

IT'S  
*fall*  
Y'ALL



**SORRY WE'LL BE  
CLOSED!**

Office Closed September 3rd  
No Programming September 10th-14th



Introducing  
Fall  
Programs!



## BOW CLIFF Centre 50+

3375 Spruce Drive SW Calgary, AB  
T3C 3A3

T: (403) 246-0390

F: (587)352-6894

E: info@bowcliffseniors.org

The Communicator is published monthly.

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

### 2018 BOARD OF DIRECTORS

President	Jean Langdon
Vice President	Dan Pyper
Secretary	Linda Doornbos
Treasurer	Eileen Sutcliffe

### BCS STAFF:

John Yannitsos Executive Director

Brad Keen Facility Worker

Donnell Iosifelis Operations Manager

### 2018 DIRECTORS

Lorraine Bowes	Gail Martin
Ellen Conlin	Wayne Naylor
Isabel Flemons	Eugene Wasylchuk
Stephanie Krueger	

## THANK YOU TO OUR FUNDERS AND SPONSORS



Government of Canada

Gouvernement du Canada

Canada



**CALGARY FOUNDATION**  
Neighbour Grants





Relieve tension and stress  
Reconnect with your body  
Release the breath

Come and enjoy an hour and a half just for you.

**Mondays, Oct. 1 – Dec. 17, 2018, 4:30 – 6:00 pm**  
12 classes – \$180.00

**Thursdays, Oct. 4 – Dec. 20, 2018, 4:00 – 5:30 pm**  
10 classes – \$150.00

**Location:** Bow Cliff Centre  
3375 Spruce Dr. SW, Calgary

Classes are 12 people maximum, so space is limited.

Contact: Jennifer Conlin at [jennifer@moonsoulyoga.ca](mailto:jennifer@moonsoulyoga.ca)  
or call 403-973-5166 for more information or to register.  
[moonsoulyoga.ca](http://moonsoulyoga.ca)

# Hellenic Seniors Society of Calgary Picnic

**Saturday September 29th, 2018**

**10:00 AM – 2:00 PM**

**At Bow Cliff Seniors Centre**

**Our invitation extended to Bow  
Cliff Senior Members to  
celebrate and enjoy Greek  
Culture and Greek Food.**

**All food and deserts are complimen-  
tary for members.**

**Wine, Beer and Soft Drinks will  
be available**

**Door Prizes**

**FREE**



# LUNCH Menu

September 5

Pigs in a Blanket

Potato Salad

Fresh Fruit

September 12

**NO LUNCH**

September 19

Baked Spaghetti

Apple Salad

Birthday Cake

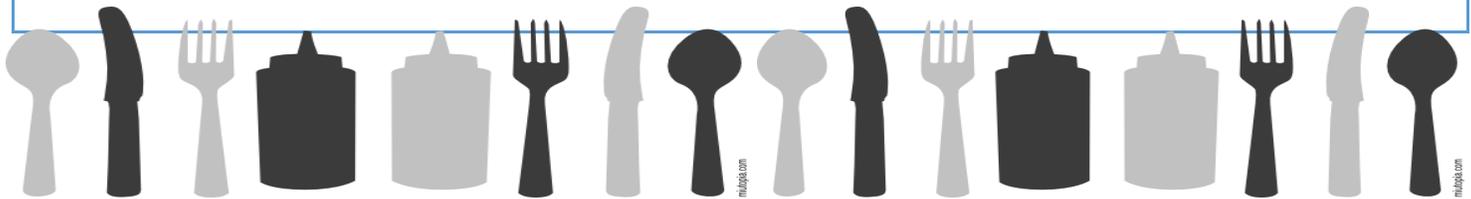
September 26

**BRING NEW FRIEND FOR FREE**

Grilled Cheese Sandwiches

Tomato Bisque Soup

Chocolate Cake



Lunch starts at 12pm. \$7 for members. \$9 for non members



# ★ HAPPY ★ BIRTHDAY!

## September BIRTHDAYS

**Phyllis Roberts**

**Lee Miller**

**Patty Munkittrick**

**Netty Van Dijk**

**Dorothy Husar**

**Annie Kibblewhite**

**June Crowe**

**Kathryn  
Kibblewhite**

**Hilda Todesco**

**Linda Stenvall**

**Elmer Stalmach**

**Phyllis Thurm**

**Brenda Barclay**

**Joyce Gray**

**Rhonda Wakely**

**Stephen Zibresky**

**Georgia Jacques**

**Alice Park**

**Gail Jones**

**Leslie Ainslie**

**Frank Ammirati**

**Rob Dixon**

## Note from ED:

Welcome back everyone! We trust you had a wonderful summer. Our fall programming is now available for registration. Please check our website for times and dates of your favorite programs or check with us in the office.

We have a few major fundraisers this fall such as the Fun Casino on Saturday October 6th, Clothing sale on Saturday October 27<sup>th</sup> and our first ever collaborative speaker series event with 5 other 50+ Centres on Monday October 15<sup>th</sup>. Your support of these events is greatly appreciated. For more information and tickets please contact our office.

Best of luck to the Calgary Lawn Bowlers on hosting the National Triples Championships.

John Yannitsos

# Hi There!

Can we count on you to support our **“Drive for 45”** Facility Enhancement Campaign.



We need your help to continue our 42 years of ongoing programs and services for seniors. What a joy it is to see participants joining in our Wednesday luncheons, sing-a longs, bingo, cards, dancing, art programs exercise, crafts, socializing.

We would like you to consider donating to Bow Cliff on an annual basis but for now we are concentrating on one item— noise mitigating ceiling tiles—so we can all hear better and not have to shout.

The estimated cost is \$45,000— so we are asking for your help.

Your donation is greatly appreciated.

Let us build a caring community for one another.

**Bow Cliff**

**Board of Directors**



**ANNOUNCING!**

**JAM SESSION POTLUCK**

September 21st , 2018

Bring a dish and join the fun!

6-9pm



Our facility will be closed September 10-15th, 2018 as we will be hosting the Lawn Bowling Championships.

All programming will be cancelled.

Fall classes will begin the week after.



# 2018 CANADIAN SENIOR TRIPLES CHAMPIONSHIPS

SEPTEMBER 10-15  
CALGARY LAWN BOWLING CLUB



## EVENT SCHEDULE

- Sep. 10 Practice / Inspection
- Sep. 11 Opening Ceremonies  
Rounds 1-2
- Sep. 12 Rounds 3-5
- Sep. 13 Rounds 6-7  
Banquet
- Sep. 14 Rounds 8-9  
Tie-breakers
- Sep. 15 Medal Rounds  
Awards

Doors open 8:30 am daily

### Host Club

Calgary Lawn Bowling Club  
101, 3375 Spruce Dr. S.W.  
Calgary, AB T3C 3A3  
(403) 245-4341  
calgarylawnbowlingclub.com

 calgarylawnbowlingclub

### Host Hotel

Best Western Village Park Inn  
1804 Crowchild Tr. N.W.  
Calgary, AB T2M 3Y7  
(403) 289-0241  
bestwestern.com

Free Admission



Cash Raffle



Weekly Meal Package Available



Qualified Player registration at  
bowlsCanada.com

Cheer your favorite province!



Meet our financial supporters



Player transportation provided



Banquet entertainment by  
The Calgary Fiddlers



AMICA™  
at Aspen Woods

Calgary Lawn Bowling Club  
Celebrating 95 Years Strong  
Est. 1923



# art CLASSES

Tap into your Creativity

## MONDAYS WATERCOLOUR

**WITH STEVE DOZOIS:** From 12:30-3PM

10 weeks — \$186 member/\$216 non-member

Starting September 17th –November 26th

(no class October 8th Thanksgiving)

## THURSDAYS MIXED MEDIA

**WITH LORETTA:**

mornings 9:30AM– 11:30AM OR

Afternoon from 12PM-2PM

September 20th— November 22nd

10 WEEKS — \$162 member/\$192 non-member

## THURSDAYS PAPER TOLE

**WITH JENNY COOLS:** 9:30AM-11:30AM

September 20th— November 22nd

10 Weeks — \$113 member/\$143 non-member



Call the office to sign up or  
for more information!

(403)246-0390



**Ron Liepert – Calgary Signal Hill**

**Constituency Outreach and Communications**

**#2216 8561 8 A Ave SW**

**Calgary, Alberta**

**403 292-6666**

Community Newsletter September 2018

Hopefully everyone had an enjoyable summer and travelled safely on our roads and highways. School is back in session and MP's are back in Parliament September 17th.

I had the opportunity to meet many constituents over the summer at various Stampede and community events. Wherever I went in the riding constituents expressed frustration at many of the policies of the current federal government. Whether it was the uncertainty surrounding the legalization of marijuana, that there has been no headway addressing the issue of pipeline capacity, or a general lack of confidence in the investment community, all fingers pointed east to Ottawa.

There is renewed hope in our energy sector with prices increasing however new regulations and lack of access to market are driving investment south of the border. One Alberta based company has, in less than three years, moved 90% of its production in Canada to 90% of its production now in North Dakota. When investment decisions like these are being made by Canadian companies, good paying jobs go south with those investments.

The second issue I heard constituents raise most often was the illegal border crossings from the U.S. The Federal government is attempting to paint anyone expressing concern about the thousands of immigrants crossing the border illegally as racist, however Albertans, and I believe the majority of Canadians, are very upset with the lack of transparency of a solution to the growing problem. The government needs to address this issue immediately as it has become a crisis. Our immigration shadow minister Hon. Michelle Rempel has been working tirelessly on this file all summer, including forcing the Parliamentary committee to meet during the summer. I can assure constituents the Official Opposition will continue to hold the government to account ensuring that a responsible solution is developed during this fall session.

The Finance Minister is also expected to provide an economic update during the fall session. Canadians can be assured a budgetary deficit will continue to hover around \$20 billion, a far cry from the balanced budget in 2019 that the Prime Minister promised during the election campaign.

My office can be contacted at [ron.liepert@parl.gc.ca](mailto:ron.liepert@parl.gc.ca) or 403 299-6666.

# FUN CASINO *Night*

Saturday October 6th, 2018

*Doors open at 5:00 PM*

*Gaming from 6:00-9:00 PM*

*Prizes and Giveaways 9:00-9:30 PM*

Admission: \$25.00/ Ticket

*Appetizers Included.*

*Reserve Your Tickets at the  
Office Today!*

A collection of stacks of casino chips in red and white, yellow and white, and green and white. Some chips are scattered around the stacks. In the background, several playing cards (Ace of Spades, Ace of Clubs, Ace of Diamonds, and Ace of Hearts) are floating.  
**BOW CLIFF**  
*Seniors*



**Brian Malkinson**

**MLA for Calgary-Currie**

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

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

For many in Calgary-Currie September means back to school. I am proud of the work Rachel Notley's government has done since 2015 to preserve and protect Alberta's education system. That means this fall students across Currie will be learning in classrooms with better supplies and playing on new and safe structures thanks to a \$20 million investment that will make these playgrounds the focal points of strong communities. While our decision to fund enrollment growth each year has ensured that there are more teachers and classroom assistants across this province helping manage class sizes, we know that we must do more to ensure that class sizes go down - and one way we have done that is through announcing and then building, new schools. And finally, because education is one of the greatest investments we can make as a province in our collective futures, Education Minister David Eggen is overseeing the completion of the first curriculum rewrite our province has seen in 30 years.

But September is also the time of the year we as Calgarians celebrate our progressive roots. The month begins by taking to the street for Calgary Pride where the contributions our LGBTQ family make, and have made, to building an Alberta that is welcoming and accepting to all is on full display. Rachel Notley's government has stood with Alberta's gender and sexually diverse community, and as Minister of Service Alberta I was thrilled to announce changes to our driver's licensing program that have been welcomed by Alberta's trans community.

In September Albertans also commemorate the long fought struggle for worker rights - a five day work week, an eight hour day, a minimum wage - on Labour Day. And this October, Albertans earning minimum wage will become the first in Canada to earn \$15 an hour for their labour; something we campaigned on in the spring 2015. Not only have studies shown that increasing the minimum wage is good for local businesses and communities because that money is spent close to home, earlier this year retail sales in Alberta were the highest they've ever been - just short of \$7 billion.

You will continue to see me out and about on your doorsteps and at community events before the legislature reconvenes later this year for the fall session. I will be out door knocking every Thursday evening in Calgary-Currie from now until the end of October, so if you want to join, just meet me at Westbrook Station at 5PM. Together we'll canvass our neighbours until about 7PM.

Brian

# Do You like to play cards? We need you!



JOIN US Monday afternoons for

## **HAND, KNEE AND 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, joining in whenever they feel confident.

There is a \$3 user fee and \$2 contribution for prize money!

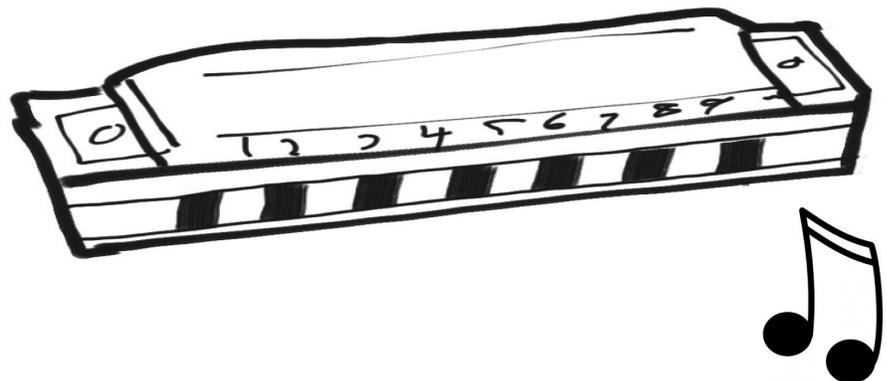
# SEARCHING FOR YOU!

## **LOVE MUSIC?**

Join our group of mostly harmonica players with a talented rhythm section. Come on Wednesday mornings at 9:30am, beginners and newcomers welcome!

If you are interested

call Jim at  
403.288.3873 or  
drop by and  
check us out.



# Evan Woolley

Ward 8

Contact Evan : 403.268.2431



## Downtown is Important to Calgary's Vitality

Whether you live, work, or play downtown, there's no doubt that it's one of the most important parts of the city. I'm hoping you'll take the opportunity to provide your opinion on what Calgary's downtown could be like or look like in the next 30+ years. We're reviewing and refreshing the 2007 Centre City Plan and starting this fall we will be asking for your input of what you would like to see or do more of in downtown Calgary.

I love Calgary's unique skyline, with its historic sandstone buildings and mix of modern skyscrapers. You've probably visited one of the 25+ park spaces, cycled down the river pathway or ate at one of the many restaurants. Maybe you've attended one of the hundreds of events hosted downtown, shopped at the mall or in a boutique store. All of these things bring vibrancy to Calgary's downtown and when our Centre City thrives, so does the rest of the city. That's why it's vitally important for The City and the community to invest its support in planning and creating a livable, thriving and caring core.

The Centre City Plan is a coordinated document that pulls together the vision for the Centre City along with strategies and actions relating to land use planning, economic, cultural, social development, and governance. In the upcoming public engagement, The City will be seeking input to reaffirm the Centre City vision and identify big ideas and actions to make the vision a reality for years to come.

To learn more about public engagement opportunities or to sign up for the project e-newsletter, visit [calgary.ca/centrecityplan](http://calgary.ca/centrecityplan).

Best,

Evan Woolley

# CLOTHING



# sale

Join us for our clothing sale this  
fall!

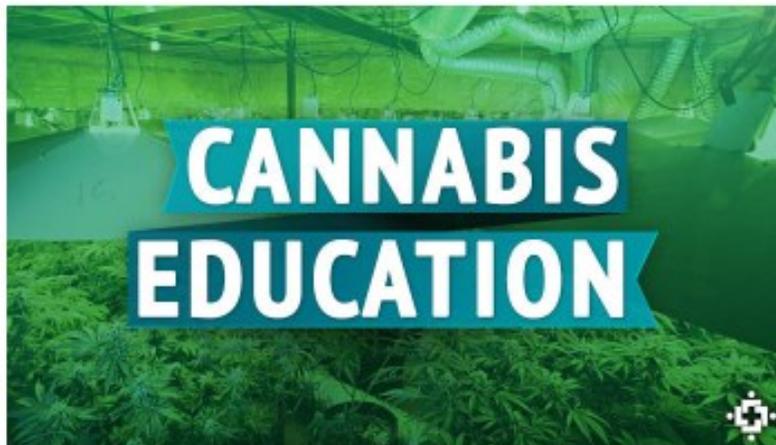
**Saturday, October 27th, 2018**

*8:00 AM — 3:00 PM*



Silver Fire Productions Presents:

Natural Evolution on Health  
An Evening with Dr. Dave Hepburn



Where: Calgary Hellenic Community Hall

1 Tamarac Crescent SW, Calgary, AB T3C 3B7

When: Monday October 15, 2018

6:00 pm to 9:00 pm

Cost: \$43.45 (includes GST and Eventbrite Service Charge)

Tickets available from [EventBrite.ca](http://EventBrite.ca) or any of the 50 Plus Activity Centres below:

Bow Cliff Seniors 403-246-0390

Calgary Chinese Elderly 403-269-6122

Confederation Park 403-289-4780

Good Companions 50 Plus 403-249-6991

Greater Forest Lawn 55+ Society 403-272-4661

West Hillhurst Go-Getters 403-283-3720



# BEGINNER

## BRIDGE



This set of 10 lessons is for both the absolute beginner and the novice player wishing to upgrade their skills. Topics covered are: vocabulary, opening suit and notrump bids and responses, scoring, leads, signals, slams, the finesse and basic play of the hand. Comprehensive student notes are included with the registration fee.

**Starting Wednesday October 3rd, 2018**

1:00PM—3:00PM

**Instructor: Peter Segers, 403-474-3811,  
psegers225@gmail.com**

*\*Program runs for 10 weeks\**

**\*\*\$90member/\$120non-member\*\***

*To register for the lessons, contact the office of Bow Cliff Seniors.  
For more information about the lessons contact the instructor.*



**BOW CLIFF**  
*Seniors*

# BALANCE and more



**Balance Core & More is back with two class options!**

Sign up today!

**Tuesday October 2nd, 2018: 11:30 AM — 12:15PM**

**Thursday October 4th, 2018: 10:45AM — 11:30AM**

*\*Both classes are 8 weeks long\**

*\*\*\$40member/\$70non-member\*\**

# YOGA CLASSES

**Sign up for Yoga this fall!**

**Starting Monday October 1st, 2018: 1:30PM—2:30PM**

**Starting Tuesday October 2nd, 2018: 9:30AM—10:30AM**

*\*Both classes are 8 weeks long\**

*\*\*\$60member/\$90non-member\*\**



**BOW CLIFF**  
*Seniors*

# Belly dancing



**Belly Dancing is back! Sign up today!**

**Starting Monday October 1st, 2018: 10:15AM—11:15AM**

*\*Program runs for 8 weeks\**

**\*\*\$80member/\$110non-member\*\***



# ZUMBA®



**Zumba is back this fall! Sign up today!**

**Starting Thursday October 4th, 2018: 9:45AM—10:30AM**

*\*Program runs for 8 weeks\**

**\*\*\$40member/\$70non-member\*\***

# dance yourself fit

**Sign up for Dance Yourself Fit!**

**Starting Thursday September 20th, 2018: 6:00—7:00PM**

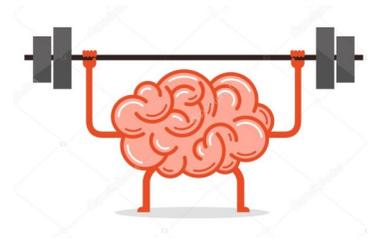
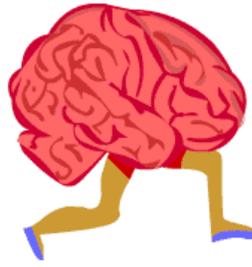
*\*Program runs for 10 weeks\**

**\*\*\$50member/\$80non-member\*\***



**BOW CLIFF**  
*Seniors*

# brain



# gymnastics

**Brain Gymnastics is back this fall!**

**Starting Thursday October 4th, 2018: 1:30PM—2:15PM**

*\*Program runs for 8 weeks\**

**\*\*\$50memner/\$80non-member\*\***

# QIGONG



**Sign up for Qi Gong this fall!**

**Starting Tuesday October 9th, 2018: 2:00PM—**

**3:00PM**

*\*Program runs for 8 weeks\**

**\*\*\$40member/\$70non-member\*\***



**BOW CLIFF**  
*Seniors*

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	OFFICE CLOSED	9 Greek Seniors 9 Needleworkers 1230 Party Bridge	9 Greek Seniors 12 Weekly Lunch 1 Bingo	9 Greek Seniors 930 Art Drop In	9 Greek Seniors 1230 Duplicate Bridge	
9	10	11	12	13	14	15
NO PROGRAMMING - CALGARY LAWN BOWLING TRIPLES - OFFICE OPEN						
16	17	18	19	20	21	22
	9 Greek Seniors 930 Sing a Long 1230 Water Colour 1230 Hand & Foot	9 Greek Seniors 9 Needleworkers 12 Berry Farm Trip 1230 Party Bridge	9 Greek Seniors 930 Harmonica Tableau 12 Weekly Lunch 1 Bingo	9 Greek Seniors 930 Art Class 930 Paper Tole 12 Art Class 6 Dance Yourself Fit	9 Greek Seniors 930 Rhythm Kats 1230 Duplicate Bridge 7 Jam Session Potluck	
23/30	24	25	26	27	28	29
	9 Greek Seniors 930 Sing a Long 930 BOARD MEETING 1230 Water Colour 1230 Hand & Foot	9 Greek Seniors 9 Needleworkers 1230 Party Bridge	9 Greek Seniors 930 Harmonica Tableau 12 Weekly Lunch 1 Bingo	9 Greek Seniors 930 Art Class 930 Paper Tole 12 Art Class 6 Dance Yourself Fit	9 Greek Seniors 930 Rhythm Kats 1230 Duplicate Bridge	GREEK PICNIC 10am 2pm