

February 2021

Greater Forest Lawn 55+ Society

GFLS TIMES

Hours of Operation

Center Closed

Staff are available on site

Monday to Friday

9:00 am to 3:00 pm



Board Executive

President

Jim Bergen

1st Vice President

Ann Martel

2nd Vice President

Stu Bellingham

Secretary

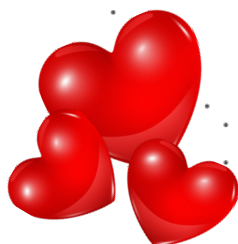
Brenda Nakamura

Treasurer

Brenda O'Malley

Advisor to Board

Joan Noble



Directors

Diane Danielson

Paul Sklepowich

Gerri Borschowa

Ann Martell

Eli Tendler

Lorna Diprose

Sandra Reed

LaVonne Nielsen

*Happy
Valentine's
Day*

Staff

Executive Director

Jenna Jepson

Office Coordinator

Marilyn Mudry

Program Coordinator

Rebecca Tanner

Accountant

Bob Davidson & Tony Waugh

Director of Food Services

Jill Gagnon

Environmental Services

Missy Taylor



(403) 272-4661



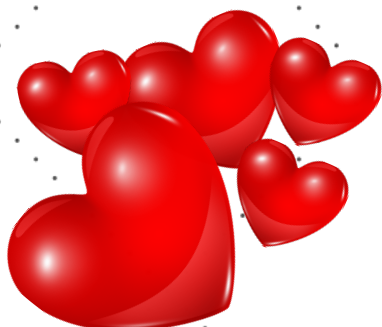
**3425 - 26th Ave SE
Calgary, AB T2B 2P2**



www.gfls.org

“ Kindness is
spreading sunshine
into other people's
lives regardless of the
weather. ”

- RAKtivist



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President's Message

Since the Centre's closing, life has been different for Donna and myself, and I suspect for you also. We have been hunkered down at home, going out only when necessary. We miss our friends but are looking for the day when we can be together again.

The Centre's closure does not, however, mean that things have been quiet there. Jenna, and her staff continue to come up with innovative ideas on how to serve our members despite the closure. For example, about three hundred meals and gifts were delivered to members and other seniors in the community at Christmas. Their efforts have not gone unnoticed, especially by our funders and people in government. I believe we are going to come out of this pandemic an even stronger and more a vibrant organization, and it will be because of the dedication of Jenna her team and our volunteers.

This is the time of year when we also renew our memberships. It is now easier than ever. You may now download the application from our website, www.gfls.org. I encourage you to renew your membership early, the benefits are many and our growing membership numbers are meaningful to our funders.

Stay healthy, stay safe and I hope to see you soon.

Jim



#ExploreTheGood #MakeKindnessTheNorm #RandomActsofKindnessDay

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Executive Director's Message

Hello Members and Our Dear Community,

We are still here - still missing you - still waiting patiently for COVID measures to release and allow us to reopen.

How are you doing? How can we help? We are only a call away and truly want to provide you with what you need to get through this next phase of the pandemic.

I know you are resilient and can and will get through anything but we are here to help make the 'getting through process' a little more fun. My Grandmother reminded me that in hard times you just do it because you don't have a choice. One of the stories she often refer back to was her third labor. She went into the hospital to give birth to her third child but in fact when the delivery time came two babies arrived. She had no idea she was to have twins! She had not planned for two emotionally or financially. The way she would tell the story was so powerful because she never gave up, always found opportunities in the challenges and had a smile on her face while telling it. She was a prime example of a strong, resilient woman. Since I've taken on my position at the centre I have met so many strong resilient people. I have heard stories of unbelievable pain, challenges and suffering with a silver linings of wisdom and new found strength.

We want to hear from you - the good, the bad and the ugly. Share your stories of the past and thoughts for the future. Your wisdom is inspiring and will encourage others to find an opportunity in the challenges of life.

Sending you lots of love and wishing for the days of the big hugs,

Jenna Jepson



2021

Memberships are
now available
Contact society
for more
information
\$30.00

Commissioner Of Oaths

Jenna Jepson
Executive Director
to book an
appointment call 403-
272-4661

February Menu

(curbside pick-up)

Beef Barley Soup
Beef Stew
Chili
Shepard's Pie
Beef Stroganoff
Stuffed Cannelloni

**All items
\$5.00 each**

*Don't forget to ask
about our dessert
menu!*

Desserts \$2.00 each

*Happy New
Year!*



WE MISS YOU !



February 2021

Greater Forest Lawn 55+ Society

GREATER FOREST LAWN 55+
SOCIETY

45TH ANNIVERSARY COOKBOOK
FUNDRAISER



SUBMISSION
DEADLINE:

MARCH 31ST,
2021

FORWARD ALL
RECIPES AND
CORRESPONDING
INFORMATION
TO:

ATTN: COOKBOOK
COMMITTEE

TERRIPOO@SHAW.CA

INGREDIENTS NEEDED:

- recipes (all kinds)
- special photo's of members, GFLS center, the community, etc.
- kitchen tips / hacks
- special dedication(s)
- cooking tips
- back in the day.....
- comparison prices then to now!
- jokes

WE want to hear from you!

For more information call
(403) 272-4661



2021

MEMBERSHIP MONDAY'S

STARTING:

MONDAY JANUARY 25TH TO FEBRUARY 22ND
FROM 11:00 AM TO 1:00 PM
3425 - 26TH AVE SE

GFLS 55+ MEMBERSHIP BENEFITS INCLUDE THE FOLLOWING:

*MEMBER'S ONLY PRICING ON PROGRAMS & EVENTS
*WEEKLY UPDATES *VOTING PRIVILEGES *ACCESS TO
FITNESS FACILITY * ACCESS TO COMMUNITY RESOURCES,
SERVICES & OUTREACH PROGRAMS *MEMBERS ACTIVITY
PLAN PROGRAM * AND SO MUCH MORE...

EVERYONE 55+ WELCOME!
FIRST 20 PEOPLE WILL RECEIVE A COMPLIMENTARY
HAMBURGER & DESSERT

ALL COVID RELATED GUIDELINES & POLICIES WILL BE IN
PLACE. SOCIAL DISTANCING, AND WEARING OF MASKS IS
REQUIRED. ANY FURTHER QUESTIONS PLEASE CALL
403-272-4661



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Valentine's Day 2021 Cookie Gram Fundraiser

ARE YOU LOOKING FOR A FUN WAY TO SHOW LOVE TO YOUR FRIENDS, FAMILY, OR THAT SPECIAL SOMEONE THIS YEAR FOR VALENTINE'S DAY? OR MAYBE YOU WOULD LIKE TO JUST SAY "THANK YOU" TO SOMEONE.

IF SO, THEN WHAT A BETTER WAY THEN TO SEND THEM A PERSONALIZED COOKIE GRAM!

Cost: \$15.00 / order

****Available for pick-up on Feb. 13th 2021****

Deadline for orders: Monday, Feb 8th by 4pm

Payment due upon order



ORDER FORMS WILL BE AVAILABLE ON WEBSITE
WWW.GFLS.ORG FOR MORE INFO CONTACT
SOCIETY 403-272-4661



February



Acts of Kindness Calendar

How many acts can you do! Take a picture, share a story. We want to hear from you! Send via email to support@gfls.org

Lets spread KINDNESS

GIVE
SOMEONE
CHOCOLATE

MAKE A GRATITUDE
JAR AND FILL IT
WITH THINGS FOR
WHICH YOU ARE
GRATEFUL DURING
THE MONTH.

TAKE
COOKIES TO
YOUR
NEIGHBOUR

HELP
SOMEONE
IN NEED

TELL SOMEONE
WHAT YOU LIKE
ABOUT THEM
THE MOST

READ TO
SOMEONE

LEAVE A HAPPY
MESSAGE
SOMEWHERE

SEND A POST
CARD TO A
FRIEND OR
FAMILY
MEMBER

TURN THE
RADIO UP AND
SING AT THE
TOP OF YOUR
LUNGS IN YOUR
CAR OR
SHOWER.

LIST 5 THINGS
YOU ARE
THANKFUL FOR

THANK A
WOMAN WHO
HAS MADE
YOUR LIFE
BETTER.

DONATE THAT
CARE PACKAGE
TO SOMEONE

REFRAIN FROM
COMPLAINING
TODAY.

HELP A FRIEND

SMILE
AT EVERYONE!

DOWNLOAD A
MEDITATION
APP AND TRY IT
OUT TONIGHT
BEFORE BED.

BAKE SOMEONE
A PIE

LEAVE A SMALL
GIFT OF
APPRECIATION IN
YOUR MAILBOX,
ADDRESSED TO
YOUR MAILMAN.

BRING YOUR
PARTNER
BREAKFAST IN
BED.

GIVE A
COMPLIMENT
TO A COMPLETE
STRANGER

ASK SOMEONE
ABOUT THEIR
DAY...
AND LISTEN

LET SOMEONE
GO FIRST

EMPTY YOUR
GRATITUDE JAR,
AND READ TO
YOU PARTNER
OR FRIEND



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**Our Men Shedder's
will be holding a raffle !
Tickets go on Sale Feb 1st 2021
\$2.00 / ticket**

**or
3/\$5.00**

All money raised go towards the Men's Shed.

**1st prize
Antique cabinet
(valued at \$300.00)**

**2nd prize
\$100.00 grocery g/c**

**3rd prize
\$50.00 grocery g/c**

**Draw Date: March 31st 2021
For more information call (403) 272-4661**



What's ahead of us....

Dates To be announced

- Gardening Club
- Travelling Tuesday's
- Genealogy Workshops
- A Day Away Group
- Bird watching group
- Speed Friendshiping
- Scrapbooking
- Card making workshops
- Walking group
- Health & Wellness activities in the Park
- Rug Braiding Workshop
- Computer Resource Library
- Elder Walks

And so much more...

If any of these activities / programs & workshops catch your attention and would like to know more information, Please contact the center and speak to the

Program Coordinator

(403) 272-4661

**Check
this
out** →

Be Thankful

**Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?**

Be thankful when you don't know something

For it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations

Because they give you opportunities for improvement.

Be thankful for each new challenge

Because it will build your strength and character.

Be thankful for your mistakes

They will teach you valuable lessons.

Be thankful when you're tired and weary

Because it means you've made a difference.

It is easy to be thankful for the good things.

**A life of rich fulfillment comes to those who are
also thankful for the setbacks.**

GRATITUDE can turn a negative into a positive.

**Find a way to be thankful for your troubles
and they can become your blessings.**

Unknown