

BOW CLIFF *Seniors* Communicator

June 2018

\$1 copy

JOIN US!



INVITE YOUR FRIENDS AND FAMILY TO A SPECIAL CELEBRATION OF
SENIORS WEEK AND OUR COMMUNITY!

THERE WILL BE LOTS OF FUN ACTIVITES TO SEE AND DO!



ITS AN ALL DAY EVENT

JUNE 9TH, 2018

FROM 11AM-7PM

FOOD SALES ON SITE

SPONSORED BY:



BOWCLIFFSENIORS.ORG



@BowCliff



BowCliffSeniors



INFO@BOWCLIFFSENIORS.ORG

BOW CLIFF Centre 50+

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The Communicator is published monthly.

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

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THANK YOU TO OUR FUNDERS AND SPONSORS



Government of Canada
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**CALGARY
FOUNDATION**
Neighbour Grants



For your information



Are you tired of hiring and re-hiring caregivers? **Karev Home Caregivers** is here to help. Our caregivers are carefully screened, trained, bounded and insured. We provide customized and affordable care to fit your unique needs.

NO MINIMUM HOURS REQUIRED.

Call us today for a FREE Assessment: (587) 224 9852.

Or visit us online at www.karevhomecaregivers.com.

4 **3-SENIORS** **(403-736-4677)**

- Providing information about services available for older adults
- Filling out forms and applications for government benefits, transportation and housing needs

**A free service, providing support
for older Calgarians**

LUNCH Menu

June 6

Broccoli Salad
Buns
Strawberry Shortcake with Whipped Cream

June 13

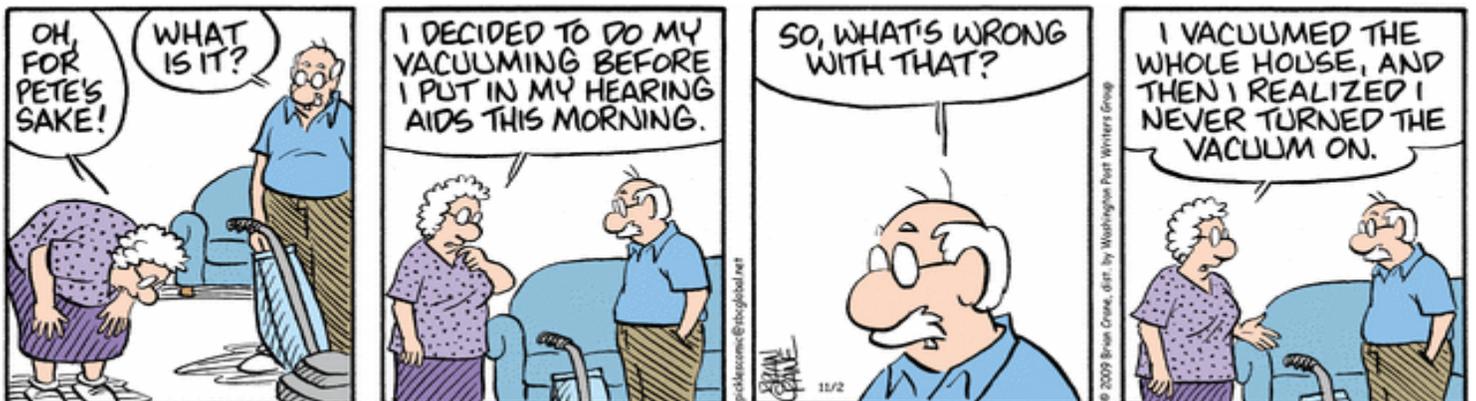
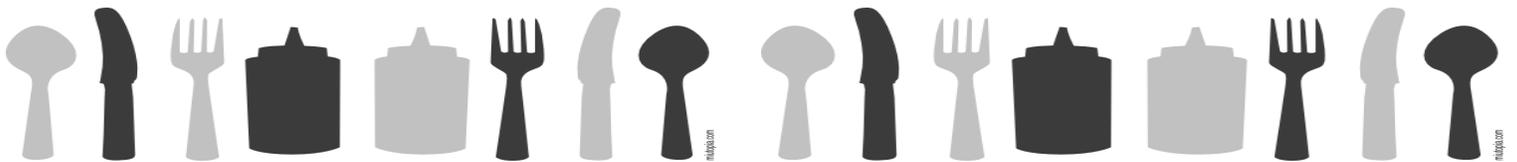
Albacore Tuna Salad Sandwich
Salad
Jello

June 20

Grilled Ham & Cheese
Apple Crisp

June 27

CANADA DAY LUNCH
BBQ Burgers and Hot Dogs
Ice Cream



★ HAPPY ★ BIRTHDAY!

JUNE BIRTHDAYS

Hilda Townsend

Mary Maxwell

Joyce Avramenko

Carol O'Grady

Doreen Walker

David King

Gene Wasylchuk

Michiele Arndt

Pat Rutter

Dorothy Monette

Hilda Dyk

Diana Ringstrom

Don Flemons

Linda Doornbos

Isabel Flemons

Stephen Crowe

Linda Manzo

Khusro Mirza

Note from ED:

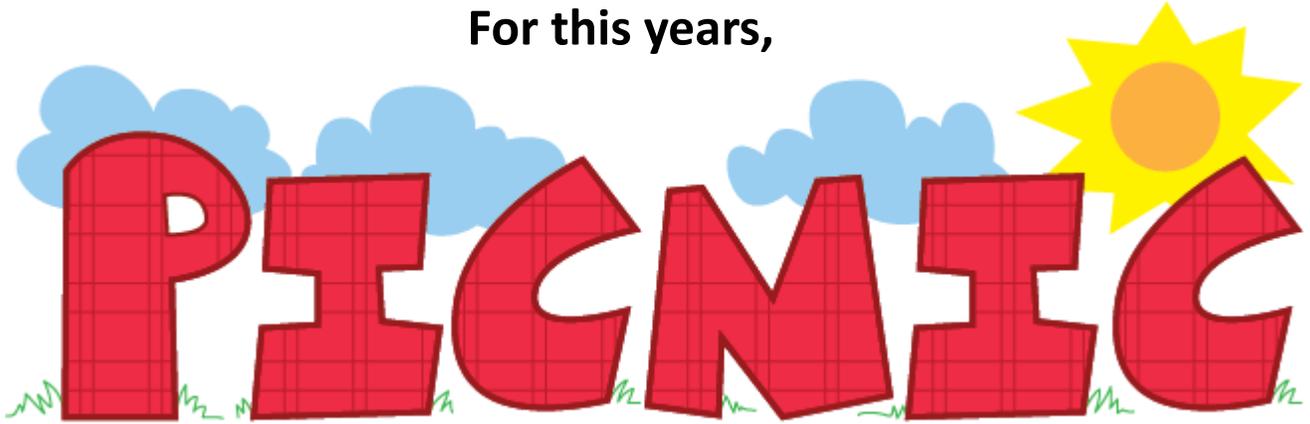
Congratulations to Hilda Townsend and Gladys Kwasnicki, winners of the May raffle. Our next raffle will be held in September. Thank you for your support of our monthly raffle.

On Saturday June 9th, we will be co-hosting the first annual Spruce Cliff Community Picnic called Spruce Cliff-Open Doors. Admission is free. We will have lots of activities for all ages including bouncy castles, basketball clinics and games for the youth, as well as a camp fire in the evening and other exciting activities throughout the day. Bow Cliff will be BBQing all day. This will be one of our biggest fundraisers for our organization this year.

Thank you to the volunteers who supported the recent Garage Sale and to all of our volunteers who support and assist our various programs.

save the date

For this years,



Saturday June 9th, 2018 from

11:00 AM — 7:00 PM

Food, Fun, Lawn Chair Theatre, Kid Zone, Dance
Performance, Basketball Tournament, and MORE!

Volunteers Needed! Inquire Today!

Selling: Hamburgers

Hot Dogs

Beverages

Sausages

Rice Krispie Squares



Gift basket provided by:





Ron Liepert – Calgary Signal Hill

Constituency Outreach and Communications

#2216 8561 8 A Ave SW

Calgary, Alberta

403 292-6666

Albertans believe family time is important and opportunities to celebrate these values. The importance of family was recognized with the first Family Day holiday celebrated in 1990. Then Premier, Don Getty, said it was important for Albertans to spend time with their families and this holiday would emphasize the importance of family values. Since that time, other provinces have followed Alberta's lead.

In Calgary a relatively new initiative began in 2014 - Neighbor Day - which is celebrated on the third Saturday of June. Neighbor Day allows families to expand these same values with the community and evolved as a result of the neighbourly initiatives during the flood of 2013. This day provides an opportunity to meet new neighbors whether it is in a formally planned event or just being introduced to someone new.

I encourage constituents to consider celebrating Neighbor Day at such events as block parties, neighborhood cleanup, community barbeques, or a community garage sale. Several communities in our riding have organized various events so I encourage you to check with your association for opportunities for your family to participate in. Although Calgarians and Albertans are well known for their warm and welcoming hospitality throughout the year, it is important to celebrate this spirit on neighbor day.

In less than a month our biggest display of community spirit will take place when we proudly host visitors from around the world at the Calgary Stampede. This year will be no exception as we celebrate and preserve our western heritage, culture, and community spirit for the 106th occasion.

So now that spring has finally arrived and we move into summer take the opportunity to meet your neighbours at one of the many opportunities Calgary offers.

Please feel free to contact my office if you are hosting an event over the summer or have any other issues.



**We are looking for volunteers
for the June 9th BBQ, PLEASE
call us at the office and ask for
Donnell**



Seniors Week

- Glenbow Museum

Tuesday, June 5th, 2018 from 9am-5pm

130– 9ave SE

FREE ENTRY!

- Kerby Centre Dance

Wednesday June 6, 2018 from 12:30pm-3pm

1133 7ave SW

FREE ENTRY!



Brian Malkinson

MLA for Calgary-Currie

Contact Brian at: 403-246-4794

Or CalgaryCurrie@albertandp.ca

June 2018 Newsletter

As your new government has done since 2015, this past legislative session was focused on you, your families, and making life better and more affordable for Albertans across our province. But the conclusion of the legislative session next week also means that I will be able to spend more time at home here in Calgary Currie with each of you. I look forward to participating in Calgary's annual Lilac Festival with my New Democrat colleagues on June 3rd and visiting you and your communities on Neighbour Day on June 16th.

When Alberta's first new government in over four decades was elected in 2015, we promised to protect and improve healthcare. Three years later it is clear that our plan is working. Not only did we pass legislation this session to protect women and healthcare providers from safety and harassment concerns and to remove barriers that impede access to abortion services, Calgary's seven Primary Care Networks and the AHS Calgary Zone collaboratively developed new guidelines that have dramatically cut wait lists to see a gastrointestinal (GI) specialist in Calgary. In fact, since January 2016 wait lists have dropped from 2,742 to 30. The success of this project has led five other specialities in the Calgary area to implement similar programs.

Your new government also promised to invest in affordable childcare for Alberta families and we have done just that. Last month Rachel Notley announced that her government is adding 6,000 \$25-a-day childcare spaces across the province – with one, Sonshine Children's Centre, located in Westgate. In total, Budget 2018 will support 7,300 affordable childcare spaces in communities all across Alberta with 30 centres - or 2,018 spaces - in the Calgary region alone.

And finally, we're only six weeks away from my annual Stampede Breakfast and Wiener Dog Rodeo! This year the festivities will take place on Sunday, July 8th at Rosscarrock Community Centre. Breakfast will run from 9:00AM to 11:00AM with the wiener dogs hitting the racetrack at 10:30AM. For those interested in volunteering – we need about 40 pairs of helping hands to make this happen - please contact my office or reach out to me on Twitter or Facebook.

~ Brian

Clouds of Pollen Reduce Calgarians to Tears



It hasn't been raining pollen — it just seems that way, as clouds of yellow dust have fallen upon the city. That was the message Monday from Plantation Garden Centre owner Colin Atter, who acknowledged that things seem pretty bad in Calgary this year for those afflicted with seasonal allergies. "That [yellow dust] comes from spruce, pine, Douglas fir — all the coniferous trees — and it's just clouds right now. It's unbelievable," Atter said in an interview on *The Homestretch* on Monday.

Atter blamed the yellow haze on an odd confluence of events — namely, a late winter that delayed some flowers from blooming, followed immediately by a hot, dry and windy month of May that's made it feel more like mid-July than spring. Normally, you have a season where the Maydays will bloom, and then the lilacs will bloom," he said. "I'm seeing things blooming that usually happen a month apart. "It's all happening at the same time!"

Late season causes plant havoc

Not only is the absence of spring-like weather playing havoc with a lot of people's sinuses, but it's also thrown a curveball into growing season, Atter said. "It's crazy," he said. "This year has been the weirdest year. I can't gauge anything. It's been so warm since the beginning of May — we usually have some frosty nights, we have some snow on the long weekend — it has been consistently beautiful and hot since the first of May. "As a result], everything is well caught up," he said. The warm weather has meant a stampede on his shelves. "It's been crazy since easily Mother's Day," he said.

Judging by the forecast, sneezing season might just about be behind us. "Probably after the next couple days, if it rains, it will probably be gone. It's really kind of dissipated," he said. And despite it being the hottest May in 120 years for Calgary, Atter says take nothing for granted. "People look at the long range forecast and they see — the seasoned gardeners, they hold off [planting]," he said. "We've got a night coming up, Wednesday night, [where it's forecast to drop to] plus four [degrees]." "That will kill your basil, that will do some damage to your squashes, or your melons or your cucumbers — so that might be a night to cover some things up if it gets down to four degrees."



Evan Woolley

Ward 8

Contact Evan : 403.268.2431



Neighbour Day

One of my biggest goals when running for office was to build, nurture and grow diverse and activated neighbourhoods. While all of our communities might look different, the thing that makes Calgary so great are the people who live here. Passionate and engaged Calgarians are found in every corner of our city and it's been awesome to meet so many of them in my role as your City Councillor so far.

Our inner city and established communities are not only diverse in age, gender, income and ethnicity but also in what they value in a city. These different perspectives are a big part of the constant dialogue surrounding how we make our neighbourhoods better. Personally, I think the best way to increase and improve our city is to get to know each other.

Neighbour Day is held every year on the third Saturday of June and is an opportunity for neighbours to come together. It actually originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city – our strong and caring communities. The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community. Whether you're having a front yard barbecue, a garden party, a street clean-up or setting up some games in a local park, I encourage you to be a part of the neighbourhood you want.

For every other day of the year, The City of Calgary offers a wide variety of community-based programs and special events for children, youth, families, adults and seniors across Calgary. There's a range of opportunities to take advantage of to help build strong and inclusive neighbourhoods where citizens are empowered, connected and involved.

Make Saturday, June 16th the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate or contact my office at 403-268-2431 or ward08@calgary.ca for more information.

watercolor

SIGN UP TODAY!



Register for the 2018 Fall WATERCOLOR session today
Starting September 17th — December 10
(no class October 15th Thanksgiving)

12 WEEKS

MONDAYS WITH STEVE DOZOIS: FROM 12-3PM

Call us for more information!



SIGN UP TODAY!

Register for the 2018 Fall
Starting September 20th— December 13th
12 WEEKS

THURSDAYS OIL & PASTEL

WITH LORETTA: from 9am– 11:30am

And 12pm-2pm

PAPER TOLE WITH JENNY COOLS: 9AM-12PM

Call the office for more information!



creative writing



Are you interested in exploring the art of creative writing?

We may have the class just for you.

Our friend Joan Talbot will be providing this opportunity to Bow Cliff Members. Joan is the author of the book

“The Seductions of Edith”.



The class began

Wednesday May 9th at 1pm-3pm

Feel free to drop in until the end of June

\$3 drop in fee

Call us with any questions and to signup

403-246-0390



YOU HAVE THE POWER
TO GIVE LIFE

Donate blood and join the movement today.

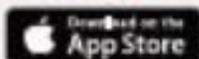
COMMUNITY BLOOD DRIVE -
150 DONORS NEEDED

Hellenic Community Centre

1 Tamarac Crescent SW
Gymnasium

Tuesday, July 3rd
4:00 PM - 8:00 PM

Book your appointment at blood.ca



Canadian Blood Services
it's in you to give



Join us for our **Canada Day** BBQ!

June 27th at 12pm

Please Call the office by Friday June 22nd ,2018 to confirm your attendance.

\$7 members \$9 Non-members

Curious about Lawn Bowling? Are you a member of Bow Cliff?



Wednesday mornings at 10:30am,

Come to the centre to receive a lesson on how to play!

\$3 Drop in fee for members

\$5 for non members

Pay at front desk please



Canada Revenue Agency

canada.ca/taxes

Your association or organization has been identified as a key stakeholder of the Canada Revenue Agency (CRA). We hope you will share the following information with your membership.

English version ***La version française suit***

Protect your records from weather emergencies

Did you know?

[Emergency Preparedness Week](#) [May 6-12, 2018] is the ideal time to take a proactive stance - not only in protecting your family, business and property in case of an emergency – but in protecting your records against weather-related calamities with these simple steps:

- Take extra precautions when storing your books and records if you live in an area prone to wildfires or floods
- Keep a back-up of your [electronic records](#) in a secure off-site location as an added precaution
- Register for [direct deposit](#) to avoid missing payments in the mail

If you have had the misfortune of having your property damaged by weather related events, before embarking on any construction or renovation make sure you get a written and signed contract. This can protect you against poor workmanship or the risk of liability if an injury takes place on your property.

The Canada Revenue Agency's taxpayer relief provisions apply in situations where taxpayers or businesses are unable to file a tax return and/or make payments on time because of circumstances beyond their control, such as tornadoes, flooding, landslides, hurricanes, forest fires as well as human made disasters. For information on all types of taxpayer relief requests, go to canada.ca/taxpayer-relief.



Come celebrate at Killarney Pool



Free Activities (please register)

- Monday June 04 10:15 to 12:15 am—Art Exploration. **Course ID: 19214**
- Wednesday June 06 11:15 am to 12:15 pm—Essentrics. **Course ID: 19722**
- Friday June 08 11:00 am to 1:00 pm—Nordic Walking. **Course ID: 19205**
- Friday June 08 12:45 to 1:45 pm—Dance Yourself Fit. **Course ID: 19233**

**Please register for these FREE activities at
the front counter.
Happy Seniors' Week!**

StudioBell



National
Music
Centre | Centre
National
de Musique

4

SOUND BOARD

The young man with the wooden face,
the young man who helps arrangers
write music for seniors to create
music for seniors from the
ground up, working in
the studio that facilitates
the young man's sound

5

BRIDGE

The bridge connects the
structure of the bridge
to the top of the
structure to the sound
and the bridge is a key
part of the bridge

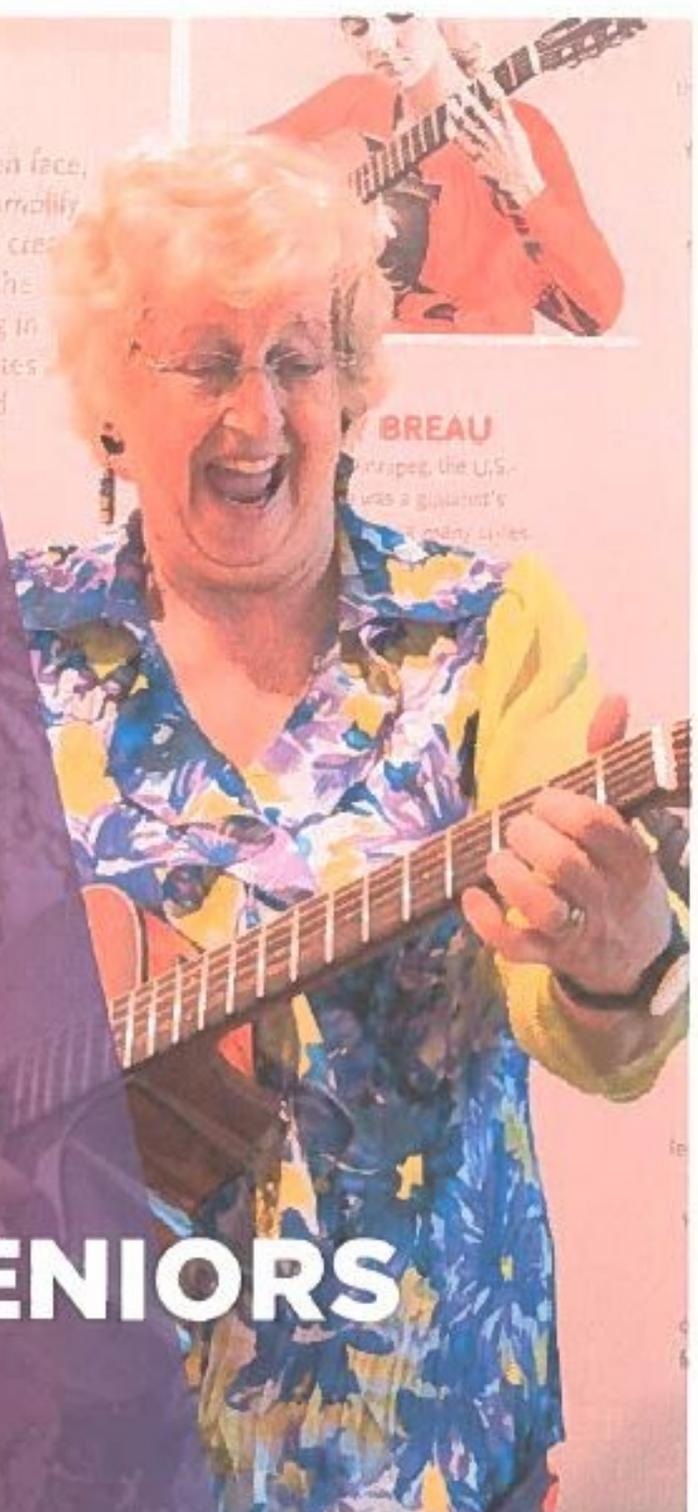
COME CELEBRATE SENIORS' WEEK
AT STUDIO BELL, HOME OF
THE NATIONAL MUSIC CENTRE

**JUNE 4 AND
JUNE 5, 2018**

10:00 AM TO 5:00 PM

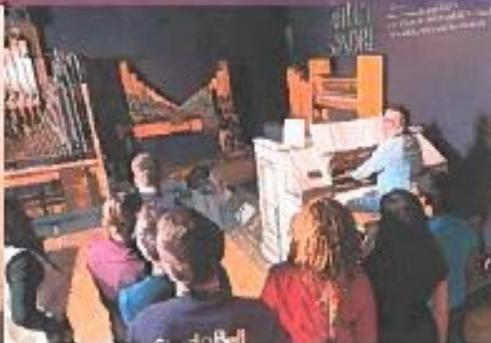
FREE FOR SENIORS

(65+)



BREAU

trapes, the U.S.
was a giant's
many lives.



June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
3	4	5	6	7	8	9
	9 Greek Seniors 930 Sing a Long 1015 Belly Dancing 1230 Hand & Foot	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge	9 Greek Seniors 930 Harmonica Tableau 1030 Lawn Bowling 12 LUNCH 1 Bingo 1 Creative Writing	9 Greeks Seniors 930 Paper Tole 930 Mix Media Art 12 Mix Media Art	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	COMMUNITY PICNIC
10	11	12	13	14	15	16
	9 Greek Seniors 930 Sing a Long 1015 Belly Dancing 1230 Hand & Foot	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge	9 Greek Seniors 930 Harmonica Tableau 1030 Lawn Bowling 12 LUNCH 1 Bingo 1 Creative Writing	9 Greeks Seniors 930 Paper Tole 930 Mix Media Art 12 Mix Media Art 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
17	18	19	20	21	22	23
	9 Greek Seniors 930 Sing a Long 1015 Belly Dancing 1230 Hand & Foot	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge	9 Greek Seniors 930 Harmonica Tableau 1030 Lawn Bowling 12 LUNCH 1 Bingo 1 Creative Writing	9 Greeks Seniors 930 Art Drop In 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
24	25	26	27	28	29	30
	9 BOARD MEETING 9 Greek Seniors 930 Sing a Long 1015 Belly Dancing 1230 Hand & Foot	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge	9 Greek Seniors 930 Harmonica 1030 Lawn Bowling 12 CANADA DAY LUNCH 1 BINGO 1 Creative Writing	9 Greeks Seniors 930 Art Drop In 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	