



## Monthly Newsletter

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# APRIL 2024

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GFLS provides a welcoming place offering information, programs, and services that enhance the quality of life for mature adults and their families.

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A white rectangular sign with a red wooden clothespin at the bottom. The sign has 'AGM' in large red letters and '2024' in green letters below it. The sign is tilted slightly to the right.

**THURSDAY  
APRIL 18**

**DOORS  
OPEN  
11 AM**

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**Registration opens 11 am  
Lunch\* served at 12 pm  
Meeting starts 1 pm  
( \*Cold Plate \$10 )**

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3425 - 26 Avenue SE, Calgary, AB T2B 2P2  
www.gfls.org

## Board of Directors

**President:** Bill Diprose  
**First Vice President:** Ann Martell  
**Second Vice President:** Shirley Borak  
**Secretary:** Marilyn Sander  
**Treasurer:** Leslye Foesier  
**Past President:** Jim Bergen  
**Directors:** Stu Bellingham, Ann Craig, Diane Danielson, Irene Iwaniuk, LaVonne Nielsen, Brenda O'Malley, Pauline Padbury

## Staff & Contact Information

**Office Line:** (403) 272-4661  
**Fax Line:** (403) 272-6153  
**GFLS General Email:** support@gfls.org  
**Executive Director:** Normajean Doucet (norma@gfls.org)  
**Bookkeeper:** Eva Hachey (accounting@gfls.org)  
**Office Coordinator:** Susan Kearney (susanekearney@gfls.org)  
**Program / Volunteer Coordinator:** Kelly Aiken (programs@gfls.org)  
**Kitchen Coordinator / Environmental Services:** Nikki Brazeau (kitchen@gfls.org)

## Hours of Operation

Monday - Friday; 8:00 AM - 4:00 PM

**ANNUAL GENERAL MEETING - THURSDAY, APRIL 18; 11:00 AM - 4:00 PM**

## THANK YOU TO OUR SPONSORS



### VETERANS ASSOCIATION FOOD BANK

The Veterans Association Food Bank has a donation box conveniently located in the GFLS coat check/mud room. This organization is dedicated to supporting and enriching the lives of veterans and their families.

They are looking for donations of non-perishable food items and clothing items, especially hats, gloves, and scarves during the winter season. Their local volunteers pick-up on a regular basis.

If you are able to help; they are extremely grateful.



# President's Message

Hello again fellow members. Welcome to April; hope everyone Marched into April in good spirits. Another month closer to SPRING. Astronomically speaking the first day of Spring was on March 19th at 11:06 PM, then the snow fell upon us. Happens most years so we just suck it up and set our eyes on the Future. It is almost time to take off the Winter tires and put on the Summer ones. Remember to keep your rain boots, sandals and Winter boots in the car just in case. It is almost time to welcome back home the people who cannot stand Winter any more and escape to where the sun shines 365 days of the year. I have ordered a dump of snow to welcome them all home. I know they missed it!!! I am patiently waiting for the camping season and June 20th when Summer officially starts. Bring it on!



A reminder for all members to renew their memberships so you can vote at the Annual General Meeting (AGM) on Thursday, April 18th. Thanks to everyone who has put up with the renovations which are going on downstairs. We will eventually get it all completed but for now please have patience like you have had for some time now.

We will see you all on April 18th.

*Bill Diprose*  
President

April 2024

"Sweet April showers,  
do spring May flowers."

**Spring is Sprung & AGM is here again!**  
2024 is already shaping up to be a busy year!  
Do you teach a special program or know how to do something that others might enjoy learning? We are looking for evening Team Leaders for new programs. Please come and see Kelly or myself to bring your programs to life!

**Sharing is Caring I always say!**

**Basement Updates:**

- Men's Shed - Open
- Bike Shed - Open
- Art Studio - Open (no water)
- Bathrooms temporarily closed
- Bathroom plumbing 3/4 done

Thankyou for your patience during our repairs!

**Remember ... my door is always open ...**



*Norma Jean Doucet*  
Executive Director

# JOINING OUR GFLS COMMUNITY

## **GFL55+ MEMBERSHIP AVAILABLE**

### **MEMBERSHIP MUST BE RENEWED BEFORE GFLS AGM (Thursday, Apr 18/24)**

GFLS 2024 Membership Forms are now available.  
Once you have completed the forms please see  
the GFLS Front Desk to register.

The GFLS annual membership expires December 31st

2024 Membership is \$35

**NOTE:** GFLS Lifetime Members are required to complete and submit the current year's membership forms. This ensures the GFLS Team has the most current information on file and meet the requirements as a Society.

## ***SUPER MEMBERSHIP AVAILABLE***

*SUPER Membership is a year-long membership allowing access to 11 Centres throughout Calgary. You will receive FULL membership status at the Centre you purchase the membership, with that Centre becoming your HOME Centre. You will then have ASSOCIATE member status at the remaining Centres*

*The locations involved with this collaboration are:*

*Greater Forest Lawn 55+ Society (GFLS - YUP, THAT'S US!)*

*Bow Cliff Seniors*

*Bowness Seniors Centre*

*Confederation Park 55+ Activity Centre*

***\*NEW\*** Good Companions **\*NEW\****

*Ogden 50+ Activity Centre*

*Parkdale Nifty 50's*

***\*NEW\*** Rainbow Elders Calgary **\*NEW\****

***\*NEW\*** SW 55+ Connect **\*NEW\****

*Unison at Kerby Centre for 50+*

*West Hillhurst Go-Getters Association*

***SUPER Membership: \$50***

***Subscription Period: 1 calendar year starting January 1st***



# UPCOMING EVENTS AT GFLS<sup>55+</sup>

*(PLEASE NOTE: Dates / times may change. Kindly check with the Centre closer to start dates.)*



## IMPORTANT NOTICE FROM THE BOARD



**The GFLS 2024 Annual General Meeting (AGM) is scheduled for Thursday, April 18.**

This will be an in-person event at the Centre. To participate in the voting process kindly ensure your membership is current for 2024. Lifetime Members must complete 2024 membership forms as well.

This is a very important meeting for the GFLS membership and the current Board looks forward to seeing everyone attend. Kindly plan to attend. Further details will be available as the date draw closer.

The Board is seeking candidates interested in replacing current Board of Director members approaching the end of their term. The GFLS Board of Directors is a governance & policy board. Board meetings are held once a month on the 2nd Wednesday. The Board asks you give this serious thought. If you are interested, kindly contact one of the Board's Nomination Committee; Shirley Borak, LaVonne Nielsen, or Ann Martell.

### **TAX CLINIC BY DONATION - WEDNESDAY AFTERNOONS & THURSDAYS: March 27 - April 25**

#### **Appointments must be booked in advance through the GFLS Front Desk.**

Our amazing volunteer, Helga will again be offering an Income Tax Preparation Clinic by donation to the Centre. This program runs Wednesday afternoons; 1 - 3:30 PM and Thursdays; 9 AM - 3:30 PM. Appointments are 30 minutes in duration. If you are booking for more than one tax return it is suggested to book consecutive appointments per return.

### **COFFEE & CONVERSATION TOPICS FOR APRIL 2024 / COST: FREE**

Grab a coffee and listen to a speaker with a different relevant topic. Upcoming topics:

Monday, April 8 - **Feelings and Emotions**

Monday, April 22 - **Projection in Relationships**



### **\*NEW\* POOL - INTERMEDIATE LEVEL - Wednesdays, Noon - 3 PM**

As you may have heard, GFLS' pool table is up and running! Due to the great turn out at our Thursday afternoon sessions it was decided to add an additional time slot for more experienced pool players. So if you are looking for more of a challenge please come to the Centre on Wednesday and try your luck.

***BUT watch out for the 'sharks' in the deep end!***

### **GFLS COMMUNITY BREAKFAST - Thursday, April 11/24; 9 - 11 AM / COST: \$10**

The GFLS Community Breakfast includes eggs, sausage, breakfast potatoes and pancakes.

Don't forget the endless coffee & tea!

### **BIRTHDAY SUPPER - Thursday, April 25/24; DOORS OPEN 4:30 PM; \$25/person**

Join GFLS in celebrating our April birthday celebrants. Dinner will be a 3-course served, buffet style meal followed by live entertainment from our own Crystal Bells. Make sure to get your tickets early!

## **\*UPCOMING IN 2024\***

### **GFLS ANNUAL MOTHER'S DAY HIGH TEA - Saturday, May 11/24; 1 - 4 PM / Cost: \$25**

GFLS is hosting an afternoon of fabulous savories and sweets along with wonderful entertainment.

The Regency Dancers and Here Comes Treble Quartet will be performing.

Tickets, with seating selection, available at the GFLS Front Desk.



### **GFLS SPONSORED CASINO - ELBOW RIVER CASINO: Saturday, July 27 & Sunday, July 28**

This is an essential fundraising event to keep the Centre's doors open and continue to offer exciting programs. To do so, we will need your help. GFLS will be looking for volunteers for daytime and night time shifts. Our new Casino Chairperson, Pauline Padbury, would be happy to hear from you. Pauline's email address is ppadbury@telus.net or by phone at 403-240-3031. The Volunteer Sign-Up sheet will also be available with Susan at the Centre.



### **\*NEW\* GFLS BIKE GROUP**

Interested in joining a new group at the Centre. See more details on Page 9 of this Newsletter.

# DROP-IN PROGRAMS

## PLAN IN ADVANCE!

### **Art Studio: \$2 Members/\$5 Non-Members - Wednesdays, 9 AM**

Join our group of painters & artists as they work on individual & group projects.

### **Bike Shed: FREE - Tuesdays, 10 AM**

Accepting donations\* of used, adult bicycles; giving them any needed repairs / tune-up, and then providing them back to well deserved organizations in our community.

A good cause to keep our community rolling!

*(\*To donate a bike(s), contact information can be provided to the GFLS Centre and then arrangements for drop off will be made. Your cooperation is appreciated.)*

### **Bingo: Wednesdays, Doors Open at 10 AM Tables are first come; first choice.**

Bonanza pre-call at 12:30 PM followed by Regular Bingo at 1 PM.

Bingo Lunch (\$6) is served from 11:15 AM to Noon, Café 55 re-opens at Intermission.

### **Creative Card Circle: \$2 Members/\$5 Non-Member - 2nd & 4th Tuesdays; 1 - 3 PM**

Create very distinctive cards for all those special occasions. Instructions to complete the wonderful project and most of the supplies will be provided. For more details contact Diane at 403-273-4650 or outspokendiane@gmail.com

### **Cards & Games Night: \$2 Members/\$5 Non-Members - Friday Evenings, 7 PM**

Join a group of friendly faces from the community for cards and games.

Various beverages available for purchase (\$2 to \$6).

### **Coffee & Conversation: FREE - 2nd & 4th Monday of each month, 10 AM**

Grab a coffee and listen to a speaker with a different relevant topic.

### **Community Coffee: FREE - Fridays, 10 AM**

An opportunity to sit, relax, enjoy a hot beverage and socialize with other community members.

### **Cozy Corner Crafters: Tuesdays, 9:30 AM**

Crafting gives anyone a space to work and enjoy fellowship with friends with similar interests.

### **Crib: \$7 - Fridays, 1 PM**

Join our group of cribbers for informal crib games.

### **Crystal Belles Choir: \$2 Members/\$5 Non-Members - Thursdays, 10 AM**

Like to sing? Consider joining our GFLS in-house choir group.

***\*SEEKING NEW MEMBERS\* - Contact the Choir Director, Sharon Sheeler at 403-272-1404 or via email at [nascarnutsheeler@shaw.ca](mailto:nascarnutsheeler@shaw.ca)***

***NOTE: NO CHOIR THURSDAY, APRIL 18 DUE TO GFLS AGM OR THURSDAY, APRIL 25***

### **Darts: \$4 Members/\$5 Non-Members - Mondays, 1 PM**

Join the darts group in the GFLS games room.

### **Memory SPACE: FREE - 2nd & 4th Tuesday of each month, 1 - 3 PM**

For individuals experiencing memory loss, and their caregivers, a safe place to share experiences, learn, laugh, and connect with one another.

***PLEASE NOTE: This is NOT a respite program. Caregivers are to attend the session to participate in the activities with their individual who is experiencing memory loss.***

### **Men's Coffee: FREE - Thursdays, 10 AM**

An opportunity to sit, relax, enjoy a hot bevvie while socializing with other men from the community.

***NOTE: NO MEN'S COFFEE THURSDAY, APRIL 18 DUE TO GFLS AGM***

### **Men's Shed: Tuesdays & Thursdays, 10 AM**

Use our tools to build or fix any projects that you have on the go.

***NOTE: NO MEN'S SHED THURSDAY, APRIL 18 DUE TO GFLS AGM***

### **Musicians' Gathering: \$2 Members/\$5 Non-Members - Mondays, Noon**

Bring your instrument and meet with other fellow musicians.

***NOTE: NO MUSICIANS' GATHERING MONDAY, APRIL 29***



# DROP-IN PROGRAMS

## PLAN IN ADVANCE!

(continued)

**Pickle Ball: \$2 Members/\$5 Non-Members - Tuesdays, 2 PM**

Learn to play this racket sport.

**APPROPRIATE ACTIVEWEAR AND FOOTWARE ARE REQUIRED.**

**\*NEW\* Pool - All Skill Levels: \$2 Members / \$5 Non-Members - Thursdays, Noon - 3 PM\*\***

**(\*\*REVISED TIME: Noon - 2 PM - Every 4th Thursday of the month due to Birthday Supper set-up (Sept-June))**

Drop in for a FUN game of pool. Everyone welcome.

**NOTE: NO POOL - THURSDAY, APRIL 18 DUE TO GFLS AGM**

**\*NEW\* Pool - Intermediate Level: \$2 Members / \$5 Non-Members - Wednesdays, Noon - 3 PM**

Need a bit more of a challenge from fellow pool sharks; come try your luck at the Centre on Wednesdays.

**Stretching Exercise Program: \$2 Members/\$5 Non-Members - Mondays & Thursdays, 10 AM\***

**(\*REVISED START TIMES: 9 AM - Every 4th Thursday of the month due to Birthday Supper set-up (Sept-June))**

Come join our wonderful volunteer instructors, Carol & Norm to learn how proper stretching can possibly improve your health while making you feel better overall.

**NOTE: NO STRETCHING EXERCISE PROGRAM THURSDAY, APRIL 18 DUE TO GFLS AGM**

**Woodshop - ALL WELCOME: Thursdays, 1 PM**

Learn to use our tools in our Men's Shed. Make sure to bring your project ideas.

**NOTE: NO WOODSHOP THURSDAY, APRIL 18 DUE TO GFLS AGM**

## ***GFLS PUZZLE LIBRARY***

**Our resident Puzzle Keeper would like to remind everyone there are some spectacular puzzles in the Game Room.**

**Sizes range from 300 - 2,000 pieces.**

**We are certain there is something for everyone.**

**Next time you are at the Centre take a moment to check them out; you never know what you might find.**

**Thanks to everyone for their donations which keeps our supply fresh and also to our terrific PIECE-keeper, Jean.**



## **DAY-USE LOCKERS AVAILABLE**

While at the Centre should you have items you would like to put in a secure place due to the activity you are attending, GFLS has available a limited number of day-use lockers.

The lockers are located in the coat room beside the main front doors. You will need to supply your own lock and need to inform the Front Desk which locker you are occupying. At the end of your visit at the Centre that same day, make sure the lock, along with the items in the locker, are removed prior to leaving.

If locks and the contents of the locker are left longer than 24-hours the GFLS team may need to remove these items. Should this be the case, every effort will be made to contact you before doing so.

Do not hesitate to speak with the GFLS team should you need more information.

Hopefully this service will add to your visit to the GFLS Centre.

# Shopping & Services at GFLS

**Calgary Seniors' Resource Society:** This organization offers services and support for older adults. For more information see their website at [www.thewayincalgary.ca](http://www.thewayincalgary.ca) or by phone at (403) 266-6200.

**Cindy's Hair Salon (403) 457-4632 - BY APPOINTMENT ONLY**

Cindy is regularly onsite at the GFLS Centre on Wednesdays.

**Cozy Corner Shoppe:** Looking for something special? Shop handmade creations from our artists, crafters and woodworkers. You'll be amazed at the treasures you will find!

**Foot Care with Tracey (587) 433-8619 - BY APPOINTMENT ONLY - NO WEDNESDAYS**

Tracey is a licensed practical nurse who does professional foot care. Appointments must be directly booked with Tracey.

**GFLS Art Gallery:** Check out our Art Gallery throughout the facility. Support our GFLS artists. All proceeds go towards our artists and the GFLS Centre.

**GFLS Gym:** Get active in our gym equipped with various exercise equipment. Register at the GFLS Front Desk prior to working out. **FREE** for GFLS members.

**(Now Available to non-members with a \$5 drop-in fee and signed waiver)**

**GFLS Men's Shed:** Taking orders for wood planters and other wood crafts as seen throughout the GFLS Centre. For custom orders, feel free to present your idea(s) and they will let you know if they can GET'ER DONE!

**My Other Closet:** New items are always being added and prices are very reasonable! Make sure to stop in and check it out!



## **COBS BREAD MARKET MONDAYS DOORS OPEN AT 9 AM UNTIL SUPPLY LASTS**

The first hour of the Bread Market (9 - 10 AM) will be dedicated to our GFLS members.  
After 10 AM Everyone Is Welcome!

Our GFLS members and surrounding communities are grateful to everyone, especially our gracious donor, **University District Cobs Bread**, for making this a successful endeavour.

### **Gentle Reminder**

*The GFLS Centre is a Scent Free Zone. Help us keep the air we share healthy and fragrance-free for everyone.*

*Please DO NOT wear perfume, cologne, aftershave and other fragrances when planning to come to the facility. If possible use unscented personal care products.*

*Your understanding and cooperation are appreciated.*

# REGISTERED PROGRAMS

***TO REGISTER: (403) 272-4661 or [support@gfls.org](mailto:support@gfls.org)***



## **IMPORTANT NOTICE**



For GFLS to continue offering these programs with qualified outside instructors a minimal fee increase will come into effect with **new sessions starting after April 1, 2024.**

**6-sessions: \$50 members / \$60 non-members**

**Drop-In Fees: \$10 members / \$12 non-members (*effective April 1*)**

We thank you for your understanding and support.

**Birthday Supper: \$25 - 4th (Fourth) Thursday of the month (September thru June)**

**Doors Open at 4:30 PM; Dinner at 5:30 PM (*\*DROP-IN FEES DO NOT APPLY TO THIS EVENT*)**

Celebrating the current month's birthday celebrants with a 3-course meal and live entertainment. Tickets on sale the Monday following the monthly supper and cut-off at close of business the Tuesday before that month's event.

***NEXT SUPPER: THURSDAY, APRIL 25***

**Computer Class: \$5 Tuesdays, 12:30 PM to 1:30 PM. 30 min sessions are available.**

***(\*DROP-IN FEES DO NOT APPLY TO THIS EVENT)***

Learn the basics of your electronic device (computer, phone, tablet). Bring your own device or use one of ours.

***PLEASE REGISTER, IN ADVANCE, WITH THE GFLS FRONT DESK.***

**Just Dance Lite: Mondays, 1 PM**

Have fun with this workout that incorporates choreographed steps to upbeat music.

***CURRENT 6-WEEK SESSION CONCLUDES: APRIL 29 / NEXT SESSION STARTS: MAY 7***

***NOTE: NO JUST DANCE LITE MONDAY, APRIL 1***

**Line Dancing - Level 1: Fridays, 9:30 AM**

Start your line dancing off on the right foot with this beginners class.

***CURRENT 6-WEEK SESSION STARTS: APRIL 5***

**Line Dancing - Level 2: Fridays, 10:30 AM**

Dust off your dancing shoes while working your brain and body at the same time.

***CURRENT 6-WEEK SESSION STARTS: APRIL 5***

**Tai Chi: Fridays, 9 AM**

Get in tune with your inner chi with this intro to the Tai Chi program.

***CURRENT 6-WEEK SESSION CONCLUDES: APRIL 5 / NEXT SESSION STARTS: APRIL 12***

**Walk Fit: Tuesdays, 1 PM**

A beginners class for people interested in stepping patterns to music.

***CURRENT 6-WEEK SESSION CONCLUDES: APRIL 23 / NEXT SESSION STARTS: APRIL 30***

***NOTE: NO WALK FIT TUESDAY, APRIL 2***

## **INTERESTED IN EXPLORING BIKE PATHS IN THE CALGARY AREA WITH OTHERS?**



A group of GFLS members are looking to start a bike club for rides through the City as well as possible excursions outside the City limits. Please plan to attend an organizational meeting to be held at the Centre on Wednesday, April 17/24 at 10 AM



# *Volunteer Opportunities*

## **TOGETHER WE CAN DO MORE THAN WE CAN ALONE**

*Volunteers are an extremely valuable and important part of GFLS.  
There are many ways to join and support our Centre.*

### **URGENT VOLUNTEER CALL-OUT**

The GFLS Team is scheduling annual & special events at the Centre for 2024.  
To assist with this task we are seeking volunteers willing to help organize and run these activities.

Here are some of the occasions come up soon at GFLS:

**Mother's Day Tea**  
**GFLS Garage Sale**  
**Stampede Breakfast**  
**GFLS Casino - July 27 & 28**  
**Summer Outdoor Activities**  
**Day Trips**  
**Theatre Trips**

Below are areas we are currently seeking assistance:

**BINGO VOLUNTEERS FOR GFLS SPONSORED 5 STAR BINGO EVENTS**  
**Every 1st & 3rd Thursday of the month**

**BINGO VOLUNTEERS FOR GFLS WEDNESDAY BINGO**  
**Wednesdays**

**KITCHEN VOLUNTEERS NEEDED FOR LUNCHES & VARIOUS EVENTS**  
**Tuesdays, Wednesdays, & Other Dates, as needed**

*Feel free to contact Kelly, our Program/Volunteer Coordinator,  
for more details and what other opportunities may be available to  
become a GFLS volunteer.*



*There is no "I" in Team, but we sure  
are glad there is "U" in our Volunteers!*