

COMMUNICATOR

**THANK
YOU!**

APRIL 25th, 2018

BCS AGM

1PM

**Paperwork will be sent to
all members by email or
mail. 2017 financials are
available for pick up
at the office.**

APRIL 18TH, 2018 VOLUNTEER APPRECIATION LUNCH

SPONSORED BY AMICA

APRIL 21ST, 2018 ART SHOW 10AM—3PM

APRIL 27th JAM SESSION 7PM-9PM

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

The Communicator is published monthly.

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

2017 BOARD OF DIRECTORS

President	Jean Langdon
Secretary	Linda Doornbos
Treasurer	Georgia Jacques

BCS STAFF:

John Yannitsos	Executive Director
Kayla Totten	Program and Membership Coordinator
Brad Keen	Facility Worker
Donnell Iosifelis	Operations Manager
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

April 4th

Egg Salad Croissants

Vegetable Soup

Ginger Cake and Cream

April 11th

Butter Chicken

Rice and Veggies

Ice Cream

April 18th FREE

Wraps and Veggies

BIRTHDAY CAKE

Sponsored by AMICA

April 25th

Reuben Sandwich

Chips

Cream Puffs

WEDNESDAY LUNCHEONS

All regular luncheons are \$7 for members and \$9 for non-members

Lunch service now begins at 12 pm. 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.



*“I didn’t
expect to
bring Bella
with me.”*

At Amica you can always feel at home. Expect premium amenities and personalized service with a range of care options. You can even bring your pet.

Independent Living • Assisted Living

Expect More.™



Call today to book a visit and complimentary lunch!



AMICA[™]
Mature Lifestyles

Amica at Aspen Woods
10 Aspenshire Drive SW, Calgary
587-906-5021
amica.ca/aspenwoods

South of Bow Trail SW
off 85th Street SW



APRIL BIRTHDAYS

Josephine Barr

James Burns

Debra Carle

Ida Ebbs

Maureen Furze

Denis Gardiner

Judy Hawthorne

Roger Haynes

Bob Heggart

Margaret Humphreys

Jeannie Laughlin

Eric Lilly

Gerard Masschaele

Mary Morton

Lynn Prokosch

April Raines

Mary Rose Schroeder

Marj Sontag

Bunny Walker

Note from ED:

Congratulations to Sharon Mudge winner of our March raffle. Our April raffle will be for a 32 inch Smart TV and a second prize for a Himalayan Salt Lamp. Draw will be made at our AGM on April 25th. 200 tickets will be printed at \$2 each for potential proceeds of \$400 to our organization. Thank you to Maureen Furze for the prize donations.

Please note that our AGM will be held on Wednesday, April 25th at 1 pm. You will have received the AGM package, including a copy of the proposed new bylaws, either via email or by mail by April 3. Our 2017 audited financials are available on our website or at the office. We are accepting nominations for volunteer of the year. Ballots are available at the front desk. Winner will be announced at the AGM.

Our spring programming is now available for registrations.

Thank you to all of our volunteers who support and assist our various programs.

Introducing: Our Spring Classes



3375 Spruce DR SW

Pickle Ball

<p>Learn to play with instructor <i>Kevin Doucet</i></p> <p><u>Mondays</u></p> <p>10 - 11:30am</p>
<p>Practice your skills</p> <p><u>Wednesdays</u></p> <p>1—2:30pm</p> <p><i>At the Hellenic Community Hall</i></p>

Lawn Bowling

<p>Lessons and Green Time</p> <p><u>Wednesdays</u></p> <p>10:30-11:30am</p> <p>Starting May 16th</p>
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Various fees apply.
Contact the office for
more information.
403.246.0390
www.bowcliffseniors.org

Exercise Schedule

Monday	Urban Poling Belly Dancing Pickle Ball
Tuesday	Balance, Core & More! Zumba QI Gong & Yoga
Wednesday	Lawn Bowling
Thursday	Balance, Core & More! Dance to be fit Brain Gym

Art Classes

Water Colour Mondays—12:30-2:30pm

Paper Tole Thursdays—9:30-11:30am

Mixed Media Art Thursdays—9:30-11:30am

Mixed Media Art Thursdays—12-2pm

ART SHOW April 21st from 10am-3pm



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

The federal government released its 2018-2019 budget earlier this year. It could be argued that the most significant component of the government's lofty ambitions is its complete abandonment of any remaining fiscal restraint or focus on the economy and in regards to the business community it lacks new measures to make Canadian firms more competitive to counter tax reforms in the U.S.

In the three years since the current government came to power, we've watched as government expenditures have skyrocketed. With total spending in this year's budget are more than \$311 billion dollars and projected revenue of \$293 billion leaves a deficit of over \$17 billion. That's \$58 billion more than the final year of the previous government—a 20 percent increase in just over two and a half years.

The government's campaign commitment to balance the budget during its 4-year term will be impossible to be met as promised. The government is adding \$17 billion of new debt for future Canadians with yet another massive deficit. Department of Finance projections indicate that, based on current spending, the government will be unable to balance the budget until 2050—over 30-years from now.

It's unlikely that members of our community will see any impact from all that deficit spending.

Agriculture only appears 16-times throughout the budget, and none of those examples commit tangible resources that will support farmers. In the case of NAFTA, the government has set aside virtually nothing for individuals who may lose employment as a result of that agreement's renegotiation. In the case of energy infrastructure, this budget establishes new rules and regulations that will threaten countless natural resource projects with additional regulatory approval processes—directly harming western and rural communities. And in the case of our men and women in uniform, there are vanishing few references and no new money.

After the government released the *Strong, Secure and Engaged* defence review last year, the Defence Department was all but omitted from the government's focus in this year's budget.

As the Member of Parliament for Calgary Signal Hill, I'm very concerned with how this government's priorities seem to be out of sync from previous statements. When the government is borrowing from generations of Canadians and more specifically, Albertans, yet unborn, it's reckless spending is foregoing needed investment.

I am always grateful to hear your feedback on Budget 2018 - 2019, or any other matter. Please feel free to call my office or email me at any time.

Ron Liepert



VOLUNTEER OF THE YEAR

Nominations are being accepted until April 13, 2018

Has a BCS volunteer made a difference for you?

Is there an unsung hero amongst us?

Please fill out a nomination ballot and place in the nomination box in the front foyer. Volunteer of the year will be announced at our AGM April 25, 2018.



Brian Malkinson

MLA for Calgary-Currie

Contact Brian at: 403-246-4794

Or CalgaryCurrie@albertandp.ca

April 2018 Newsletter – Calgary Currie

As Alberta's economy continues to grow and diversify, the government is taking important steps to ensure that all Albertans benefit. To this end we have been investing in retraining programs. Having reinvented my own career path a few times over the past decade, I know first hand just how impactful these programs can be. That is why a few weeks ago I was pleased to visit, with the Minister of Advanced Education Marlin Schmidt, some of the retraining centres right here in Calgary that are teaching Alberta workers new skills.

In February I visited the Career and Technology Centre at Lord Shaughnessy High School where I presented a cheque, on behalf of Environment and Parks Minister Shannon Phillips that is enabling students in their Energy and Environmental Innovation Lab to build a solar car. As part of my visit I stopped by the welding and auto shops, the culinary and pre-engineering labs, and the cosmetology and media studios to see how the CTC is preparing students for further education and careers in high-skill, high-demand occupations.

While education and retraining programs are an important components of ensuring that Albertans are future ready, so too is work of diversifying our province's economy. Premier Rachel Notley recently announced that full-scale commercialization of partial-upgrading technologies will be among the government's next steps toward energy diversification here in Alberta. Work is also underway to ensure that companies have access to the natural gas liquids they need to grow private investment in Alberta-based natural gas processing. This will build directly on the success the new Alberta Petrochemicals Diversification Program.

When I meet constituents on their doorsteps and at community events I am pleased to learn that they recognize the significance of these as well as others decisions our government has made to maintain public services, invest in infrastructure, and create the circumstances that will ensure the recovery will make life better all Albertans. Because your stories and ideas are important I want to encourage you to visit my office during Constituency Week - April 23 to 27, 2018 - and share with me your ideas and hopes for Alberta's future.

~ Brian

What you need to know about tree and lawn maintenance

As the weather starts to warm up, Calgarians move outside to enjoy our yards including our lawns, shrubs and trees. While plant life provides many benefits, there are some practical things to think about.

The Streets Bylaw outlines rules to ensure City service and emergency vehicles and pedestrians have unobstructed access to streets, sidewalk and alleyways. Ensure trees, shrubs and hedges are pruned back to the property line and have a height clearance of 15 feet in alleys and streets and eight feet over sidewalks.

When it comes to your lawn, there are also some practical things to think about. Long grass and uncontrolled weeds can lead to mosquitos, mouse problems and other safety hazards. When weeds get out of control, pesticide use increases and they can spread on to neighbouring properties interfering with appearance and reducing property value.

The Community Standards Bylaw regulates grass, weeds and untidy properties:

- Grass must be less than six inches (15 centimeters) tall.

- Owners must maintain their lawns and boulevards.

- Owners must keep weeds under control and ensure they don't spread from the property including tall weeds and grass from their property line to the midpoint of the alley.

We all have a part to play to help ensure streets, alleys and sidewalks are not obstructed and that we create good neighbour relations through minimum standards for yard maintenance. A local community cleanup event may also be a great option for getting rid of yard waste.

For more information, visit calgary.ca/goodneighbour and calgary.ca/cleanup.



Evan Woolley

Ward 8

Contact Evan : 403.268.2431



Participate in the 2018 Census

The Civic Census is conducted at the same time every year, usually kicking off on April 1. The April timing was set by previous provincial legislation but remains appropriate because of the size of our city. The Census could not be completed by the required due date if it started later than the first of April.

The census data collected each year is necessary to make sure the City's programs and services are serving the needs of Calgarians. It is essential for City departments and related agencies to have accurate and up-to-date statistical information on the residents of Calgary to make informed and appropriate decisions on the provision of population based city services, such as transportation, roads, transit, fire protection, police services, utilities, recreation, etc. Basing decisions on constantly updated demographics results in more appropriate use of City revenues, especially in these times of rapid change.

Under a cost sharing understanding between the City of Calgary and both the Public and Separate School Boards, data is collected for the Boards during the Census. This information is required for enrolment predictions, decisions on future schools, and transportation needs. With decreasing funds available for education, the information obtained by the Census is now more important and necessary to allocate resources. The data is also used by the Province to determine the availability of grants for municipal transportation and libraries.

If you've never completed the census before, it only takes a few minutes and gives the City the information needed to improve our neighbourhoods.

There are two ways to complete your census: online or in-person. To complete your census online, watch the mail for your access code and visit Calgary.ca/census from April 1 to 19. If you are unable to complete your census online, door-to-door census will begin on April 20.

Be careful not to confuse the annual Civic Census with the Census done by the Federal Government. The Federal Census collects different information than the Civic Census and is conducted once every five years in the month of May. The Civic Census is conducted in accordance with Section 57 of the Municipal Government Act (Revised Statutes of Alberta 1994, Chapter M-26.1). If you have further interest on the details and history of the Census, you may contact census@calgary.ca.

The Civic Census is one way to participate in civic governance and to keep the ball rolling in putting our neighbourhoods first!

Evan Woolley

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>



Introducing our Spring Classes



EXERCISE	DAY	TIME	DATE	COST
Pickle Ball Lessons	Monday	10-11:30am	Mar 26th	*\$60 memb/\$90 non
Belly Dancing	Monday	10:15-11:15am	Apr 9th	\$45 memb/\$65 non
Balance Core and More	Tuesday	12:15-1pm	Apr 3rd	\$30 memb/\$50 non
Zumba	Tuesday	1:15-1:45pm	Apr 3rd	\$30 memb/\$50 non
Qi Gong & Yoga	Tuesday	2:30-3:30pm	Apr 3rd	\$30 memb/\$50 non
Pickle Ball Game	Wednesday	1-2:30pm	Mar 21st	*\$50 memb/\$80 non
Lawn Bowling Lessons	Wednesday	10.30am-12pm	May 16th	\$3 Drop In (all summer)
Balance Core and More	Thursday	1:45-2:30pm	Apr 5th	\$30 memb/\$50 non
Brain Gym	Thursday	1:30-2:30	Apr 12th	\$30 memb/\$50 non
Dance to be Fit	Thursday	6-7pm	Apr 19th	**\$50 memb/\$80 non
ART				
Water Colour	Mondays	12:30-3pm	Apr 16th	\$90 memb/\$120 non
Paper Tole	Thursdays	9:30-11:30am	Apr 19th	*\$90 memb/\$120 non
Mixed Media ART	Thursdays	9:30-11:30am	Apr 19th	*\$100 memb/\$160 non
Mixed Media ART	Thursdays	12pm-2pm	Apr 19th	*\$100 memb/\$160 non

ALL EXERCISE PROGRAMS ARE 6 SESSIONS

(Except for marked classes *8 and **10 sessions)

For more information, please contact the office at 403.246.0390 or

Email info@bowcliffseniors.org.

Anyone needing financial assistance please contact the office.

DROP INS WELCOME

Your association or organization has been identified as a key stakeholder of the Canada Revenue Agency (CRA). We hope you will share the following information with your membership.

English version *La version française suit*****

What to do when a loved one dies

Dealing with the death of a loved one is difficult. With this in mind, the [Canada Revenue Agency](#) (CRA) wants to help make filing their final tax return easier. This simple checklist will help you with the first few steps you should take.

Checklist

- ✓ Gather all of the deceased's income tax information so that when it is time to prepare their return, everything will be ready and easy to access.
- ✓ Notify the CRA of the date of death as soon as possible, by calling the CRA at **1-800-959-8281**, or by filling out the form on the back of [Information Sheet RC4111, What to Do Following a Death](#), and sending it to your [tax services office or tax centre](#).
- ✓ Request that CRA stop the following benefit and credit payments, and if applicable, transfer them to a survivor:
 - o [goods and services tax / harmonized sales tax \(GST/HST\) credit](#)
 - o [working income tax benefit advance payments](#)
 - o [Canada child benefit](#)
- ✓ Advise [Service Canada](#) of the deceased's date of death. For more information, or to get the address of the Service Canada Centre nearest you, call **1-800-622-6232**.
- ✓ Make sure you are named, and on the CRA's files, as the [legal representative](#), or get in touch with the legal representative who will deal with the CRA.

For the legal representative: when filing the deceased's final tax return

- The [due date for the final return](#) depends on the deceased's date of death. For more information, see [Information Sheet RC4111](#) or [Guide T4011, Preparing Returns for Deceased Persons](#).
- Do you need to report income earned by the estate after the date of death? If so, you will need to prepare a T3 return.
- No [instalments](#) have to be paid for a deceased person after their death. The only instalments that have to be paid are those that were due before the date of death.
- Determine whether or not you need a [clearance certificate](#) before you distribute any property.

Hello April

RAFFLE

1st Prize: 32" Smart 1080P LED HDTV

2nd Prize: 24lb Himalayan Salt Lamp

Price: \$2.00/ Ticket

Draw Date: Wednesday, APRIL 25TH, 2018 at Lunch



April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1230 Hand & Foot	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 115 Zumba 230 Qi Gong/Yoga	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Pickleball	9 Greeks Seniors 930 Paper Tole 930 Mixed Media Art 12 Mixed Media Art 1 Adv Bridge 145 B, C & M	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
8	9	10	11	12	13	14
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1015 Belly Dancing 1230 Hand & Foot	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 115 Zumba 230 Qi Gong/Yoga	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Pickleball	9 Greeks Seniors 930 Paper Tole 930 Mixed Media Art 12 Mixed Media Art 145 B, C & M	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
15	16	17	18	19	20	21
	9 Greek Seniors 930 Sing a Long 10 Pickleball 10:15 Belly Dancing 12 Watercolour 1230 Hand & Foot 2 Rhythm & Moves	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 115 Zumba 230 Qi Gong/Yoga	9 Greek Seniors 930 Harmonica Tableau 1145 FREE VOLUNTEER LUNCH 1 Bingo 1 Pickleball	9 Greeks Seniors 930 Paper Tole 930 Mixed Media Art 12 Mixed Media Art 130 Brain Gym 145 B, C & M 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	ART SHOW
22	23	24	25	26	27	28
	9 Greek Seniors 930 Sing a Long 10 Pickleball 10:15 Belly Dancing 12 Watercolour 1230 Hand & Foot 2 Rhythm & Moves	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 115 Zumba 230 Qi Gong/Yoga	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Pickleball AGM	9 Greeks Seniors 930 Paper Tole 930 Mixed Media Art 12 Mixed Media Art 130 Brain Gym 145 B, C & M 6 Dance to be Fit	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 7 JAM SESSION	
29	30					
	9 BOARD MEETING 9 Greek Seniors 930 Sing a Long 10 Pickleball 1015 Belly Dancing 12 Watercolour 1230 Hand & Foot					