



FEBRUARY 2024

Bow Cliff 50+ Center

3375 Spruce Drive SW

COMMUNICATOR



*Kind words can be short and easy to speak,
but their echoes are truly endless.* Mother Teresa



BOWCLIFFSENIORS.ORG



@BowCliff



BowCliffSeniors



INFO@BOWCLIFFSENIORS.ORG

BOW CLIFF 50+

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The Communicator is published monthly.

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

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Bow Cliff 50+ Center is located in the community of Spruce Cliff. We would like to take this opportunity to acknowledge the land on which we gather: In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory.

THANK YOU TO OUR FUNDERS & DONORS

 Alberta Lottery Fund



 Government of Canada
 Gouvernement du Canada



A Note from our Executive Director

We had a delayed start to 2024 at Bow Cliff with incredibly cold weather in the first two weeks. We appreciate those members and guests that braved the cold to attend our programs and activities. The weather has improved, and our winter programming is now fully operational with over 20 weekly activities.

We are thrilled with the positive feedback to our Super Membership. We have now over 100 Super Members from Bow Cliff and are approaching 1,000 members amongst our 10 participating activity centres. There will be several additional centres joining us in 2024 and we look forward to announcing many exciting joint events throughout the year.

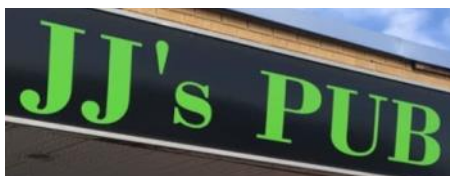
Thank you for your patience and understanding as we continue to facilitate the installation of the grease traps that have been mandated by the City. We are hopeful that this project will be completed this spring with minimal interruption to our programming, activities, and rentals. Unfortunately, we had an additional building deficiency that needed to be addressed immediately and the costs of these two projects will exceed \$40,000.

These unbudgeted and large building deficiencies will require us to elevate our fundraising initiatives in 2024. We will be announcing fundraising events shortly to help offset these costs and as always, we are most grateful for your generous donations. As a registered charity, Bow Cliff can offer Tax Receipts for donations. The 2023 tax receipts are now available. Please contact the office if you have not received your 2023 tax receipts.

Thank you once again to our incredible volunteers who spend hundreds of hours each year providing wonderful lunches and programming support.

Wishing you all a healthy and safe February!

Thank you to all our incredibly generous corporate sponsors and funders. We look forward to working with you all in the near future as we embark on serving our seniors in the coming 2024 year ahead!





<p><i>Wednesday 7th</i></p>	<p><i>Wednesday 14th</i></p>
<p><i>\$12 Members</i> <i>\$14 Non-Members</i> <i>Chicken Tetrazzini,</i> <i>Salad and Dessert</i></p>	 <p><i>\$12 Members</i> <i>\$14 Non-Members</i> <i>“Valentines Day Luncheon”</i> <i>Stuffed Peppers, Spinach Salad</i> <i>And Black Forest No-bake Cake</i></p>
<p><i>Wednesday 21st</i></p>	<p><i>Wednesday 28th</i> FUNDRAISING LUNCH</p>
<p><i>\$12 Members</i> <i>\$14 Non-Members</i> <i>Squash Soup, Egg Salad Sandwich</i> <i>And Birthday Cake</i></p>	<p><i>Sponsored by:</i></p>  <p><i>\$12 Members, \$14 Non-Members</i> <i>Bon Ton Pot Pie, Salad</i> <i>and Special Dessert</i></p>

LUNCH

*Join us for weekly Wednesday lunches at noon. **Please RSVP** to office by noon the Tuesday prior so we can plan appropriate amounts. Please note: menu is subject to change without notice .*

Coming Up Soon!

FREE *Massage Therapy* from the **Mount Royal Massage Therapy Program!**

FEB 15 1:00, 1:30, 2:00, 2:35,
3:05PM

FEB 29 1:00, 1:30, 2:00, 2:35,
3:05PM

FREE 25 minute massages with
the Mount Royal Massage
Therapy Training Program!
Call the Office to sign up!



403.246.0390
Bow Cliff Seniors
3375 Spruce Drive SW

KERBY CENTER & COBBS BREAD MARKET

Thursday February 15th

11:00am

Location: Bow Cliff Centre

3375 Spruce Drive SW



A logo for the Year of the Dragon 2024, featuring a stylized dragon in blue and red, with the text "YEAR OF THE DRAGON" above and "2024" below.

Join us for our Chinese New Year 2024 celebration,
with Asian cuisine and entertainment by the
Canadian Indonesian Club.

FREE MEMBERS' SOCIAL

DONATIONS ARE GREATLY APPRECIATED

THURSDAY, FEBRUARY 22 @ 5PM
BOW CLIFF SENIORS
3375 SPRUCE DRIVE SW

Please RSVP with office 403.246.0390.
Only 60 seats available!!



Craig O.

Hazel L

Kristin O.

Mara D.

Kathleen B.

Zofia G.

Barbara H.

Margaret H.

Janet L.

Bill E.

Martin M.

Oriole O.

Norma T.S.

Kim L.

Carol A.

Jocelyn C.

Velda B.

Doris M.

Christine W.

Brenda B.

Armiluz T.

Wendy D.

Rita J.

Ted G.

Wayne N.

Merlyn K.

Tim S.

Jean H.

Peter T.

Let's Go!
on a field trip



FREE Bingo Event offered by
Evergreen Senior Living

Join us for a fun filled entertaining
afternoon of Bingo and Refreshments
at Venvi Evergreen Seniors Living .

Thursday, February 22, 2024

12:30-3:30pm

Limited seats RSVP to Office

CALL 403-246-0390 to book your spot

Evergreen Bus
will be picking up at
Bow Cliff Seniors
3375 Spruce Dr. SW

Please arrive
by 12:15pm



Have You RENEWED Your Membership?



Such GREAT Value!

Allowing you to enjoy member privileges at these various centres all year long:

Bow Cliff Seniors

Confederation Park 55+ Activity Centre
Greater Forest Lawn 55+ Activity Centre

Unison at Kerby Centre

Parkdale Nifty Fifties

Bowness Seniors Centre

Ogden 50+ Activity Centre

West Hillhurst Go Getters

Good Companions 50 Plus Club

SW 55+ Connect Society

Call the Bow Cliff office to find out more today!

Bow Cliff Membership Includes:

Sign Up TODAY!

- ◆ Free Birthday Lunch Coupon
- ◆ Monthly Social Events for Members
- ◆ Membership Prices for Events & Activities
- ◆ Voting Privileges at AGM

Call 403-246-0390 Today!



MUSIC CLASSES WINTER 2024

Calling all musicians!

Come and join us for one of our music classes coming up in January! Call the office (403.246.0390) or contact Angela Aviles for more information.



Ukulele - Beginner II
TBA

Keyboard - Intermediate
Jan.25 - Mar.28
\$150.00 Members, \$165.00
Non-Members



Art Classes Winter 2024

Get your creative juices flowing and join us for one of our many art classes! Open to all skill levels.

Monday Watercolour: (FULL)

Thursday Mixed Media Art:
Feb.1 - Apr.18, 9:30-11:30, 12 classes
\$190 Members, \$205 Non-Members

Thursday Watercolour II:
Jan.25 - Apr.11, 9:30-12:00, 12 classes
\$200 Members, \$215 Non-Members

Call the office (403.246.0390) or contact Angela Aviles to sign up today!



NEW CLASS!

Intermediate Yoga



Monday Mornings
11:30-12:30

January 22nd - April 15th, 12 sessions
\$100.00 Members, \$110.00 Non-Members

Join our instructor Judy Chan as she guides participants through yoga poses!

This class is all on the mat, but it is still gentle on the joints! There will be a focus on flexibility, balance and strength, and exercises will also focus on moving with breath.

All levels are welcome!

Call the office today to sign up: 403-246-0390



NEW CLASS! BEGINNER LINE DANCING

WITH PAULA BICKFORD

Join us for a fun and energetic class with our favourite dancer - Paula Bickford! This class will involve learning new steps, adding fun and upbeat music, and dancing yourself fit!

This class is fit for beginners as well as experienced line-dancers!



Wednesday Mornings
9:30-10:30

January 24th - March 13th, 8 Sessions
\$90.00 Members, \$105 Non-Members

FREE Learning Café's



Government Benefits Alberta Blue Cross

Please join us for a conversation with Alberta Blue Cross as they present information on how to access Government and Personal Benefits as we age.

RSVP Bow Cliff Seniors (403) 246 - 0390

February 15th, 2024. 1:30pm - 3:00pm
Bow Cliff Seniors
3375 Spruce Drive SW

• CHARTWELL.COM



LEARNING NEVER ENDS



BOW CLIFF'S 2ND FEBRUARY LEARNING CAFÉ:
FRIDAY, FEBRUARY 23RD @ 10AM

LINDA
PETIOT



President
Calgary Neuropathy Association



Calgary Neuropathy Association
Support, Speakers, Education and Information

Linda Petiot joined CNA in December 2015 after hearing Dr. Haxton speak to the group. She was so happy to hear there were things she is able to do for her neuropathy that she joined CNA that day to learn more. Since that day she's been researching and trying different options for neuropathy and pain relief. Linda is an independent information technology business analyst who has taken on the Vice-President role as well as management of the CNA website and video production. Linda says, "Even though it is volunteer, working with Sylvia and the rest of this team is the highlight of my career. I feel like I can really make a difference and help people with peripheral neuropathy." Linda is looking forward to the exciting things the team will do together.



Conversation Café is a safe and supportive place for care partners and those with dementia to connect.

Join us at Bow Cliff Seniors Center every 2nd and 4th Friday of the month 10 am—noon

**Help break the barriers of stigma!
Join us for our Conversation Café!**

This network connects people from all walks of life—some diagnosed with cognitive impairment, along with close friends & family members, and others who want to learn more about how to care for those with these cognitive disorders. Conversation Café is a safe environment with others that share a similar journey. We hope to share experiences and resources, build relationships, and be able to walk together.

**Call the office for more information
403.246.0390**

2024 WINTER Programs

NOTE: Minimum number of registrants must be met 1 week before class starts. Drop-ins for these winter classes will only be considered once the minimum number of full registrants has been met.

EXERCISE			
Intermediate Yoga	Mon. Jan. 22-Apr.15 (12s)	11:30-12:30	5 Min/12 max \$100M, \$110NM
Chair Floor Yoga	Tues. Jan.23-Apr.9 (12s)	1:00-2:00	5 Min/12 max \$100M, \$110NM
Tai Chi	Wed. Jan.24-Mar.27 (10s)	2:15-3:15	7 Min/12 max \$95M, \$105NM
Line Dance with Paula	Wed. Jan. 24-Mar.13 (8s)	9:30-10:30	6 Min/12 max \$95M, \$105NM
Gymmy Fitness	Fri. Jan.26-Mar.15 (8s)	9:30-10:30	6 Min/12 max \$95M, \$105NM
ART			
Watercolour Art	Mon. Jan. 22-Apr.15 (12)	12:30-3:00	FULL
Watercolour Art II	Thurs. Jan. 25-Apr.11 (12)	9:30-12:00	9 Min/12 max \$200M, \$215NM
Mixed Media Art	Thurs. Feb. 1-Apr.18 (12)	9:30-1130	7 Min/12 max \$190M, \$205NM
MUSIC & OTHER			
Beginner Plus Ukulele	Tues. Feb. 6 - Apr. 9	10:00-11:00	7 Min/15 max \$70M, \$80NM
Keyboard Intermediate	Thurs. Jan. 25-Mar.28 (10)	12:45-1:45	6 Min/8 max \$150M, \$165NM

WINTER Drop-In Programs

BRIDGE	DAY	TIME	DROP-IN \$
Party Bridge	Tuesdays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
Duplicate Bridge	Fridays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
GAMES			
Hand & Foot (card game)	Mondays	12:30 –3:00	Memb.—\$3 , Non-Memb.—\$4
Bingo	Wednesdays	1:15– 3:15	\$3 plus additional game card fees
Crib & Tile Rummy	Thursdays	12:30-3:00	Memb.—\$3 , Non-Memb.—\$4
ARTS & CRAFTS			
Crafts & Coffee	Tuesdays	9:30-12:00	Memb.—\$3 , Non-Memb.—\$4
OTHER			
Harmonica Tableau	Wednesdays	9:30 –11:30	
Convo & Learning Café	Fridays	10:00-12:00	FREE!
Lunch* MUST RSVP	Wednesdays	12:00 –1:00	Memb.—\$12, Non-Memb.—\$14

ALZHEIMER CALGARY

it's still **me** in here

Bow Cliff Seniors...we're going on a field trip!

Join us for a journey to explore a thought provoking
Film documentary presented by Third Action Films. Bus
ride to/from Bow Cliff provided. Sunday Feb. 11, 3-6pm.

Call office to book your spot!

Only 40 seats available 403-246-0390.

THIRD ACTION

FILM
FESTIVAL

Wine, Women, & DEMENTIA

A road trip connecting the disconnected -
because until there's a cure there's community.

STUMPED TOWN DEMENTIA PRODUCTIONS PRESENTS A KITTY MORTON "WINE, WOMEN AND DEMENTIA"
WITH NICHOLAS VON PLESS, MI GREG EYERS, JUDITH GIBBS & PIERCEBURST WITH RICHARD WALTERS
AND MI GREG EYERS AND TAMI ELBAHAN WITH KITTY MORTON AND BELLA FIGAZZO WITH KITTY MORTON
www.womenanddementia.com



Sorry

WE WILL BE CLOSED

THE BOW CLIFF OFFICE WILL BE
CLOSED ON MONDAY FEBRUARY 19
FOR FAMILY DAY LONG WEEKEND.

x x x

x x x



Please be advised that some of our drop in program fees have changed.
Please review "Winter Drop -in Program" listing for changes. Contact the
office if you have questions regarding these changes. (in blue) Thank You



February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<p>FEBRUARY Special note: Mount Royal Massage Students are offering FREE Massage appointments on Feb 1, 15 and 29 only . Book your 25 minute appointment now. RSVP to office to book yours –call 403-246-0390</p> 				9 Greek Seniors 9:30 Mixed Media 9:30 Watercolour 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard 	9 Greek Seniors 9:30 Gymmy Fitness 12:30 Duplicate Bridge	
4	5	6	7	8	9	10
	9 Greek Seniors 11:30Interm.Yoga 12:30 Card Game Hand & Foot 12:30 Watercolour	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukelele 12:30 Party Bridge 1 Chair Floor Yoga	9 Greek Seniors 9:30 Line Dancing 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Mixed Media 9:30 Watercolour 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard	9 Greek Seniors 9:30 Gymmy Fitness 10 Convo Café 12:30 Duplicate Bridge	
11	12	13	14	15	16	17
	9 Greek Seniors 11:30Interm.Yoga 12:30 Card Game Hand & Foot 12:30 Watercolour	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukelele 12:30 Party Bridge 1 Chair Floor Yoga	9 Greek Seniors 9:30 Line Dancing 9:30 Harmonica Tableau  12 Valentine Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Mixed Media 9:30 Watercolour 1-3Chartwell Learning Cafe  12:45 Intermediate Keyboard 	9 Greek Seniors 9:30 Gymmy Fitness 12:30 Duplicate Bridge	
18	19	20	21	22	23	24
	CLOSED	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukelele 12:30 Party Bridge 1 Chair Floor Yoga	9 Greek Seniors 9:30 Line Dancing 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Mixed Media 9:30 Watercolour 12:30Bingo bus trip 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard 5 member social 	9 Greek Seniors 9:30 Gymmy Fitness 10 Leaning Cafe Neuropathy  12:30 Duplicate Bridge	
25	26	27	28	29		
	9 Greek Seniors 11:30Interm.Yoga 12:30 Card Game Hand & Foot 12:30 Watercolour	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukelele 12:30 Party Bridge 1 Chair Floor Yoga	9 Greek Seniors 9:30 Line Dancing 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour 12:30 Crib & Tile Rummy –drop in 12:45 Intermedi-ate Keyboard 		

Bow Cliff Walking Club

Tuesday Mornings from 9:30-11:30

Join other members who love their morning walks- talk, chat, and get some exercise!

Walking time is not the complete 2 hours. Bow Cliff will host the group post walk for tea, coffee, water and more social time!

This program continues through our Winter weather, walking sticks available here at Bow Cliff!

Come Out & JOIN US!



Party Bridge

*Tuesday 12:30

Duplicate Bridge

*Friday 12:30

FEE: Member drop in \$4

Non Member \$5



Bow Cliff Drop-In Program!

"CRAFTS & COFFEE"

Bring an ongoing project and join us on Tuesday mornings for coffee, conversation and social time with other "crafters"! If you crochet, paint, or have any other crafts on the go. Come and join us Tuesday Mornings 9:30-11:30

Drop in Fee \$3 members - \$4 non-members

JOIN US

DROP IN CRIB OR TILE RUMMY

Thursdays 12:30-3:00 pm
Drop-In Fee \$3 members - \$4 non-members
All Welcome

"Drop In Crib" Or "Tile Rummy" is open for all to come and enjoy the space offered. Come play either Tile Rummy OR Crib, bring a friend and enjoy the afternoon together.

Bow Cliff Seniors Center, 3375 Spruce Drive SW



Join us every Wednesday afternoon @1:15 for B I N G O !

Drop-in fee \$3 -All Are Welcome!

Game Play will have 2 rounds with 4 games per round.

.10 cents per card played for first 3 games and .25 cents per card played for the blackout fourth game. Then the round will repeat one more time (total of 8 games).

What's Been Happening...



Our delicious Ukrainian Christmas Luncheon was very well attended and enjoyed by 47 full tummies, despite the cold weather. Thank You all for your support.

Thank you to Ukrainian Fine Foods for their delicious product.



Robbie Burns
Member Social



A Happy Haggis
event...enjoyed
by all!





BOW CLIFF
Seniors

CHARTWELL
retirement residences



SPRING FLING

FUN PARTNER PARTY BRIDGE

TOURNAMENT

Saturday April 13th 10am - 4pm

At CHARTWELL ROYAL PARK:

4315 Richardson Road SW Calgary



Luncheon, Coffee, Tea & Goodies Included!

**Cash prizes for the 1st, 2nd, 3rd and 4th
place, large & small slams.**

Door Prizes to be won!

**Fee is \$35 per person. You will receive a \$15 tax donation receipt
from BCS.**

All proceeds will go to Bow Cliff Programming.

RSVP Prior to Friday April 5th!

Contact our office at 403.246.0390



Drop in Card Players

“HAND & FOOT”



Hand, Knee and Foot is a fairly new card game that is catching on all over the country. The game is a variation of Canasta. The aim of the game is to get rid of all the cards from your hand, knee and then your foot by melding them.

Beginners are VERY Welcome to come and learn the game.

Drop-in fee \$3 member - \$4 non-member

Mondays from 12:30pm-3:00pm

Coffee & Tea Provided



Laughter Lives Here

Life at Venvi is more than retirement living, it's a community filled with warmth, character and life. Designed for those who seek a vibrant and carefree lifestyle, everything here is in place to enjoy the freedom to live, love and laugh. This is the Venvi experience.

Call today to learn more and schedule a tour with a complimentary chef-inspired meal.

VENVY

CHATEAU RENOIR

— Retirement Living —

9229 16 St SW, Calgary
403-255-2105

EVERGREEN

— Retirement Living —

2220 162 Ave SW, Calgary
403-201-3555

venviliving.com



**VISIT
VIBRANTSENIORS.CA
FOR MORE
INFORMATION!**

WHAT IS R&D RETIREMENT SOLUTIONS

- All-in-one concierge service for Seniors
- Assists Seniors looking to transition from their current residence
- We alleviate the anxiety and uncertainty Seniors face when downsizing
- Offers complimentary in-home consultation to discuss current situation, goals, and dreams
- Creates a roadmap with our trusted partners to facilitate your goals
- We work with trusted and vetted partners including but not limited to: downsizers, home-staging, lawyers, real estate professionals, financial planners, mediators; and various partnerships with all retirement communities
- Bringing value to Seniors' lives and ensuring a seamless and stress-free transition with our white glove service
- Complimentary consultations that have provided life changing value to our clients



*Recognize
these friendly
faces?*

Rick, Don and their team have supported Bow Cliff in many ways. We are so grateful for their support and expertise in this field!



403-463-7425
rick@brixrealestategroup.com

403-473-1564
drmontpetit@shaw.ca



*Community opening!
May 2024*

RESET, REFRESH, REFRAME FOR 2024

BLOG POST BY KATHY DONOVAN

I joke around with our neighbours' kids that adulting is hard. I'm kidding and yet it's true. Being an adult is a complex experience in part because we are emotional beings. As humans, we're wired for safety and survival, we tend to view our circumstances as either negative or positive. Even on the sunniest of days, when we get the perfect parking spot and cruise quickly through checkout at the store, once someone cuts us off in traffic or we get some bad news about one of our kids the day becomes about the negative experience and that's what we play over and over in our thoughts.

Our thinking mind loves to categorize and judge because of our need to feel safe and in charge. When something interferes with our plans or some unexpected situation arises, our thinking mind will examine all the ways in which this perceived obstacle might be threatening. It looks for the worst that could happen and we're left to figure out the next steps for our safety.

Our thought process can be exhausting.

When we allow our thinking mind to lead in this way, we pile on stress, which can cause analysis paralysis because we're over thinking. We invest our time in examining situations from every angle in the hope that at some point, a solution will magically appear. When an answer does bubble up, we second guess it, never feeling fully confident that it's the right one, so we procrastinate a little longer, hoping that at some other time we'll feel better about addressing our circumstances.

Yup. This is what it is to be human, when we allow our thinking mind to lead us by making decisions either mindlessly or based on other people's expectations and values. "Most of our stress and suffering come not from events, but from our thoughts. Reframe from negative thoughts, and stress subsides."

–Martha Beck

Because our thoughts are so powerful, and researchers estimate we have between 60,000 and 80,000 of them a day (most of them negative for the reasons I describe above) they're worth investigating.



In the 1960's American psychiatrist, Aaron Tempkin Beck helped patients who were struggling with depression to shift from a negative mindset to a positive mindset. The process was termed cognitive restructuring and over time became known as simply reframing, to portray the process of shifting the focus of our thoughts, to ultimately nourish a more positive mindset. Reframing can really help us experience everyday life differently and will influence how we feel about ourselves without changing any of the facts of whatever situation we're dealing with.

“Our key to transforming anything lies in our ability to reframe it.” -Marianne Williamson

Many people who consider giving up their family home experience anxiety over the unknown and feel their self-worth and sense of accomplishment is tied directly to owning their home. Who they will be without the identity of being an independent homeowner. The concern is real, but we can ask a better question than who will I be without being a homeowner? We can reframe the situation by asking who do I get to be without all the responsibilities that come with owning a home? The first question is big and ambiguous while the second question has immediate answers such as: I'll have more time to connect with friends and family; I'll have more resources to do the things I really want to do. In short, I'll be free and it's from that mindset that we can make sound decisions about the next right steps for ourselves. That's the power of reframing.

“I am not failing – I am growing! Do you have the ability to reframe failure as growth in order to achieve your goals?” -James C. Collins

I think we can all agree that as human beings we're tough on ourselves when it comes to making mistakes. We learn early in life that the goal is to make our lives run smoothly instead of recognizing that life is a bumpy ride, and it goes more smoothly when we embrace the notion that mistakes are simply opportunities to learn. Let's reframe the idea that life is happening to us (victim mentality) to life is happening for us (student of life mentality).

Motivational maven Mel Robbins teaches the five second rule: from the second we have an idea to do something, change something or take action on something, we have five seconds before our thinking mind steps in with all the reasons why not. Five seconds to get out of the chair and move our body, five seconds to book the tickets, make the reservation, call that friend before our thinking mind steps in to say you can do that later or not at all. Understanding how we're wired helps us stay a little ahead of our powerful and negative thought bias, so that we can reframe the situation and decide to take action.

“Attitude is the ability to reframe the experience to empower you to future victories.”

-Orrin Woodward

As I'm getting older, I hear people say that if you have your health, you have everything and that's one last point I'd like to reframe. While we do our best to maintain our health, things happen, and we can easily be taken down. Our attitude and our perspective on life as it is, is where we can really mine for gold. When life serves up lemons, we can tap into our attitude, to help us focus on what's going well instead of what's wrong; we can lean on our friends, family and community which are essential ingredients when it comes to making life-lesson lemonade. Interdependence is a key pillar of living a fulfilling life, especially as we age. Instead of imagining the worst-case scenario, we can reframe and ask what's the best that could happen? When we choose to think this way with wisdom, clarity, self-compassion and acceptance, we empower ourselves to see the beauty and experience the bounty in our lives. We affirm that we are better together and that's a great way to begin a new year.

This Wellings blog by Kathie Donovan
was exclusively written for Wellings Communities and appeared first on
www.mywellings.com



**We invite you to discover more
about the wonderful lifestyle that awaits you!**

 **Wellings**[®]  825-734-4422
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