

# GFLS TIMES

GREATHER FOREST LAWN 55+ SOCIETY

February 2020

 *Happy Valentines Day!*

## Vision, Mission, & Values

### OUR VISION

Active, engaged older adults.

### OUR MISSION

We provide a welcoming place for information, programs, services, and outreach that enhance the quality of life for older adults and their families.

### OUR VALUES

- Service: responding to older adults is the heart of our centre
- Information: we give older adults the knowledge to maintain control of their lives
- Welcoming: we offer a warm, friendly "home away from home"
- Commitment: we provide the services that are most essential to our members
- Reliability: we stand behind our words and actions
- Innovation: we have the courage to explore new ways and ideas

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## Contact Information



(403) 272-4661



3425 26 Avenue SE, Calgary,  
Alberta T2B 2P2, Canada



<https://gfls.org/>



<https://www.facebook.com/gfls55/>

## About GFL55+S

In 1973 Alan Koehler of Calgary's Social Service Department suggested to the Alderman Gordon Shrake, who was President of the Southview Community Association, to start a Seniors Club. Working with Ed Laribay & Harry Gordon the club was started. In 1974 with Alderman Shrake they secured the Dover Field House as the permanent home for Greater Forest Lawn 55+ Society now known as GFLS 55+ Society.

## Hours

**Monday — Friday:**

**9am to 4pm**

*(closed during  
lunch 12pm-1pm)*

## Services Offered

**Outreach Worker**— Contact Calgary Seniors Resource Society office at 403-266-6200.

**Foot Clinic**— Please call Tracey at (587) 433-8619 to book an appointment. Cost is \$30.00 per person and the clinic will be held the 2<sup>nd</sup> Wednesday of every month.

**Snow & Mow Program**— For information on the program, please contact the office during business hours.

**Housekeeping**— For information on the program, please contact the office during business hours. Rate is \$30.00 per hour.

**Cozy Corner**— Handmade crafts by GFLS members. Crafts include children's clothing, doll clothing, scarves, mittens, dish towels, quilts and so much more. The store is open during business hours.

**Good Food Box**— Fruit and vegetables can be ordered through the office. Signup sheet and details available on the bulletin board.

**Room Rental Rates** – Contact office for more information.

### Board Executive

**President**  
Jim Bergen  
**1<sup>st</sup> Vice President**  
Shirley Borak  
**2<sup>nd</sup> Vice President**  
Lorna Diprose  
**Treasurer**  
Brenda O'Malley  
**Secretary**  
Helga Dressel  
**Advisor to Board**  
Joan Noble

### Directors at Large

Diane Danielson  
Paul Sklepowich  
Ann Martell  
Willma Robak  
Stu Bellingham  
Sandra Reed  
Arlene Young

### Employees

**Executive Director:**  
Jenna Jepson  
**Office Coordinator:**  
Marilyn Mudry  
**Administrative Assistant/  
Program Coordinator:**  
Rebecca Tanner  
**Accountant:**  
Bob Davidson  
**Kitchen Co-ordinator:**  
Sherry Forester  
**Caretaker:**  
Joyan Williams; Michael Provo

## ***President's Message***

In my January message I briefly mentioned that we anticipate two major renovation projects for our building. I can now confirm that we will soon be replacing our furnaces (there are six of them). This is the first major project and it will add air conditioning (A/C) throughout the building. This will require a total upgrade of the electrical for the basement. The cost is substantial and for the most part (75 percent) covered by the City's Capital Conservation Grants program. This leaves approximately \$147,000 as our cost. We will announce a fundraising initiative in future newsletters that will give you the opportunity to assist.

Because the City is paying most of the costs, they hired an engineering firm to put the project together. They in turn tendered the project with Westcor being the successful bidder. Westcor has since hired the sub-trades and Bob and I met with all of them last week to get the project underway. We anticipate that the project will be completed in May of this year.

I want to assure everyone that we will do our best to keep disruption of programs and activities to a minimum. There may be times when the Centre will need to be closed because of switchovers (think electrical) but we will do our best to ensure that these do not interfere with key events.

We will start the second project referred to as the Building Envelope when the first one is completed. This entails replacing the windows, doors and parts of the roof in the older part of the building and all of the building's siding. The engineering study has already been done but we cannot apply for the 75 percent of the cost until the furnaces project is complete. We have, however, already applied for a grant to cover our portion of this project from the provinces Community Facilities Enhancement Program.

I am excited and looking forward to the completion of these two projects as this will ensure that we have a building that will remain functional for years to come; a building that we can continue to be proud of. As we fundraise throughout the community, I hope that we can also count on your generosity in reaching our goals.

*Jim*

## ***Executive Director's Message***

Dear GFLS Family,

As you might remember in my past career I was a bit of a health nut. I always loved the month of February because it gave me an opportunity to educate about heart health. Did you know that February is Heart Month? It's a wonderful time to bring attention the importance of your ticker and what you can do to reduce the risk of cardiovascular disease. In Canada heart disease affects approximately 2.4 million Canadian adults and still remains the second leading cause of death for us Canadians. So how can you reduce your risk? Start by making healthy lifestyle choices like stop smoking, eat your fruits and veggies, sleep, move your body daily and monitor your blood pressure and cholesterol levels. Do you need help? We have programs focusing on heart health such as Zumba, Square Dancing, Carpet Bowling, Floor Curling, Tai Chi, Line Dancing and Bees Knees Wellness. All these will help you and your heart feel great! We also have a gym in the facility. It's open 8am-4pm and has a treadmill, exercise bike, vibration trainers and tons of other fun ways to stay fit. Book your introduction today! For all members it's free to use.

Happy February!

From my heart to yours,

Jenna



## Activities & Information

### Disclosure

#### Program Registration Information

Our programs and activities require a minimum of 4 – 6 participants in order for them to run. We will cancel any activity or program one week prior to first day of class. So please be sure to register early, and sign up.

*\*GFL 55+ S reserves the right to cancel any activity or program and the cost will be refunded.\**

### Office Closure

The centre will be closed on Family Day, Monday, February 17th 2020. Enjoy the long weekend!

#### Foot Clinic

**Date:** Wednesday, February 12th

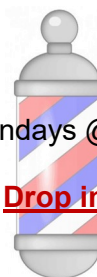
**By appointment only.**

Call Tracey at (587) 433-8619

#### Barber Shop

**Date:** Mondays @ 10:00 AM

**Drop in.**



#### Saturday Night Dances

We at GFLS 55+ Society, would like to welcome you to our bi-weekly Saturday Dances. Anyone over the age of 18 is welcome.

Saturday, February 1st (Generation Country)

Saturday, February 15th (For Old Tyme Sake)

Saturday, February 29th (The Good Timer's)

**Time:** Doors open at 6:30 PM

Dance starts at 7:30 PM

Light snack served at 9:20 PM

**Cost:** \$12.00 members | \$13.00 non-member

#### Wine & Paint Night

**Please sign up if interested.**

**Date:** Tuesday, February 4th

**Time:** 6:00 PM—8:00 PM

**Cost:** \$25.00

*Cost includes all materials and supplies.*





## For the Love of Chocolate...

Join us for this 3 hour hands-on chocolate making workshop!

We're so excited to be hosting a class with Laura.

You will get to temper, taste, coat, dip, and decorate various items. At the end, you'll be in chocolate heaven, and you will get to take home some of your delicious projects from this class to share with all your chocolate-loving friends.

**Please sign up if interested.**

**Date:** Monday, February 10th

**Time:** 10:00 AM—1:00 PM

**Cost:** \$20.00



## Movie Day

**Date:** Thursday, February 13th

**Time:** 1:00 PM

**Cost:** \$3.00

*Snacks & refreshments included in the cost.*

The film stars Blake Lively in the title role, with Michiel Huisman, Kathy Baker, Amanda Crew, Harrison Ford, and Ellen Burstyn in supporting roles. The story follows Adaline Bowman, a young woman born at the turn of the century, who stops aging after an accident at the age of 29. After many solitary years, she meets a man who complicates the eternal life she has settled into.



### Snacks & Refreshments

**Date:** Wednesdays & Special Events

**Time:** 12:00 PM

**Price:** Pop & Chips \$1.00 each

Hotdogs \$3.00 each

### Cozy Corner

Homemade crafts for sale

**Date:** Monday—Friday

**Time:** 9:00 AM—4:00 PM

*Prices vary.*

### Boutique

Gently used clothes and accessories, various sizes available.

**Date:** Open Monday—Friday

**Time:** 9:00 AM—4:00 PM

Prices vary.

## Wednesday Lunch

**February 5<sup>th</sup>**—Ham & Cheese Croissant w/ soup

Dessert: Cake

**February 12<sup>th</sup>**—Turkey Pot Pie w/ pastry

Dessert: Cupcakes

**February 19<sup>th</sup>**—Pesto Tortellini Pasta w/breadstick

Dessert: Tarts

**February 26<sup>th</sup>**—Chicken Caesar Wrap w/ soup

Dessert: Jello Dessert

**Cost:** \$8.00

*Menu is subject to change.*

## Birthday Supper

**February 27<sup>th</sup>**—Appetizer: Bruschetta

Supper: Beef Brisket w/ Mashed potatoes, gravy, veggie, salad, buns

Dessert: Carrot Cake

**Cost:** \$15.00 Members, \$17.00 Non-members

**Tickets go on sale Monday, February 3rd**

**Entertainment:** "Sandy D'arcy"

50/50 Draw

*Best wishes to all those celebrating an Anniversary or a Birthday for the month of February.*

## Recipe of the Month

### Valentine's Day Truffles

#### INGREDIENTS

2/3 cup heavy cream  
6 ounces bittersweet chocolate (60% cocoa), chopped  
9 ounces plain biscuits  
Pink sprinkles or nuts

#### INSTRUCTIONS

1. In a small saucepan bring the heavy cream to boil, stirring occasionally.
2. Add in the chopped bittersweet chocolate, mix with a spoon until smooth. Let it wait until it reaches room temperature.
3. Meanwhile grind the biscuits in a food processor to make a biscuit flour.
4. Transfer it into a large bowl and pour the melted chocolate mixture over it. Mix well with a spatula and chill for 20 minutes.
5. Wet your hands and make small balls from it and roll in pink sprinkles or nuts. The dough doesn't hold well if you don't wet your hands.
6. Place them on a large plate in a single layer.
7. Cover with a plastic wrap and chill at least for 4 hours. Remove it from the fridge 30 minutes before serving.



## Jubilations Trip

The ladies of the Maple Oaks Seniors home may have missed out on their college years, but thanks to a loophole in the Collegiate Singing Group Competition's eligibility guidelines... it may not be too late!  
Come and watch these Golden Girls show the college chicks how it's done!



**Date:** Tuesday, February 25th

**Time:** 1:00 PM to 3:00 PM

Pick up time: 9:00 am | Return 3:00 pm

**Cost:** \$65.00 member, \$75.00 non-member

*Cost includes transportation, 3 course lunch, and a wonderful comedy musical.*

**Sign-up is required along with payment to reserve your seat.**

**Cut-off Date: Feb 17th 2020 (no refunds)**

### Membership

\$30.00 Registration/Renewal Fee

New members will be entered into a draw for a \$25.00 Gift Card.

Draw will be held Wednesday March 4th.

Please contact us for more information at (403) 272-4661.

### Card Making

Instructor: **Lorna Diprose**

Date: February 3rd & 24th

Time: 1:00 PM to 3:00 PM

Cost: \$2.00 member, \$3.00 non-member

*Covers cost of material.*

### Office Closure

The centre will be closed on Family Day, Monday, February 17th 2020. Enjoy the long weekend!

# Welcome to our Senior's Breakfast

Greater Forest Lawn 55+ Society  
3425 26th Avenue SE. Calgary

Donations Accepted ~ Thank you



Thursday, February 20, 2020

9:00am ~ 10:30am

Next breakfast Mar 19, 0, 2020

Fabulous breakfast and wonderful friends.  
What more could you ask for?

## All Seniors Welcome

Hosted by Albert Park / Radisson Heights Community Association

For more information 403-252-6795

— H A P P Y —  
**VALENTINE'S**  
— D A Y —  
14 FEBRUARY



## Power Cook

Date: Saturday, February 22nd 2020

Time: 9:30 am to 3:30 pm

Cost: on average \$45.00 - \$55.00 per serving

14 to 16 freezer meals to be made

Affordable and Healthy Meals for the whole family to enjoy!

If interested please see Rebecca, or call (403) 272-4661 Ext. #108



GREATER FOREST LAWN 55 + SOCIETY PRESENTS

# SPAGHETTI SUPPER FUNDRAISER

Join us Family Day February 17th, 2020 any time from 4:30 pm - 7:30 pm for a Homemade Spaghetti Supper.

Share Family Day with us listening to great music, shopping at our Homemade Bake Table, visiting our newly renovated Cozy Craft Corner and eating fabulous food.

Tickets \$10

(children 3 years and younger free)

All proceeds go to our Centre's  
Building Fund.

BUY YOUR TICKETS NOW AT  
[WWW.GFLS.ORG](http://WWW.GFLS.ORG) OR AT THE CENTRE  
MONDAY - FRIDAY 8AM-4PM  
3425 26 AVENUE SE.

NO RESERVED SEATING

**Tickets go on sale Monday February 3rd**



## Heart Month Facts & Statistics

February is Heart Month, a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

# HEART DISEASE *in* CANADA

It is the **2<sup>nd</sup>** leading cause of death *among Canadians*

Also known as **ischemic heart disease** or **coronary heart disease**, **heart disease** refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death.

According to **2012/13** data from the Public Health Agency of Canada's **Canadian Chronic Disease Surveillance System (CCDSS)**:



**ABOUT**  
**1 in 12**

(or **2.4 million**) Canadian adults age 20+ live with diagnosed **heart disease**

**EVERY**  
**HOUR**

**12 Canadian adults** age 20+ with diagnosed **heart disease** die



**DEATH**  
**RATE is**

**3x higher** among adults age 20+ with diagnosed **heart disease** vs those without

**4x higher** among adults age 20+ who had a **heart attack** vs those without

**6x higher** among adults age 40+ with diagnosed **heart failure** vs those without

## HEART DISEASE AFFECTS **MEN** AND **WOMEN** DIFFERENTLY



**MEN** are **2x more likely** to suffer a **heart attack** than **WOMEN**

**MEN** are newly diagnosed with **heart disease** about **10 years younger** than **WOMEN**

55 to 64 years



65 to 74 years

## Fundraising

### Greater Forest Lawn 55+ Society: **Building Fund Campaign**

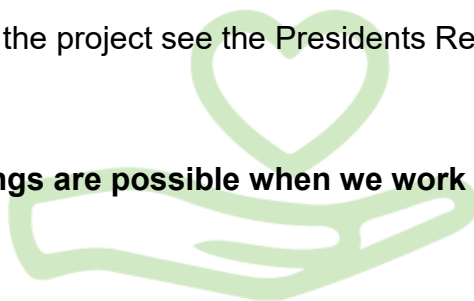


Current Project	Estimated Costs	Grants Applied For	Grants Approved	Current Shortfall
Replacing our 6 furnaces, duct work, electrical upgrade, exhaust fans and air conditioning for the hall.	\$422,383	\$275,468 (2019 Capital Conservation Grant)	\$275,468	\$146,915
<b>TOTAL COST</b>				<b>\$146,915</b>

In the next few months the fund-raising committee will be undertaking a number of fund-raising activities to raise the shortfall. Our first fundraiser will be a Cash Fundraiser. **Donations of \$20 or more will be issued a charitable donation receipt.** Donation envelopes will be available at the office. As well a donation box will be situated at the front desk for those wishing to donate small amounts periodically.

For more details on the project see the Presidents Report in this Newsletter.

**All things are possible when we work together.**



## Workshops

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### Compass for the Caregiver

Do you assist a family member or friend living with challenges resulting from a disability, illness or aging? If you said yes, you are a caregiver and might benefit from attending this workshop. COMPASS for the caregiver is open to anyone aged 18 or older.

What you'll learn!

The COMPASS for the caregiver workshop, is an eight week program; facilitated by a volunteer who understands how hard caring for someone else can be. The workshop encourages caregivers to recognize that in order to care for a loved one, they must first care for themselves.

Every week, our caregivers will find their strengths, and limitations, as they tackle some of the most challenging aspects of care giving.

**Date:** Friday January 31st , 2020

**Time:** 2:00 pm to 4:00 pm

**Cost:** Free

Register: By Phone: 1-855-792-3726 or Online: [www.cfpcn.ca](http://www.cfpcn.ca)

8 week Workshop  
January 31st 2020 to March 20th , 2020




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### Essential Oil Make-n-Take Class

DIY Foot Spa and Essential Oil Footcare Products

Interested in making affordable natural products you can later make at home. Join us to learn how and treat your tired winter tootsies to a spa during the class.

During this class you will make and take 3 products home with you:

1. Foot Soak 2. Foot Scrub 3. Foot Lotion

Essentials oils being used for class will include lavender, peppermint, orange and lime.

**Instructor:** Annette Tanner

**Date:** Tuesday February 11th

**Time:** 6:30pm-8:30pm

**Cost:** \$35.00 Members, \$45 non-members

**Please Sign up if interested.**



## Connecting Communities

Many of us over our lifetime have built successful careers and/or businesses for ourselves and now we are ready for a new phase of life.

What is your passion in life?

Join us for a very engaging and informative workshop on how you can build an exciting future for retirement or semi-retirement.

This workshop is designed to first help you discover or confirm that passion that may have always been there but you have never fully pursued it. This workshop will also present hundreds of possibilities of where to invest your time, talent and energy in Calgary and beyond in meaningful ways that you never believed were possible.

Please Join us for an exhilarating day of discovery and building plan for your future!

**Date:** Tuesday February 4th

**Time:** 9:00 AM—2:00 PM

**Cost:** \$15.00/person

*Breakfast, lunch, tea, and coffee will be provided.*

## CONNECTING TO COMMUNITY

### *MOVING FROM SUCCESS TO SIGNIFICANCE*



Presented by: *Calgary Seniors Resource Center*

## *Volunteering*

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### **Why Volunteer?**

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Join our Volunteer Family today!

Please call **Rebecca at 403-272-4661** or visit our Society for more information.

## **Volunteer Opportunities**

### **Front Desk Greeter**

Are you a ray of sunshine? If so we want you to join our Volunteer Team as our Front Desk Greeter.

### **Five Star Bingo**

We are looking for volunteers for Five Star Bingo for the 1st Thursday and 3rd Thursday of each month. You will receive a free lunch, work with other amazing volunteers and support our organization.

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### **Wednesday Canteen Help**

We are looking for volunteers to sell chips, pop and baked goods on Wednesdays from 11 am - 2 pm. Free homemade baked goods to volunteers as a big thank you for volunteering.



## *Programs*

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### **Chen Tai Chi**

A kind of moving meditation with ancient roots in Chinese martial arts. Tai chi relaxes the mind and body deeply, a key to maintaining and improving one's health. The low-impact exercise has been shown to improve symptoms of depression and insomnia and promote the healing of chronic conditions. Tai chi is an excellent way to relieve stress, lower your blood pressure, and develop a positive attitude toward life. Tai chi will increase your circulation, resulting in improved vitality and longevity, and it will develop your mind's alertness, awareness, and concentration.

**Instructor: Adrian Buczek**

**Date: Fridays at 9AM—10AM (6 week sessions)**

**Cost: \$45.00 members | \$55.00 non-members**

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### **Bees Knees Wellness**

A program that focuses on both the brain and the body. It is designed for healthy heart, building strength, increasing flexibility and balance. Join us and have fun with fitness!

**Instructor: Jenna Jepson**

**Date: Fridays at 10AM—11AM (6 week sessions)**

**Cost: \$45.00 members | \$55.00 non-members**

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### **Zumba Gold**

A low impact dance fitness class. It is a follow the leader aerobics that explores not only Latin music but all kinds of music. The moves are easy to follow and fun! This class is great for those who love music and dance.

**Instructor: Karen Iwanski**

**Date: Mondays at 2PM—3PM (6 week sessions)**

**Cost: \$55.00 members | \$65.00 non-members**

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### **Line Dancing**

You will experience a variety of dance and music.

**Instructor: Gail Thorburn**

**Date: Fridays at 1030AM—1130AM (6 week sessions)**

**Cost: \$45.00 members | \$55.00 non-members**



## *This Month in History...*

### **February 1, 1996**

Canada celebrates Black History Month for the first time. Every February, Canadians are invited to attend festivities that honour the legacy of black Canadians.

### **February 2, 1955**

In his first meteorological forecast, Ontario albino groundhog Warton Willie does not see his shadow and predicts an early spring. Warton Willie will become a Canadian legend with an international reputation.

### **February 3, 1916**

A fire breaks out in the Centre Block of Canada's Parliament Buildings. Seven people lose their lives in the blaze. The most likely cause of the fire is an unextinguished cigar discarded in a wastebasket. The Library of Parliament is saved by an alert employee who closes the library's iron fire doors.

### **February 6, 1948**

Ottawa's Barbara Ann Scott wins Canada's first-ever gold medal in figure skating at the Winter Olympic Games in St. Moritz, Switzerland. She will also win world championships in figure skating during her illustrious career.

### **February 21, 2002**

Canada wins its first gold medal in women's hockey at the Salt Lake City Winter Olympic Games. The Canadians defeat their American rivals by a score of 3 to 2.

### **February 28, 2010**

Sidney Crosby scores the winning goal against the United States, earning Canada the gold medal in men's hockey at the Vancouver Winter Olympic Games.



### **Fun Fact**

Canada's lowest recorded temperature was -81.4 degrees Fahrenheit (-63 °C) in 1947.

## Upcoming Events




# Spring-Fling Fashion Show and Tea





## Saturday, March 28, 2020

2pm - 4pm \$10.00  
Doors open at 1:00pm  
Refreshments with Open Wine Bar  
Entertainment to be announced

Greater Forest Lawn 55+ Society 3425 26 Avenue SE Calgary



## Pinterest DIY Wood Sign Workshop

**Date:** Thursday February 13th **Time:** 6:00 pm—8:00 pm

**Cost:** \$25.00 member, \$35.00 non-member







## FREE FINANCIAL LITERACY WORKSHOP

### Presented by the Canadian Foundation for Economic Education

Please join us for an informative workshop to answer any questions you may have regarding your finances. Take part in engaging conversation with a representative from the *Canadian Foundation for Economic Education*, and other seniors in your community, to gain a better understanding of your financial issues and concerns.

#### Topics of discussion include;

- Making estate arrangements
- Moving as housing needs change
- Dealing with attempted fraud or financial abuse
- Caring for a loved one
- Living with long-term illness or disability
- Managing retirement

Presenter: *Kevin Maynard, VP and COO*  
*Canadian Foundation for Economic Education (CFEE)*  
*Toronto, ON*



**Wednesday April 8<sup>th</sup>, 2020 9:00am – 11:30 am**  
**Greater Forest Lawn 55+ Society**  
**3425-26<sup>th</sup> Ave SE**

Space is limited. Call today to reserve your spot.  
Please call **(403) 272-4661** or Email: [prog.55plus@shaw.ca](mailto:prog.55plus@shaw.ca)

**Join us for lunch after presentation cost \$8.00**

A PROGRAM OF **CFEE** SUPPORTED BY **IG WEALTH MANAGEMENT**

connecting generations



# IG AFTER SCHOOL

**MEET, MENTOR AND LEARN FROM  
THE YOUTH IN YOUR NEIGHBOURHOOD.**

This fun program explores what it means to take care of yourself  
in today's age and how to be a good neighbour.

This free 10-week commitment includes local snacks.

**STARTING TUESDAY, MARCH 3<sup>RD</sup> AT YOUR GFL55+ SOCIETY**

To reserve your seat or learn more about this program contact

**LINKages DAVE SERRAO @ 403 669-8054**

or your call your GFL55+ Society at 403 272-4661.

THIS PROGRAM IS MADE POSSIBLE WITH CONTRIBUTIONS FROM THE FOLLOWING PARTNERS:

LINKages

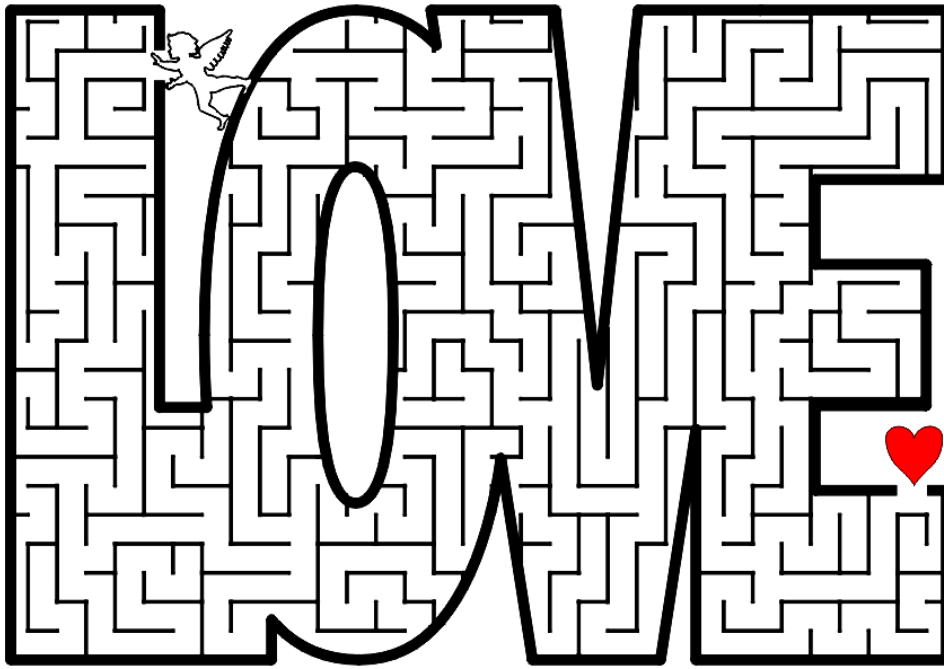
GREATER FOREST LAWN 55+ SOCIETY  
GFL55+

fcss  
family & community  
support services

Calgary  
AfterSchool



## Puzzles



### Riddle

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

An apple a day keeps the doctor away!



		9	5			2		
	4			1			6	
2					3			9
		8						2
	7						4	
3						5		
7			2					3
	6			4			7	
		1			9	6		

### Cross Math

	+		×		=	20
+	■	×	■	-		
	×	8	×		=	48
-	■	×	■	+		
	×		-		=	38
=		=		=		
0		80		10		



# VALENTINE'S DAY

## WORD SEARCH



V W A D F A U A W V B A N K S A M H A R  
 A B F O A H S I K A F U A F E T A K E A  
 L O V E L E A Q O W I A H C S A I O A E  
 E X A L B A T A H O A E N A S D E A U L  
 N I T A E R A Z H A H A O F I M A Q M A  
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 J D V J S A W Q J K M T E C S Y J I D D  
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 Y P I Y E R R R O M A H R V A L G Y K T  
 H D B M W O D H E O C E J I M L B G D R  
 O X C N S W E E T H E A R T F I G E K I

ARROW

FLOWERS

LOVE

CANDY

FRIEND

RED

CARDS

GIFTS

ROMANCE

CHOCOLATES

HEARTS

ROSES

CUPID

HUGS

SWEETHEART

FEBRUARY

KISSES

VALENTINE



## February 2020 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <b>730PM Dance</b> Generation Country
<b>3</b> <b>10AM</b> Square Dancing <b>10AM</b> Barber Shop <b>1PM</b> Darts <b>1PM</b> Card Making <b>2PM—3 PM</b> Zumba	<b>4</b> <b>9AM—2PM</b> Workshop <b>930AM</b> Crafts <b>11AM</b> Men's Shed <b>1PM</b> Canasta/ Bridge & Crib <b>1PM</b> Memory + <b>6PM—8PM</b> Paint Night	<b>5</b> <b>930AM</b> Art Group <b>12PM</b> Lunch <b>1PM</b> Bingo	<b>6</b> <b>10AM—11AM</b> Ukulele Class <b>10AM</b> Crystal Belles + 2 <b>1PM</b> Carpet Bowling <b>5PM—630PM</b> Spanish Classes	<b>7</b> <b>9AM—10AM</b> Chen Tai Chi <b>10AM—11AM</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling <b>2PM—4PM</b> Compass for Caregivers	<b>8</b>
<b>10</b> <b>10AM</b> Square Dancing <b>10AM—1PM</b> Chocolate Workshop Valentines Day <b>10AM</b> Barber Shop <b>1PM</b> Darts <b>2PM—3 PM</b> Zumba	<b>11</b> <b>930AM</b> Crafts <b>11AM</b> Men's Shed <b>1PM</b> Canasta/ Bridge & Crib <b>1PM</b> Memory +	<b>12</b> <b>930AM</b> Art Group <b>930AM</b> Foot Clinic <b>12PM</b> Lunch <b>1PM</b> Bingo	<b>13</b> <b>10AM—11AM</b> Ukulele Class <b>10AM</b> Crystal Bessles +2 <b>1PM</b> Movie Day <b>1PM</b> Carpet Bowling <b>5PM—630PM</b> Spanish Classes	<b>14</b> <b>9AM—10AM</b> Chen Tai Chi <b>10AM—11AM</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling <b>2PM—4PM</b> Compass for Caregivers	<b>15</b> <b>730PM Dance</b> For Old Tyme Sake
<b>17</b> Family Day <b>Centre Closed</b> <b>Spaghetti Dinner</b> <b>Fundraiser</b>	<b>18</b> <b>930AM</b> Crafts <b>11AM</b> Men's Shed <b>1PM</b> Canasta/ Bridge & Crib <b>1PM</b> Memory + <b>3PM—430PM</b> Linkages	<b>19</b> <b>930AM</b> Art Group <b>12PM</b> Lunch <b>1PM</b> Bingo <b>1PM</b> Book Club	<b>20</b> <b>9AM</b> Seniors Breakfast <b>10AM—11AM</b> Ukulele Class <b>10AM</b> Crystal Belles +2 <b>1PM</b> Carpet Bowling <b>5PM—630PM</b> Spanish Classes	<b>21</b> <b>9AM—10AM</b> Chen Tai Chi <b>10AM—11AM</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling <b>2PM—4PM</b> Compass for Caregivers	<b>22</b> <b>930AM</b> Power Cook
<b>24</b> <b>10AM</b> Square Dancing <b>10AM</b> Barber Shop <b>1PM</b> Darts <b>1PM</b> Card Making <b>2PM—3 PM</b> Zumba	<b>25</b> <b>9AM</b> Jubilations <b>930AM</b> Crafts <b>11AM</b> Men's Shed <b>1PM</b> Canasta/ Bridge & Crib <b>1PM</b> Memory + <b>3PM—430PM</b> Linkages	<b>26</b> <b>930AM</b> Art Group <b>12PM</b> Lunch <b>1PM</b> Bingo	<b>27</b> <b>10AM</b> Crystal Belles +2  <b>5:30PM</b> Birthday Supper	<b>28</b> <b>9AM—10AM</b> Chen Tai Chi <b>10AM—11AM</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling <b>2PM—4PM</b> Compass for Caregivers	<b>29</b> <b>730PM Dance</b> The Good Timer's

## *February Birthday's*

Leonor Anza  
Melvin Critchfield  
Colleen Dean  
Kusum Deelwal  
Alfred Dressel  
Ted Dylong  
Joyce Fleming  
Brenda Grayson  
Gary Greggain  
Allan Hicks  
Michael Humphries  
Gloria Jones  
Margaret Jones  
Cheryl Lawless  
Simone Lemay  
Hugh MacDougall  
Jim McDougall  
Carol McQueen  
Kay Nephin  
Art Poole  
Walter Quast  
Willma Robak  
Mary Schaap  
Cordella Schwengler  
Sharon Sheeler  
Randy Simmons  
Sharon Sisson  
Corry Tollens  
Mary Ufland  
Reta Vigar  
Virginia Vredik  
Lenore Wilson  
Paul Wollbaum

**Happy Birthday to all our members!  
We hope you have a wonderful day.**

**From all of us at GFL 55+ S**

*Thank You to Our Partners & Sponsors*



Alberta Association of Seniors Centres®

