

COMMUNICATOR



**CLOSED DECEMBER 25th
to JANUARY 5th , 2018
Opening again
For programming
JANUARY 8th, 2018**

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BOW CLIFF CENTRE 50+

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Www.bowcliffseniors.org

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

2017 BOARD OF DIRECTORS

President	Jean Langdon
Secretary	Linda Doornbos
Treasurer	Georgia Jacques

The Communicator is published monthly.

John Yannitsos	Executive Director
Kayla Totten	Program and Membership Coordinator
Brad Keen	Facility Worker
Donnell Iosifelis	Executive Admin Assistant
Tori Schmeiler	Part Time Reception

2017 DIRECTORS

Maureen Benning	Dan Pyper
Maureen Furze	Gail Martin
Wayne Naylor	Brenda Barclay
Stephanie Krueger	Lorraine Bowes

**THANK YOU TO OUR
FUNDERS AND SPONSORS**



LUNCH MENU

January 10th

Vegetable Soup

Grilled Cheese Sandwiches

Apple Crisp

January 17th

ROBBIE BURNS DAY

Ham, Potatos, Turnips and
Haggis, Shortbread

January 24th

Baked Spaghetti

Salad

BIRTHDAY CAKE

January 31st

Tuna Melts

Salad

Squares

**Happy Robbie
Burns Day!**



WEDNESDAY LUNCHEONS

All regular luncheons are \$7 for members and \$8 for non-members

Lunch service now begins at 11:45am. Please call the office at (403) 246-0390 by 3:30pm MONDAYS to let us know you are attending.

MEMBERSHIP RENEWAL

2018 MEMBERSHIP NOW ON SALE

RENEW YOUR MEMBERSHIP

THE MEMBERSHIP RATE IS \$30

ARE YOU AN ASSOCIATE MEMBER? DO YOU BELONG TO AN-
OTHER CLUB? THE CLBC?

RENEW YOUR ASSOCIATE MEMBERSHIP FOR ONLY \$20

THANK YOU FOR YOUR
PATIENCE AND
UNDERSTANDING!

A FCSS FORM IS
REQUIRED FOR EACH
RENEWAL AS PART OF
OUR FUNDING.





JANUARY BIRTHDAYS

Constance Au	Willy Beumer Hallam	Irene Bodnar	Anton Buchleitner
Gail Ennis	Sheila Evans	Heather Faas	Meg Giesinger
Mary Hatt	Olga Hills	Payl Huang	Arnold Ingelson
Margaret Iskander	Murray Jamieson	Linda Kjinserdahl	Eva Ledesma
Donna Melnychyn	Donna Morrison	Grace Murdoch	Ligia Portal
Noreen Renton	Norma Reyes	Frances Subelack	Alberta Taleb
Beth Trevelyan	Colleen Wright		

Note from ED:

Happy New Year to all our members! We are looking forward to a busy and successful 2018 of fun activities, events and programs. We are grateful for all those who have renewed their memberships and are looking forward to getting to know all of the new members who have recently joined us.

Don't forget to check out our new YouTube download of our music groups at StudioBell!

It is with great sadness we start the new year off without our Past President Doreen Dyer. We will be announcing soon plans for a memorial in February to celebrate her life and her incredible contributions to our organization.

We have diversified and expanded our programming for 2018 and we look forward to your feedback as well as any ideas or suggestions you may have.

We wish everyone at BCS a happy, healthy and prosperous new year. — John



MOVIE
AFTERNOON

**January 19th, 2018
at 1pm**

JOIN US IN WATCHING THE SERIES

The CROWN

**WE WILL BE WATCHING THE
FIFTH AND SIXTH EPISODES.**

This drama follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the 20th century.





Ron Liepert – Calgary Signal Hill
Constituency Outreach and Communications
#2216 8561 8 A Ave SW
Calgary, Alberta

As our Olympic Athletes complete their training and set off to compete in PyeongChang, South Korea from Feb 9 – 25th, for the 2018 Winter Olympics, we look back on this 30th Anniversary of the 1988 Winter Olympics that Calgary had the privilege of hosting. Canada Olympic Park was formally known as Paskapoo Ski Hill and was run by the Calgary Olympic Development Association now known as Winsport.

During the 88 Winter Olympics, the park was the main venue for bobsleigh, luge, Nordic combined, ski jumping and freestyle skiing. Calgary draws winter athletes from all over the country to take the opportunity to train at some of the top notch facilities in the world that were initially built for the 1988 Olympics and have been upgraded and expanded ever since. Currently the park is used for both high performance athletes training as well recreational purposes for the public. During the winter months, the park is available to the public for downhill skiing, snowboarding, cross-country skiing, skating, bobsledding, and most recently, tubing down the Acura Tube Park which is the largest in Western Canada. In the summer months the public has access to the mountain bike trails, zip lining, and The Plunge, an 810-foot, three-lane water slide. The park also hosts many winter and summer camps for athletes of all ages and interests.

In 2011 Winsport opened the ice facility that includes four ice rinks – one international ice size arena and three NHL sized arenas. These arenas has been used for curling, figure skating, power skating, ringette and hockey. Hockey Canada Training Centre and WinSport have teamed up to offer High Performance hockey training for elite level players of all ages no matter what the position played.

In 2008 Calgary was declared to be the best city to build the Canada Sports Hall of Fame and on July 1, 2011 the 40,000 square foot facility was opened. I had the opportunity to get a glimpse of this fabulous building which is dedicated to preserving and celebrating Canada's impressive and inspiring sport history. If you have not had a chance to visit, I highly recommend it.

The Markin MacPhail Centre was opened at COP in 2014 which was designed as a training facility for high performance Canadian athletes who have reached a provincial level of excellence. The center includes ice arenas, gymnasium, medical centre for treatment and recovery, and an office tower that houses the National Sport School and several sport federations.

Calgary Signal Hill is fortunate to have this facility in our back yard and accessible to all. We will continue to watch the expansion and renovations to ensure that athletes continue to have this available to pursue their dreams of someday standing on the podium in 2018 and beyond. We wish our Canadian representatives good luck in PyeongChang.

Evan Woolley

Ward 8

Contact Evan : 403.268.2431



Sticking to New Year's Resolutions

With snow now falling in droves, many Calgarians (myself included!) are pulling out their skis, snowboards and snow shoes. Being active in the cold winter months is why so many of us choose to live in this great city. I've always believed an active city is a happier, healthier, more vibrant and energized city. So, if some of your New Year's resolutions had to do with starting to get active but the mountains are just a bit too far for your liking, the City of Calgary offers tons of programs for fitness at all ages and levels.

Let Calgary Recreation help you keep your New Year's Resolutions

The Winter Recreation Program Guide is now available. The City of Calgary offers a wide variety of fitness programs for all ages, interests, and skill levels. Registered programs range from traditional fitness classes, such as yoga, bootcamp and aquasize to leisure activities such as skating, swimming and dance, as well as new programs like aqua conditioning for youth and pickleball for older adults.

With dozens of facilities located throughout the city, there are lots of convenient locations for people to take part in a variety of recreational programs at very affordable rates. In addition, programs are led by certified, professional instructors ensuring you get a high level of expertise with your workout. With hundreds of programs to choose from, there is something for everyone:

Free public swimming

Free swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at [Calgary.ca/recreation](#). Not available at our Leisure Centres. Various locations Age: All Ages Free Drop-in.

Free public skate

Free skating is available on some statutory holidays at select arenas. Check online for the dates and locations of upcoming free public skating at [Calgary.ca/recreation](#). Various locations Age: All Ages Free Drop-in

Saturday and Sunday Splash Swim – \$1 for kids

Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior.

For more information and to learn about more programs, visit Calgary.ca/recreation.

Evan Woolley



Brian Malkinson, MLA for Calgary-Currie

Contact Brian at: 403-246-4794

Or CalgaryCurrie@albertandp.ca

January 2018 - Newsletter

As we ring in the New Year I wanted to look back on 2017 and seven ways your government has been working to make life better for all Albertans.

Across the province 22 pilot Early Learning and Childcare Centres received funding to demonstrate the importance and viability of \$25-a-day child care in Alberta. They will offer almost 1,300 affordable, quality child care spaces and respond to a number of gaps in the existing child care system, including affordability, diverse needs of children and flexible hours for parents.

Since May 2015 68 new schools, 4 additions, 19 replacement schools, and 37 modernizations - creating over 50,000 new school spaces for students - have been completed. And the extended tuition freeze for post-secondary education means that a student starting their studies in September 2018 will save about \$1,500 in tuition costs over four years.

Government has achieved \$300 million toward its goal of \$400 million of savings in 2017-18 from administrative efficiencies such as managing vacancies and discretionary costs, program demand adjustments and one-time savings around capital grants.

Alberta's Climate Leadership through its energy efficiency program, has installed free energy-efficient products in over 150,000 households. Revenue from the carbon levy was reinvested to construct the Green Line which will create more than 12,000 direct jobs and over 8,000 supporting jobs as well as reduce GHG emissions by 30,000 tonnes annually. In August, because of our world-leading environmental policies, we began the construction on the Line 3 replacement pipeline.

Albertans earning minimum wage are better able to make ends meet after the minimum wage increase to \$13.60/hr in October, and changes to the Workers' Compensation Act and Occupational Health and Safety Act will better protect Alberta workers.

Alberta's new Provincial Affordable Housing Strategy is investing \$1.2 billion over five years to improve 70,000 housing units and construct an additional 4,100 units by 2021. This new strategy will also give families new tools to help stabilize their finances and find a safe home.

My personal highlight was introducing my first piece of legislation in the House that would bring Henson Trust legislation to Alberta!

Cheers to a healthy, happy, and prosperous 2018 for all.

~ Brian

TOUR AND TRAVEL

January 11th and/or January 22nd



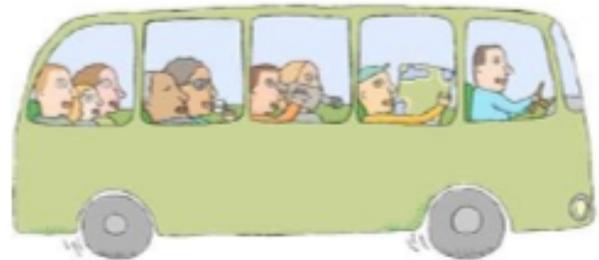
JANUARY 11TH-

Escorted outing to Nakoda Casino.
Transportation and lunch included.
We need 13 people max to make
this trip happen—
sign up and for some fun and try
your luck with the games.

\$23

JANUARY 22ND -

Escorted trip to Bragg Creek
for shopping and lunch.
Lunch will be reserved at the
new Rockies Tavern.
Lunch is NOT included in price.
We need 23 people
to make this trip happen
\$20 transportation ONLY



Sign UP TODAY for your tour and travel outings.

We will be closed soon for holidays, however you can call and leave a message to let us know you want to go and we will respond in the New Year. Otherwise, starting January 8th you can call/stop by and pay. 403-246-039

INTRODUCING our WINTER CLASSES



3375 Spruce DR SW

EXERCISE	DAY	TIME	START DATE	\$
Pickleball	Monday	10-11:30am	Jan 9th	\$50 memb/\$80 non
Belly Dancing	Monday	10:15-11:15am	Jan 15th	\$70 memb/\$100 non
Line Dancing	Monday	12-1pm	Jan 8th *	\$84 memb/\$114 non
Pilates	Monday	6-7pm—evening	Jan 15th	\$70 memb/\$100 non
Balance Core and More	Tuesday	12:15-1pm	Jan 9th *	\$50 memb/\$80 non
Yoga	Tuesday	1:15-2:15pm	Jan 9th	\$50 memb/\$80 non
Zumba Gold	Tuesday	1:15-2pm	Jan 9th	\$50 memb/\$80 non
Qi Gong	Tuesday	2:30-3:30pm	Jan 16th	\$50 memb/\$80 non
Balance Core and More	Thursday	11:30-12:15am	Jan 8th *	\$50 memb/\$80 non
Dance to be Fit	Thursday	6-7pm—evening	Jan 18th **	\$50 memb/\$80 non
Brain Gymnastics	Thursday	1:30—2:15 pm	Jan 11th	\$50 memb/\$80 non
Rhythm and Moves	TBD	TBD	TBD	FREE
ART				
Water Colour	Mondays	12:30-3pm	Jan 8th	\$186 memb/\$216 non
Paper Tole	Thursdays	9:30-11:30am	Jan 11th	\$113 memb/\$143 non
Mixed Media ART	Thursdays	9:30 & 12pm	Jan 11th	\$162 memb/\$192 non
Mixed Media ART	Thursdays	6:30-8pm- evening	Jan 11th	\$162 memb/\$192 non
BRIDGE				
Bridge Intermediate	Wednesdays	1-3pm	Jan 10th	\$90 memb/\$120 non
Advanced Bridge	Thursday	1-3pm	Jan 11th	\$90 memb/\$120 non

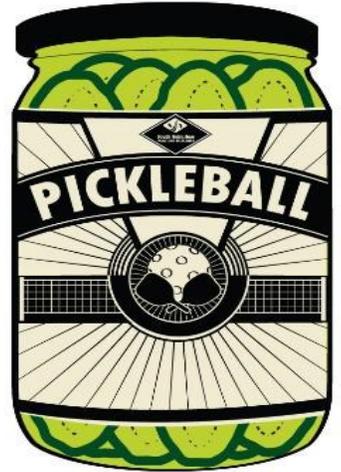
ALL EXERCISE PROGRAMS ARE 10 SESSIONS EXCEPT FOR MARKED CLASSES * 12 SESSIONS AND ** 11 SESSIONS
 For more information please contact the office at 403.246.0390 or info@bowcliffseniors.org.
 Anyone needing financial assistance please contact the office.

EXERCISE CLASSES OVERVIEW

pickle ball

Come and play at the Greek Community Centre. Learn the rules, strategy and ways to play. It's a great physical activity with awesome interaction.

This year we will be capping the players to 12 each session and priority given to those who pre-purchase the session. (If there is more interest we will book more court time!) Two courts are set up. Paddles and balls provided.



All levels of players welcome.

Belly Dancing

Join us for a work out that challenges and builds your core strength. Learn new moves that coordinate your hips, feet and arms. Fast and fun upbeat music with a fun and enthusiastic instructor. Dancing skirts provided or bring your own. Loads of fun.

You'll never know you were exercising!!!



LINE DANCING

Learn the steps of dancing in a line—many different choreographed sequences in one or more lines or rows. You'll have a blast. All different types of music—more than just country! For every level. Bring comfortable shoes and your smiling face.



Pilates

What is Pilates?

A series of core exercises, with emphasis on body alignment and mind-body integration.

These exercises will help train your body to move in fluid and controlled manner, thereby relieving the body of stress and tension.



Balance, core and more...

Successful Aging = We can't help getting older, but we can age successfully. The more active, healthy and fit you are now, the better you will feel!

Our Balance Core & More is designed for the older adult, the true beginner and/or people who may be limited physically. An increase in flexibility will allow for more freedom of movement and greater range of motion. 11 week session with Deana Michtich.

Dance

Move to the music with hot energetic, dance-based exercise routines. You

To

will learn to combine the basics of many popular dance styles while enjoying the benefits of a fast paced

Be Fit

conditioning workout. No dance experience required. Taught by a dance

EVENING CLASS

instructor.



YOGA



NEW YOGA TECHNIQUES BASED ON SENIORS AND BACK CARE.

Brain Gym

Join Megan for an exciting 10 week workshop series of Brain Gym! She will lead creative exercises to use your noodle. She'll help to hone your coordination skills and reawaken a connection with your mind and body. It's time to stimulate, challenge, and invigorate your number one organ, your BRAIN!

Drop in available.

MORE EXERCISE:



Rhythm n' Moves



CHARTWELL[®]
retirement residences

This is a seated exercise program where the instructor incorporates interactive music with fun movements, moving to your own pace. This is a fairly popular program and is offered for free-so be sure to sign up/let us know you're coming!

Qi Gong

Spring Forest Qi Gong is one of the simplest and best workouts in the Qi Gong repertoire. It balances the energy and power in your life., releases stress, anxiety and depression. It improves your resistance to infections and disease and over all helping to improve your physical and mental health. This session will be 10 weeks. Drop in available.



Zumba Gold

This class is perfect for older adults who love to dance and want to break a sweat. Zumba gold is lower intensity while recreating and using the original moves of the regular Zumba just at a slower pace.

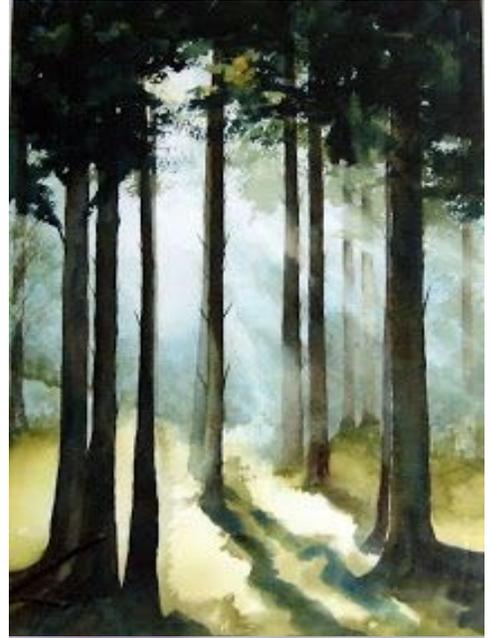
11 week session with Deana Michtich.



Art Classes

Water Colour

DISCOVER THE SERENITY OF WATERCOLOUR ART WHILE INCORPORATING DIFFERENT TECHNIQUES, SUCH AS BATIK TAUGHT BY STEVEN DOZOIS, LOCAL ARTIST AND TEACHER. A LIST OF MATERIALS CAN BE PROVIDED BEFORE CLASS BEGINS. NO EXPERIENCE NECESSARY.



Paper Tole

Also known as 3D Papertole and 3D Decoupage. Papertole has been refined to an art of shaping and sculpting methods in to 3D designs. Using a technique of layering up to 14 identical prints to form beautiful pictures with great detail. Jenny Cools is the instructor for this class and has many years experience.



Pastel, Oil and Mixed Media

While using pastels ,learn different techniques such as blending, scumbling, and feathering. Each of these techniques produces a different effect on the surface. Oil Painting often begins with the artist sketching the subject onto the canvas with charcoal or thinned paint, then filling in with one of the broadest color and tonal range of any medium, oil paint.



BRIDGE CLASSES

INTERMEDIATE

Ten lessons on all phases of bidding with emphasis on forcing and non-forcing sequences, pre-emptive bidding and balancing, Stayman and play the hand.



advanced

This set of 10 lessons is for the bridge player looking to seriously improve their bidding skills.

Topics covered are: weak two bids, strong two club openings, Michaels cuebid, Drury, splinter bids, various notrump conventions and more.

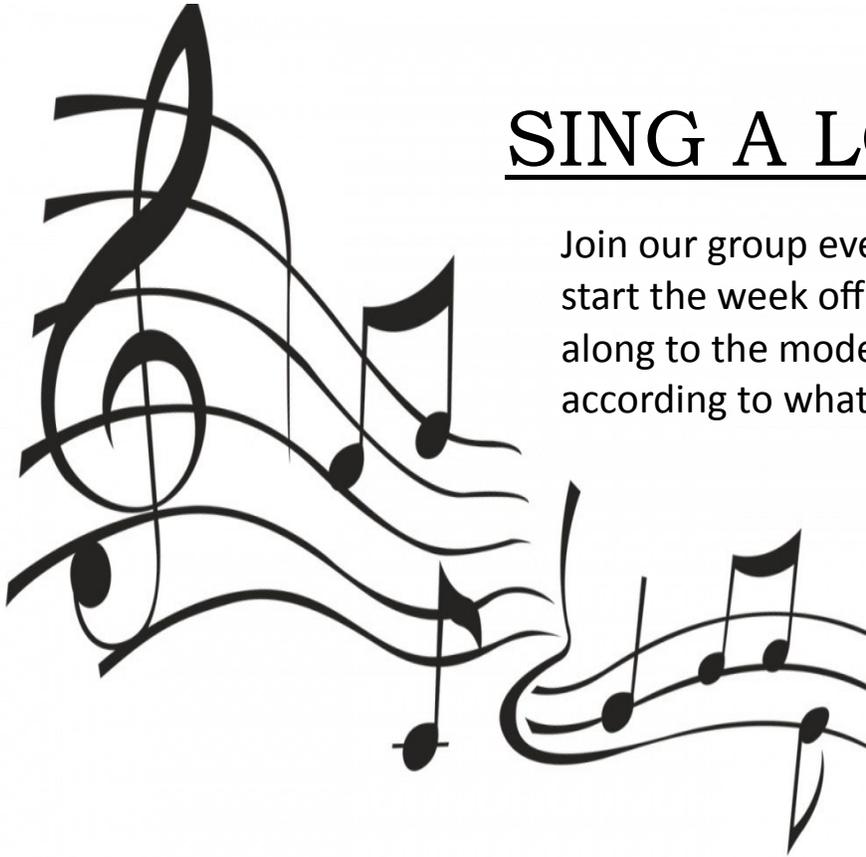
Comprehensive student notes are included with the registration fee.

Instructor: Peter Segers

MUSIC

SING A LONG

Join our group every Monday morning and start the week off with fun and cheer. Sing along to the modern and the “Golden Oldies” according to whatever season comes our way.



RHYTHM KATS

Join the last kitchen band in Calgary!

Every Friday morning our group gathers together and practices . Check them out and see if it is a good fit for you.

All skills and instruments welcome.

Come for the music, stay and meet new people.

Check out their YouTube performance at StudioBell!

<https://www.youtube.com/watch?v=GSUu081-Dqo>



January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED	
7	8	9	10	11	12	13
	9 Greek Seniors 930 Sing a Long 10 Pickleball 12 Line Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks Seniors 9 Needleworkers 1215 B, C &M 1230 Party Bridge 115 Yoga 115 Zumba Gold	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Intermediate Bridge	9 Greeks Seniors 930 Art & Paper Tole 1130 B, C and M 12 Mixed Media Art 1 Advanced Bridge 130 Brain Gym 630 Art Class	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
14	15	16	17	18	19	20
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1015 Belly Dancing 12 Line Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing 6 Pilates	9 Greeks Seniors 9 Needleworkers 1215 B, C &M 1230 Party Bridge 115 Yoga 115 Zumba Gold 230 Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Intermediate Bridge	9 Greeks Seniors 930 Art & Paper Tole 1130 B, C and M 12 Mixed Media Art 1 Advanced Bridge 130 Brain Gym 6 Dance to be Fit 630 Art Class	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 1 MOVIE 6 JAM SESSION	
21	22	23	24	25	26	27
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1015 Belly Dancing 12 Line Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing 6 Pilates	9 Greeks Seniors 9 Needleworkers 1215 B, C &M 1230 Party Bridge 115 Yoga 115 Zumba Gold 230 Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Intermediate Bridge	9 Greeks Seniors 930 Art & Paper Tole 1130 B, C and M 12 Mixed Media Art 1 Advanced Bridge 130 Brain Gym 6 Dance to be Fit 630 Art Class	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
28	29	30	31			
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1015 Belly Dancing 12 Line Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing 6 Pilates	9 Greeks Seniors 9 Needleworkers 1215 B, C &M 1230 Party Bridge 115 Yoga 115 Zumba Gold 230 Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Intermediate Bridge			