



MAY 2024

Bow Cliff 50+ Center
3375 Spruce Drive SW
403-246-0390

COMMUNICATOR



Here's hoping your month is positively

a MA^Yzing!



BOWCLIFFSENIORS.ORG



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[BowCliffSeniors](https://www.facebook.com/BowCliffSeniors)



INFO@BOWCLIFFSENIORS.ORG

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.

2024 BOARD OF DIRECTORS

| | |
|----------------|-------------------|
| President | Judith Stanford |
| Vice President | Leila Stuart |
| Treasurer | Jocelyn Hill |
| Secretary | Jill Hanson |
| Director | Derk Doornbos |
| Director | Winona Haliburton |
| Director | Dave Marchant |
| Director | Doni Stallard |
| Director | Pieter Meima |
| Director | Robert Walker |
| Director | Wendy Doerr |

BCS Staff

| | |
|-------------------|---|
| John Yannitsos | Executive Director |
| Angela Aviles | Program Director and Outreach Coordinator |
| Liz Gahan | Admin Assistant |
| Despina Yannitsos | Admin Assistant |

Bow Cliff 50+ Center is located in the community of Spruce Cliff. We would like to take this opportunity to acknowledge the land on which we gather: In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory.

THANK YOU TO OUR FUNDERS & DONORS

 Alberta Lottery Fund



 Government of Canada
 Gouvernement du Canada



A Note from our Executive Director

The grease traps have been installed!!!!!! It has been a challenging few months dealing with the various requirements for this City mandated project. Not sure how often they will need to be serviced. I guess we will soon find out. I thank all our members and guests for their patience and understanding during the installation. We tried to minimize the interruption to our programming as much as possible.

Thank you to everyone who participated and supported our funding call for support for this \$30,000+ project. Our raffle was a tremendous success with net proceeds of \$2,556. Congratulations to Betty Lovecky winning \$3,275.

Our sincerest thanks to the Royal Canadian Legion Centennial Calgary Branch # 285 for their donation of \$5,000 to help offset our installation costs and to support the installation of new cabinets to replace those that we lost with the grease trap installation. Thank you to our member Art LeMaistre and to the Centennial Calgary Branch President Kent Griffiths who presented us the donation at our April 17th luncheon.

Our AGM was held on Wednesday, April 17th. Thank you to the 51 members who attended. Congratulations and welcome to our new Board members Wendy Doerr, Jocelyn Hill, Pieter Meima, Leila Stuart and reelection of Winona Haliburton for her second term. Thank you to past Board members Brenda Wong, Eileen Sutcliffe, Stephanie Krueger and Pat White for your dedication, leadership, and support to Bow Cliff Seniors.

Thank you to everyone who volunteered for our casino on April 28th and 29th. This is our biggest fundraiser, which is held every two years. We appreciate the 30+ volunteers, especially those who did double duty.

Our Super Membership continues to exceed our expectations. Bow Cliff now has over 135 Super Members and collectively we are approaching 1,000 Super Members amongst the 12 participating activity centres. Welcome to our newest member organizations, the Rainbow Elders Society and the Calgary 55+ Games Association. We hope to announce the addition of new organizations in the very near future.

As always, thank you to all of our volunteers who continue to make Bow Cliff one of the best 50+ activity centres in the City.

Have a wonderful May!



Thank you to all our incredibly generous corporate sponsors and funders. We look forward to working with you all in the near future as we embark on serving our seniors in the coming 2024 year ahead!



Coming Up Soon!

KERBY CENTER & COBBS BREAD MARKET

Thursday May, 16th

11:00am

Location: Bow Cliff Centre

3375 Spruce Drive SW



***BOW CLIFF 50+**

MEXICAN FIESTA

MEMBER SOCIAL
MAY 24, 2024 @ 5PM

COME AND ENJOY AN EVENING OF SIMPLE MEXICAN DELIGHTS

RSVP REQUIRED
403-246-0390

FREE * DONATIONS APPRECIATED

3375 SPRUCE DRIVE SW



ears to you Mobile Hearing Clinic

May 31st

Bow Cliff Seniors

5 FREE Appointments Available
Bow Cliff Seniors: 3375 Spruce Drive SW
403-246-0390
Please Call to book yours today.



Our mobile hearing clinic will come right to your front door!

Locally owned and operated with over 25 years experience in the industry!



TRISH EHMAN
RHAP
Registered Hearing Aid Practitioner

STEPHANIE RENAAS
MSC, RAUD, RHIP, AUD(C)
Registered Audiologist

CANDICE MAY
CCR
Customer Care Representative

JEFF CAMPBELL
RHIP
Registered Hearing Instrument Practitioner

ALLISON YOUNG
PHD, MAUD.
Registered Audiologist

NICOLE HUNTER
CCR
Strategic Partnership Manager

ALLI GUBERNEY
CCR
Customer Care Representative

403-970-7201
earstoyou.ca

We are local EVERYWHERE



| | |
|---|--|
| <p><i>Wednesday 1st</i></p> | <p><i>Wednesday 8th</i></p> |
| <p><i>\$12 Members \$14 Non-Members</i></p> <p><i>Ham & Egg Casserole with Cheese, Sausages, Veggies, & Panna Cotta with Fruit Compote</i></p> | <p><i>\$12 Members \$14 Non-Members</i></p>  <p><i>Taco Salad, Chicken Enchiladas, Spanish Rice & Tres Leches</i></p> |
| <p><i>Wednesday 15th</i></p> | <p><i>Wednesday 22nd</i></p> |
| <p><i>\$12 Members \$14 Non-Members</i></p> <p><i>Mothers Day Luncheon Stuffed Chicken Sandwich, Salad & Birthday Cake</i></p> | <p><i>\$12 Members \$14 Non-Members</i></p> <p><i>Sloppy Joes, Salad & Lemon Pretzel Dessert</i></p> |
|  <p><i>Wednesday 29th</i></p> | |
| <p><i>\$12 Members \$14 Non-Members</i></p> <p><i>Nigerian Cuisine :Fried Yam & Sauce, Suya (smoked spiced meat) Puff Puff (deep fried dough) Chin Chin (fried snack) Jollof Rice and Chicken Wings</i></p> | |

Join us for weekly Wednesday lunches at noon. Please RSVP to office by noon the Tuesday prior so we can plan appropriate amounts and we encourage payment in advance when you RSVP. Please note: menu is subject to change without notice . Thank you!



| | | |
|-------------|-------------|-------------|
| Pam G. | Teresa M. | Jemma L. |
| Carol M. | Jim C. | Lorette E. |
| Bill A. | Marie G. | Sandra R. |
| Shirley B. | Lorraine B. | Despina Y. |
| Margaret L. | John Y. | Chantel H. |
| Leana P. | Monique R. | Barb M. |
| Carl P. | Vi D. | Lorraine K. |



Conversation Café is a safe and supportive place for care partners and those with dementia to connect.

Join us at Bow Cliff Seniors Center every 2nd and 4th Friday of the month 10 am—noon

**Help break the barriers of stigma!
Join us for our Conversation Café!**

This network connects people from all walks of life—some diagnosed with cognitive impairment, along with close friends & family members, and others who want to learn more about how to care for those with these cognitive disorders. Conversation Café is a safe environment with others that share a similar journey. We hope to share experiences and resources, build relationships, and be able to walk together.

**Call the office for more information
403.246.0390**

May Learning Cafés

Bow Cliff 50+

**LEARNING
NEVER
ENDS**



Calgary Neuropathy Association Learning Café: Friday, May 3rd @ 10am

**LINDA
PETIOT**



President
Calgary Neuropathy Association

Linda Petiot joined CNA in December 2015 after hearing Dr. Haxton speak to the group. She was so happy to hear there were things she is able to do for her neuropathy that she joined CNA that day to learn more. Since that day she's been researching and trying different options for neuropathy and pain relief. Linda is an independent information technology business analyst who has taken on the Vice-President role as well as management of the CNA website and video production. Linda says, "Even though it is volunteer, working with Sylvia and the rest of this team is the highlight of my career. I feel like I can really make a difference and help people with peripheral neuropathy." Linda is looking forward to the exciting things the team will do together.

BOW CLIFF 50+ **CHARTWELL CAFE** **PRESENTS**



Fraud & Scams



Chartwell and Scotiabank representatives will be sharing valuable information on how to protect yourselves from Fraud and Scams.

Join us for coffee and learn how to keep yourself safe.



3375 Spruce Dr. SW
403-246-0390
bowcliffseniors.org

Friday May 17, 2024
at 10 am

RSVP to Bow Cliff Seniors:
403-246-0390



Drop In and Join Us

Drop in Card Players

“HAND & FOOT”



Hand, Knee and Foot is a fairly new card game that is catching on all over the country. The game is a variation of Canasta. The aim of the game is to get rid of all the cards from your hand, knee and then your foot by melding them.

Beginners Welcome -come and learn the game.

Drop-in fee \$3 member

\$4 non-member

Mondays from 12:30pm-3:00pm

Bow Cliff Walking Club

Tuesday Mornings from 9:30-11:30



Join other members who love their morning walks- talk, chat, and get some exercise!

Walking time varies and is not the complete 2 hours.

All Welcome!

Bow Cliff hosts the group post walk for tea, coffee, water and more social time!

BRIDGE CLUBS

Join us for our weekly drop-in bridge programs!
Coffee, tea and light refreshments provided.



PARTY BRIDGE TUESDAY AFTERNOONS

TIME

12:30
TO
3:30

PRICE

\$400
MEMBERS
\$500
NON-MEMBERS

Cash Prizes to 1st, 2nd & 3rd Place!



DUPLICATE BRIDGE FRIDAY AFTERNOONS

TIME

12:15
TO
3:15

PRICE

\$400
MEMBERS
\$500
NON-MEMBERS

Standard Duplicate Scoring used.

BOW CLIFF 50+ CRAFTS & COFFEE

BRING YOUR OWN PROJECT
AND MEET SOME NEW
FRIENDS!

Tuesday Mornings
9:30-11:30am

Coffee & Tea Provided
\$3.00 members, \$4.00 non-members



JOIN US

DROP IN CRIB OR TILE RUMMY

Thursdays 12:30-3:00 pm
Drop-In Fee \$3 members - \$4 non-members

All Welcome



"Drop In Crib" Or "Tile Rummy" is open for all to come and enjoy the space offered. Come play either Tile Rummy OR Crib, bring a friend and enjoy the afternoon together.

Bow Cliff Seniors Center, 3375 Spruce Drive SW

Join us every Wednesday afternoon @1:15 for BINGO!

Drop-in fee \$3 -All Are Welcome!

Game Play will have 2 rounds with 4 games per round, and .10 cents per card played for first 3 games with .25 cents per card played for the blackout fourth game. Then the round will repeat one more time (total of 8 games).



\$35 Bow Cliff Membership Includes:

**Free Birthday Lunch Coupon, Monthly Social Events for Members, Membership Prices for Events & Activities, Voting Privileges at AGM
Call 403-246-0390 Today!**

Or a Super Membership which includes us and many other groups.



Such GREAT Value!

Allowing you to enjoy member privileges at these various centres all year long:

Bow Cliff Seniors

Confederation Park 55+ Activity Centre

Greater Forest Lawn 55+ Activity Centre

Unison at Kerby Centre

Parkdale Nifty Fifties

Bowness Seniors Centre

Ogden 50+ Activity Centre

West Hillhurst Go Getters

Good Companions 50 Plus Club

SW 55+ Connect Society

Rainbow Elders Calgary

Calgary 55+ Games Association

Call the Bow Cliff office to find out more today!

2024 SPRING Programs

NOTE: Minimum number of registrants must be met 1 week before class starts. Drop-ins for these spring classes will only be considered once the minimum number of full registrants has been met.

| EXERCISE | | | |
|---------------------------|-----------------------------|-------------|-------------------------------------|
| Chair Floor Yoga -Rm A | Tues. April 30-June 18 (8s) | 2:00-3:00 | FULL \$85 Mem. or \$95 Non-M |
| Tai Chi (pm) -CLBC & Rm A | Wed. April 10-May 15 (6s) | 2:15-3:15 | FULL \$80 Mem. or \$90 Non-M |
| Gymmy Fitness -Rm B | Fri. April 12-May 17 (6s) | 9:30-10:30 | \$80 Mem. or \$90 non-M |
| ART | | | |
| Watercolour Art 1-RmB | Mon.Apr.29-June24 (8s) | 9:30-12:00 | \$160 mem.or\$175 non-M |
| Watercolour Art 2-RmB | Mon. Apr.29-June 24 (8s) | 12:30-3:00 | FULL \$160 mem.or\$175 non-M |
| Mixed Media Art -Rm B | Thurs. May 2-June 20 (8s) | 9:30-1130 | \$130Mem.or\$145 non-M |
| MUSIC & OTHER | | | |
| Ukulele - Rm B | Tues. April 30-June 4 (6s) | 10:00-11:00 | \$45 Mem. or \$55 non-M |
| Keyboard -Rm A | Thurs. April 18-May 23 (5s) | 12:45-1:45 | \$105 Mem. or \$115non-M |

Drop-In Programs

| BRIDGE | DAY | TIME | DROP-IN \$ |
|-------------------------|------------|-------------|------------------------------------|
| Party Bridge | Tuesdays | 12:30-3:00 | Memb.—\$4 , Non-Memb.—\$5 |
| Duplicate Bridge | Fridays | 12:15-3:00 | Memb.—\$4 , Non-Memb.—\$5 |
| GAMES | | | |
| Hand & Foot (card game) | Mondays | 12:30 –3:00 | Memb.—\$3 , Non-Memb.—\$4 |
| Bingo | Wednesdays | 1:15– 3:15 | \$3 plus additional game card fees |
| Crib & Tile Rummy | Thursdays | 12:30-3:00 | Memb.—\$3 , Non-Memb.—\$4 |
| ARTS & CRAFTS | | | |
| Crafts & Coffee | Tuesdays | 9:30-12:00 | Memb.—\$3 , Non-Memb.—\$4 |
| OTHER | | | |
| Harmonica Tableau | Wednesdays | 9:00 –11:30 | TBA |
| Convo & Learning Café | Fridays | 10:00-noon | FREE! |
| Lunch* MUST RSVP | Wednesdays | 12:00 –1:00 | Memb.—\$12, Non-Memb.—\$14 |

Bow Cliff 50+

Special Note:

WE WILL BE CLOSED

THE BOW CLIFF OFFICE WILL BE
CLOSED ON MONDAY MAY 20TH FOR
VICTORIA DAY - LONG WEEKEND.

Garage Sale

GARAGE & TRUNK SALE

SATURDAY, JUNE 1ST.

10AM - 1PM

BOW CLIFF CENTRE

3375 SPRUCE DRIVE SW

MAKE SOME MONEY

**\$5 PANCAKE
BREAKFAST**
WHILE QUANTITIES LAST



Book a Stall & Bring your own items to sell in your
TRUNK!

OR Donate Items to raise funds for Bow Cliff.
(Bow Cliff Proceeds to go to Senior Programing)

For inquiries, or to book a Stall call:

403-246-0390

12 Assigned Parking Stall Available: \$10.00

What's Been Happening...

Thank you to the Fundraising Committee and all who supported our **SOLD OUT** fashion show and tea, enjoyed by many!



All enjoyed the beautiful Gourmet Scones by Labelle Graze. We had fantastic support for this event offered by Advantage Home Health Solutions, and a delightful collection of Prizes, sponsored by **Master Chocolat**, and our local **Pie Junkie**, and **Centurion Solon** across from Bow Cliff Seniors.

Sue created some beautiful vintage book marks for giveaways .

Our Very OWN Bow Cliff Member is part of the Memory Lane Fashion Show. Thanks to Deb W. and her team who brought us a fabulously entertaining afternoon.



What's Been Happening...



AGM Luncheon

We had a great turn out, and elected 4 NEW board members.

Thank you to Art Le Maistre for initiating the contact that brought us the generous funding support from the Legion.

The Legion has graciously donated \$5,000 , presented by President Kent Griffiths of the 285 Centennial Calgary Branch at the start of our AGM luncheon.

These funds will be allocated toward our grease trap installation and cabinet replacement costs.



With delightful acknowledgement and gratitude a huge Thank You to Gail for her years of volunteering on the Lunch Bunch team!



Bow Cliff 50+

NIGERIAN CUISINE LUNCHEON

ComForCare 
HOME CARE

AN ORIGINAL NIGERIAN LUNCHEON
SPONSORED BY OUR FRIENDS AT
COMFORCARE!

THE LUNCH WILL BE FOLLOWED BY A
SPECIAL PRESENTATION ON WHAT
COMFORCARE OFFERS.

WEDNESDAY, MAY 29TH, 2024. 12:00-1:00
\$12.00 MEMBERS, \$14.00 NON-MEMBERS



3375 Spruce Dr. SW
403-246-0390
bowcliffseniors.org

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**



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YOU'RE INVITED

You are more than welcome to join our community
for one of our events!

Slots are LIMITED, RSVP at 403.389.9131!

MAY 9 - Entertainment: Joel Spire

MAY 16 - Entertainment: Western Reunion Choir

MAY 25 - Spring Craft Show (Over 10 vendors to visit)

MAY 29 - Calgary Police Services: SCAM Talk

MAY 30 & JUNE 1 - OPENHOUSE

May 30: 3pm - 6pm

June 1: 1pm - 4pm

V E N V I

EVERGREEN

— Retirement Living —

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Calgary, AB
403-201-3555

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fit for you!*



for less

select models

40% off!



HURRY!

*Sale Ends
May 31st!*

Advantage.
HOME HEALTH SOLUTIONS

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1667 32 Ave NE Calgary
advantagehomehealth.ca

May 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|--|--|----------|
| | | | 1 | 2 | 3 | 4 |
| | | | 9 Greek Seniors 9:00 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi | 9 Greek Seniors 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard | 9 Greek Seniors 9:30 Gymmy Fitness 10 Learning Café  12:15 Duplicate Bridge | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | 9 Greek Seniors 9:30 Watercolour 12:30 Card Game Hand & Foot 12:30 Watercolour | 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukulele 12:30 Party Bridge 2:00 Chair Yoga | 9 Greek Seniors 9:00 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi | 9 Greek Seniors 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard | 9 Greek Seniors 9:30 Gymmy Fitness 10 Convo Café 12:15 Duplicate Bridge | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | 9 Greek Seniors 9:30 Watercolour 12:30 Card Game Hand & Foot 12:30 Watercolour | 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukulele 12:30 Party Bridge 2:00 Chair Yoga | 9 Greek Seniors 9:00 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi Last class | 9 Greek Seniors 9:30 Mixed Media 11 Bread Market 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard | 9 Greek Seniors 9:30 Gymmy Fitness – last class 10 Learning Café  Chartwell – Fraud 12:15 Duplicate Bridge | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | OFFICE CLOSED | 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukulele 12:30 Party Bridge 2:00 Chair Yoga | 9 Greek Seniors 9:00 Harmonica Tableau 12 Lunch 1:15 Bingo | 9 Greek Seniors 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard – last class | 9 Greek Seniors 10 Convo Café 12:15 Duplicate Bridge 5 Social Mexican Fiesta | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | 9 Greek Seniors 9:30 Watercolour 12:30 Card Game Hand & Foot 12:30 Watercolour | 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukulele 12:30 Party Bridge 2:00 Chair Yoga | 9 Greek Seniors 9:00 Harmonica Tableau 12 Lunch 1:15 Bingo | 9 Greek Seniors 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in | 9 Greek Seniors 10 Convo Café Ears to You hearing clinic 12:15 Duplicate Bridge | |

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



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:



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

**"JUNE IS THE
GATEWAY TO
SUMMER."**

- JEAN HERSEY



It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.

MAUD HART LOVELACE

WEDNESDAY MORNING SENIORS SOCIAL LEAGUE

JUNE 12TH - JULY 3RD, 2024

10:00 - 11:30 AM

No need to pre-register, just show up, Please wear flat soled shoes or runners.

\$55

Per Player for the month

After four weeks you can roll your payment to a full membership.



**101, 3375 Spruce Drive S.W.
Calgary, AB T3C 3A3**

info@calgarylawnbowlingclub.ca

FUEL YOUR DAY

WITH A "PERK" ON US

SATURDAY, MAY 25TH, 10 AM - 1 PM

You're invited to experience **Rocky Bean Coffee House** at Wellings. Sample rich brews from local roaster, "**Phil and Sebastian**", indulge in our delicious pastries and savoury bites right here in the leasing centre.



RSVP (825) 734-4422

1021 Na'a Drive,
Calgary



YOU ARE INVITED
ROCKY BEAN COFFEE HOUSE AT WELLINGS
SATURDAY, MAY 25, 10AM - 1PM
Savour the local roasts of Phil and Sebastian

Enjoy a Taste of Wellings while discovering Calgary's NEW carefree 55+ active community.

Discover Carefreedom Living®

- 24-hour concierge service
- Multiple dining options
- Fitness Gym and classes
- Member-led social clubs
- Outdoor walking trails
- Outdoor terraces
- Underground Parking
- Services close by
- Experienced on-site manager, Chef and maintenance crew



Tour our fully furnished 2-bedroom suite



OPENING SUMMER 2024

Early Move-in Incentives

SAVE THOUSANDS

VISIT THE LEASING CENTRE
1021-1025 Na'a Drive SW, Unit 7-102
To RSVP call 403-437-6986
wellingsofcalgary.com