

BOW CLIFF 50+
3375 Spruce Drive SW

COMMUNICATOR



Mon July 1

**OFFICE CLOSED
FOR CANADA DAY**

Wed July 10th

Stampede BBQ

Sat July 20th

**Partner Party Bridge
Tournament**

Tues July 23rd

**Atco Blue Flame
Kitchen**

Fri July 26th

BCS Social



BOWCLIFFSENIORS.ORG



@BowCliff



BowCliffSeniors



INFO@BOWCLIFFSENIORS.ORG

BOW CLIFF 50+

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The Communicator is published monthly.

BCS STAFF:

John Yannitsos Executive Director

Brad Keen Facility Worker

Donnell Iosifelis Operations Manager

Danielle Wallish Admin Assistant

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

2019 BOARD OF DIRECTORS

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THANK YOU TO OUR FUNDERS AND SPONSORS



LUNCH Menu

July 3rd

Ham and Cheese Quiche

Caesar Salad

Apple Dumpling Bake

Vanilla Ice Cream

July 10th

BBQ Stampede Lunch

Hamburgers and Hot Dogs

Fries

Ice Cream

July 17th

Garden Chef Chicken Salad

Buns

Birthday Cake

July 24th

Sliders

Potato Salad

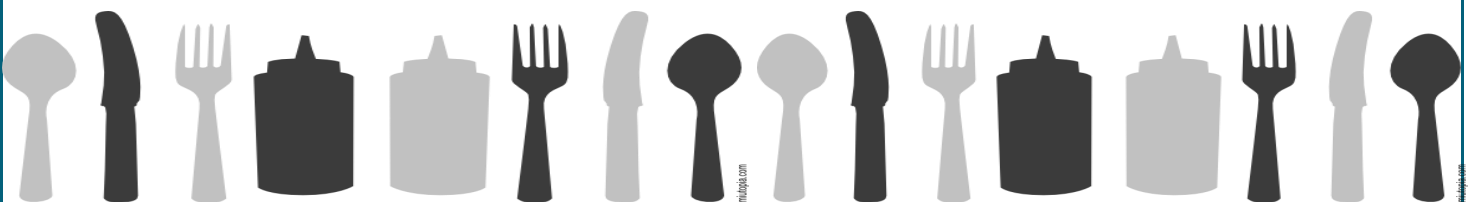
Caramelized Pineapple Sundae

Lunch starts at 12pm.

\$7 for members.

\$9 for non members

**BIRTHDAY LUNCH COUPONS MAY
BE USED AT ANY REGULAR PRICED
WEDNESDAY LUNCHES**



Howdy Pardner...



Calgary Stampede July 5-14th.

The Stampede is part of our distinguished history going back to the first Stampede in 1912. The “Pro Rodeo Hall of Fame” inducted the Calgary Stampede in 2008 into its illustrious elite!! 2019 Parade Marshall is a native, Amber Marshall... Star of the family saga, “Heartland”.. Produced in Alberta.

[The Greatest Show on Earth makes Calgary acknowledged world wide. YAHOO!!](#)

Who Knew?

- * When you dial 311 you can request a Safety Officer to inspect your smoke and carbon dioxide alarms. They will install smoke detectors and replace batteries if needed.
- * Stampede breakfast invite from our neighbors at ARBI—3412 Spruce Dr SW—on Wednesday July 10th from 9:30-11am.
- * Post Stampede Bridge Tournament. \$30 with a \$15 tax receipt. BBQ, appetizers and a cash bar



? Remember the “Good Old Days”?

When

- * We didn't have to have all the answers!
- * We weren't worried about wrinkles around our smile!
- * Children were to be seen but not heard!
...if we truly See another... We've truly heard them!
- * even through the pain of darkness, we knew we'd come out the other side Wiser and Older!
- * Old sayings were TRUE
 - * What goes around, comes around!
 - * Don't worry... be Happy!
 - * Stopin Tom Connors made songs that include words we could sing along with our children.



I've been everywhere... Edmonton, Edson, Grande Prairie, High River, FT McMurray, Drumheller, Hannah... But I'm So happy in Calgary!

Life is a

game for everyone

and Love is the prize

So till we meet again, Smile, Laugh, BE HAPPY.

HAPPY BIRTHDAY!

JULY BIRTHDAYS

Penny Atkins

Ellen Conlin

Patricia Cowan

Len Grant

Roy Hetherington

Marilyn Houger

Janice Kinch

Beth Knutson

Elizabeth Lacroix

Jeanne Lefebvre

Susan Marks

Diana McClusky

Monica Ogston

Peggie Reid

Donna Snyder

Brenda Wong

Note from ED:

Thank you to all the numerous volunteers and members who supported the Spruce Cliff Collaborative picnic, our June members social and Canada Day lunch sponsored by Amica Aspen Woods.

Please join us for our Stampede BBQ luncheon on Wednesday July 10th. Our major fundraiser for the summer will be a fun bridge tournament on Saturday July 20th. Please contact the office for details.

Our next free members social will be on Friday July 26th. We hope to see another full house again socializing and having fun.

Thank you to those who have responded to our online questionnaire about our Wednesday lunch presentation. Your feedback will allow us to better serve you in the future.

Have a great summer!



Ron Liepert – Calgary Signal Hill

Constituency Outreach and Communications

#2216 8561 8 A Ave SW

Calgary, Alberta

403 292-6666

Newsletter from MP Ron Liepert for July 2019

The House of Commons has now concluded sitting for this mandate and the focus over the next few months will be the federal election on October 21. Canadians will have an opportunity to pass judgement on the success of the government over the past four years and whether the Liberals should be re-elected.

Canadians will decide whether balanced budgets are important or whether increased spending and close to \$80 billion added to the debt is acceptable.

Canadians will also chose whether they prefer a carbon tax which is being imposed on Alberta and many other provinces that have chosen not to implement a provincial tax. Environmental policies will likely be a ballot box choice as Canadians will determine who has the best policy to deal with growing concerns about our land, water and air.

This election will also be an opportunity for Albertans to express their satisfaction or displeasure with the government's handling of energy issues. The topic of pipelines dominates every conversation in the province these days and many electors will make their voting choice based on which party has the best policy to deal with this issue.

Canadians will also be passing judgement on whether issues such as SNC Lavalin, handling of the Mark Norman situation and a variety of ethical breaches are important factors when marking a ballot.

Canada's international policies have also dominated much of the past four years. The U.S. has become much more protective under the Trump administration and the ongoing trade disputes with China are seriously impacting our agriculture exports. Illegal border crossing from the U.S. which is causing long delays in approvals for those attempting to navigate the system legally still remains unresolved.

Constituents should engage in discussions with friends and family over the next few months to be fully informed of the government performance over the past four years and whether another mandate is deserved or whether policies enunciated by one of the other parties makes them more deserving of a chance to govern.

BOW CLIFF 50+
3375 Spruce Drive SW
403.246.0390



INTRODUCING our **SUMMER SCHEDULE**

Drop in Activities	DAY	TIME	START DATE	\$
Hand and Foot	Monday	12:30-3pm	Ongoing	\$3 memb drop in
Needle Workers	Tuesday	9:30-11:50am	Ongoing	\$3 memb drop in
Party Bridge	Tuesday	12:30-3pm	Ongoing	\$3 memb drop in
Crib	Thursday	1-3pm	Ongoing	\$3 memb drop in
Duplicate Bridge	Friday	12-3pm	Ongoing	\$3 memb drop in
ART				
DROP IN ART	Thursdays	10am-12pm	June	\$3 memb drop in

For more information please contact the office at 403.246.0390

Anyone needing financial assistance please contact the office.

Evan Woolley

Ward 8

Contact Evan : 403.268.2431



When it roars, stay indoors

Summer is a wonderful time of year to spend time outside under the warm sun, but it's also the most active storm season in Calgary. While storms can be mesmerizing and exciting, they can also be very dangerous.

“Calgary is prone to strong and sometimes dangerous summer storms,” says Tom Sampson, Chief of the Calgary Emergency Management Agency. “Keep yourself, your family and your property safe during a summer storm by signing up for emergency alerts, making an emergency plan, and having a 72-hour kit.”

In addition to thunder, lightning, rain, and wind, summer storms often bring hail which can damage houses and cars and cause injuries. Protect your home and property by parking under shelter, secure items that might blow away, and remove weak branches and trees.

Public weather alerts for Alberta and Alberta Emergency Alerts let the public know when a strong storm is coming. A “severe weather watch” means the conditions favour a certain type of hazardous weather, and a “severe weather warning”, means that the weather event will happen in the next 30 minutes.

The best place to be during a storm is in an enclosed building or hard topped vehicle. Stay away from high ground, isolated trees or telephone poles, picnic shelters and open spaces, to avoid being hit by lightning. Keep yourself and your pets inside until the storm has passed.

Learn more about disaster risk in Calgary and how you can prepare by visiting calgary.ca/getready.



3375 SPRUCE DRIVE SW
SATURDAY JULY 20TH | 11 AM - 3:30 PM

FUN PARTNER PARTY BRIDGE TOURNAMENT

Registration and BBQ lunch starts at

11:00am

Tournament from

12:30 to 3:30

After Tournament Social | Appetizers and Cash Bar

**20
July**

**Fee is \$30. You will receive a \$15 tax
donation receipt from BCS.**

To register call the office (403)246-0390

Or go to <http://bowcliffseniors.org/event-3406001>

All proceeds will go to support BCS programming

BBB warning of Top 10 Seniors Scams

Better Business Bureau is seeing where seniors are falling victim to scams and advising on how to avoid them. The following are the most common ones that target seniors with their too-good-to-be-true deals.

Scam	What it is	How to avoid it
1.Romance Scams	<p>While romancing the victim and earning their trust, the scammer may gain access to personal and financial information.</p> <p>When the scam is over, the victim is left broke and broken-hearted.</p>	Keep your personal and financial documents locked at home in a safe place - do not carry them with you and do not share them with anyone, especially strangers online. Avoid making rash, emotional decisions.
2.Investment Scams	<p>A scammer convinces you to "invest" in a project, company, loan, or other initiative. You may even receive regular reports that the project is producing great returns. But when you try to withdraw your money, it turns out the investment never existed.</p> <p>Another common investment con is a pyramid scheme or Ponzi scheme. You buy into a company where the profit doesn't depend on the sale of the product, but on bringing in new investors. It's mathematically impossible for these set-ups to continue indefinitely. Eventually the pyramid collapses.</p>	Never sign any documents you don't understand. Seek legal advice from your own, trusted lawyer or financial advisor. Be wary of high-pressure sales tactics. Legitimate investors won't pressure you into making quick financial decisions. Pay attention to "buzz words" like "guarantee," "promise," "high rate of return with low or no risk," etc...
3.Tech Support Scams	Scammers often posing as "Microsoft" or other computer software techs try to convince people their computer has a virus, and they must grant the supposed tech support agent remote access to their device to fix it. It's all an elaborate scheme to gain access to people's electronics to steal their identity, personal information and even install viruses and malware.	It's ok to hang up the phone. Never give a stranger remote access to your device. Remember, tech support specialists or companies do not call out of the blue. Do not click on any suspicious looking links, attachments or pop-up advertisements. Take your computer to a local, trusted business to have it checked out.
4.Grandparent Scam	Scammers pretending to be grandchildren contact seniors claiming to be in trouble and in need of immediate financial assistance.	Check with family to ensure your grandchildren are safe. Never wire money to someone until you've confirmed their identity.

5.Charity Scam	Often in the wake of a catastrophe like a hurricane, flood or terrorist act, scammers will set up "relief funds" to help survivors and solicit donations from victims. The gift goes right into the scammer's pocket, and not to those who need it.	Ensure your donations go only to recognized charities registered with Canada Revenue Agency, or verified online donation campaigns.
6.Door-to-door/ telemarketer	Aggressive sales people use high-pressure sales tactics to intimidate seniors into buying things they don't need.	If you're at the door or on the phone with a high-pressure sales person and you're uncomfortable - hang up or close the door. If you feel threatened, call the police.
7.Fly-by-night contractor	The scammer approaches the homeowner saying they noticed their roof (or some other feature) needs repair and that, since they're in the area, they can give the homeowner a great deal if they give a deposit today. After taking the deposit, the scammer disappears along with the homeowner's money.	When hiring a contractor to work on your home, get three written estimates, check references and research your rights regarding contracts and cooling-off periods.
8. Funeral Scam	Unscrupulous funeral home owners will take advantage of people in their time of grief and vastly overcharge for caskets, services or unnecessary items while the victim is vulnerable.	Plan and pay for your funeral in advance - but do your research and bring a friend with you.
9.Employment Scam	Victims find a too-good-to-be-true opportunity to make thousands of dollars working from home. The scammer then instructs the new employee to send money up-front for supplies, admin fees, etc. and then disappears leaving the victim with no job and a thinner wallet.	If you receive an unsolicited phone call, ask for a number to call them back and confirm they are who they say they are before returning the call. Ask a trusted friend, loved one or contact BBB to help you research the company and the job offer.
10.Bereavement Scam	Scammers scour the obituaries and contact victims who recently lost a loved-one claiming the deceased had unpaid bills or debts that must be paid right away.	Arrange to have a trusted family member or friend handle all financial matters in the days following the loss of a loved one.



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ATCO BLUE FLAME CAFE

TOUR & TRAVEL

JULY
23
11AM

Commons Building
5302 Forand Street SW

Join us on Tuesday July 23rd
for a trip to the Atco Blue
Flame Cafe.

Bus leaves at 11am and returns
at 2pm.

Cost is \$10, plus food costs.
To register please contact the
office.

AMICA

ASPEN WOODS

PRESENTS

Bow Cliff 50+ Evening Social

JULY 26TH. 2019, 6 PM

**SPRUCE CLIFF CENTRE
3375 SPRUCE DRIVE SW**

COME JOIN US FOR AN EVENING OF SOCIALIZING, TORTELLINI
WITH ALFREDO SAUCE, GARLIC BREAD, SALAD, AND CAKE

FREE FOR EVERYONE 50+

SASKATOON BERRY FARM

TOUR & TRAVEL

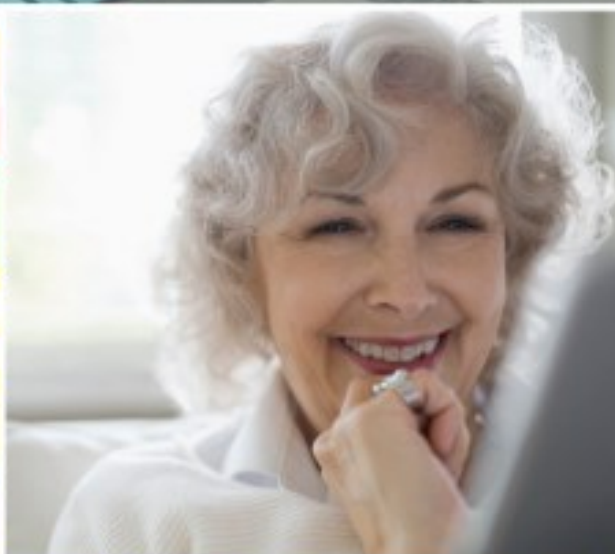
FRIDAY AUGUST 9TH

Pick up at 11am Return at 4pm

**TRANSPORTATION SPONSORED
BY AMICA ASPEN WOODS**

**FOOD COSTS ADDITIONAL
PLEASE SIGN UP AT THE OFFICE
SPACE IS LIMITED**

THIS IS SENIOR LIVING IN CALGARY



When you're ready, let us get to know you. Together we can create a personalized senior living experience to support your unique needs, even as those needs change.

PRIVATE TOURS AVAILABLE | [AMICA.CA](https://www.amica.ca)

AMICA
SENIOR LIFESTYLES

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	 OFFICE CLOSED	9 Needleworkers 1230 Party Bridge	930 Harmonica 12 LUNCH 1 Bingo	930 Art Drop In 1 Crib	930 Rhythm Kats 12 Duplicate Bridge	
7	8	9	10	11	12	13
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	930 Harmonica 12 STAMPEDE LUNCH	930 Art Drop In 1 Crib	930 Rhythm Kats 12 Duplicate Bridge	
14	15	16	17	18	19	20
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In 1 Crib	12 Duplicate Bridge	PARTNER PARTY BRIDGE TOURNAMENT
21	22	23	24	25	26	27
	9 BOARD MEETING 1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In 1 Crib	12 Duplicate Bridge 6 BCS SOCIAL	
28	29	30	31			
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo			