

# COMMUNICATOR



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**FEBRUARY 14, 2018—VALENTINES LUNCH/TEA 11:45am**

**CLOSED FEBRUARY 19 , 2018 FOR FAMILY DAY**

**FEBRUARY 23, 2018—Movie Afternoon Series, 1pm**

**FEBRUARY 24, 2018—Memorial for Doreen Dyer, 1:30pm**

**BOW CLIFF CENTRE 50+**

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*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

## February 7th

Chinese Chicken

Rice

Cream Puffs

## February 14th

VALENTINES LUNCH

Soup & Fancy Sandwiches

Squares

## February 21st

Chili

Salad

**BIRTHDAY CAKE**

## February 28th

Quiche

Salad

Pie



## WEDNESDAY LUNCHEONS

All regular luncheons are \$7 for members and \$9 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.**

# 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.





# FEBRUARY BIRTHDAYS

Carol Abernathy

Shirley Ardous

Frank Archer

Connie Bishop

Kathleen Brooks

Tom Wilcock

Nancy Cardinal

Jocelyn Churchill

Anita Conklin

Lorna Enzie

Pat French

Ted Glenn

Barbara Hibberd

Jean Hyslop

Merlyn Kinzie

Mae An Littlewood

Marge McKercher

Edith McMinn

Sandra Morran

Wayne Naylor

Oriole O'Dwyer

Tim Stevenson

Laura Taylor

Peter Thurston

Norma Lenore Trudeau

Betty Wheatley

## Note from ED:

Congratulations to Lorraine Kidner who won the TV in our January raffle. Our February raffle will be for 4 rings with a retail value of \$400. Again 150 tickets will be printed at \$2 each for potential proceeds of \$300 to our organization. Thank you once again to Maureen Furze for the wonderful donation.

Due to popular demand from our members we are continuing with our bottle drive throughout the year and we greatly appreciate all the donations to date. We raised over \$1000 last fall and hope to do the same this spring.

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

— John



**MOVIE**  
AFTERNOON

**February 23rd, 2018  
at 1pm**

**JOIN US IN WATCHING THE SERIES**

## **The CROWN**

**WE WILL BE WATCHING THE  
SEVENTH AND LAST EPISODE.**

This drama follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shape





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

After years of training, the Canadian Olympic Team is ready and in PyeongChang, South Korea to compete at the 2018 Winter Olympics. It is scheduled to be our nation's 23rd appearance at the Winter Olympics, having competed at every Games since their inception in 1924. The opening ceremonies for the XXIII Olympic Winter Games, on February 9<sup>th</sup>, will kick off the games. They will be held for 17 days followed by the Winter Paralympic Games in the same location from March 9 – 18, 2018.

'Own the Podium' is a Canadian not-for-profit organization that was created in 2006 as 'Own the Podium – 2010' and their goal was to prepare Canadian athletes to reach medal finishes at the Vancouver 2010 Winter Olympics. Own the Podium (OTP) is the organization responsible for assessing the performance potential of Canadian high performance sport (both individual and team) and due to the success in 2010, has continued to support Canadian athletes in their Olympic pursuits for both winter and summer games. Through funding by OTP, athletes have more resources to allow for the time commitment for the training required to reach the podium. Funding for the OTP program is largely from the federal government (the Canadian government announced the creation of Podium Canada, an umbrella body for the 'Own the Podium – 2010' in 2006) and individual donors.

As we discussed in the last month's message, athletes from across the country come to train at the excellent facilities and within the top notch programs located in our riding at Canada Olympic Park. By the continual development of the park, the athletes are given every opportunity to thrive in their quest to achieve an Olympic Medal.

With Canada sending a team of no less than 226, they will be competing in every event with the exception of nordic combined. Here is a little trivia about our team- with 20 medals, including 13 gold, Canada is the most successful country in Olympic ice hockey. In Ice Skating, Canada qualified 17 athletes (8 male and 9 female) across all four individual and pairs events. This meant Canada qualified the most figure skaters out of all nations.

As we all watch and cheer on our Olympic athletes, I want to say thank you for representing Calgary Signal Hill, and Canada. Let's 'Own the Podium'.

# Evan Woolley

Ward 8

Contact Evan : 403.268.2431



## Calling for Calgary Awards Nominations!

Happy New Year! As we usher in 2018, February marks an important month in our city. The Calgary Awards is one of the largest citizen recognition programs in Calgary. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

Our communities are filled with dedicated, thoughtful and compassionate Calgarians. I strongly encourage you to take some time to reflect on your own neighbours and all that they do for your community, then, nominate them for a Calgary Award!

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards. The Calgary Awards are for Calgarians, individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For specific eligibility requirements, how to nominate someone in your community and for more information visit:

**. Nominations close on Wednesday, February 28, 2018.**



**Brian Malkinson, MLA for Calgary-Currie**

**Contact Brian at: 403-246-4794**

**Or [CalgaryCurrie@albertandp.ca](mailto:CalgaryCurrie@albertandp.ca)**

As many of you know, last October Premier Notley appointed me to the provincial Treasury Board. Since then I have been honoured to serve as a strong advocate for all Calgarians on this important decision making body. While Alberta's economic recovery is underway there is still more that we can do to ensure that every Albertan is optimistic about their and our province's future. Budget 2018 will be an important moment for Alberta's path to balance and that is why the Alberta government launched an online Budget Survey in November 2017 to hear your priorities for controlling costs and to identify services and programs that should be protected. I strongly encourage you to share your thoughts by completing the survey by February 2 or by emailing a written submission to [Budget.Feedback@gov.ab.ca](mailto:Budget.Feedback@gov.ab.ca).

As you spend time with your sweethearts or families this February, it is never too early to start thinking about summer plans - especially this winter! Last year was another record setting year for Alberta Parks as the province's Reserve.AlbertaParks.ca (RAP) online reservation system processed its one millionth booking. So if you and yours are interested in reserving one of the 14,000 campsites across Alberta, this is your reminder that the mobile-friendly RAP system opens Tuesday, February 20 for online bookings for the 2018 camping season.

Finally, I am looking forward to lacing up my skates at the numerous skating parties that volunteers at community associations across Calgary Currie have organized for this February. If you are interested in helping with the upkeep of your local outdoor rink I encourage you to contact your community association directly (they will appreciate this immensely and it is a great way to meet your neighbours) or visit the City of Calgary's "Adopt-a-Rink" webpage. "Adopt-a-Rink" is an awesome winter volunteer program through which volunteers help flood and maintain existing community pleasure skating rinks in their own communities.

See you on the ice!

~ Brian

# 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**  
**WINTER CLASSES**



**3375 Spruce DR SW**

<b>EXERCISE</b>	<b>DAY</b>	<b>TIME</b>	<b>START DATE</b>	<b>\$</b>
Pickleball	Monday	10-11:30am	Jan 9th	\$50 memb/\$80 non
Rhythm and Moves	Monday	2-3pm	Jan 22nd	FREE
Balance Core and More	Tuesday	12:15-1pm	Jan 9th *	\$50 memb/\$80 non
Qi Gong	Tuesday	2:30-3:30pm	Jan 16th	\$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
<b>ART</b>				
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	9:30-11:30am	Jan 11th	\$162 memb/\$192 non
Mixed Media ART	Thursdays	12pm-2pm	Jan 11th	\$162 memb/\$192 non
<b>BRIDGE</b>				
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](mailto:info@bowcliffseniors.org).

Anyone needing financial assistance please contact the office.

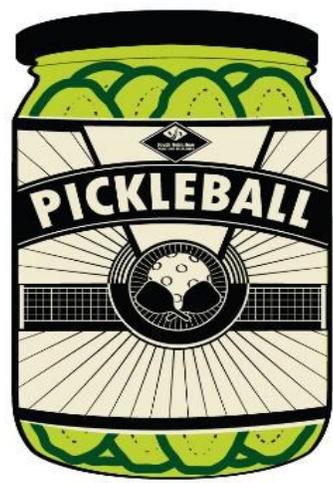
**DROP INS WELCOME**

# 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**<sup>®</sup>  
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.

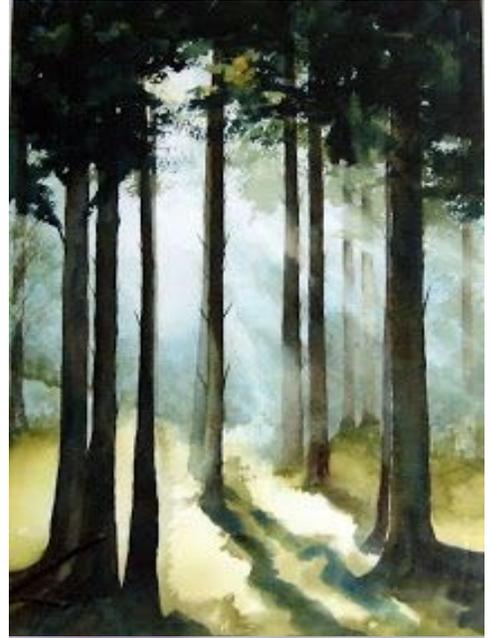
11 week session with Deana Michtich.



# 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.



# February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9 Greek Seniors 930 Art & Paper Toile 1130 B, C and M 12 Mixed Media Art 1 Advanced Bridge 130 Brain Gym	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
4	5	6	7	8	9	10
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1230 Water Colour 1230 Hand & Foot 2 Rhythm & Moves	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 2:30-3:30pm Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Intermediate Bridge	9 Greeks Seniors 930 Art & Paper Toile 1130 B, C and M 12 Mixed Media Art 1 Advanced Bridge 130 Brain Gym	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
11	12	13	14	15	16	17
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1230 Water Colour 1230 Hand & Foot 2 Rhythm & Moves	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 2:30-3:30pm Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Intermediate Bridge	9 Greeks Seniors 930 Art & Paper Toile 1130 B, C and M 12 Mixed Media Art 1 Advanced Bridge 130 Brain Gym	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge	
18	19	20	21	22	23	24
	<b>OFFICE CLOSED</b>	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 2:30-3:30pm Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 BIRTHDAY LUNCH 1 Bingo 1 Intermediate Bridge	9 Greeks Seniors 930 Art & Paper Toile 1130 B, C and M 12 Mixed Media Art 1 Advanced Bridge 130 Brain Gym	9 Greek Seniors 930 Rhythm Kats 12 Duplicate Bridge 1 MOVE	
25	26	27	28			
	9 Greek Seniors 930 Sing a Long 10 Pickleball 1230 Water Colour 1230 Hand & Foot 2 Rhythm & Moves	9 Greeks Seniors 9 Needleworkers 1215 B, C & M 1230 Party Bridge 2:30-3:30pm Qj Gong	9 Greek Seniors 930 Harmonica Tableau 1145 LUNCH 1 Bingo 1 Intermediate Bridge			