



MARCH 2024

Bow Cliff 50+ Center

3375 Spruce Drive SW

COMMUNICATOR



Leaping into spring, with a touch of
Irish Spirit and Easter Blessings



BOWCLIFFSENIORS.ORG



@BowCliff



BowCliffSeniors



INFO@BOWCLIFFSENIORS.ORG

BOW CLIFF 50+

3375 Spruce Drive SW Calgary, AB
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The Communicator is published monthly.

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

2023 BOARD OF DIRECTORS

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Angela Aviles	Program Director and Outreach Coordinator
Liz Gahan	Admin Assistant
Despina Yannitsos	Admin Assistant

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

It has been an interesting start to the new year for operations at Bow Cliff.

First the positive news. We are very excited with the incredible energy and enthusiasm from our Members, Super Members and guests throughout our programming and events. January and February have seen a significant increase in participation, and we look forward to a great spring schedule of programs, activities, and events.

Our Super Membership continues to exceed our expectations. Bow Cliff now has 120 Super Members and collectively we are approaching 1,000 Super Members amongst the 10 participating activity centres. We are pleased to welcome the Rainbow Elders as the 11th Super Member partner starting in March. We are hopeful of ending the year with 12 to 15 activity centres, representing over 20,000 seniors with a Super Membership base of over 2,000.

Now the not so good news. Our unbudgeted, unexpected, and large building deficiencies will be addressed this spring at a significant cost to our organization. We had to replace the back flow preventer at a cost of approximately \$2,000 and as you know we have been mandated to install two grease traps. Unfortunately, the expected cost of that installation is now approximately \$60,000. We have made an application for financial relief from the City for 75% of those costs but requiring the funds up front and ending up with a \$15,000+ cost overall is still a very challenging financial obstacle to overcome for our building partners, the Calgary Lawn Bowling Club, and ourselves.

We basically have free access to the facility through a 15-year lease, but we are responsible for maintenance and upkeep. We operate our programming on a break-even basis at best. In these difficult inflationary times, there is only so much we can do to be able to offer cost-effective programming, luncheons, and services to our membership. These onetime large building deficiencies have forced us to elevate our fundraising initiatives in 2024. We have launched an online Easter raffle with the draw to be made at our Easter luncheon on March 27. We will be announcing other fundraising events throughout the year. As a reminder, we are a registered charity and can offer Official Tax Receipts for donations. We know and appreciate these are challenging times for everyone. For those that can donate or purchase raffle tickets, we thank you for your support.

We will get through all the building challenges. We will continue to make Bow Cliff a safe, comfortable, and fun place for everyone to gather and enjoy. My responsibility is becoming more and more focused on raising funds through sponsorship, fundraising activities, and applying for every grant possible that we are eligible for. Our incredible staff focus on making sure we can offer the best programming and services in the most efficient, courteous, professional, and safe environment. Most importantly, we know we can do all of that because of our incredible volunteers who spend hundreds of hours each year providing wonderful lunches and programming support.

Thank you for your patience and understanding.

- John Yannitsos





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!






Lunch Bunch



Menu

<p><i>Wednesday 6th</i></p>	<p><i>Wednesday 13th</i></p>
<p><i>\$12 Members</i> <i>\$14 Non-Members</i> <i>Beef Barley Soup,</i> <i>Triple Decker Sandwich</i> <i>& Dessert</i></p>	 <p><i>\$12 Members</i> <i>\$14 Non-Members</i> <i>St. Patty's Day Lunch</i> <i>Irish Stew, Mashed Potatoes</i> <i>& Bread Pudding</i></p>
<p><i>Wednesday 20th</i></p>	<p><i>Wednesday 27th</i></p>
<p><i>\$12 Members</i> <i>\$14 Non-Members</i> <i>Caribbean Pork Stew</i> <i>with Noodles,</i> <i>& Birthday Cake</i></p>	 <p><i>\$20 Members</i> <i>\$23 Non-Members</i> </p> <p><i>Easter Ham with Easy Hashbrowns & Roasted Carrots</i></p>  <p><i>Pavlova Dessert with Berries & Whip Cream</i></p>

Join us for weekly Wednesday lunches at noon. Please RSVP to office by noon the Tuesday prior so we can plan appropriate amounts and we encourage payment in advance when you RSVP. Please note: menu is subject to change without notice . Thank you!



Bill W.	Madeline H.	PJ S.	Tony T.
Judith S.	Lindsay M.	Carol C.	Pat B.
Mary B.	Myrna I.	Pat B.	Nina C.
Mary Lou M.	Theora M.	Pat G.	Lee M.
Barbara S.	Sophie L.		Cecile K.
Gloria S.	Pat H.	Sharon M.	George D.
Starleen M.	Lillian M.		George E.
Val M.	David K.	Jean C.	Angela W.
Hank H.	Robert W.		Ilene D.
Amandah V.	Veronica B.	Edie M.	Anne B.

BUS TRIP
 March 28, 2024
 11am - 2pm

Limited Seating

LUNCHEON & FLOOR CURLING

\$5 Hosted by **VENVI** Chateau Renoir

JOIN US FOR A LUNCHEON, FLOOR CURLING AND TOUR OF CHATEAU RENOIR!
 RSVP TO BOW CLIFF OFFICE

3375 Spruce Dr. SW
 403-246-0390
 bowcliffseniors.org

Bow Cliff 50+ and
 Chartwell Royal Park

SPRING FLING
 FUN PARTNER PARTY
 BRIDGE TOURNAMENT

CHARTwell retirement residences

Saturday April 13th, 10am - 4pm
 AT CHARTWELL ROYAL PARK:
 4315 Richardson Road SW Calgary

\$35 per person

Morning Refreshments, Lunch, Coffee & Tea Provided
 Cash prizes for the 1st - 4th place winners, large & small slam prizes.
 Door Prizes to be won!

RSVP by Friday April 5th: 403-246-0390

All proceeds will go to
 Bow Cliff Programming.

Have You **RENEWED** Your Membership?

500 Members

400 Members

300 Members

BOW CLIFF MEMBERSHIP DRIVE

JOIN US IN REACHING OUR GOAL OF 500 MEMBERS FOR 2024 BY JANUARY 31ST 2024!

MEMBERSHIP RENEWALS START NOVEMBER 13TH, 2023.

BOW CLIFF MEMBERSHIPS ARE \$35.00 FOR THE WHOLE YEAR!

JOIN TODAY!



SUPER MEMBERSHIP

\$50



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!

Sign Up TODAY!

Bow Cliff Membership Includes:

Free Birthday Lunch Coupon, Monthly Social Events for Members, Membership Prices for Events & Activities, Voting Privileges at AGM **Call 403-246-0390 Today!**



Bow Cliff 50+

50/50 Raffle

rafflebox



Bow Cliff Seniors | Rafflebox

Online 50/50 Raffle through Rafflebox is live now until the 26 of March.

Proceeds from this 50/50 raffle will help support **Bow Cliff Seniors** programs, events and City of Calgary mandated "Grease Trap" instillation expenses.

Ticket deadline will be March 26.

Winner to be drawn March 27 at Bow Cliff at the Easter Luncheon.

Coming Up Soon!

Bow Cliff 50+

Saint Patrick Day Lunch

Wednesday March 13, 12:00- 1:00 pm

Irish Stew, Mashed Potatoes & Bread Pudding

\$12 Members * \$14 Non-members
RSVP by March 12th

 3375 Spruce Drive SW
403-246-0390
www.bowcliffseniors.org

Bow Cliff 50+

Please join us for

Easter Lunch

March 27th
12:00 pm to 1:00 pm

Ham dinner with all the fixings, & pavlova with whip cream & berries

\$20 Members - \$25 Non-members
RSVP by March 26th

3375 Spruce Drive SW
403-246-0390
www.bowcliffseniors.org

FREE

Massage Therapy

from the
Mount Royal Massage Therapy Program!

MARCH 14	1:00, 1:30, 2:00, 2:35, 3:05PM
MARCH 28	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

Bow Cliff 50+

March Member Social

Games Night

Various Game Tables
*Tile Rummy
*Hand n Foot
*Crib & *Poker

March 22, 2024

5-8pm Free

Donations Appreciated

RSVP required

Meal served at 5:15
Games start at 6:00
Menu:
Mac N' Cheese & Salad
Varieties of Cookies

 **Bow Cliff Seniors**
3375 Spruce Drive SW
403-246-0390

FREE Learning Café's



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**



Learning Café

March 15, 2024

10am-noon

Bow Cliff Seniors

3375 Spruce Drive SW

RSVP 403-246-0390

Patricia's
MOBILE HYGIENE

Your smile moves us!

Dental hygiene office to your door steps

We go to your workplace, residential areas, senior homes, group homes, and Calgary and surrounding areas

- We have made room for your wheelchair
- LG810-2 X-ray
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- All insurance plans accepted
- We can bill directly to your insurance

Contact us!
☎ (403) 465-1552
🌐 www.patriciasmobilityhygiene.com
✉ patriciasmobility@gmail.com

Collis-Corvo
CANADA

Patricia's Mobile Hygiene

Join us for a learning presentation from Patricia Cruz RDH on her services available via the conveniences and support of her mobile hygiene unit.



This is something to smile about.

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. Mar. 27-Apr. 24 (5s)	9:30-10:30	6 Min/12 max \$60M, \$70NM
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

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

Bow Cliff 50+

Special Note:

**WE WILL BE
CLOSED**

THE BOW CLIFF OFFICE WILL BE
CLOSED ON **FRIDAY MARCH 29** FOR
GOOD FRIDAY - LONG WEEKEND.
WE WILL BE OPEN EASTER MONDAY

× × ×



3375 Spruce Dr. SW
403-246-0390
bowcliffseniors.org

× × ×



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



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

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<div style="border: 2px solid #e91e63; border-radius: 15px; padding: 10px; background-color: #c8e6c9;"> <p>March Special Note: Mount Royal Massage Students are offering FREE Massage appointments on afternoons of March 14 & 28.</p> <p>Book your 20-25 minute appointment now.</p> <p>RSVP to office to book yours –call 403-246-0390</p>  </div>					9 Greek Seniors 9:30 Gymmy Fitness 12:30 Duplicate Bridge	
3	4	5	6	7	8	9
	9 Greek Seniors 11:30 Interm. 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	
10	11	12	13	14	15	16
	9 Greek Seniors 11:30 Interm. 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 last class 9:30 Harmonica Tableau 12 St Patty's 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 last class 10 Learning Café Patricia Mobile Hygiene 12:30 Duplicate Bridge	
17	18	19	20	21	22	23
	9 Greek Seniors 9 Patricia's Mobile Hygiene 11:30 Interm. 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 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Mixed Media 9:30 Watercolour 11 Bread market 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard	9 Greek Seniors 10 Convo Café 12:30 Duplicate Bridge 5pm Spring Member Social & game night	
24/31	25	26	27	28	29	30
	9 Greek Seniors 11:30 Interm. 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 Harmonica Tableau 12 Easter Lunch 1:15 Bingo 2:15 Tai Chi last class	 9 Greek Seniors 9:30 Mixed Media 9:30 Watercolour 12:30 Crib & Tile Rummy –drop in 11 Bus Trip Venvi Curling Tourney 12:45 Intermediate Keyboard last class	CLOSED Good Friday	

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...



February Learning Café

With gratitude, thank you to **Chartwell** for sponsoring the Blue Cross Benefits Learning Café .



February Member Social

What a delightful evening of music and joyful celebration for **2024 Lunar New Year**. Thank you to the **Canadian Indonesian Social Club** for sharing their talents and allowing us to learn a new instrument. Fun times, with great people and tasty food too!

Bow Cliff 50+ &



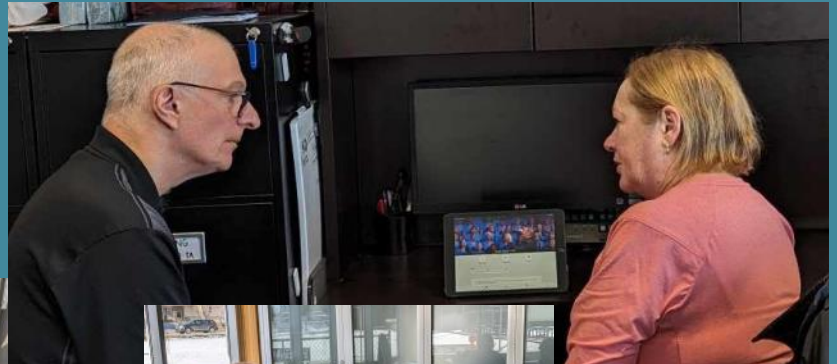
THE "WHY" BEHIND MONTHLY DONATIONS

Please join Kelsey Rootes with Servus Credit Union on **Friday April 5th** to present on the impact of monthly donations. Key points will include:

- How it amplifies the impact and provides consistent support
- It's budget-friendly and offers flexibility
- Review of the simplified process through Servus Credit Union's program
- Tax credits are available for donations
- Tax savings can lead to higher government benefits
- Benefits to Bow Cliff Seniors include lower administrative costs and quicker disaster responses



 3375 Spruce Dr. SW
403-246-0390
bowcliffseniors.org



A HUGE thank you for the volunteer supportive guidance from **Steve Moris, Director of IT at Ambrose University** coming to answer question and IT challenges of all kinds.



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.

VENV I

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— 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



403-463-7425
 rick@brixrealestategroup.com



403-473-1564
 drmontpetit@shaw.ca

*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!



SUPPORT LOCAL



QUINN'S AUTO SERVICE

ACROSS THE PARKING LOT FROM
BOW CLIFF 50+ CENTRE!



Oil Changes
 And many other routine services



Repairs & Inspections
 Quality Inspections at competitive prices



Experienced & Community-Centred

quinnautoservice.ca 

403-242-3038 



Marching Towards Opening!

We are absolutely buzzing here at the Wellings of Calgary as the pieces are falling into place for us to be open in a few short months!

The Wellings of Calgary leasing office and construction site has been particularly busy lately! The construction site is facilitating the appliance deliveries and installations into the South tower as we prep for our first move ins soon!

We are very excited to welcome our new general manager Mark Bennett to the team. He is very familiar with the Wellings model as he is moving from Goderich Ontario from one of our sister communities to bring his expertise to the West! He cannot wait to call Calgary home, please stop into the leasing centre to say hi!



Considering if 2024 might be the year
that you're ready to make a move into Wellings?

Contact Lindsay or Wendy to hear about our exciting new leasing incentives.

825-734-4422 / 403-437-6986



Upcoming Events - RSVP today & Mark your Calendars

Taste of the Irish - Whiskey Tasting

Friday March 15th - 2pm

Join us in the leasing centre for a festive Friday in anticipation of St. Patrick's Day!

Seating is limited - please RSVP 403-437-6986 / life@wellingsofcalgary.com

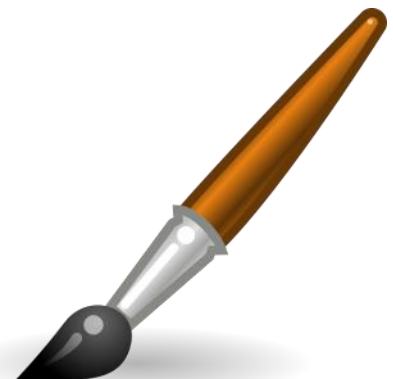


Spring Expressions Paint Night

Thursday April 11th - 2pm

Join us for a very fun and creative afternoon, hosted in the leasing centre by Paint Escape.

Seating is limited - please RSVP 403-437-6986 / life@wellingsofcalgary.com





Downsizing Lunch & Learn

Thursday April 25th - 12pm

An informative session hosted by the wonderful Soft Landings team, refreshments will be provided.

RSVP to secure your spot: 403-437-6986 / life@wellingsofcalgary.com




Soft Landings

LEARN MORE

A Vibrant New 55+ Community

MORE CHOICE. MORE VALUE.



1021- 1025 Na'a Drive SW,
Calgary • 403-437-6986

JOIN US!

