

MAY 2024 Bow Cliff 50+ Center 3375 Spruce Drive SW 403-246-0390

COMMUNICATOR



Here's hoping your month is positively

a MAYzing!









BOW CLIFF 50+

3375 Spruce Drive SW Calgary, AB T3C 3A3

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E: info@bowcliffseniors.org

The Communicator is published monthly.

BCS Staff

John Yannitsos Executive Director

Angela Aviles Program Director and

Outreach Coordinator

Liz Gahan Admin Assistant

Despina Yannitsos Admin Assistant

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

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



















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!





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, Registered Audiologist

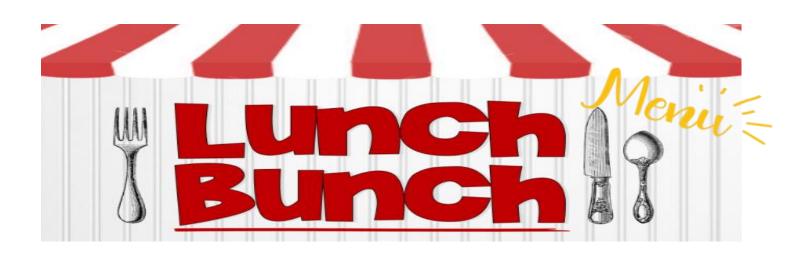
CANDICE Representative

JEFF CAMPBELL Hearing Instrument Practitioner Audiologist

NICOLE HUNTER CCR Strategic Partnership Manager

ALLI GUBERNEY CCR Customer Care Representative

403-970-7201 earstoyou.ca



Wednesday 1st

\$12 Members \$14 Non-Members

Ham & Egg Casserole with Cheese, Sausages, Veggies, &

Panna Cotta with Fruit Compote

Wednesday 8th

\$12 Members \$14 Non-Members

Taco Salad,

Chicken Enchiladas,

Spanish Rice & Tres Leches

Wednesday 15th

\$12 Members \$14 Non-Members

Mothers Day Luncheon

Stuffed Chicken Sandwich, Salad & Birthday Cake

Wednesday 22nd

\$12 Members \$14 Non-Members

Sloppy Joes,

Salad &

Lemon Pretzel Dessert



Wednesday 29th

\$12 Members \$14 Non-Members

Nigerian Cuisine: Fried Yam & Sauce, Suya (smoked spiced meat) Puff Puff (deep fried dough)

Chin Chin (fried snack) Jollof Rice and Chicken Wings

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 Cafe!

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+





Calgary Neuropathy Association

Learning Café: Friday, May 3rd @ 10am

LINDA



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





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



PARTY BRIDGE

TUESDAY AFTERNOONS

12:30 TO 3:30



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

Standard Duplicate Scoring used





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 B I N G O ! 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:

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)	n.Apr.29-June24 (8s) 9:30-12:00 \$160 mem.						
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	ТВА				
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 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:

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!



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.



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.

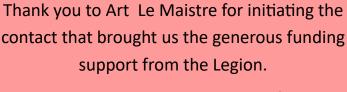


What's Been Happening...



AGM Luncheon

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



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

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



AN ORIGINAL NIGERIAN LUNCHEON SPONSORED BY OUR FRIENDS AT COMFORCARE!

SPECIAL PRESENTATION ON WHAT
COMFORCARE OFFERS.

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





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



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

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



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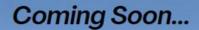
403.460.5438

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
	9:30 Watercolour 12:30 Card Game	10 Ukulele 12:30 Party Bridge	9 Greek Seniors 9:00 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi		9 Greek Seniors 9:30 Gymmy Fitness 10 Convo Café 12:15 Duplicate Bridge	
12	13	14	15	16	17	18
	9:30 Watercolour	10 Ukulele 12:30 Party Bridge	9 Greek Seniors 9:00 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi Last class		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
		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	
	9:30 Watercolour	10 Ukulele 12:30 Party Bridge	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	



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



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 preregister, just show up, Please wear flat soled shoes or runners.



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



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