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## GREATER FOREST LAWN 55+ SOCIETY 2024 MEMBERSHIP APPLICATION

MEMBERSHIP NO.: \_\_\_\_\_ (Office Use ONLY)

(Expiry: December 31, 2024)

NEW MEMBER: Yes \_\_\_\_\_ No \_\_\_\_\_

\$35.00 FEE / PAID: Yes \_\_\_\_\_ No \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

BIRTH DATE: Month: \_\_\_\_\_ Day: \_\_\_\_\_ Year: \_\_\_\_\_

EMERGENCY CONTACT NAME:

1) Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Relationship: \_\_\_\_\_

2) Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Please make sure you have your Alberta Health Care Card with you at all times.

DO YOU HAVE ANY MEDICAL CONDITIONS WE NEED TO BE AWARE OF?

HOW DID YOU HEAR ABOUT GREATER FOREST LAWN 55+ SOCIETY (GLFS)?

Brochure \_\_\_\_\_ Community Website \_\_\_\_\_ GFLS Website \_\_\_\_\_ Word of Mouth \_\_\_\_\_ Other \_\_\_\_\_

If Other, please explain: \_\_\_\_\_

I am aware it is a condition of participation in any recreational activity, volunteer service, and/or travel provided on behalf of Greater Forest Lawn 55+ Society (GFLS), that the participant does so at their own risk. Greater Forest Lawn 55+ Society (GFLS), its agents, volunteers, or employees are not liable for any physical and/or material loss, damage, injury, loss of life, and/or cost resulting from, or in connection with, such participation.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

I authorize Greater Forest Lawn 55+ Society to use my phone number and/or email address to contact me for any changes related to the Centre's activities, programs, or classes.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

I authorize Greater Forest Lawn 55+ Society (GFLS) to take my picture for media and/or advertising to promote the Centre.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

HOW DO YOU WISH TO RECEIVE THE CENTRE'S NEWSLETTER? Email \_\_\_\_\_ Pick-Up \_\_\_\_\_

**GREATER FOREST LAWN 55+ SOCIETY**  
**2024 MEMBERSHIP APPLICATION**  
*(continued)*

**CODE OF CONDUCT**

All members and volunteers for the Greater Forest Lawn 55+ Society (GFLS), and drop-in guests will be required to adhere to a Code of Conduct when participating and/or utilizing the Centre's activities, programs, classes, and/or resources. Infractions will be grounds for action by the GFLS Board of Directors, which may include: verbal warnings, written warnings, suspension of membership, and/or expulsion of membership with all the rights and privileges thereof;

1. Treat others (members, guests, volunteers, and/or staff) with courtesy and respect.
2. Be mindful there are a variety of needs and interests represented by the membership of our Society and not all services and/or programs will impact me directly but are equally important.
3. Bring forward, with respect, any concerns to the Executive Director.
4. Use of profanity and/or engagement in use of derogatory language and/or actions are unacceptable: abusive, threatening, loud, insulting and/or harassing (including racial, religious and/or sexual remarks).
5. Engagement in acts of violence, disrespect for authority and/or unsportsmanlike conduct is not tolerated.
6. Smoke only in designated smoking areas on the grounds.
7. Abuse and/or misuse of the Centre's property and/or removal of property from the Centre must be approved and/or brought to the attention of the Executive Director and/or the GFLS staff.
8. Adhering to the hours of operation of the Centre for activities, programs, and/or classes.

**MEMBERSHIP AGREEMENT**

1. I understand membership for Greater Forest Lawn 55+ Society (GFLS) is based on a January 1<sup>st</sup> to December 31<sup>st</sup> timeline.
2. I understand by becoming a member of the Greater Forest Lawn 55+ Society (GFLS), I will be required to abide by the governance of the elected members of the Society and as a member, any concerns I have can be put forward to the Executive Director for consideration, either through a letter, phone call, and/or personal meeting and, if requested, it may be presented to the Board at their regularly scheduled board meeting.
3. I understand I will be required to abide by the Code of Conduct, whenever I am participating in activities, programs, and/or classes with GFLS.
4. I understand membership entitles me to participate in activities, programs, classes, and/or events at GFLS and the operation of the GFLS Centre is governed by the Policies and the By-Laws of the Society.

**I have read and agree to abide by the Code of Conduct and the Membership Agreement.**

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**The above information will be held in the strictest confidence and will be for the use of the Greater Forest Lawn 55+ Society (GFLS) ONLY.**

*(Revised October 1<sup>st</sup>, 2023)*



## Positive Social Ties and/or Bonding Social Capital <sup>1</sup>

Survey 004

How often is each of the following kinds of support available to you if you need it:

|  |                      |                                     |                                 |                                 |                       |                                |
|--|----------------------|-------------------------------------|---------------------------------|---------------------------------|-----------------------|--------------------------------|
| 1. Someone to have a good time with? <sub>(pst1)</sub>   | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> |                                |
| 2. Someone who shows you love and affection? <sub>(pst2)</sub>   | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> |                                |
| 3. Someone to turn to for suggestions about how to deal with a personal problem? <sub>(pst3)</sub>             | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> |                                |
| 4. Someone to take you to the doctor if you needed it? <sub>(pst4)</sub>                                       | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> |                                |
| 5. Someone to prepare your meals if you were unable to do it yourself? <sub>(pst5)</sub>                       | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> |                                |
| 6. Someone to help with daily chores if you were sick? <sub>(pst6)</sub>                                       | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> |                                |
| 7. Someone to look after your child(ren) for several hours if needed? <b>(If applicable)</b> <sub>(pst7)</sub> | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> | Not Applicable <sub>(77)</sub> |
| 8. Someone to look after your spouse for several hours if needed? <b>(If applicable)</b> <sub>(pst8)</sub>     | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> | Not Applicable <sub>(77)</sub> |
| 9. Someone to look after your parent(s) for several hours if needed? <b>(If applicable)</b> <sub>(pst9)</sub>  | Never <sub>(1)</sub> | A little of the time <sub>(2)</sub> | Some of the time <sub>(3)</sub> | Most of the time <sub>(4)</sub> | Always <sub>(5)</sub> | Not Applicable <sub>(77)</sub> |

## Social Inclusion – Social Participation <sup>3</sup>

Survey 006

|  |   |   |  |                                      |   |
|--|---|---|--|--------------------------------------|---|
| 1. Are you a member of any voluntary organizations or associations such as school groups, church social groups, community centres, ethnic associations, or social, civic or fraternal clubs? <sub>(slp1)</sub> | <input type="checkbox"/> No <sub>(1)</sub>      | <input type="checkbox"/> Yes <sub>(2)</sub>             |  |                                      |   |
| 2. <i>If you answered yes to Question 1:</i><br>How often did you participate in meetings or activities of these groups in the past 12 months? <sub>(slp2)</sub>   | Not at all <sub>(1)</sub>                       | At least once a week <sub>(5)</sub>                     | At least once a month <sub>(4)</sub>                   | At least once a year <sub>(2)</sub>  | At least 3 or 4 times a year <sub>(3)</sub> |
| 3. In the past 12 months, did you do unpaid volunteer work for any organization, whether or not you were a member of this organization? <sub>(slp3)</sub>  | <input type="checkbox"/> No <sub>(1)</sub>      | <input type="checkbox"/> Yes <sub>(2)</sub>             |  |                                      |   |
| 4. <i>If you answered yes to Question 3:</i><br>On average, about how many hours per month did you volunteer? <sub>(slp4)</sub>  | I did not do any volunteer work <sub>(77)</sub> | Less than 1 hour a month <sub>(1)</sub>                 | 1 to 4 hours a month <sub>(2)</sub>                    | 5 to 15 hours a month <sub>(3)</sub> | Over 15 hours a month <sub>(4)</sub>        |
| 5. <i>If you answered yes to Question 3:</i><br>Have you made any new friends through volunteering? <sub>(slp5)</sub>  | <input type="checkbox"/> No <sub>(1)</sub>      | <input type="checkbox"/> Yes <sub>(2)</sub>             |  |                                      |   |
| 6. <i>If you answered yes to Question 3:</i><br>Did you do this volunteer work in your own neighbourhood? <sub>(slp6)</sub>  | <input type="checkbox"/> No <sub>(1)</sub>      | <input type="checkbox"/> Yes, some of it <sub>(2)</sub> | <input type="checkbox"/> Yes, all of it <sub>(3)</sub> |                                      |   |



## GREATER FOREST LAWN 55+ SOCIETY VOLUNTEER OPPORTUNITIES

Volunteers are a valuable part of the Greater Forest Lawn 55+ Society (GFLS). Your time and knowledge is greatly appreciated. The following are a list of some of the volunteer opportunities at GFLS. Please indicate the volunteer areas that are of interest to you, by placing a check mark beside your choice. Training and/or job shadowing will be provided, where necessary. All our volunteers must be 18 years of age or older. Please feel free to let us know if you have other areas in which you would like to volunteer and/or if you have a special talent you would like to share with the GFLS community.

|  |  |   |  |
|--|--|---|--|
| <b>KITCHEN HELP</b><br>Work with the GFLS Team with events requiring food items. Alberta Food Handling certification required. Training provided. NOTE: Some events held outside regular business hours of the Centre.                             |  | <b>5 STAR BINGO</b><br>An important fundraising event for GFLS held on the 1st and 3rd Thursday afternoon sessions. Various positions available with instruction provided by the bingo hall.  |  |
| <b>TUESDAY LUNCHES</b><br>Assistant with set up, preparation, service and/or clean-up for GFLS Tuesday lunches. Training provided.   |  | <b>SPECIAL EVENTS</b><br>Other fundraising events held throughout the year. These events could be either at the GFLS Centre or held at other locations such as casinos, bowling lanes, other community centres, etc.  |  |
| <b>WEDNESDAY LUNCHES</b><br>Assistant with set up, preparation, service and/or clean-up for GFLS Wednesday express lunches. Training provided.   |  | <b>TICKET SELLER: 50/50 DRAWS, RAFFLES, PULL TICKETS</b><br>Fundraising opportunities held in conjunction with other GFLS activities such as GFLS Wednesday Bingo, Birthday Suppers, in-house drama productions and entertainment performances occurring at the Centre. |  |
| <b>BIRTHDAY SUPPERS</b><br>Assist with monthly Birthday Suppers in various areas including main hall set-up, registration table, kitchen servers, clean-up crew, and coffee/tea attendants. Training provided.                                     |  | <b>GFLS WEDNESDAY BINGOS</b><br>In-house bingo requires various positions including callers, card sellers, special card sellers, verifiers, cashiers, coffee/tea attendants, and clean-up.  |  |
| <b>BARTENDERS</b><br>Set-up, serve and clean-up bar area at events requiring bar service. Pro-Serve certification required as per AGLC Licence. Training provided, if needed.  |  | <b>MUSICIANS &amp; ENTERTAINERS</b><br>Provide music and entertainment to the GFLS community at various events such as Stampede Breakfast, Birthday Suppers, etc.   |  |
| <b>FRONT DESK RECEPTION</b><br>Various daytime shifts including answering multi-line phone, greeting people arriving at the Centre, light office duties, providing information about GFLS, and handling cash via a Square unit. Training provided. |  | <b>INSTRUCTORS</b><br>To provide activities and programs to the GFLS community such as, but not limited to, card making, story telling, paint nights, seminars on various topics pertinent to our members.  |  |
| <b>FRIENDLY GREETERS</b><br>Assist Front Desk volunteer with greeting people arriving at the Centre via the main doors. Provide information and tours of the GFLS Centre is needed. Training provided.   |  | <b>ACTIVITY ASSISTANTS</b><br>Assist GFLS team members and instructors deliver programs to GFLS members with set-up, organizing, clean up, and deliver the activity, if needed.   |  |
| <b>KEY HOLDER</b><br>Trustworthy individual responsible to open and close the GFLS Centre for events held after hours including evenings and weekends.   |  | <b>TELEPHONE CONNECTION</b><br>Connect via phone with GFLS members who do not have access to online information and/or need someone to just to talk with.   |  |
| <b>OTHER:</b> (Please print clearly)   |  |   |  |

NAME: (Please print)

PHONE:

SIGNATURE:

EMAIL ADDRESS:

The HEART of a VOLUNTEER is not measured in size, but in the depth of  
the COMMITMENT to make a DIFFERENCE in the lives of OTHERS.