

COMMUNICATOR



LEST WE FORGET REMEMBRANCE DAY SERVICE

Saturday November 11th, 10am-1pm, Followed by a light lunch.

November 10th
OFFICE CLOSED

INSIDE THIS ISSUE

<i>Lunch Menu</i>	3
<i>NOVEMBER Birthdays</i>	5
<i>Notes from Elected Officials</i>	7-9
<i>Special Clinic</i>	12
<i>New Classes</i>	14-15
<i>NOVEMBER Calendar</i>	18

CHRISTMAS CRAFT AND BAKE SALE

Saturday November 25th

10am—3pm

Vendors and Bakers needed!

\$45 per table, registration forms in the office



BOW CLIFF CENTRE 50+

3375 Spruce Drive SW Calgary, AB
T3C 3A3

T: (403) 246-0390

F: (403) 240-3197

E: info@bowcliffseniors.org

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
Past President	Doreen Dyer

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

November 1st

Ham and Scalloped Potatoes
Mixed Vegetables
Carrot Cake

November 8th

Egg Salad on Croissants
Veggies and Dip
Nanaimo Bars

November 15th

Beef Stew and Buns
Vegetables
BIRTHDAY CAKE

November 22nd

Lasagna and Garlic Bread
Salad
Ice Cream with Toppings

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.

Did you know you can use your birthday coupon for any regular lunch? However, it is not valid toward any special luncheons such as Christmas or

November 29th

Meat Loaf
Mashed Potatoes
Hot Vegetables
Jello





CHRISTMAS CRAFT SALE

Seniors **BOW CLIFF**

And Bake Sale

Saturday, November 25th, 2017

10:00AM—3:00PM

Set up starting at 8AM

8' Tables for \$45

Contact Bow Cliff to Reserve your Table Today

(403) 246-0390

info@bowcliffseniors.org

OR download the registration form at www.bowcliffseniors.org





OCTOBER BIRTHDAYS

Joseph Au

Bryan Baxter

Bob Beamish

Judy Blair

Mina Burt

Myrl Eddy

Maureen Ganley

Doris Gourley

Noel Grant

Alyce Henrickson

Terry Holm

Joanne Johnson

Patricia Johnston

Ryan Keen

Cecile Kidner

Margaret Kosa

Al Macdonald

Eileen MacGillivray

Glen Parsons

Dan Pyper

Midge Ross

Joan Beth St Louis

Donna Suits

Verlie Thomas

Barbara Trudeau

Stella Twung

Margaret Wallace

Yolande Worthington

Note from ED:

Our new blinds have been installed and they look terrific. Proceeds from our successful bottle drive and fun casino fundraiser will help offset some of the costs. Thank you to all who supported those events.

Fundraising is incredibly important to our organization to help minimize the costs of our programs for our members. Please support our upcoming Christmas Craft and Bake Sale on Saturday November 25. We would appreciate any help you can give with donating some baking and please bring a friend or two to the event.

We appreciate all the positive feedback on our new fall programming. Due to popular demand we are planning on introducing more evening classes in the new year together with all of your day time favorites.

2018 memberships are now available and those who renew before Christmas will be entered into a draw for a \$50 Gift Card.

Quality Seniors Relocation Ltd

Caring About Senior Citizens' Quality of Life



**Many years experience in real estate focussed
on seniors 50+ and their housing requirements.**

I'm Here To Help

See which of my services
works best for you...

- **Downsizing**
- **Decluttering**
- **Home Staging**
- **Moving**



Call Today

If you feel that I can be of
service to you. I would be
more than happy to help.

403-540-9101



brenda@qualityseniors.ca
www.QualitySeniorsRelocation.com



**QUALITY SENIORS RELOCATION LTD.
WITH BRENDA HAENAR**

November 8, 2017 after lunch, 1pm

Whether you need to relocate or simply declutter your space for greater accessibility, Brenda will use her knowledge and experience to share with you how you can make the right decisions.

**SAMARITANS PURSE
WITH JACKIE LOVELY**

Good Samaritan

TeleCare®

monitor. support. respond.

November 29, 2017 after lunch, 1pm

Jackie Lovely of the Good Samaritans society will be presenting on Independent living. She will discuss ways to ensure or help you remain living in your home independently and safely.

TOUR AND TRAVEL

LUNCH AT SAIT

MONDAY, November 20th

By Bus from Bow Cliff Centre

Bus Departs at 11am returns by 2:30pm

3 Tables of 8 reserved

1 Tables from Sierras —1 from Bow Cliff and 1
from Good Companions Seniors Club

Bus Cost is \$9 each

AT SAIT

Appetizers and Salads \$7.50

Soups \$6

Light Main Fare \$9.50

Main Fare \$12.50

Desserts \$6

Plus your choice of Beverage

Plus GST and Tip





Ron Liepert – Calgary Signal Hill
Constituency Outreach and Communications
#2216 8561 8 A Ave SW
Calgary, Alberta
403 292-6666

Over this past year Canada has been celebrating the 150th anniversary of confederation. Recently the Strathcona Christie Aspen Community Association hosted thousands of our neighbors at such an event - “Canada 150 Celebration on the Hill”. Incorporated into the celebration was Judge Joseph Woodard presiding over a citizenship ceremony where 50 constituents took the Oath of Citizenship and become Canadian citizens. It was my great honor to participate in the ceremony, welcome them to Canada and deliver a message of congratulations as your representative in the House of Commons.

The ceremony acted as a strong reminder of the privilege it is to live in Calgary, Alberta, Canada and that was evident in the pride displayed by our new citizens. It is for this reason people from all over the world look to Canada to start a new chapter in their lives and leave what is familiar behind and we should be proud of the fact that they chose here to do that.

The freedoms and privileges that are afforded to residents of Canada are immense and that has, over the years, been the result of the dedication and hard work of many. Hundreds of men and women sacrificed much to fight for our liberties including war. Governments since confederation have developed and debated policies and laws with the intent to better the lives of Canadians and future Canadians. That is my commitment to continue the fight as your Member of Parliament.

As we do every November 11th we remember all of those who fought for us many making the ultimate sacrifice and on this day I will be even more grateful for the



Cassel's Pickleball

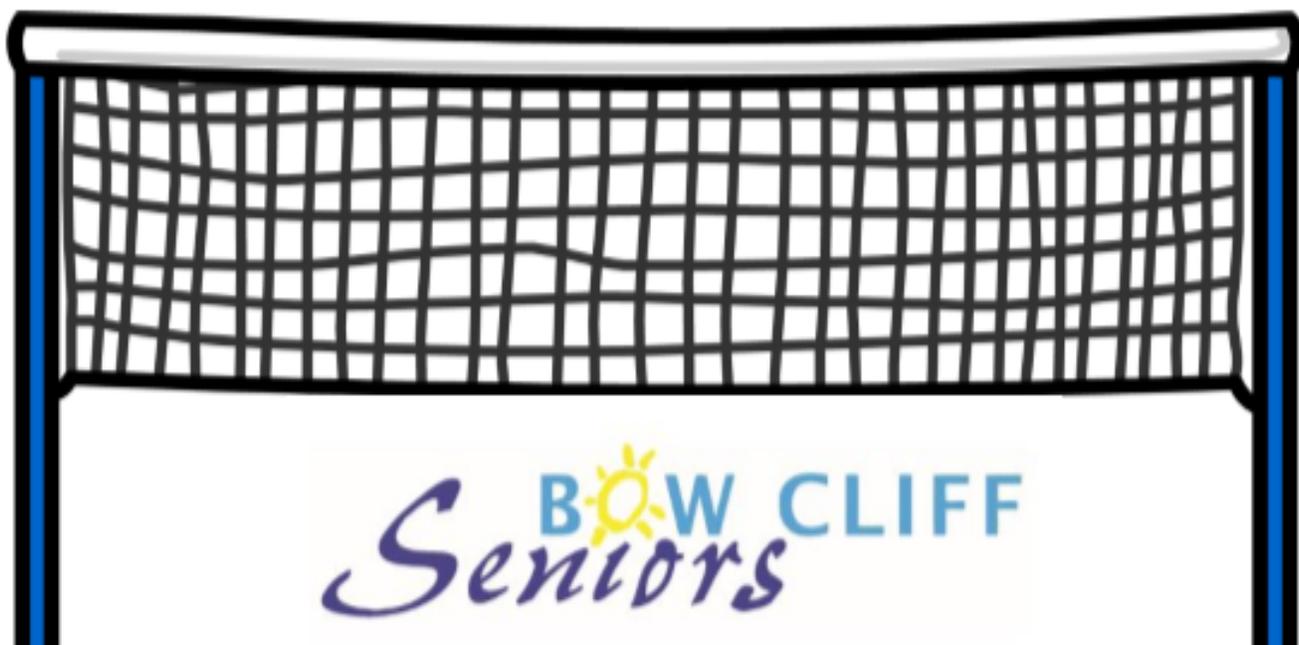
Mondays from 10:00-11:30 AM

Starting Monday October 30th, 2017

6 Week Session

Sessions will run at the Greek Church

**Wear comfortable clothing and don't forget your
water bottle!**





Brian Malkinson, MLA for Calgary-Currie

Contact Brian at: 403-246-4794

Or CalgaryCurrie@albertandp.ca

Across Alberta there will be ceremonies on November 11 to show our gratitude and appreciation to all those who served, and who continue to serve, so that we may live freely. I am humbled to once again attend the annual Remembrance Day Service at the Killarney Glengarry Community Association hosted by the Millennium Branch 289 of the Royal Canadian Legion and lay a wreath in honour of those who have made the greatest sacrifice for their home and country.

The start of the fall legislative session means that the bulk of my time this month will be spent in Edmonton where I am working hard to ensure that our government is doing all we can to make your life better. But I will continue to advocate for Calgary Currie here at home. This month I am meeting with local childcare providers to discuss how they can become \$25/day Early Learning and Child Care centres in our riding. On Fridays I will continue to visit local businesses, non-profits, and schools - like Clearwater Academy - to ensure that all Albertans' needs are being met. To stay up-to-date about constituency events and initiatives, please sign up for my new e-newsletter via my Facebook page.

Finally, I would like to thank the many families, disability advocates, and associations who added their names to a petition supporting my proposed Private Member's bill. Last month when the petition closed, over 500 of you had added your names in an effort to make Henson Trust legislation a reality: thank you. And thank you to all who took the time out of your busy schedules to attend my Pizza Open House last week - it was great to catch up. Now that the municipal election campaign is over (thank you to all who put their names forward) you will once again find me knocking your doors!

Brian

SPECIAL CLINICS



FLU SHOT CLINIC

Wednesday, **November 15th** from 8:30am-10:30am

Please come get your yearly flu shot free of charge.

First come, first serve.

PLEASE SIGN UP IN THE OFFICE. DROP INS WELCOME



MOVIE
AFTERNOON

November 24th, 2017
at 1pm

JOIN US IN WATCHING THE SERIES

The CROWN

**WE WILL BE WATCHING THE FIRST
TWO 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.

Yoga Classes

YOGA CLASSES!

Starting Tuesday October 31st until December 5th, 2017

1:30—2:30 PM

\$40.00/ 6 Classes OR \$8.00 Drop In

need a minimum of 6 people

**COME AND LEARN NEW TECHNIQUES
FOCUSED AROUND YOGA & BACK CARE!**



BOW CLIFF
Seniors



Rhythm n' MOVES

CHARTWELL'S PHYSICAL SIGNATURE PROGRAM

Friday's starting October 20th • 2:30 – 3:30 pm

Let's celebrate together!

Come try a new FREE program here at Bow Cliff. It will be taught through Chartwell Eau Claire recreation instructor. Sign Up at the front desk, or call us for more information 403-246-0390

Bow Cliff Seniors

3375 Spruce Drive S.W., Calgary

403-246-0390



LiveNow
by CHARTwell

Financial Coaching.

A **carya** Program

carya's Financial Coaching is a free program that provides one on one support to individuals and families.

Our trained financial coaches can help you:

- Improve your daily finances and build long term financial well-being
- Reduce financial stress
- Increase your confidence in managing money
- Identify, plan for and achieve financial goals
- Learn the Canadian financial system
- Take control of your financial habits

For more information please visit
caryacalgary.ca or call **403-269-9888**



Formerly Calgary Family Services, 200, 1000-8th Avenue SW, Calgary, AB T2P 3M7

caryacalgary.ca

tour & travel

November 15th, 2017



Brief Introduction of a cruise opportunity
during lunch.

November 22nd, 2017

Speaker series on the details of travel and cruise
opportunities 1pm, after lunch.



November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9 Greek Seniors 930 Harmonica Tableau 1145 Lunch 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 1130 Rhythm & Moves 12 Mixed Art Media 1 Bridge Defense 1:30 Brain Gym 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
5	6	7	8	9	10	11
	9 Greek Seniors 930 Sing a Long 10am Pickleball 1015 Belly Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks 9 Needleworkers 1215 B, C & More 1230 Party Bridge 130 Yoga 230 Qi Gong	9 Greek Seniors 930 Harmonica Tab 1145 Lunch 1 SPEAKER SERIES 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 1130 Rhythm & Moves 12 Mixed Art Media 1:30 Brain Gym 6 Dance to be Fit	OFFICE CLOSED	Remembrance Day Service 10am-1pm
12	13	14	15	16	17	18
	9 Greek Seniors 930 Sing a Long 10am Pickleball 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks 9 Needleworkers 1215 B, C & More 1230 Party Bridge 130 Yoga 230 Qi Gong	830 FLU SHOT CLINIC 9 Greek Seniors 930 Harmonica Tab 1145 Birthday Lunch 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 1130 Rhythm & Moves 12 Mixed Art Media 1:30 Brain Gym 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 6 JAM SESSION	
19	20	21	22	23	24	25
	9 Greek Seniors 930 Sing a Long 10am Pickleball 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks 9 Needleworkers 1215 B, C & More 1230 Party Bridge 130 Yoga 230 Qi Gong	9 Greek Seniors 930 Harmonica Tableau 1145 Lunch 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 1130 Rhythm & Moves 12 Mixed Art Media 1:30 Brain Gym 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 1 MOVIE	Christmas Craft Fair 10-3pm
26	27	28	29	30		
	9 Greek Seniors 9 BOARD MEETING 930 Sing a Long 10am Pickleball 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks 9 Needleworkers 1215 B, C & More 1230 Party Bridge 130 Yoga	9 Greek Seniors 930 Harmonica Tab 1145 Lunch 1 SPEAKER SERIES 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 1130 Rhythm & Moves 12 Mixed Art Media 1:30 Brain Gym 6 Dance to be Fit		