

June 2021

# GFLS 55+ NEWSLETTER

3425- 26th Ave SE - (403) 272-4661 - [www.gfls.org](http://www.gfls.org)

## **HOURS:**

CENTER IS **CLOSED**  
BUT STAFF ARE ON  
SITE  
MONDAY TO FRIDAY  
9 AM TO 3 PM

## **CONTACT US:**

[SUPPORT@GFLS.ORG](mailto:SUPPORT@GFLS.ORG)  
(403) 272-4661  
[WWW.GLFS.ORG](http://WWW.GLFS.ORG)

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JOAN NOBLE



## MESSAGE FROM THE PRESIDENT...

I AM WRITING THIS TWO DAYS AFTER PREMIER KENNEY ANNOUNCED HIS TENTATIVE PLANS FOR THE EASING OF COVID 19 RESTRICTIONS. ALREADY I HAVE HEARD CRITICISM OF HIS PLANS AND WARNINGS OF DIRE CONSEQUENCES. BUT I AM AN OPTIMIST AND AM CONVINCED THAT SOON WE WILL BE BACK TO NORMAL AND THAT I WILL BE ABLE TO ONCE AGAIN RIDE A CROWDED C-TRAIN TO WATCH MY BELOVED STAMPEDERS PLAY AT MCMAHON STADIUM.

BUT THE PREMIER DID SAY THAT THIS WILL HAPPEN IF WE ALL DO OUR PART, AND I AM ALSO CONVINCED THAT ALBERTANS WILL DO WHATEVER IT TAKES TO GET US BACK TO NORMAL.

MORE THAN FOOTBALL, HOWEVER, I AM EXCITED ABOUT OUR CENTRE'S REOPENING AND THAT WE WILL ONCE AGAIN BE ABLE TO GATHER. I REMEMBER THAT REGULAR EVENTS AND ACTIVITIES CLOSE FOR THE SUMMER, BUT YOU CAN BET THAT JENNA AND HER STAFF HAVE THINGS IN MIND TO GET US TOGETHER DURING THIS TIME. KEEP A WATCHFUL EYE OUT FOR NEWS AND ANNOUNCEMENTS. AND, SUBSCRIBE TO OUR EMAILS, IF YOU HAVEN'T ALREADY.

I LOOK FORWARD TO SEEING YOU SOON.  
TAKE GOOD CARE,

JIM

*Pie of the Month*

*"Key Lime"*

*"Lemon Meringue"*

**Individual 4" \$3.00 / each**

**Family Size 10" \$15.00 / each**

**pre-order 403-272-4661**

**HAPPY  
FATHERS  
DAY**



# EXECUTIVE DIRECTOR'S MESSAGE...

HELLO GFLS FAMILY,

I HOPE THIS NEWSLETTER FINDS YOU HEALTHY, HAPPY AND SAFE.

JUNE IS THE MONTH TO CELEBRATE YOU! IT IS SENIORS' WEEK JUNE 7TH TO JUNE 13TH. TO SHOW YOU HOW MUCH WE LOVE AND MISS YOU WE HAVE SAFE AND FUN OUTDOOR ACTIVITIES PLANNED. PLEASE READ THROUGH THE NEWSLETTER TO FIND MORE INFORMATION AND TO REGISTER. A SPECIAL THANK YOU TO REBECCA FOR ORGANIZING THESE AMAZING EVENTS!

JUNE IS ALSO TIME TO CELEBRATE FATHERS. I WAS LUCKY TO HAVE THREE FATHERS IN MY LIFE. MY DAD, GRANDFATHER AND STEP DAD. THEY ALL HAD A HAND IN SHAPING WHO I AM TODAY. MY DAD TAUGHT ME TO BE NON JUDGEMENTAL. HE WOULD SAY IT DOESN'T MATTER IF A PERSON IS A JANITOR OR A DOCTOR THEY DESERVE THE SAME ATTENTION AND RESPECT. MY GRANDFATHER TAUGHT ME THE MEANING OF UNCONDITIONAL LOVE. HE WAS THERE IN TIMES OF CELEBRATION AND IN TIMES OF NEED. I KNEW I ALWAYS HAD A PLACE TO GO AND RELAX AND BE LOVED. MY STEP DAD TAUGHT ME THE IMPORTANCE OF EDUCATION.

ROD, AS SOME MEMBERS KNOW HIM, HAS ALWAYS BEEN ACTIVE IN PROMOTING SCIENCE AND EDUCATION WHICH HAS LED ME TO BE A LIFE-LONG LEARNER. I'M BLESSED TO HAVE HAD THESE THREE FATHERS IN MY LIFE. WHO WERE THE FATHERS IN YOUR LIFE THAT HELPED SHAPE WHO YOU ARE? WHAT DID THEY PASS ALONG TO YOU?

HAPPY SENIORS' WEEK AND HAPPY FATHER'S DAY!

BIG HUGS,

JENNA

June 7 – 13, 2021

## Seniors' Week



Let's recognize our seniors during this special week! Check out the calendar of events that we have planned. We look forward to seeing you!



# JUNE'S BIRTHDAY...



George Bischof  
Yvette Craig  
Hilda Craig  
Diane Danielson  
Nancy Fran  
Kenneth Groove  
Patricia Gustafson  
Christina Littlemore  
Therese Nahas  
Lousia Pocock  
Michelle Renaud  
Roxanne Ross  
Betty Sailer  
Lynne Shoults  
Annette Smith  
William Vigar



*Happy Birthday to You!  
Wishing you lots of  
happiness & love!  
From all your friends &  
family at GFLS.  
Don't Forget, someone  
special will receive a  
homemade birthday  
cake!  
Live on Facebook on  
Friday, June 4th*

*Fresh  
Homemade  
Buns for  
Sale*

\$4.00 / PKG.

Call 403-272-4661 to  
place your order.



How many words can  
you make from  
**"Father's Day"**

1 - 8 letter word  
2 - 7 letter words  
10 - 6 letter words  
15- 5 letter words  
20 - 4 letter words

Send your answers to  
[support@gfls.org](mailto:support@gfls.org)

\*\*\*Bonus if you have  
more. All entries will be  
put into a draw for a free  
"Lunch"\*\*\*



# SENIORS' WEEK

## JUNE 7TH - 13TH, 2021



### MONDAY JUNE 7TH

10:00 am

Pancake Breakfast

\$5.00

\*Must pre-order. Pick up only.\*

### TUESDAY JUNE 8TH

9:00 am

Bees Knees Drum fit

\*Pre-register. Maximum 10 participants. Class instructed in exercise park.\*

### WEDNESDAY JUNE 9TH

10:00 am

High Fashion  
Tea Social

\*Max 10 participants.  
Outdoor gathering only.\*

### THURSDAY JUNE 10TH

9:00 am

Bees Knees Drum fit

\*Pre-register. Maximum 10 participants. Class instructed in exercise park.\*

### FRIDAY JUNE 11TH

11:00 am

Drive By BBQ  
Donations welcome!

For more information and  
to register please contact

403-272-4661

ext. 108 or email

[support@gfls.org](mailto:support@gfls.org).



**Armchair Travel Presents...**

# **South Africa**

**Join us June 24th for our  
virtual travel to South Africa.**

**Order your ticket today.**

**Call Rebecca**

**403-272-4661 ext.#108 or email  
rebecca@gfls.org.**

**Cost: \$8.00 per person includes  
a traditional meal & dessert**

**Pick up between 11am - 1pm**

**You don't want to miss this  
experience!**

GREATER FOREST LAWN 55+ SOCIETY

**GFL55+S**

• **INTERESTING READ** •

# 25 POWERFUL REASON'S TO EAT BANANA'S



**After you read this, you will never look at a banana the same way again. 😊**

1. BANANAS HELP OVERCOME DEPRESSION DUE TO HIGH LEVELS OF TRYPTOPHAN, WHICH IS CONVERTED INTO SEROTONIN -- THE HAPPY-MOOD BRAIN NEUROTRANSMITTER.
2. EAT TWO BANANAS BEFORE A STRENUOUS WORKOUT TO PACK AN ENERGY PUNCH AND SUSTAIN YOUR BLOOD SUGAR.
3. PROTECT AGAINST MUSCLE CRAMPS DURING WORKOUTS AND NIGHT TIME LEG CRAMPS BY EATING A BANANA.
4. COUNTERACT CALCIUM LOSS DURING URINATION AND BUILD STRONG BONES BY SUPPLEMENTING WITH A BANANA.
5. IMPROVE YOUR MOOD AND REDUCE PMS SYMPTOMS BY EATING A BANANA, WHICH REGULATES BLOOD SUGAR AND PRODUCES STRESS-RELIEVING RELAXATION.
6. BANANAS REDUCE SWELLING, PROTECT AGAINST TYPE II DIABETES, AID WEIGHT LOSS, STRENGTHEN THE NERVOUS SYSTEM, AND HELP WITH THE PRODUCTION OF WHITE BLOOD CELLS, ALL DUE TO HIGH LEVELS OF VITAMIN B-6.
7. STRENGTHEN YOUR BLOOD AND RELIEVE ANEMIA WITH THE ADDED IRON FROM BANANAS.
8. HIGH IN POTASSIUM AND LOW IN SALT, BANANAS ARE OFFICIALLY RECOGNIZED BY THE FDA AS BEING ABLE TO LOWER BLOOD PRESSURE AND PROTECT AGAINST HEART ATTACK AND STROKE.
9. RICH IN PECTIN, BANANAS AID DIGESTION AND GENTLY CHELATE TOXINS AND HEAVY METALS FROM THE BODY.
10. BANANAS ACT AS A PREBIOTIC, STIMULATING THE GROWTH OF FRIENDLY BACTERIA IN THE BOWEL. THEY ALSO PRODUCE DIGESTIVE ENZYMES TO ASSIST IN ABSORBING NUTRIENTS.
11. CONSTIPATED? HIGH FIBER IN BANANAS CAN HELP NORMALIZE BOWEL MOTILITY.
12. GOT THE RUNS? BANANAS ARE SOOTHING TO THE DIGESTIVE TRACT AND HELP RESTORE LOST ELECTROLYTES AFTER DIARRHEA.
13. BANANAS ARE A NATURAL ANTACID, PROVIDING RELIEF FROM ACID REFLUX, HEARTBURN, AND GERD.
14. BANANAS ARE THE ONLY RAW FRUIT THAT CAN BE CONSUMED WITHOUT DISTRESS TO RELIEVE STOMACH ULCERS BY COATING THE LINING OF THE STOMACH AGAINST CORROSIVE ACIDS.
15. EATING BANANAS WILL HELP PREVENT KIDNEY CANCER, PROTECTS THE EYES AGAINST MACULAR DEGENERATION AND BUILDS STRONG BONES BY INCREASING CALCIUM ABSORPTION.
16. BANANAS MAKE YOU SMARTER AND HELP WITH LEARNING BY MAKING YOU MORE ALERT. EAT A BANANA BEFORE AN EXAM TO BENEFIT FROM THE HIGH LEVELS OF POTASSIUM.



17. BANANAS ARE HIGH IN ANTIOXIDANTS, PROVIDING PROTECTION FROM FREE RADICALS AND CHRONIC DISEASE.
18. EATING A BANANA BETWEEN MEALS HELPS STABILIZE BLOOD SUGAR AND REDUCE NAUSEA FROM MORNING SICKNESS.
19. RUB A BUG BITE OR HIVES WITH THE INSIDE OF THE BANANA PEEL TO RELIEVE ITCHING AND IRRITATION.
20. CONTROL BLOOD SUGAR AND AVOID BINGING BETWEEN MEALS BY EATING A BANANA.
21. EATING A BANANA CAN LOWER THE BODY TEMPERATURE AND COOL YOU DURING A FEVER OR ON A HOT DAY
22. THE NATURAL MOOD-ENHANCER TRYPTOPHAN HELPS TO RELIEVE SEASONAL AFFECTIVE DISORDER (SAD).
23. QUITTING SMOKING? BANANAS CONTAIN HIGH LEVELS OF B-VITAMINS AS WELL AS POTASSIUM AND MAGNESIUM TO SPEED RECOVERY FROM THE EFFECTS OF WITHDRAWAL.
24. REMOVE A WART BY PLACING THE INSIDE OF A PIECE OF BANANA PEEL AGAINST THE WART AND TAPING IT IN PLACE.
25. RUB THE INSIDE OF A BANANA PEEL ON YOUR LEATHER SHOES OR HANDBAG AND POLISH WITH A DRY CLOTH FOR A QUICK SHINE.

Oh, And Remember -- Bananas Make Great Snacks And Delicious Smoothies.

## **Delicious Creamy Banana & Avocado Smoothie Recipe**

Ingredients:

- 2 bananas (fresh or frozen)
- 1/2 avocado, stone and skin removed
- 1 1/2 cups almond milk (or any other milk)
- 1/2 - 1 tsp ground cinnamon
- 1/2 tsp vanilla paste
- 1 tbsp raw honey
- 1 tbsp chia seeds
- 1 tbsp bee pollen
- 1 tbsp peanut butter (optional)
- 1 tbsp of Protein (optional)
- Handful of ice

Method

Place all ingredients in a blender. Blend on high speed for half a minute until you reach a smooth consistency.

Enjoy!



Do you have a  
favorite Banana  
Recipe?

Colquhoun, J. (2019,). 25 Powerful Reasons to Eat Bananas.

Retrieved May 31st, 2021, from <https://www.foodmatters.com/article/25-powerful-reasons-to-eat-bananas>

# RECIPES OF THE MONTH

Do you have a recipe that you would like to share? Or maybe even get our cook Jill to try?  
Send it to [rebecca@gfls.org](mailto:rebecca@gfls.org)

## STRAWBERRY WHIP DESSERT

2 CUPS STRAWBERRIES (FROZEN)  
1 CUP COOL WHIP (CAN BE FROZEN)  
1 CAN EAGLE BRAND EVAPORATED MILK  
¼ CUP LEMON JUICE  
1 BOX CRUSHED OREO WAFERS

MASH STRAWBERRIES IN BOWL, STIR IN EVAPORATED MILK & LEMON JUICE  
STIR IN COOL WHIP - MIX TOGETHER UNTIL LIGHT PINK  
CHILL  
SPOON OVER OREO CRUMB MIX, SMOOTH OUT  
TOP WITH STRAWBERRY SLICES FOR A GARNISH. FREEZE FOR ABOUT 2 HRS.  
REMOVE ½ HR - 1 HR BEFORE EATING

## MELON GRAPE FETA SALAD

DRESSING  
MIX THE FOLLOWING INGREDIENTS TOGETHER:  
3 TBSP. OLIVE OIL  
1 TSP. GRATED LEMON ZEST  
2 TBSP. DIJON MUSTARD  
½ TSP SUGAR  
¼ TSP SALT  
1/8 TSP PEPPER

MIX TOGETHER IN LARGE BOWL:  
5 CUPS BABY SPINACH (FRESH)  
1 ½ CUPS THINLY SLICED CANTALOUPE  
1 CUP SEEDLESS GRAPES (HALVED)  
½ CUP CRUMBLED FETA CHEESE  
¼ CUP THINLY SLICED RED ONION  
1/3 CUP FRESH MINT OR 1 TBSP DRIED MINT LEAVES

POUR DRESSING OVER SALAD MIXTURE AND TOSS LIGHTLY. ENJOY!



Submitted by: Donna Bergen