DECEMBER 2019 | $1 COPY

BOW CLIFF 50+
3375 Spruce Drive SW

COMMUNICATOR

The office will be closed for the holidays on Friday December 20th, opening Monday January 6th.

BOW CLIFF 50+

3375 Spruce Drive SW Calgary, AB
T3C 3A3
T: (403) 246-0390
F: (587)352-6894
E: info@bowcliffseniors.org

The Communicator is published monthly.

Helping older adults live with dignity, respect and encouraging involvement in the community.

BCS STAFF:

John Yannitsos	Executive Director
Brad Keen	Facility Worker
Angela Roberts	Admin Assistant

2019 BOARD OF DIRECTORS

President	Dan Pyper
Vice President	Sally Hatcher
Treasurer	Eileen Sutcliffe
Secretary	Maureen Furze
	Stephanie Krueger
	Wayne Naylor
	Eugene Wasylchuk
	Gail Martin
	Linda Doornbos

THANK YOU TO OUR FUNDERS AND SPONSORS

fcss family & community support services

Alberta | Alberta Lottery Fund

Government of Canada / Gouvernement du Canada
Canada

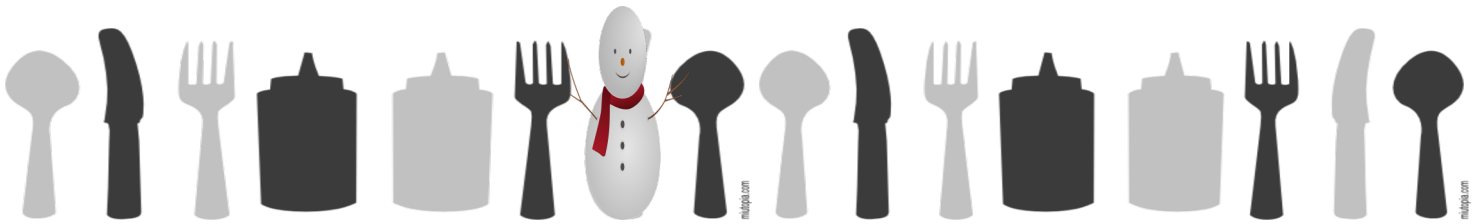
servus credit union

CALGARY FOUNDATION
Neighbour Grants

LUNCH Menu

DECEMBER 4th **Coffee and Desserts will be provided by** **Chartwell Fountains of Mission**		**CHRISTMAS LUNCHEON - DECEMBER 11th, 2019** **Tickets: $15.00 for Members, $18.00 for Non-Members**
Sloppy Joes **Broccoli Salad** **Pistachio Shortbread Squares**		**Turkey & Ham** **All the Trimmings** **Pumpkin Sheet Cake**
DECEMBER 18th		**TEA SOCIAL on DECEMBER 19th**
New England Clam Chowder **Tuna Melts** **Birthday Cake**		**Come to Bow Cliff for a Tea Social, from 1-3pm.**

Thank you to our "Lunch Bunch" again for such a wonderful year of great and delicious lunches! We appreciate all you do.



Bow Cliff 50+

2020 Annual

Membership Drive

Early Bird Special: Renew by December 31st for $30—Save $5

$35 Annual Membership (after January 1st)

Bow Cliff membership includes:

- Discounted member rates for all programs and activities
- Priority registration for all programs and events
- Wednesday lunch specials – best value in town
- Birthday lunch coupon ($8 value)
- $5 coupon for redemption at any Bow Cliff program throughout the year
- 12 free Friday night members social (last Friday each month)
- Invitation to free Greek luncheon sponsored by the Hellenic Seniors
- Email weekly updates and monthly newsletter about upcoming events (optional)
- 10% discount for facility rentals
- Voting rights at the Annual General Meeting (AGM)
- Satisfaction of supporting and belonging to our great organization

Please visit the Bow Cliff 50+ office for more details or to register.

Phone: 403-246-0390

E-mail: info@bowcliffseniors.org

DECEMBER BIRTHDAYS

Patty Stinson	James Gibson	Roland Wheaton
Christine Thompson	Kit Wall	Sandra Smith
Mike O'Reilly	Flo Putman	Florence Mackenzie
Doris Haynes	Shirley Craig	Karen Kelly
Sharon Mudge	Trevor Trott	Carol Gardiner
Gail Martin	Janette Wood	Gladys Kwasnicki
Betty Jordan	Jimmy Lam	Darrell Martindale
Pieter Meima	Julie Jones	Angie Laforge

Note from ED:

On behalf of the staff of Bow Cliff, I want to wish everyone a happy and safe Christmas and holiday season. 2019 has been a very successful year for us and we are looking forward to an even bigger and better 2020.

Thank you to our members for your participation and support of our programming and events. The members social has been extremely well supported and will continue in the new year. Our regular winter programming will begin in early January so please contact the office for registration details.

As we say goodbye to 2019, unfortunately we must also say goodbye to our Operations Manager Donnell Iosifelis, who has accepted a new position. Donnell has been a tremendous asset to Bow Cliff. We thank her for her incredible dedication and professionalism she brought to work every day, and we wish her all the best in her new career path.

Merry Christmas and Happy Holidays!

The Bow Cliff Scrapbook:

What's happening at Bow Cliff?

BEETHOVEN BEWARE!

The beginner keyboarders have loved the class that Collette has offered at Bow Cliff Seniors. We are happy to announce that there will be more piano classes offered in 2020.

The drop-in writing class hosted by Sally Hatcher has had the chance to learn and create with different writing styles. This class takes place on Tuesdays from 10AM until 12PM.

Two of our regular Bingo players enjoying Wednesday Bingo after a delicious lunch. This is a great way to meet people at Bow Cliff , so come and join us on Wednesdays!

Back in October, Bow Cliff partnered with a youth leadership team and carved pumpkins for Halloween! It was a great opportunity to reach out to young people, and the teens loved participating.

On November 11th, Bow Cliff was honoured to host a Remembrance Day service. With musical talents of Dan Pyper, Carla Turner and Rob McDonald, and poetry read by Derk Doornbos, it was a beautiful service. We are blessed to be a part of such an amazing country that is free because of all those who made the sacrifice.

MORE EXCITING EVENTS AND ACTIVITIES TO COME IN 2020!

Yet another Bow Cliff Social was a great success in November. As we gear up to enter the new year, we are pleased that these Social events will continue on. It is a great way to spend a Friday night!

INTRODUCING our WINTER CLASSES

EXERCISE	DAY	TIME	START	$
Chair Yoga	Monday	10am - 11am	Jan 6 - Mar 30th	$90 memb/$120 non
Yoga	Monday	11am-12pm 12 sessions	Jan 6 - Mar 30th	$90 memb/$120 non
Yoga	Tuesday	1:00-2:00pm 12 sessions	Jan 7 - Mar 24th	$90 memb/$125 non
Balance Core and More	Tuesday	12pm—12:45pm 10 sessions	Jan 7 - Mar 10th	$60 memb/$105 non
Qi Gong	Tuesday	2-3pm	Jan 7 - Mar 24th	$84 memb/$115 non for 12 sessions
Balance Core and More	Thursday	12-12:45pm 10 sessions	Jan 9 - Mar 12th	$60 memb/$105 non
Tai Chi	Thursday	10-11:30am 10 sessions	January 9 Mar 12th	$60 memb/$95 non
Women's Qi Gong	Friday	10-11am	Jan 10th - Mar 27th	$84 memb/$115 non for 12 sessions
ART				
Water Colour	Monday	Introductory Class	Jan 6th	FREE
Water Colour	Mondays	12:30-3pm 10 sessions	Jan 13 - Mar 23rd	$188 memb/$218 non
Mixed Media ART	Thursdays	9:30-11:30am 10 sessions	Jan 9 - Mar 12th	$162 memb/$192 non
Paper Tole	Thursdays	12pm –2pm 10 sessions	Jan 9 - Mar 12th	$113 memb/$143 non
Mixed Media ART	Thursdays	12pm-2pm 10 sessions	Jan 9 - Mar 12th	$162 memb/$192 non
MUSIC				
Intermediate Keyboard	Wednesdays	1pm-2pm 8 Sessions	Jan 8 - Feb 26	$75 memb/$105 non
Beginner Keyboard	Wednesdays	2pm-3pm 8 Sessions	Jan 8 - Feb 26	$75 memb/$105 non
BRIDGE				
Beginner Bridge Class	Wednesday	1-3pm 10 sessions	Jan 8 - Mar 11th	$90 memb/$120 non

INTRODUCING our WINTER Drop in Schedule

BOW CLIFF 50+
3375 Spruce Drive SW
403.246.0390

Monday	TIME
Hand & Foot	12:30-3pm
Tuesday	
Needle Workers	9:30am-11:30pm
Party Bridge	12:30-3:30pm
Guided Writing Class **(starting Feb 4th)**	10am—12pm
Wednesday	
Harmonica Tableau	9:30am
Lunch	12pm
Bingo	1pm
Thursday	
Crib	1-3pm
Friday	
Rhythm Kats	9-11am
Duplicate Bridge	12-3pm

ALL PROGRAMS COST A $3 DROP IN FEE.

LUNCH is every WEDNESDAY AT NOON AND COSTS $8 for MEMBERS AND $10 for NON MEMBERS

For more information please contact the office at 403.246.0390, info@bowcliffseniors.org

—

www.bowcliffseniors.org

An address from Ron Liepert

Ron Liepert – Calgary Signal Hill

Constituency Outreach and Communications

#2216 8561 8 A Ave SW

Calgary, Alberta

403 292-6666

I am honoured to have received the support of the majority of constituents in Calgary Signal Hill who voted in the October election and pleased to be your representative in Parliament for the duration of this minority government. Obviously it is disappointing to many Albertans that a change in government did not take place however the services our office provides to constituents will not be affected.

Like the majority of Western Canadians, I will be watching closely how the federal government responds to the fact it is unrepresented from the boundaries of the City of Winnipeg to the lower mainland of British Columbia. Rural Manitoba, almost all of B.C. minus the lower mainland and Vancouver Island, all of Saskatchewan and Alberta sent a very strong message and it is now up to the Prime Minister to react to those concerns.

I heard directly from constituents at the doors, on the phone and thru written correspondence every day of the campaign about the personal challenges many are encountering and much of it is due to bad federal policies over the past four years. I can assure each of you those concerns will continue to be expressed in Parliament and I am hopeful they won't fall on deaf ears as was the case during the last government. I remain hopeful but not optimistic that much will change.

As always you can contact our office at ron.liepert@parl.gc.ca or 403 292-6666.

Since this will be the last column before the holidays I want to take the opportunity to wish everyone a very Merry Christmas and best of the holiday season. We can all hope that things improve in 2020 because in spite of the concerns raised during the election we still live in the best country in the world. With a little bit of listening to Western Canadians by the new federal government it could be so much better.

Who should I call for help?

EMERGENCY? Call 911

911 is to be used only for emergencies (police, fire and medical) where an immediate response is required. This should be called only if there is an emergency and lives are in danger, immediate assistance is required or there is a crime in progress.

CALGARY POLICE SERVICE NON-EMERGENCY - 403-266-1234

This should be used for all non-emergency situations, where an immediate response is not required. This number should be called when time has elapsed since the incident, the suspect is not on scene or you are calling about a nuisance issue (i.e. noise complaints, suspicious people, intoxication, etc.). Police will attend on a lower priority basis.

ALPHA HOUSE "D.O.A.P. TEAM" - 403-998-7388

If you observe an individual who appears to be intoxicated, loitering, trespassing or sleeping in an area that they should not be but otherwise appear peaceful and not being aggressive call the "Downtown Outreach Addictions Partnership Team" or D.O.A.P. Team - mobile team available to transport individuals that are not able to come to the Alpha house location on their own. Hours: Monday—Friday 8:30 am - 1:00 am, Saturday & Sunday 5:00 pm—1:00 am.

NEEDLE COLLECTION TEAM - 403-796-5334

If you observe needle debris in your community, Alpha House will attend and pick them up. Hours: 8:00 am — 6:00 pm

ON-GOING COMMUNITY CONCERNS? Contact your Calgary Police District office.

The CROs provide a key point of contact for community policing initiatives and problem-solving. They monitor crime trends, traffic and social issues within their zone. They also keep track of the crime issues that are of particular concern to residents.

CITY OF CALGARY CONCERNS— Call 311

Please contact 311 and concerns (i.e. burnt out street lights, garbage collection, etc.) will be forwarded to the appropriate depart-

REPORT CRIME ONLINE

Did you know that you can report certain types of crimes to the Calgary Police Service online? When you use the CPS Citizen Online Police Report System, you can submit a report about a crime immediately and print a copy of the police report for free.

When you use the quick and easy online reporting system, it can help you by providing reports for your records. It also helps the police to identify and address crime trends in your area.

What can I report online?

The online reporting system currently takes reports about the following crimes, as long as their value is less than $5,000 (Canadian), there's no known suspect, and the incident happened within Calgary's city limits:

Lost Property — Theft — Damage/Mischief to Property — Theft from Vehicle — Damage/Mischief to Vehicle

To report crime online, go to **www.calgarypolice.ca**, and click on "Report a Crime Online" Follow the screen prompts to fill in the information and submit your report. If you have a problem with the system, there's 24-hour support available.

When you're finished, you can print a copy of the police report to keep for your records. Police will review your case, and will contact you if needed.

CPS Social media - Not monitored 24 hours

Police Officer with CPS on patrol in District 1 Twitter: @CstCJMartin Instagram: @cstcjmartin Facebook: Cst Chris Martin

CHECKLIST

- REMOVE VALUABLES & GARAGE DOOR OPENER FROM VEHICLES
- LOCK VEHICLES
- CLOSE OVERHEAD GARAGE DOOR
- LOCK DOOR BETWEEN GARAGE & HOUSE
- CLOSE & LOCK ALL EXTERNAL DOORS
- ENSURE WINDOWS ARE SHUT
- TURN ON AN EXTERIOR LIGHT

9PM ROUTINE

CALGARY POLICE SERVICE

YOU'RE INVITED TO OUR HOLIDAY EVENTS

Amica Aspen Woods, a senior lifestyles residence, is hosting the following holiday events in partnership with the SCA this December.

Holiday Southwest Seniors Social Dance

Enjoy an evening of dancing and live classical music performed by Jana and Danny, plus a cash bar and refreshments prepared by our Red Seal Chefs. Tickets are $10.

Friday, December 13 | 6:30-10:00pm

SCA Community Hall, 277 Strathcona Dr SW

Amica Singers Christmas Celebration

Enjoy a live concert of holiday hits performed by the Amica Singers. Tickets are $5 and proceeds will go towards the Amica Singers and the Amica Helping Hands Charity. There will be giveaways and gift shopping from Something2Wear.

Saturday, December 14 | 2:00 & 7:00pm

SCA Community Hall, 277 Strathcona Dr SW

TO PURCHASE TICKETS OR TO LEARN MORE, CALL OUR CONCIERGE AT 403-240-4404

AMICA

ASPEN WOODS

AMICA.CA/ASPENWOODS

BOW CLIFF TREASURE HUNT

As a fun way to celebrate the holidays, we have hidden a few Christmas-themed pictures in this newsletter! Here is a list of the images:

If you can find **9 or more** of these hidden pictures, take note of which pages they are on and contact the office before the **15th of December.** You will then be entered in to a draw for a special prize!

HAPPY HUNTING!

Evan Woolley
Ward 8

Calgary

Contact Evan : 403.268.2431

Winter Recreation Opportunities

The City of Calgary's Winter Recreation Program Guide offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often. Registered programs are offered at dozens of facilities located throughout the city, include swimming, skating, hockey, fitness, dance, martial arts, sports and more. Why not try something different this winter? To learn more and find a program that is right for you, visit calgary.ca/register.

For a Ward 8-specific experience, Wildflower Arts Centre in the community of Spruce Cliff (3363 Spruce Dr SW) has been providing arts programming for more than 40 years. The facility features three natural light-filled art studios, a ceramics studio, and a sprung dance floor. Wildflower's goal is to be as barrier-free as possible so accessibility is a priority in programming as well as the building in general. Learn more at calgary.ca/wildflower.

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
CHRISTMAS MARKET & BAKE SALE 10-4	9 Greek Seniors 10 Chair Yoga 11 Yoga 1230 Hand & Foot 1230 Watercolour	9 Greek Seniors 9 Needleworkers 1230 Party Bridge 1 Yoga 2 Qi Gong	9 Greek Seniors 930 Harmonica **12 LUNCH** 1 Bingo **1:30 Special AGM**	9 Greek Seniors 12 Balance Core More 1 Crib	9 Greek Seniors 930 Rhythm Kats 1215 Duplicate Bridge	
8	9	10	11	12	13	14
	9 Greek Seniors 10 Chair Yoga 11 Yoga 1230 Hand & Foot	9 Greek Seniors 9 Needleworkers 1230 Party Bridge 1 Yoga 2 Qi Gong	9 Greek Seniors 930 Harmonica **12 XMAS LUNCH** 1 Bingo	9 Greek Seniors 1 Crib	9 Greek Seniors 930 Rhythm Kats 1215 Duplicate Bridge	
15	16	17	18	19	20	21
	9 BOARD MEETING 9 Greek Seniors 10 Chair Yoga 11 Yoga 1230 Hand & Foot	9 Greek Seniors 9 Needleworkers 1230 Party Bridge 1 Yoga 2 Qi Gong	9 Greek Seniors 930 Harmonica **12 LUNCH** 1 Bingo	9 Greek Seniors **1 XMAS TEA** 1 Crib	**STAFF YEAR END** **No Programming**	
22	23	24	25	26	27	28
	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	
29	30	31				
	OFFICE CLOSED	OFFICE CLOSED				