

BOW CLIFF *Seniors* COMMUNICATOR

OCTOBER 2017

\$1 per Copy



October 9th

Office Closed for
Thanksgiving

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CLOTHING and BAKE SALE

Saturday October 7th
8:30am-3:30pm



FUN CASINO

Saturday October 14th
6-10pm, \$25 per person
Appetizers, \$50,000 Fun
Money and Prizes included.



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**



**CALGARY
FOUNDATION**
Neighbour Grants

LUNCH BUNCH

October 4th

Thanksgiving Lunch

Turkey and all the fixins

Ginger Cake

with Caramel Sauce

October 11th

Goulash Soup

Sourdough Buns

Salad

Apple Crisp

October 18th

Reuben Sandwich

Veggies

BIRTHDAY CAKE

October 25th

Baked Spaghetti

Salad

Rice Pudding

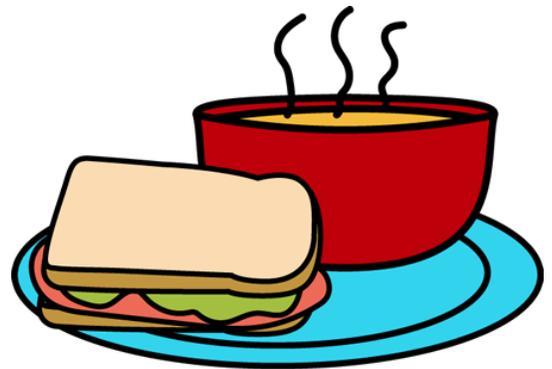
WEDNESDAY LUNCHEONS

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 Thanksgiving.





We have reached
91% of our goal!

Extended

To October 31st.

**Bow Cliff Centre
Bottle Drive Challenge!**

Cash in your bottles and bring it in to contribute to our
Kitchen Blind Fund.

Goal: \$1,000

OR on September 9th we will open up the centre from
9am to 11am for your bottle drop off.

Tax deductible receipts will be issued on donations
totaling \$10 or more.



DID YOU KNOW?

Some of you might be wondering why we started a bottle drive. In late spring, one of our members, Norma Lenore Trudeau Seymour, motivated by the Canada 150 “Three Things for Canada” approached the office and asked if we could challenge our members to bring in all the bottle money to benefit our Club. After much discussion we decided that a small doable project that would benefit our members and club would be to install proper blinds in the kitchen to reduce the heat from the sun and help in sound mitigation. We launched the bottle drive on July 31st.

Thank you Norma Lenore for challenging all of us to be generous with our resources and to go out into our neighborhood and interact with our neighbors—working together for this common goal.

We have almost reached our goal. After only 2 months of gathering bottles, dropping off our contributions, bringing what you had by John’s office—we are close to the mark. Please help put us over the top. Every little bit counts!



OCTOBER BIRTHDAYS

Nancy Beamish

Sue Bente

Ronald Chambers

Wing Chong Chan

Orpha Davey

Elizabeth Davis

Peter Dyk

Mary Florence OBrien

Earlana Fraser

Joey Gault

Margaret Heggart

Joan Johnstone

Stephanie Krueger

Joan Lassaline

Art LeMaistre

Dave Marchant

Jack Marshall

Grace Nelson

Rebecca Nevraumont

Margaret Pippy

Betty Sampson

Vivian Scott

Peter Segers

Helen Shatosky

Murray Valkenburg

Note from ED:

Our new blinds will be up in the first week of October and not only will our facility look that much better, we believe that it will help mitigate some of the sound issues we are dealing with.

Thank you to the Hellenic Seniors for sponsoring an incredible free Greek Picnic that was enjoyed by about 200 members of the Bow Cliff Seniors, Calgary Lawn Bowlers and the Hellenic Senior's Society.

We are thankful for the positive feedback we are getting about our fall programming and we hope that everyone is enjoying the many free introductory programs that are being sponsored by a New Horizons grant.

We continue to work with the City of Calgary to address some of the continuing vandalism challenges we are facing. We have taken many steps to help mitigate some of the issues and we encourage all of our members to contact the City 211 to voice any concerns you may have.

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...

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- **Decluttering**
- **Home Staging**
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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

CLOTHING



SALE

Saturday October 7th, 2017

Bow Cliff Centre 8:30—3:30 PM

Bake Sale 8:30—3:30 PM

Pre Sale October 6th, 2017 3:00—4:00 PM

*Clothing Sale Donation **MUST**
be in October 4-6th*



BOW CLIFF
Seniors

Bow Cliff Seniors'

RAFFLE

*Fundraising for Building
Upgrades*

1st Prize: \$1000 Cadillac Fairview Gift Card

2nd Prize: \$500 Cadillac Fairview Gift Card

3rd Prize: \$250 Cadillac Fairview Gift Card

4th Prize: \$250 Cadillac Fairview Gift Card

Contact the Office to buy your raffle tickets!

Draw Date: October 4th, 2017

CF Cadillac
Fairview

**Calgary Malls Include: Market Mall and Chinook

\$5

Each Ticket

Thanksgiving

LUNCHEON

Wednesday October 4th, 2017

11:45—1:15 PM

\$12/ Member & \$15/Non-Member



*Enjoy a delicious turkey lunch with
all the fixings!*

Tickets Available for Purchase at the Front Desk





Ron Liepert – Calgary Signal Hill

Constituency Outreach and Communications

#2216 8561 8 A Ave SW

Calgary, Alberta

403 292-6666

In July of this year Federal Minister of Finance, Bill Morneau, released a package of proposed tax reforms aimed at small businesses. In the months since the announcement, my office has been inundated with letters, emails, and phone calls from medical specialists, farmers, accountants, and countless other incorporated professionals who are concerned these changes will dramatically affect their long-term commercial viability, their personal ability to save for retirement, and the overall competitiveness of the Canadian marketplace.

As someone who has owned a small business in the past, I am very concerned these tax reforms, if implemented, could have serious implications for the many entrepreneurs in the Signal Hill riding. Small businesses and private corporations are at the foundation of our economy, and those who would choose to start a business deserve credit for the risks that come with being a small business owner. The three important tax measures the government is proposing to eliminate or reduce are:

- ☐ Keeping investment income inside a small businesses to take advantage of a lower tax rate;
- ☐ Conversion of a corporation's regular income into capital gains; and,
- ☐ Ending income sprinkling whereby owners of private corporations pay family members in a lower tax bracket to shield such dividends from being taxed.

In profitable business years, the tax strategies being targeted allow small business owners to put money into their savings, or toward their retirement, and generally offset some of the risks associated with owning their own business. In difficult economic periods, which Alberta has endured for the last few years, small businesses often have to draw on such resources to make payroll and keep their doors open. The current system also recognizes that, in many cases, the family members of small business owners are impacted by the risk of owning a small business.

These proposed changes will remove three important pillars that Calgary based small business owners rely on to save for their future and to provide all the benefits that normal employees enjoy, such as vacation pay, medical benefits, maternity leave, and retirement savings.

I am staunchly opposed to these changes and continue to apply pressure in the House of Commons, in Parliamentary Committees, in the media, and in our riding.

If you feel strongly about these proposed changes take a moment and make your voice heard - email the Finance Minister at bill.morneau@parl.gc.ca and Prime Minister Trudeau at Justin.Trudeau@parl.gc.ca.



Brian Malkinson, MLA for Calgary-Currie

Contact Brian at: 403-246-4794

Or CalgaryCurrie@albertandp.ca

I hope you had the chance to take in Alberta Culture Days that took place from September 29 to October 2, and if you have not, I recommend a visit to southwest Calgary's newest art and cultural hub - Cspace - that I had the opportunity to designate as an official Alberta Cultural site.

Many of you are aware there are civic and school board elections taking place across the province this month. I am proud of the work done by Alberta's new Ministry of Status of Women to increase the number of women running for elected office across our province. I encourage you to attend a debate in your community, watch for candidates on your doorstep, and make a plan to vote on October 16.

The legislative session resumes the day before Halloween (there is a joke in there somewhere) and that means after nearly a year of consultation work in Lethbridge, Calgary, Medicine Hat, and Edmonton I hope to present my first piece of legislation - a private Member's Bill that seeks to bring Henson Trust legislation to Alberta. This has been a moving, eye-opening experience as I have been told time and time again how such legislation would make life better for so many Alberta families. There is a petition circling to support this bill that you can sign by visiting Inclusion Alberta, Autism Alberta, or Connections Counselling, and we have one at the Currie Constituency Office.

It continues to be important that I hear from you. I'm hosting my annual constituency office open house on Friday, October 27 between **4:00 – 6:00pm**. It is only by hearing from you directly that I am able to be your voice in Edmonton and make your concerns known to the government. There will also be pizza!

If you wish to learn more about community and government events and initiatives, please sign up for my electronic newsletter on my Facebook page or by emailing the office.

~Brian

MOVIE AFTERNOON

October 13th, 2017 at 1pm

The Book Thief

While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being protected by her adoptive parents.



October 27th, 2017 at 1pm

The Queen

After the death of [Princess Diana](#), [Queen Elizabeth II](#) struggles with her reaction to a sequence of events nobody could have predicted.



FUN CASINO *Night*

Saturday October 14th, 2017

Doors open at 5:00 PM

Gaming from 6:00—9:00 PM

Prizes and Giveaways from 9:00—9:30 PM

Admission: \$25.00/ Ticket

Appetizers, \$50,000 Fun Money and Prizes Included.

The logo for Bow Cliff Seniors features the words "BOW CLIFF" in a blue, sans-serif font above the word "Seniors" in a larger, blue, cursive font. A small yellow sun icon is positioned above the letter "O" in "BOW".

Buy Your Tickets at the Office Today!

INTRODUCING our FALL CLASSES



3375 Spruce DR SW

EXERCISE	DAY	TIME	START DATE	\$
Belly Dancing	Mondays	10:15-11:15am	Sept 11th	FREE FOR THE FALL
Line Dancing	Mondays	12-1pm	Oct 16th	FREE FOR THE FALL
Urban Pole Walking	Tuesdays	11am-12pm	Sept 12th	FREE FOR THE FALL
Balance Core and More	Tuesdays	12:15-1pm	Sept 12th	\$81 memb/\$111 non
Qi Gong	Tuesdays	2:30-3:30pm	Oct 3rd	\$57 memb/\$87 non
Balance Core and More	Thursdays	10:30-11:15am	Oct 12th	\$81 memb/\$111 non
Dance to be Fit	Thursdays	6-7pm—evening	Sept 14th	FREE FOR THE FALL
Brain Gymnastics	Thursdays	1:30—2:15 Pm	Oct 12th	FREE FOR THE FALL
Rhythm n' Moves	Friday	2:30-3:30pm	Oct 20th	FREE FOR THE FALL
ART				
Water Colour	Mondays	12:30-3pm	Sept 11th	\$186 memb/\$216 non
Paper Tole	Thursdays	9:30-11:30am	Sept 14th	\$113 memb/\$142 non
Mixed Media ART	Thursdays	9:30 & 12pm	Sept 14th	\$162 memb/\$192 non
Mixed Media ART	Thursdays	6:30-8pm- evening	Oct 19th	\$162 memb/\$192 non
BRIDGE				
Bridge Defense	Thursdays	1-3pm	Sept 14th	\$80 memb/\$110 non
Beginner Bridge	Wednesdays	1-3pm	Oct 4th	\$90 memb/\$120 non

UPDATE ON PICKLE BALL:

We are working hard to bring pickle ball to our community! Currently we are in contact with the Calgary Pickleball Club to find an instructor for this October.

For more information please contact the office at 403.246.0390 or info@bowcliffseniors.org.



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



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

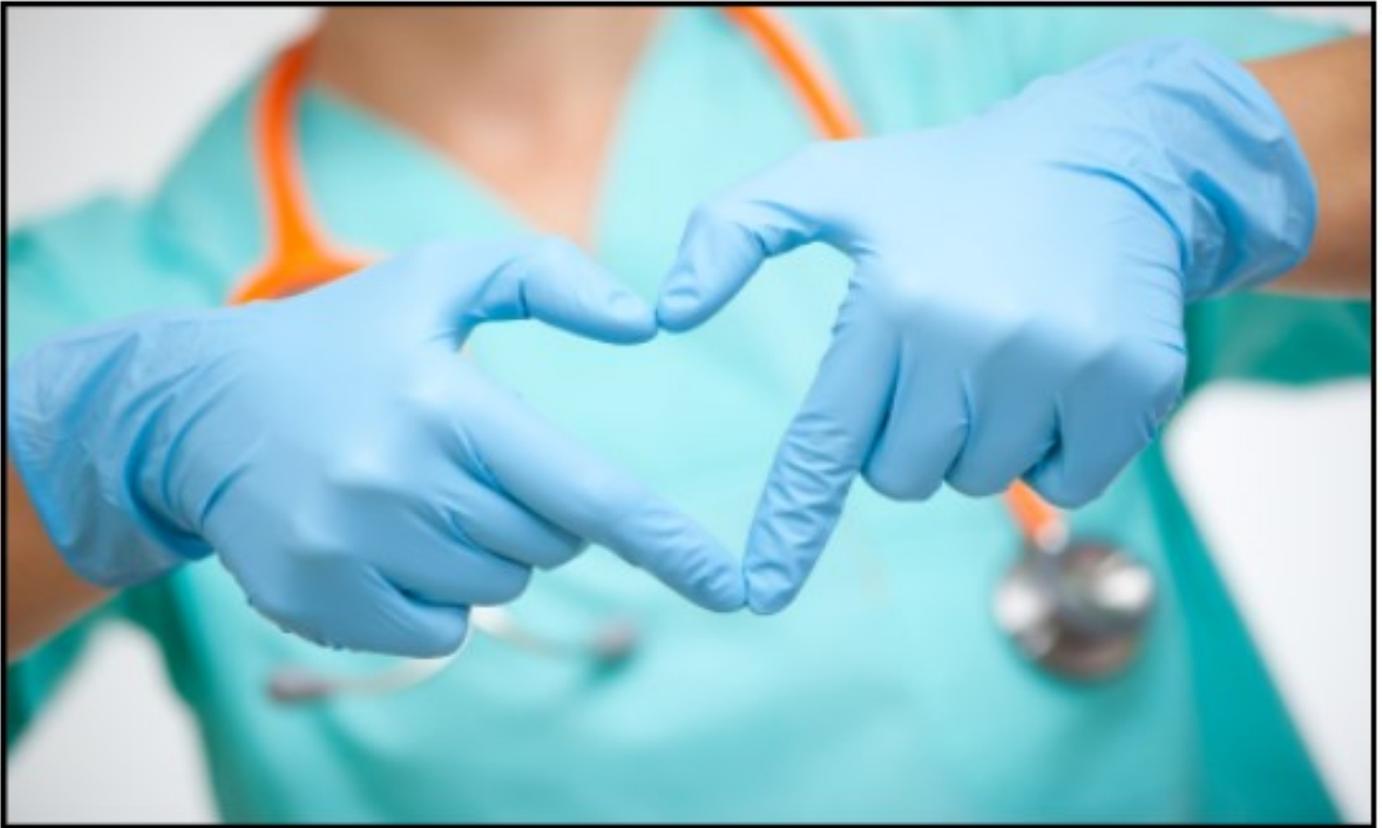
(403) 246-0390

info@bowcliffseniors.org

OR download the registration form at www.bowcliffseniors.org



SPECIAL CLINICS



Blood Pressure Clinic

Thursday, **October 19th** from 10am-12pm

Please come to get your blood pressure checked and educate yourself on the ins and outs of healthy blood pressure.

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.

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

The Bow Cliff Seniors

Want to say

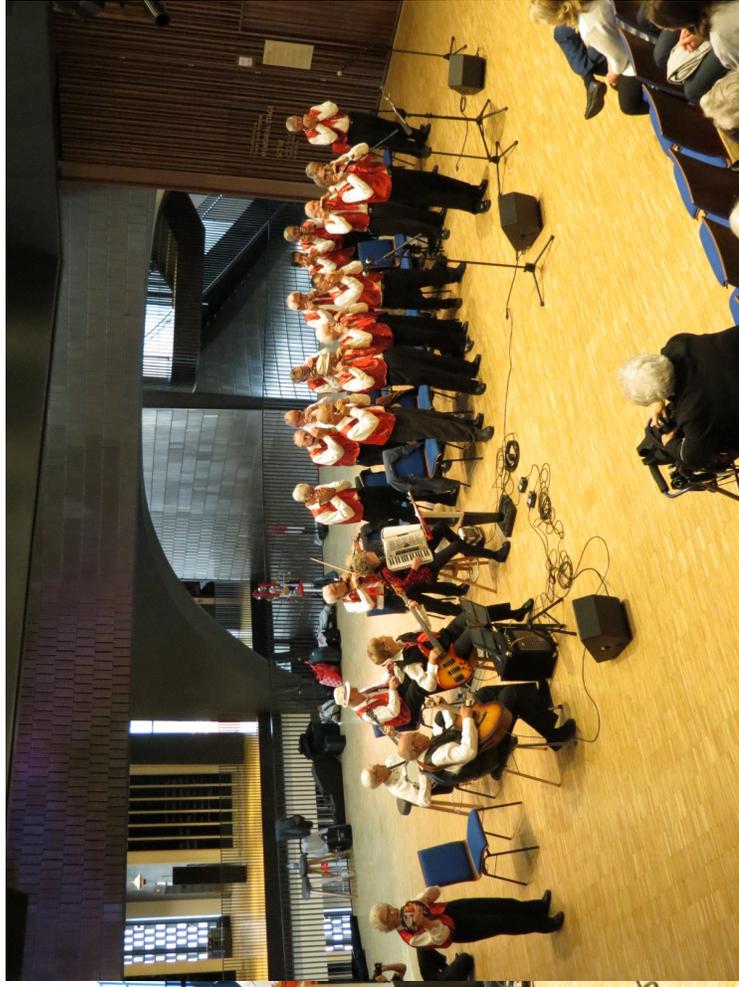
Thank You

To the Rhythm Kats Band and
Harmonica Tableau for a great concert!



**CALGARY
FOUNDATION**
Neighbour Grants

A HUGE Thank You to the
Calgary Foundation who generously
granted us \$1000 to take care of our
expenses for the this
great and unique opportunity!





October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Studio Bell Performance	9 Greek Seniors 930 Sing a Long 1015 Belly Dancing 1230 Water Colour 1230 Hand & Foot	9 Greeks 9 Needleworkers 11 Urban Pole Walking 1215 B, C & More 1230 Party Bridge 230 Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 THANKSGIVING LUNCH 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 12 Mixed Art Media 1 Bridge Defense	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 3-4 CLOTHING PRESALE	Clothing Sale 8:30-3:30pm
8	9	10	11	12	13	14
	CENTRE CLOSED	9 Greeks 9 Needleworkers 11 Urban Pole Walking 1215 B, C & More 1230 Party Bridge 230 Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 Lunch 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 1030 B, C and M 12 Mixed Art Media 1 Bridge Defense 1:30 Brain Gym 6pm Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 1pm MOVIE	Fun Casino 5-10pm
15	16	17	18	19	20	21
	9 Greek Seniors 930 Sing a Long 1015 Belly Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks 9 Needleworkers 11 Urban Pole Walking 1215 B, C & More 1230 Party Bridge 230 Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 Birthday Lunch 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 10-12 BP Clinic 1030 B, C and M 12 Mixed Art Media 1 Bridge Defense 1:30 Brain Gym 6pm Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 2:30 Rhythm and Moves	
22	23	24	25	26	27	28
	9 Greek Seniors 930 Sing a Long 1015 Belly Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks 9 Needleworkers 1215 B, C & More 1230 Party Bridge 230 Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 Lunch 1 Bingo 1 Beginner Bridge	9 Greek Seniors 930 Mixed Art Media 930 Paper Tole 1030 B, C and M 12 Mixed Art Media 1 Bridge Defense 1:30 Brain Gym 6pm Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 1pm MOVIE 2:30 Rhythm and Moves	
29	30	31				
	9 Greek Seniors BOARD MEETING 930 Sing a Long 1015 Belly Dancing 1230 Water Colour 1230 Hand & Foot 12 Line Dancing	9 Greeks 9 Needleworkers 1215 B, C & More 1230 Party Bridge 230 Qj Gong				