twice.

Scores were mostly high as many of us had taken the time to really get immersed in this tale. Many settled in the 8.5 and 7.5 with a 10, a 9 and an impatient 5.

So despite this being a mystery, this is a leisurely and winding tale with many characters who are slowly peeled like onions to reveal other aspects of their personalities.

Ms Morton does an excellent job of drawing many people who are, like ourselves, shades of grey.

This led to an excellent and prolonged discussion regarding the motivation of certain characters, and how we felt about them at the beginning and then again at the end.

This is a chapter of life. The fallout of the initial event sends its shock waves down the generations. By the end of the book there are some hopeful glimmers for those most wronged. The book is long, but I think it is more the nature of the story telling, that makes this a leisurely read.

This is a classic Kate Morton book. and very popular with many readers.

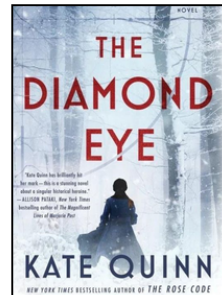
April's read for our May review will be 'The Diamond Eye' by Kate Quinn.

Submitted by
Jean Kensit

NEXT MONTH

The Diamond Eye

by Kate Quinn



This month's event is for Volunteers Only!
Thank you, Volunteers!!

Featured Event



MOTHER'S DAY TEA

MAY 10, 2024
10:30 AM – 2:30 PM

Fashion Show at 11:00 AM

Lunch at 12:00 PM

Wild Rose Duo at 1:00 PM

Hat Contest | Hors d'Oeuvres

See you there!

2244 CHICOUTIMI DR NW
MEMBERS \$20 | NON-MEMBER \$30
TICKETS: YYCSENIORS.COM, 403-289-4780

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

Menu subject to change without notice. Advanced tickets only, no tickets will be sold at the door.
Assigned seating unless pre-arranged at time of ticket sale. No refunds.



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

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

Please note there will be **NO T&C on June 13th** due to preparation for the annual garage sale on June 15th in the Arena.

♥ Stay safe and be well! ♥



LIVE ENTERTAINMENT

MAY 2024

May 2nd Sox & Sax
May 9th Randy Poirier
May 16th Greg Rumpel
May 23rd Sox & Sax
May 23rd **FREE Bread Market**
12-1:15pm in Collingwood Room
May 30th Randy Poirier

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



CROWFOOT PHARMACY



Tea & Conversation



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



Word Search

ANSWER at yycseniors.com.
Generated using Discovery Education PuzzleMaker.



The Month of May



ALLERGIES	W	M	A	J	D	Y	L	O	Y	T	H	E	D	F	F	O	S	U	N	R	LILACS
BASEBALL	A	T	H	U	A	A	B	A	Y	E	W	A	I	L	I	N	E	E	R	G	LILY OF THE VALLEY
BEES	R	T	C	H	D	C	D	Y	O	A	N	D	O	U	E	N	L	O	N	N	LONG WEEKEND
BIRDS	M	K	S	Y	T	Y	K	A	L	D	M	W	L	E	R	L	I	I	W	A	MAYDAY
BUDS	S	R	B	S	A	D	S	E	E	E	E	E	Z	A	O	A	R	M	Y	Z	MAY POLE
BUTTERFLIES	S	U	H	M	D	E	H	L	T	R	A	I	D	P	R	P	N	K	E	T	MIGRATION
CINCO DE MAYO	G	E	M	R	E	F	I	G	S	E	N	V	Y	O	S	E	B	C	L	G	MOM
CLEAN	Y	E	I	B	P	O	N	D	S	G	K	V	E	W	C	Y	M	B	A	T	MOTHERS DAY
DAFFODILS	M	E	P	G	N	E	L	O	P	Y	A	M	B	S	Y	N	V	E	W	U	NATURE
DANDELIONS	G	O	L	S	R	S	U	R	U	A	T	G	V	S	L	B	I	Y	N	L	PHONE CALL
DERBY	N	P	T	L	L	E	M	C	S	D	E	E	W	K	I	K	C	C	M	I	PLANTING
DUCKS	I	N	A	H	A	L	L	D	E	R	B	Y	K	W	M	X	T	L	O	P	POLLEN
EMERALD	T	G	L	Q	E	V	A	L	N	R	O	H	T	W	A	H	O	E	W	S	PONDS
FAMILY	N	L	N	V	D	R	E	C	A	J	J	L	T	I	F	Z	R	L	E	F	RAIN
FERTILIZE	A	L	Q	I	M	N	S	H	E	S	O	J	J	H	H	U	I	P	R	B	RAIN COAT
FLOWERS	L	A	D	O	R	A	I	D	T	N	W	G	N	W	T	E	A	X	H	U	SNEEZING
GARDEN	P	B	M	R	J	E	E	Q	A	F	O	V	G	A	Q	F	D	Q	I	D	SPRING
GEMINI	P	E	V	E	C	L	T	I	S	Y	O	H	N	I	L	Q	A	L	F	S	STAR WARS DAY
GREEN	Z	S	C	M	B	C	U	A	E	L	E	Y	P	J	N	C	Y	K	T	Y	TAURUS
HAWTHORN	D	A	W	S	G	R	V	X	W	Y	I	U	L	X	W	G	G	S	N	A	TULIPS
JACKET	C	B	S	C	A	L	I	L	Q	I	K	D	E	I	G	Y	D	O	E	R	VICTORIA DAY
JOGGING	B	U	T	T	E	R	F	L	I	E	S	I	O	C	L	R	N	N	D	D	WARM
LADYBUG	D	N	E	K	E	E	W	G	N	O	L	R	V	F	I	N	R	N	R	W	WATERING
LAWN MOWER	F	E	R	T	I	L	I	Z	E	H	K	N	Y	B	F	B	L	I	A	O	WEEDS
LEAVES	N	O	I	T	A	R	G	I	M	R	A	I	N	C	O	A	T	A	G	R	YARDWORK
	N	Y	Y	A	D	S	R	A	W	R	A	T	S	Q	B	V	D	R	O	K	

HIDDEN MESSAGE

Intergenerational Club

Summer Class Registration Begins Tuesday, May 14th

SEATED YOGA

\$66.50 Members, \$101.50 Non-Members

Monday

9:30 AM - 10:30 AM

Jul 8 - Aug 26 (No class Jul 1, Aug 5)
(Zoom class Aug 12, 19)

Wednesday

9:45 AM - 10:45 AM

Jul 3 - Aug 21 (No class Aug 7)
(Zoom class Aug 14, 21)

Thursday

12:15 PM - 1:15 PM

Jul 4 - Aug 22 (No class Aug 1, 8)
(Zoom class Aug 15, 22)

TAI CHI

\$85.50 Members; \$120.50 Non-Members

Wednesday

Beginner: 10:00 AM - 11:00 AM

Intermediate: 11:05 AM - 12:05 AM

Jul 2 - Aug 27

ENERGIZING DANCE

\$76.00 Members; \$111.00 Non-Members

Wednesday

2:00 PM - 3:00 PM

Jul 3 - Aug 21

yycseniors.com



(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

May 13th & 27th

NEXT MEETING WILL BE
IN THE FALL



Register with Nigel:
403-289-4780

Senior Living Options

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

PART 3: WHAT MAKES A HOME? The Assisted Living or Long-Term Care Need

If someone is no longer able to live alone and has health challenges that require medical attention and nursing care and support, then Assisted Living or Long Term Care may be the best choice.

This is especially true of memory loss, but there are a few considerations. Does it matter about having a private room, or is the company of others in a shared room okay? Is it important to be near family, or near a previous home?



In long term care, a big step is getting on the waiting list; and it may not always be possible to get the first choice, so make sure you've got a close second and even third. It's always worthwhile to see what's available, and what the options and costs are, before making a decision.

Turn your room into a space that's as inviting and homey as possible, bringing in pictures of family and other personal belongings.

Visit the dining room and a typical resident room. See how staff members respond to questions and needs and ask about recreation activities. Ask about the Resident and Family Councils – most homes have them, and they can be an important source of input when decisions about the home and resident life are made. Check out the cleanliness of the home, and the accessibility of common areas and outdoor spaces.

It may take a couple of visits to get a feel for each Assisted Living or Long Term Care home, so take your time.

Scenic Acres
RETIREMENT LIVING

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

May At A Glance

Lemonade Social - May 7th at 2:30pm

Celebrate Lemonade Day with us!

Mother's Day Brunch - May 12th

Join us for Brunch

Music entertainment to follow

Reservations Only

National Mimosa Day - May 17th at 2pm

Come for a mimosa and enjoy music by Doug Taylor

Seniors Health & Fitness Day

May 29th 1 - 4:30pm

**Join us for an afternoon of health and fitness,
chair yoga, green smoothies, exercise class,
informative presentations.**

Reservations Only

**To RSVP for any of these events or to find out more
contact Monika Jones 403-208-0338**

**Scenic Acres Retirement Residence
150 Scotia Landing NW, Calgary**

MAY 2024

Visit yycseniors.com/Classes-&Events to check the schedule as changes may occur without notice.

ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEATED YOGA 9:30 AM - 10:30 AM No Class May 20th</p> <p>SPANISH 2 Adv Beg 12:45 PM - 1:45 PM No Class May 20th</p> <p>LINE DANCE Beginner 1:00 PM - 2:00 PM No Class May 20th</p> <p>CHINESE MAHJONG CLUB 1:00 PM - 3:00 PM No Club May 20th</p> <p>BOOK CLUB 1:00 PM - 3:00 PM May 6, Jun 3</p> <p>EUCHRE 1:00 PM - 3:00 PM No Club May 20th</p> <p>WATERCOLOURS 1:15 PM - 3:15 PM No Class May 20th</p> <p>LINE DANCE IMPROVER 2:15 PM - 3:15 PM No Class May 20th</p> <p>INTERGENERATIONAL CLUB SEE PAGE 13 3:30 PM - 5:15 PM May 13 & 27</p>	<p>CRIB 9:00 AM - 11:00 AM</p> <p>DRAWING 2 9:45 AM - 12:00 PM</p> <p>PAINT WITH CAROL MARASCO 10:00 AM - 12:00 PM Springtime Floral: May 28 Sunrise Poppies: Jun 25 Moraine Lake: Sept 24</p> <p>TAI CHI 10:00 AM - 11:30 AM</p> <p>YOGA 10:45 AM - 11:45 AM</p> <p>TAP Beginner 12:00 PM - 1:00 PM</p> <p>ALCOHOL INKS Intro 12:30 PM - 2:30 PM</p> <p>HARMONY FIRST 12:30 PM - 2:30 PM Last Meeting: May 14</p> <p>SHARING HANDICRAFTS 1:00 PM - 3:00 PM</p> <p>BALLET Intermediate 1:15 PM - 2:15 PM</p>	<p>THE WORX 8:45 AM - 9:45 AM</p> <p>SEATED YOGA 9:45 AM - 10:45 AM</p> <p>TAP Advanced 11:30 AM - 12:30 PM</p> <p>BELLY DANCING 12:00 PM - 1:00 PM No Class May 1, 8, 15</p> <p>BALLET for Seniors 12:45 PM - 1:45 PM</p> <p>ENERGIZING DANCE 2:00 PM - 3:00 PM</p> 	<p>WOODCARVERS 9:00 AM - 11:00 AM</p> <p>JAZZ 11:00 AM - 12:00 PM</p> <p>SEATED YOGA 12:15 PM - 1:15 PM</p> <div style="text-align: center;">  <p>Thursdays 1:30 PM - 2:30 PM **See pages 10 & 11 for details.</p> <p>Every 4th Thursday, come early for our FREE Bread Market (12PM - 1:15PM)</p> <p>FREE \$5 Requested Donation yycseniors.com/t&c</p> </div>	<p>ZUMBA GOLD 8:45 AM - 9:45 AM Last Class: May 31st</p> <p>TAI CHI 10:00 AM - 11:30 AM</p> <p>SCOTTISH COUNTRY DANCE 12:30 PM - 2:00 PM No Class May 3rd</p> <div style="text-align: center;"> <p>Register for Summer Classes beginning May 13th</p> <p>403-289-4780 or yycseniors.com</p> </div>

ROOM LEGEND

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

*CHARLESWOOD - ROOM ACCESS BELOW



2244 Chicoutimi Dr NW, Calgary | 403-289-4780

OFFICE: Up stairs to the right
Indoor Stair lift is available.

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

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

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









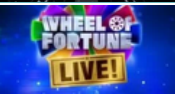

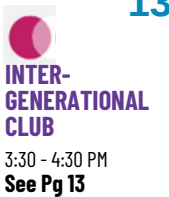











SUDOKU PUZZLES ON PAGE 6

SUDOKU MEDIUM

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

SUDOKU HARD

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES <hr/> <hr/> <hr/>			1	2  TEA & CONVERSATION 1:30 - 2:30 PM Sox & Sax	3  Calgary Int'l Beerfest May 3-4 BMO Centre	4 
5  Mount Pleasant Potter's Guild Spring Pottery Sale @ Triwood 10AM - 4PM	6  UNDERSTANDING RETIREMENT Free Presentation 11AM - 12:30PM Foothills Room	7	8  Men's Expo May 10th & 11th BMO Centre \$10	9  TEA & CONVERSATION 1:30 - 2:30 PM Randy Poirier	10  MOTHER'S DAY TEA Tea & Fashion Show 10:30 AM - 2:30 PM Charleswood Room	 Wheel of Fortune Live! on May 12th Grey Eagle Casino 3775 Grey Eagle Dr \$44.42-\$74.74
12  Happy Mother's Day	13  INTER-GENERATIONAL CLUB 3:30 - 4:30 PM See Pg 13	14	15	16  TEA & CONVERSATION 1:30 - 2:30 PM Greg Rumpel	17 High River Little Britches Rodeo High River Rodeo Grounds By Donation	18  Heritage Park Opening Weekend 1900 Heritage Dr SW \$22.95-\$34.95
19  Calaway Park Opening Weekend Range Rd 33 \$35.95-\$51.95	20  HAPPY Victoria Day (Centre is Closed)	21 FAMILY ESTATE PLANNING Free Presentation 10AM - 12:00PM JT's Pub	22	23 FREE BREAD MARKET DAY  TEA & CONVERSATION 1:30 - 2:30 PM Sox & Sax	24  Foot Clinic 12:00 PM - 3:00 PM By Appt Only	25  Airdrie Children's Festival Nose Creek Park Airdrie FREE
26  Calgary Marathon Various venues throughout Calgary	27  INTER-GENERATIONAL CLUB 3:30 - 4:30 PM See Pg 13	28  ACRYLIC PAINTING WORKSHOP Springtime Floral 10:00 AM - 12:00 PM Collingwood Room	29	30  TEA & CONVERSATION 1:30 - 2:30 PM Randy Poirier	31	

Mark your calendars for these June Events

- Jun 3 - Heritage Park Bus Trip
- Jun 7 - Seniors Information Fair
- Jun 9 - Lawn Bowling at Bow Cliff Seniors
- Jun 12 - Dance Class Open House
- Jun 12, 13, 14 - Donate to our Garage Sale
- Jun 15 - Garage Sale at Triwood Arena
- Jun 18 - Cognitive Health Free Presentation
- Jun 24 - Habitat for Humanity Free Presentation
- Jun 25 - Acrylic Painting Workshop: Sunrise Poppies
- Jun 27 - Free Bread Market just before T&C starts

JUNE							2024
SUN	MON	TUE	WED	THU	FRI	SAT	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							

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

Classifieds



PODIATRIST APPOINTMENTS: We offer podiatrist service for Members and Super Members. Next visits: May 24th (waitlist only), July 5th, August 16th and September 27th. Please call us at 403-289-4780 to book.

LAWYER APPOINTMENTS with Arlene Blake are available for Members and Super Members. Please call us at 403-289-4780 to book an appointment.

Obituaries



GURIEL, Muriel Lenora
Jun 26, 1923 - Apr 13, 2024

It is with great sadness that we announce the passing of our beloved member, Muriel.

Muriel passed away peacefully on Saturday, April 13, 2024 in Calgary, Alberta but not before reaching a monumental milestone of 100 years old. Muriel and her husband Cy (predeceased) joined Confederation Park Seniors in 1986 where she volunteered over 25 years. In lieu of flowers, the family requests donations to the Alberta Children's Hospital in her memory. Please feel free to share your favourite memories of Muriel at dignitymemorial.com on Muriel's online memory board.



BE FREE, BE YOU

New friends are waiting to be made! Find the freedom to live a social life just like you did when you were younger—furry friends included.

Scan or call to book a tour.



403-536-6378 | sagehillseniors.ca
6 Sage Hill Gardens NW, Calgary

Independent Living | Assisted Living | Supportive Living | Memory Care



The Benefits of Short-Term Stays at a Retirement Community

Many seniors benefit from moving to a retirement community full-time, but few are aware of short-term stays, which are the ideal option for older adults and families who wish to stay in a retirement residence for a short period of time. These stays can accommodate a range of visitors and seniors in the community, as they both offer a location at which seniors can rest and get a glimpse into life at a retirement residence.

What is a short-term or trial stay?

A short-term stay allows individuals to temporarily reside in a retirement residence for a short amount of time, whether that be for weeks or months. There are several different options to ponder when considering this type of respite.

Seniors who have recently undergone surgery or are recovering from a hospital visit may benefit from a short-term stay, during which staff provide assistance to seniors as they recover.

Another short-term option for seniors is essentially a staycation, where they can take a brief break from their day-to-day lives by visiting a retirement community. This is ideal for seniors who live with their children as a peace of mind option if their children are traveling out of town.

Chartwell residences provide rooms that are fully furnished, activities geared toward older adults and opportunities for seniors to socialize with people who share similar interests.





CROWFOOT PHARMACY

WE HELP. WE SERVE. WE CARE



**Come and meet Sam at T&C
every 4th Thursday of the Month!**

Having troubles managing your health?

Our Pharmacists can help you manage your blood pressure, blood glucose levels and more. We specialize in managing chronic conditions. **Ask for a free consultation today** with our Diabetes Educator or Clinical Pharmacist!

403-453-8139

Monday - Friday: 9 AM - 6 PM

Saturday - Sunday: 10 AM - 2 PM

301 - 150 Crowfoot Cr. NW



Fresh Strawberry Crisp

INGREDIENTS

Filling

- 5 c fresh strawberries, hulled & quartered
- 1/4 c sugar
- 1 tsp vanilla
- 3 tbsp cornstarch

Topping

- 1 c flour
- 3/4 c oats
- 2/3 c sugar
- 2/3 c brown sugar, packed
- 1/2 tsp salt
- 3/4 tsp cinnamon
- 1/2 c butter, melted

DIRECTIONS

1. Preheat oven to 350F. Grease a deep dish pie plate or large backing dish, set aside.
2. Filling: combine strawberries and sugar until strawberries absorb sugar. Add rest of ingredients, stir until coated. Pour into prepared baking dish.
3. Topping: Combine dry ingredients together then pour in melted butter and stir until well coated and crumbly. Sprinkle over filling.
4. Bake 35-40 min until fruit is bubbly and topping is golden brown. Enjoy!

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. Due to high demand and limited resources, we are now limiting pantry orders for ages 55+.

PICK-UP

Please be on time for your pickup. Pantry pick-up is on 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**

Answered Prayers

A woman hurried to the pharmacy to get medication, got back to her car and found that she had locked her keys inside.

The woman found an old rusty coat hanger on the ground.

She looked at it and said, "I don't know how to use this." She bowed her head and asked God to send her



some help. Within 5 minutes a beat-up old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag. He got off of his cycle and asked if she needed some help.

She said: "Yes, my daughter is sick. I've locked my keys in my car. I must get home. Please, can you use this hanger to unlock my car?"

He said, "Sure," and walked over to the car. In less than a minute the car was open. She hugged the man and through tears said, "Thank You, God, for sending me such a very nice man."

The man heard her little prayer and replied, "Lady, I am not a nice man. I just got out of prison yesterday. I was in prison for car theft."

The woman hugged the man again, sobbing, "Oh, thank you, God! You even sent me a Professional!"



CAROL MARASCO
WORKSHOPS
ACRYLICS

Springtime Floral

Tuesday, May 28, 2024
10 AM - 12 PM

\$40

Member Price
\$75 Non-Members
Includes All Supplies



Sunrise Poppies

Tuesday, Jun 25, 2024
10 AM - 12 PM

\$40

Member Price
\$75 Non-Members
Includes All Supplies



Register at yycseniors.com

REGISTRATION REQUIRED

Free Presentation

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



CONFEDERATION PARK 55+ ACTIVITY CENTRE FREE PRESENTATION SERIES



Executors carry the heavy weight of managing the details and needs of both the deceased and their loved ones. Utilizing their over 35 years of knowledge and estate experience, Maxxentum will give you insight to help you develop your family estate plan. Join us on Tuesday, May 21st for our presentation on Family Estate Planning.

Family Estate Planning

*Free Presentation • Registration Required
Complimentary Tea, Coffee and Snacks
JT's Pub, 2244 Chicoutimi Dr NW, Calgary*

May 21, 10AM - 12PM

THANK YOU TO OUR SPONSORS

maxxentum

Family Estate Guidance

Estates can be complicated.

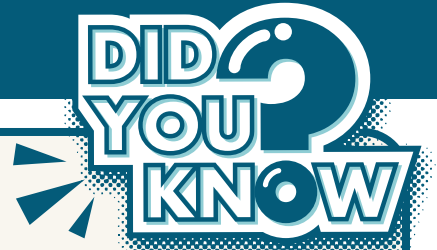
We work with you to simplify the process.



CHARTWELL
retirement residences

yycseniors.com

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



BRANCHING OUT 2024

Free Tree Program

It's the most wonderful time of the year —our Branching Out Tree program is back, back, back again for 2024!

How many trees are there?

This year we have 5000 trees. We're accepting and processing one tree application per address.

Can I pick the tree I want?

When you apply, you'll be able to pick three species of tree, and if you get a tree, you'll get one of your choices.

I did the module and applied for a tree – am I guaranteed one?

Due to the popularity of this program, we cannot guarantee a tree.

When will I get my tree?

This information will be emailed to all successful applicants who have completed the "Right Tree, Right Location" module.

How will our current drought in YYC impact trees and tree watering?

It's still important to plant new trees and use efficient watering methods to help get them established. The water usage for each tree is very low when considering the long-term climate-positive benefits provided by a healthy tree canopy.

To sign up for a tree and take the short course, "Right Tree, Right Location" (which can be completed ahead of time), visit: calgary.ca/parks-rec-programs/nature/branching-out.html

NW Calgary registration opens
Monday, May 6th at 10AM



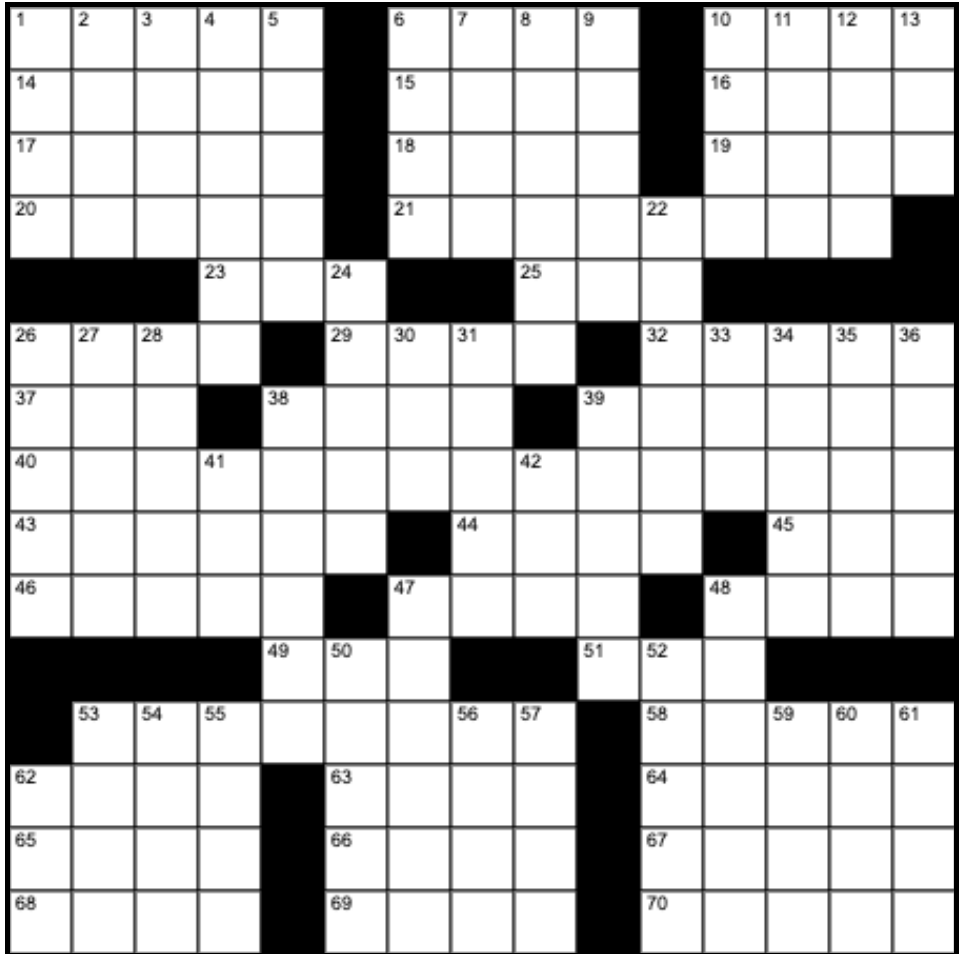


Moderate Puzzle #6

Published April 21, 2024

ACROSS

- 1- Burrito topping;
- 6- Org.; 10- Job opening;
- 14- They may be gray;
- 15- Monetary unit of Lesotho;
- 16- College in New Rochelle;
- 17- Fang, e.g.; 18- Constituent;
- 19- Former monetary unit of Angola; 20- Come afterward;
- 21- Turbinate;
- 23- Genetic messenger;
- 25- In favor of;
- 26- Playwright Ayckbourn;
- 29- Securely confined;
- 32- Stiller's partner;
- 37- Domestic animal;
- 38- Norton Sound city;
- 39- Talks back to;
- 40- From time to time;
- 43- Recoil;
- 44- Charles Lamb's pen name;
- 45- Verb ending?;
- 46- Brief brawl; 47- TV horse;
- 48- Crystal gazer;
- 49- Comic Louis;
- 51- "Xanadu" band;
- 53- Forced high notes;
- 58- Pillow filler;
- 62- Actor O'Shea;
- 63- Type of gun;
- 64- You ___ right!;
- 65- Anatomical passage;
- 66- Robert ___;
- 67- Appears; 68- Of course!;
- 69- Chamber workers: Abbr.;
- 70- Wigwam;



DOWN

- 1- Fill completely;
- 2- Elvis ___ Presley;
- 3- Tolstoy and Gorcey;
- 4- Sixth planet;
- 5- Gray; 6- Mountain range in central Europe;
- 7- Work up lather;
- 8- Bitter conflict;
- 9- Part of TNT;
- 10- Place for a flowerpot;
- 11- Actor Rob;
- 12- Like a line, briefly;
- 13- Mai ___;
- 22- Spanish fleet;
- 24- In agreement;
- 26- Copycats;
- 27- Embankment;
- 28- Bikini blast;
- 30- Latin 101 verb;
- 31- Not as many;
- 33- Superlative suffix;
- 34- ... who lived in ___;
- 35- Actress Witherspoon;
- 36- "Lou Grant" star;
- 38- Hose; 39- Derogatory;
- 41- Mus. slow-up;
- 42- Yard contents;
- 47- Fortitude;
- 48- Evening party;
- 50- Approvals; 52- Minimal;
- 53- Looks good on;
- 54- Sailor's direction;
- 55- Anecdotal knowledge;
- 56- High schooler;
- 57- Washington bills;
- 59- Abstruse;
- 60- Salinger girl;
- 61- Wine choice;
- 62- DI doubled;

Thank You Sponsors



FREE BREAD MARKET - EVERY 4TH THURSDAY AT NOON

bread market

IN PARTNERSHIP WITH



AND



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 NEXT FREE BREAD MARKET IS

Thursday, May 23rd

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

What's Happening at Triwood

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



TAYLOR SWIFT TRIVIA NIGHT

\$10
PER TICKET

Prizes for game winners
Themed cocktails
RSVP & Tickets Online
triwoodcommunity.com

Friday May 10 at JT's
Open at 6:30pm
Song Trivia at 7:30pm
All ages welcome

CROSSWORD Answer from Page 26



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Companion
Services

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

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www.OriginAtHome.ca

1	S	A	L	S	A	6	A	S	S	N	10	S	L	O	T		
14	A	R	E	A	S	15	L	O	T	I	16	I	O	N	A		
17	T	O	O	T	H	18	P	A	R	T	19	L	W	E	I		
20	E	N	S	U	E	21	S	P	I	R	22	A	L	E	D		
23	R	N	A	24		25	F	O	R								
26	A	L	A	N	27		28	S	A	F	E	32	M	E	A	R	A
37	P	E	T	38	N	O	M	E	39	S	A	S	S	E	S		
40	E	V	E	R	41	Y	N	O	W	42	A	N	D	T	H	E	N
43	R	E	S	I	L	E	44	E	L	I	A	45	O	S	E		
46	S	E	T	T	O	47	M	R	E	D	48	S	E	E	R		
49						50	N	Y	E	51			52	E	L	O	
53	F	A	L	S	E	T	T	O	56			58	E	I	D	E	R
62	M	I	L	O	63	S	T	E	N	64			A	R	E	S	O
65	I	T	E	R	66	E	L	E	E	67			S	E	E	M	S
68	I	S	E	E	69	S	E	N	S	70			T	E	P	E	E

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

REGISTRATION REQUIRED
Free Presentation

Understanding Retirement

To register for this event call or email.

Join us as we discuss the key challenges to your retirement.
Changes to family structure, health, retirement income and estate planning.
Learn more about tools you can use to help protect your wealth and your legacy.

Date: May 6, 2024

Time: 11:00am - 12:30pm

Location: Foothills Room

Felipe Scatolin BSc., CIM®

(403) 771-8606

fscatolin@connectfirstwealth.com



**Confederation Park 55+
Activity Centre**

yycseniors.com

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

Next Month

GARAGE SALE

DONATIONS!

JUNE 12, 13 & 14

WEDNESDAY, THURSDAY & FRIDAY

9AM - 3PM DROP OFF

TRIWOOD ARENA

2244 CHICOUTIMI DRIVE NW

**ALL DONATIONS MUST BE CLEAN,
HAVE ALL PARTS INCLUDED
& BE IN GOOD WORKING CONDITION**

DONATIONS NOT ACCEPTED:

Large & heavy furniture or appliances, jars of any kind (except mason jars), narrow-wheeled golf carts, microwave ovens, cribs, baby seats, booster or car seats, **NO STUFFED ANIMALS**, luggage, pillows, skis, tires, electric, typewriters, magazines, computer equipment, paints, chemicals, and **NO CHRISTMAS DECORATIONS**



yycseniors.com/garagesale

Next Month

GARAGE SALE

SATURDAY, JUNE 15

8AM - 3PM

TRIWOOD ARENA

2244 Chicoutimi Drive NW

**Shop
Indoors!**

**COME EARLY
FOR BEST
SELECTION**

Pay by
Cash,
Credit Card
or Debit

**GARAGE
SALE**





SENIORS Information Fair

Health and Wellness, Retirement Options & More

FRIDAY
JUNE 7
10AM-3PM

TRIWOOD COMMUNITY CENTRE | 2244 CHICOUTIMI DR NW



Wide range of exhibitor booths
with FREE presentations



Door Prizes &
Complimentary Tea/Coffee

OUR EXHIBITORS INCLUDE

- Calgary Seniors Resource Society
- Golden Age Adventures
- Parkinson's Assn of Alberta
- Heart to Home Meals
- Diabetes Association
- Luanne Metz, Calgary MLA
- Calgary Police
- Unison at Kerby
- Rainbow Elders
- Scenic Acres Retirement
- Origin At Home
- Good Companions

FOR MORE INFO & A FULL LIST OF OUR EXHIBITORS VISIT OUR WEBSITE

YYCSENIORS.COM/SENIORSFAIR

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

Upcoming Events

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

Understanding Retirement

To register for this event call or email.

Join us as we discuss the key challenges to your retirement. Changes to family structure, health, retirement income and estate planning. Learn more about tools you can use to help protect your wealth and your legacy.

Date: May 6, 2024
Time: 10:00am - 12:30pm
Location: Foothills Room
Felicie Scuderi (BSc., CMF)
403-289-4780
fscuderi@connectfirstwealth.com

connectFirst
wealth

yycseniors.com

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

Mon, May 6th
Understanding Retirement
Complimentary
Tea, Coffee & Snacks
Free Presentation
11AM - 12:30PM

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

MOTHER'S DAY TEA

MAY 10, 2024
10:30 AM - 2:30 PM

Fashion Show at 11:00 AM
Lunch at 12:00 PM
Wild Rose Duo at 1:00 PM
Hat Contest | Hors d'Oeuvres

See you there!

2244 CHICOUTIMI DR NW
MEMBERS \$20 | NON-MEMBER \$30
TICKETS: TYCSEN-INDRS.COM, 403-289-4780

THANK YOU TO OUR SPONSORS

The Scenic Grande
11111 17th Avenue NW
403-289-4780

Scenic Acres
10000 17th Avenue NW
403-289-4780

*Menu subject to change without notice. Advanced tickets only, no tickets will be sold at the door. *Event capacity limited by fire code.

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

Family Estate Planning

Executors carry the heavy weight of managing the details and needs of both the deceased and their loved ones. Utilizing over 20 years of knowledge and assist experience, Jeff D'Amico of Macleod and Gray will guide you through to help you develop your family estate plan. Join us on Tuesday, May 21st for our free presentation on Family Estate Planning.

Free Presentation - Registration Required
Complimentary Tea, Coffee and Snacks
Tuesday, May 21st
10AM - 12PM

THANK YOU TO OUR SPONSORS

maxentium
Family Estate Solutions
Estate plans can be completed. We work with you to simplify the process.

CHARTWELL
INVESTMENT MANAGEMENT

yycseniors.com

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

Tues, May 21st
Family Estate Planning
Complimentary
Tea, Coffee & Snacks
Free Presentation
10 AM - 12 PM

Thurs, May 23rd
Free Bread Market
for those 50+
Collingwood Room
12 PM - 1:15 PM

unison
COMMUNITY

Community Bread Market

Drop-in at our monthly Community Bread Market!

Offering older adults 50+ bread and baked goods donated by partnered retailers, on a first-come, first-serve basis.

Every 4th Thursday of the month
10:00am - 1:15pm

Confederation Park 55+ Activity Centre @ Trivwood Community Centre
2244 Chicoutimi Drive NW
Calgary, AB T2C 0W1
403-289-4780

Hold your own Home

4020
4030
4040

ARTIST WORKSHOP
DRAWING

Join us for Carol Marasco's
Springtime Floral

Tuesday
May 28, 2024
10 AM - 12 PM

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

Register at yycseniors.com

Tues, May 28th
Springtime Floral
with Carol Marasco
\$40 Members
\$75 Non-Members
10 AM - 12 PM

Tues, June 18th
Promoting Cognitive Health: Strategies for Lifelong Brain Wellness
Complimentary Tea, Coffee & Snacks
Free Presentation
10AM - 12 PM

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

WE'D LOVE FOR YOU TO JOIN US!

ORIGIN@HOME
Promoting Cognitive Health: Strategies for Lifelong Brain Wellness

Join Helga Weiss, Origin at Home Wellness Navigator & dementia Educator and discover practical strategies to boost brain health and prevent cognitive decline. Don't miss out on this opportunity to learn and share.

Tuesday, June 18, 2024 | 10:00 AM - 12:00 PM

What you will learn:

- Introduction to Cognitive Health & Risk Factors for Cognitive Decline
- Recognizing Early Indicators, Signs and Symptoms of Cognitive Decline
- Healthy Change Practices: What and Where to go for Support

Complimentary coffee, tea and snacks will be served.

For more information, call
403-919-7147
info@originathome.ca
www.OriginatHome.ca

yycseniors.com

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

ARTIST WORKSHOP
DRAWING

Join us for Carol Marasco's
Sunrise Poppies

Tuesday
June 25, 2024
10 AM - 12 PM

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

Register at yycseniors.com

Tues, June 25th
Sunrise Poppies
with Carol Marasco
\$40 Members
\$75 Non-Members
10 AM - 12 PM

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

NEXT MONTH'S

Bus Trip for Members

Register for this bus trip
online at yycseniors.com or call
us at 403-289-4780.

SENIORS WEEK ACTIVITY



BUS TRIP

TO HERITAGE PARK
MONDAY, JUNE 3RD

\$25

PER PERSON
MEMBERS ONLY

IN HONOUR OF SENIORS WEEK,
Confederation Park 55+ Activity Centre and Parkdale Nifty Fifties
invite you on a bus trip to Heritage Park on June 3rd, 2024.
38 spots available for Members & Super Members only: 19 per location.

INCLUDED:
Return Transportation to Heritage
Park from designated locations
below and admission to the park.

TICKETS
403-289-4780
yycseniors.com



PICKUP

CONFEDERATION PARK 55+
2244 CHICOUTIMI DR NW
MEET 9:15 AM SHARP
DEPART 9:30 AM
BACK at approx 2:15 PM

ARRIVE AT HERITAGE PARK Approximately 10:00 AM
LUNCH MEET AT 12:30 PM (Optional, Lunch not included)

DEPART HERITAGE PARK
MEET 1:45 PM | DEPART 2:00 PM

Charles, you're late again!

Charles, a new retiree-greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "Older Person Friendly" policies. One day the boss called him into the office for a talk.

"Charles, I have to tell you, I like your work ethic, you do a bang-up job when you

get here, but your being late so often is quite bothersome."

"Yes sir, I know, and I am working on it."

"Well good, you are a team player. That's what I like to hear."

"Yes sir, I understand your concern and I'll try harder."

Seeming puzzled, the manager went on to comment, "It's odd though you're coming in late. I know you're retired from the Armed Forces. What did they say to you there if you showed up in the morning so late and so often?"

The old man looked down at the floor, then smiled. He chuckled quietly, then said with a grin,

"They usually saluted and said: 'Good morning, General, can I get your coffee sir?'"



We provide help with activities of daily living, including:

- Meal preparation
- Light housekeeping
- Companionship
- Bathing and grooming
 - Encourage medication adherence
- Dressing
- Personal hygiene
- Transportation
- Ambulation help
- Safety supervision

Empowering seniors, one step at a time:
Preventing Falls, ensuring safety with ComForCare.

Adams Araoye | Owner
(403) 852-2387
aaraoye@comforcare.com
Unit 230 - 3700 78th Avenue SE
Calgary, AB T2C 2L8

www.comforcare.ca/alberta/calgary

ComForCare
HOME CARE

Become a Member

➔ VOLUNTEER POSITIONS AVAILABLE

- **Library Volunteer** - needed once a month to organize books and dust shelves
- **Garage Sale Volunteers** - we have many positions still open. Please visit yycseniors.com/garagesalevolunteers and use the sign-up button to choose your position & time.
- Volunteers needed for **Seniors Games Day** on September 13th.

“

Volunteers do not necessarily have the time; they just have the heart.

– Elizabeth Andrew

”

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

\$ **35** *OR* \$ **50**
REGULAR MEMBERSHIP 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 **keep members up to date** on Centre and Community Events

Super Membership Locations

Bowness Seniors' Centre

Bow Cliff Seniors

NEW! Calgary 55 Plus Games Assn

Confederation Park 55+

Good Companions

Greater Forest Lawn 55+

Unison at Kerby Centre

Ogden 50+

Parkdale Nifty 50s

Rainbow Elders

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

HARMONY FIRST CHORUS PRESENTS

SPRING INTO SONG

SATURDAY, MAY 4TH @ 2:30PM
WESTMINSTER PRESBYTERIAN
290 EDGE PARK BLVD NW

ADMISSION BY DONATION

RECEPTION TO FOLLOW



Coming Soon...

Bowling Stones III

Our 3rd Annual Lawn Bowling Fundraiser!

Sunday June 9th, 2024. Lunch Served at 12:00, Bowling at 1:00

Bow Cliff Seniors: 3375 Spruce Drive SW



Confederation Park
55+ Activity Centre



A lawn bowling afternoon to celebrate our amazing seniors!

Sign up on a team or join us for a fun afternoon. Contact your activity centre for more details.

Thank you to our Sponsor:



CHARTwell
retirement residences

Everyone Welcome - Free Admission - Food & Beverages Included with Registration

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES

ONLINE

Active Aging:
FREE Online Presentation

Spring Cleaning for Future Downsizing

With Lynn Van Egmond, President, and Jen Kinoshita, Senior Associate, Soft Landings YYC (softlandingshomes.ca)

Wednesday, May 23
10:30 am - 11:30 am

Visit our website online presentation page for details or...

Soft Landings

Use your phone camera to be taken directly to our online presentation home page



BUS TRIP:

Glenmore Park Walk & Buffet Lunch at Grey Eagle Casino
Wed, May 22, 9.30am - 2.45pm
\$60 Members & Super Members
Non-Member: \$90
Cut-off date: Wed, May 8

Price includes transportation and buffet lunch

Please call Unison Travel Desk at **403-705-3237** for more information or to book your spot.



candicehern.com

Mother's Day High Tea

Join us on
Saturday, May 11
1 pm - 4 pm

Fabulous savories and sweets with wonderful entertainment

Regency Dancers
(Jane Austen Group)

Plus

Here Comes Treble
(a lovely quartet)

Tickets available at
GFLS Front Desk \$25.00 each

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

BOWNESS SENIORS'S CENTRE

Presidents Ball

Dinner & Dance

JOIN US FOR A WONDERFUL EVENING

Friday May 24, 2024

Doors Open at 5 pm and Dinner at 6

\$25 members \$30 non-members
No Tickets sold at the door

Bowness Seniors Centre
6422 35 Ave NW Calgary AB T3B1S6
(403) 286-4488

www.bownessseniorscentre.com

SUPER MEMBERSHIP & FRIEND CENTRE ACTIVITIES



**RAINBOW
ELDERS
CALGARY**

Wednesday Afternoon Coffee, Cookies and Chat

On the first Wednesday of the month we have an afternoon of friendship and conversation. Join us! (And have a coffee and cookie or two!) Our next meetup will be on

Wednesday, May 1, 2024
1:00 - 3:00 p.m.

Kerby Centre 1133 - 7 Avenue SW
Free parking - check at reception

ROOM 305 - 2nd floor



Calgary 55 plus (Zone 3) Golf Tournament

HeatherGlen Golf Course

Monday, June 24, 2024 - Shot Gun Start 8:00 am.

Rain or Shine

**55+ & 70+ Men and Women Callaway,
OR**

**55+ & 70+ Men and Women Low Net Est. Handicap,
OR**

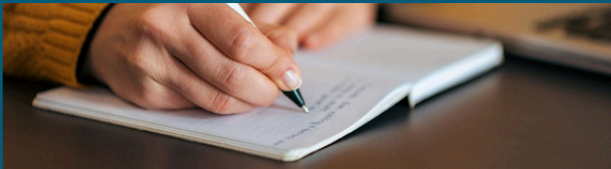
**55+,65+,70+,75+,80+,85+ Men and Women
Low Gross**

You must declare your category when registering

COST: \$75 includes 18 Holes of Golf, Power Cart and Lunch
Entry Limited to First 72 Golfers

2024 Alberta 55 plus Membership is required
<https://members.alberta55plus.ca/>

More Information Call Ken Kalynchuk 403-975-1124



Writer's Guild

Our structured non-confrontational critiquing process is ideal for those wishing to improve their writing skills, become published, and socialize among fellow writers.

Seniors have a wealth of experiences and wisdom. For those with some writing experience who wish to produce reader engaging works, this is the home for you.

Each two-hour session includes:

- A short educational session,
- A group critique of a members 'reading' based on proven critique criteria, and
- An opportunity for inclusion in our Amazon anthology publication.

**JOIN THE TUESDAY OR THURSDAY GROUP AND FEEL THE
EXCITEMENT OF PRODUCING READER ENGAGING WORKS.**

**CALL OUR OFFICE FOR A DETAILED INFORMATION
BULLETIN.**



Parkdale Nifty Fifties
403-283-0620
3512 5 AVE NW
WWW.PDNF.ORG

**Bi-monthly sessions on
Tuesdays and Thursdays
from 10:00 to 12:00.
Phone for dates.**



PARKDALE NIFTY FIFTIES

MIXED MEDIA CLASS

WITH MARLA BLACKWELL



ABOUT:

Come join me in a fun filled 2 day workshop where we will explore mixed media! Lots of playing with colors, collage and all kinds of media - such as acrylics, inks, papers, stamps; anything that makes a mark! While playing, students will keep in mind design elements such as value, shape, line and color!

\$90.00

SATURDAY & SUNDAY

MAY 25 & 26

10:00AM - 4:00PM



REGISTER NOW AT:
403-283-0620
INFO@PDNF.ORG
3512 5 AVE NW

SUPPLY LIST INCLUDES:

- BOARDS/PAPERS
- PAINTS/BRUSHES
- GLOSS/MATTE MEDIUM
- ANYTHING THAT MAKES A MARK!

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 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**



CHARTwell

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