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**Memberships $30.00 / year**

**Hours of Operation**

Monday – Friday: 9 am – Noon

1 pm – 4 pm

Closed over Lunch 12 pm – 1 pm

Fax: (403) 272-6153

[**www.gfls.org**](http://www.gfls.org)

**Meet the GFLS Team**

Board Executive:

President – Jim Bergen

1st Vice President – Shirley Borak

2nd 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:** Rebecca Tanner

**Accountant:** Bob Davidson

**Kitchen Co-ordinator:** Sherry Forester

**Caretaker:** Joyan Williams; Michael Provo

**Services Offered**

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| **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 person. Clinic will be held the 2nd Wednesday of every month.  **Snow & Mow Program -** For information on the program, please contact the office during business hours.  **Housekeeping -** For information on the housekeeping program, please call the office. 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. |



***President’s Message***

As we close out the old year, I look with anticipation to 2020 for we have staff and volunteers that are second to none and who are up to the task. I look forward to the many new programs that we will be offering at the Centre and I want to encourage you to participate in those you think will be of interest. I also look forward to working with the many partnerships that have become part of our Centre. I also look forward to the start of a couple of major renovations that will make our building so much more attractive to our members and visitors. There will also, of course, be challenges, there always have been, and I look forward to those too. We learn so much by what challenges us.

Finally, I have a wish for you for the New Year. I didn’t write it but it is what I feel in my heart.

“May Light always surround you; Hope kindle and rebound you. May your Hurts turn to healing; Your Heart embrace Feeling. May Wounds become Wisdom; Every Kindness a Prism. May Laughter infect you; Your Passion resurrect you. May Goodness inspire your Deepest Desires. Through all that you Reach For, May your arms Never Tire.” ― D. Simone

On behalf of Donna and I, Happy New and all the best in 2020

Jim

***Executive Director’s Message***

Happy New Year!

Can you believe it is the year 2020? Isn’t that amazing!

What would you like to do this year? Have you added anything new to your bucket list? Any new goals or ideas?

Here at the centre we have a lot of new ideas, big goals and awesome activities planned. Our Men’s Shed is open and ready for you to join in the fun. Gather with other men in your community to create projects, enjoy coffee and conversation and prepare to conquer the world.

We are excited to share another year with you and to help you stay active, social and engaged in our wonderful community.

I wish a healthy, happy, safe and fun 2020.

Much love,

Jenna



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| **January 2020**  **Wednesday Lunches**  $8.00  **January 8th**  Chicken Broccoli Alfredo Casserole  Canned Peaches & Cookies  **January 15th**  Meatballs in a Mushroom Sauce  Rice & Vegetables  Lemon Filled Cream Puffs  **January 22nd**  Beef Stew  Biscuit  Cupcakes  **January 29th**  Garden Vegetable Soup  Egg Salad Sandwich  Orange Fruit Jello Fluff  ***Menu is subject to change*** |

Greater Forest Lawn 55+ Society Open House

**Friday January 3rd, 2020**

**10:00 am – 12:00 pm**

Join us on January 3rd, for an Open House Presentation on our new year Activities, Programs and a tour of our Facility.

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

Join or renew your membership for 2020!

Snacks, tea & coffee will be served.

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| ***Thursday January 30th, 2020***  ***Birthday***  ***Supper Menu***  $15.00 members  $17.00 non-members  **Tickets go on sale Jan. 6th 2020**  **Menu**  Appetizer  Salad  BBQ Chicken Thighs  Roasted Baby Potatoes  Vegetables  Buns  Cake & Ice Cream  **Entertainment:**  **“Sox & Sax”**  50/50 Draw  ***Best Wishes to all those celebrating an Anniversary or a Birthday***  ***for the month of January*** |



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**Program Registration Information**

**Registration for all programs and activities open Dec. 16th, 2019.**

**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.\*

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| **New office Hours**  **Monday to Friday**  **9:00 am to 4:00 pm**  **Office closed over lunch from 12:00 pm to 1:00 pm** |



**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 caregiving.

**Start Date:** Friday January 17th, 2020

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

**Cost:** Free

**Register:**

By Phone: 1-855-792-3726

Online: [www.cfpcn.ca](http://www.cfpcn.ca)

**8 week Workshop**

**January 17th 2020 to March 6th, 2020**

**Wine & Paint Night**

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**Date: Tuesday, January 7th, 2020**

**Time: 6:30 pm to 8:00 pm**

**Cost: $25.00**

**Cost includes all materials and supplies.**

**Please sign up for this activity.**



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| **Card Making Workshop**    Monday, January 20th  From 1 pm to 3 pm  **Instructor:** Lorna Diprose  **Cost:** $2.00 member  $3.00 non-member  (Covers cost of material) |



**January**

**Book of the Month**

**Wednesday, January 22 @ 1 pm**

**Green Darkness** – *Anya Seton*

***The theme of this book is reincarnation, an attempt to show the interplay-the law of cause and effect, good and evil, among certain individual souls in two periods of English history."***Green Darkness*is the story of a great love, a love in which mysticism, suspense, and mystery form a web of good and evil*

***Get to know our Members…***

*Hello,*

*Our Executive Director has asked me to introduce myself to the readers of GFLS newsletter, in a new monthly feature that we hope will interest you and help you get to know your fellow GFLS members.*

*Bonnie (my wife) and I are new to Calgary, moving here from eastern Ontario late in 2018. We had visited several times, and when it came time to downsize, Calgary was the choice.*

*We both worked for a large chemical company back east, my job consisting of process supervisor and technical service representative. Part of my job involved giving science shows to elementary students, and all our grandchildren have seen and participated in my presentations. As well, I chaired our Science Fair for a number of years, and I attended the Canada-Wide Science Fair in Lethbridge in 2013.*

*I wrote a science column for our local paper a few years ago, which I was told was well received but ended up being cancelled when the paper was sold.*

*As with many of us who downsize, I gave up my home shop where I worked on various projects, mostly woodworking and craft activities.  Jenna has introduced me to the basement shop at GFLS and several projects have been completed, with others in the works.*

*Since we arrived in Calgary we have attended many enjoyable events at GFLS and met many of you. We have also made trips to Banff and Canmore, enjoying the spectacular western scenery. We visited Radium and Invermere this past summer, enjoying the wonderful hot springs. Of course we took in the Stampede with all the stuff that accompanies a Stampede visit. Our “bucket list” includes visiting several other points of interest such as Waterton Park, Head-smashed-in Park, the Kananaskis Highway, and lots of other things.*

*We really enjoy the sunshine in Calgary, even though the temperature can be a bit lower than we were accustomed to! Not missing the wet sloppy roads and cloudy skies in eastern Ontario! Coming from a small town, we are adjusting to Calgary traffic but not having to* *commute and having a flexible schedule makes things much easier. You sure have a lot of choices for restaurants and take-out here!*

*There are many things GFLS has to offer and together we are making it better.*

*Thank you,*

*Rod*

If you would like to share a story, and brief introduction, or something interesting, then please submit a story and it will be posted in our next News Letter. We would love to hear from each and every one of you.

Thanks,

Rebecca



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| We at GFLS 55+ Society, would like to welcome you to our bi-weekly Saturday Dances. Anyone over the age of 18 is welcome.  **Doors open at 6:30 pm**  **Dance starts at7:30 pm**  **Light snack served at 9:20 pm**  **$12.00 members**  **$13.00 non-members**  **Bands Playing 2020**  **Jan. 4th The Jeske’s**  **Jan.18th Sentimental journey**  **Feb.1st The Tumbleweeds**  **Feb. 15th For Olde Tyme Sake**  **Feb. 29th The Good Timer’s**  **Mar. 7th TBA**  **Mar. 21st The Jeske’s** |

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| Image result for dominoes gameRelated image  **Dominoes / Scrabble Club**  **Thursday’s at 1:00 pm to 2:30 pm**  **Starts January 16th , 2020** |

**Sketching Classes**

**1st and 3rd Monday of every month**

**Time:** 2:00 pm to 3:00 pm

**Cost:** $55.00 members

$65.00 non-member

Learn Perspectives – learn basic skills in setting up perspective including buildings, landscape and water.

**6 week workshop**

**Mondays at 2:00 pm to 3:00 pm**

**January 20th**

**February 3rd, 17th**

**March 2nd, 16th, 30th**

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| Image result for feet images  **Foot Clinic**  **Wednesday, January 15th, 2020**  **By Appointment Only**  **Call Tracey at:**  **(587) 433-8619** |

**Programs & Activities**

**Chen Tai Chi** is 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

**Fridays at 9am – 10 am**

**January 17th, 24th, 31st**

**February 7th, 14th, 21st**

**6 classes**

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

**Bees Knees Wellness** is 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

**Fridays at 10am – 11am**

**January 17th, 24th, 31st**

**February 7th, 14th, 21st**

**6 classes**

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

**Zumba Gold** is 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

**Mondays at 2pm – 3pm**

**January 13th, 20th, 27th**

**February 3rd, 10th, 17th**

**6 classes**

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

**Line Dancing** You will experience a variety of dance and music.

**Instructor: Gail Thorburn**

**Fridays at 10:30 am – 11:30 am**

**January 17th, 24th, 31st**

**February 7th, 14th, 21st**

**6 classes**

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

**For More information and times on our programs and activities, please come and visit our center, or check out the calendar.**

**See us on:** [**Facebook@www.facebook.com/GreaterForestLawm55+Society**](mailto:Facebook@www.facebook.com/GreaterForestLawm55+Society)



**GFL 55+S invites you to join us as we celebrate the grand opening of our Men’s Shed**

**Tuesday, January 21st, 2020**

**At 11:00 am to 1:00 pm**



**Learn about our new program we will be offering, what the Men’s Shed is all about, and get involved within your community.**

**Tea & coffee**

**Snacks**

**Will be provide**

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| Image result for New**Ukulele Classes**  **Ukulele Magic Introduction**  **This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums, plus have fun singing and playing.**  **6 week program**  **Ukulele’s Provided**  **(rental fee of Ukulele included in cost)**  **Thursday’s at 10:00 am to 11:00 am**  **January 16th, 23rd, 30th**  **February 6th, 13th, 20th**  **Cost: $59.00 members**  **$69.00 non-members**  **Instructor: Lorraine Smith**  **\*Must have 6 people signed up for this program in order to run\*** | |
| **Movie Day**  **Thursday, January 23rd**  **Time: 1:00 pm**  **Cost: $3.00**    Inspired by true events, Eddie the Eagle is a feel-good story about Michael “Eddie” Edwards (Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out. With the help of a rebellious and charismatic coach (played by Hugh Jackman), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the **1988 Calgary Winter** **Olympics.,** Eddie the Eagle stars Taron Egerton as Eddie, the loveable underdog with a never say die attitude. Eddie who in 1988 became the first competitor to represent [Great Britain](https://en.wikipedia.org/wiki/British_Olympic_Association) in [Olympic](https://en.wikipedia.org/wiki/Olympic_Games) [ski jumping](https://en.wikipedia.org/wiki/Ski_jumping) since 1928.  [Christopher Walken](https://en.wikipedia.org/wiki/Christopher_Walken), [Iris Berben](https://en.wikipedia.org/wiki/Iris_Berben) and [Jim Broadbent](https://en.wikipedia.org/wiki/Jim_Broadbent) also co-star. | |

**Spanish Classes**

**Spanish - Level 1.1**

Come learn some Spanish! With over 400 million speakers across 20 countries around the world, it is definitely a useful language to know. In this class offered by *The Calgary Language Nerds,*you will learn the following:

• Greetings

• Self-introductions

• Counting to 100

• Family vocabulary

• Important phrases needed when travelling (i.e food vocabulary, shopping vocabulary, at the airport, etc).

• Spanish pronouns (I, you, he/she, we, they)

• How the present tense works

**\*\*Need 4 participants signed up before class will run\*\* Date TBA**

**Spanish - Level 1.2**

This is the next class after Spanish 1.1. Continue developing the basics of Spanish in a relaxed environment! In this class offered by *The Calgary Language Nerds*, you will:

• Do a review of topics covered in level 1.1. The topics covered were: greetings, self-introductions, counting to 100, family vocabulary, ordering food, shopping, at the airport, question words, Spanish pronouns (I, you, he/she, we, they), masculine vs the feminine, and the present tense.

• Continue to go deeper into each topic listed above.

• Practice speaking & conversing in Spanish

• Learn how to describe your city, province, and country

• Learn how to describe people (physical attributes and personality traits)

• Get an introduction the past tense

**Start Date: Thursday, January 16th**

**Time: 5:00 pm to 6:30 pm**

**Duration: 8 weeks / every Thursday**

**Cost: $100.00 / member $110.00 / non-members**



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| **Five Star Bingo**  4980 – 25 Street SE  Volunteers please be at the Five Star Bingo  No later than 10:30 a.m.  **Volunteers are needed for**  **5 Star Bingo. If you are**  **interested in volunteering please contact:**  **Jann Ullrich 403-719-8944** |

**Volunteers Needed**

* **Fundraising committee** 
  + **Chair person**
* **Decorating committee**
* **Birthday Supper**
  + **Kitchen help**
  + **Decorating**



***Stuffed Peppers***

**Ingredients**

1 pound ground beef

1/2 cup uncooked long grain white rice

1 cup water

6 green bell peppers

2 (8 ounce) cans tomato sauce

1 tablespoon Worcestershire sauce

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

Salt and pepper to taste

1 teaspoon Italian seasoning

***Directions***

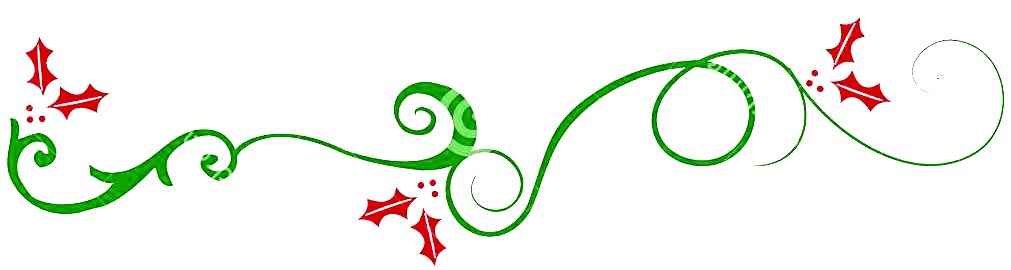
1. Preheat oven to 350 degrees F (175 degrees C).
2. Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and cook 20 minutes. In a skillet over medium heat, cook the beef until evenly browned.
3. Remove and discard the tops, seeds, and membranes of the bell peppers. Arrange peppers in a baking dish with the hollowed sides facing upward. (Slice the bottoms of the peppers if necessary so that they will stand upright.)
4. In a bowl, mix the browned beef, cooked rice, 1 can tomato sauce, Worcestershire sauce, garlic powder, onion powder, salt, and pepper. Spoon an equal amount of the mixture into each hollowed pepper. Mix the remaining tomato sauce and Italian seasoning in a bowl, and pour over the stuffed peppers.
5. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

**January 2020**

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| --- | --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  | **1** | **2**  **Center re-opens**  **5 Star Bingo** | **3**  **Open House**  **10:00 am to 12:00pm** | ***4***  ***Dance***  ***Doors open***  ***6:30 pm***  ***“The Jeske’s”*** |
| ***6***  **10 am Barber Shop Open**  **1 pm Darts** | ***7***  **9:30 am Crafts**  **10 am Memory +**  **1 pm Canasta / Bridge & Crib**  **1 pm Memory +**  **6:30 pm – 8:00pm Paint Night** | **8**  **9:30 am Art group**  **12 pm Lunch**  **1 pm Bingo** | **9**  **1 pm Carpet Bowling** | ***10***  **1 pm Floor Curling** | ***11*** |
| ***13***  **10 am Square Dancing**  **10 am Barber Shop Open**  **1 pm Darts**  **2 pm – 3 pm Zumba Gold** | ***14***  **9:30 am Crafts**  **10 am Memory+**  **1 pm Canasta/Bridge & Crib**  **1 pm Memory+** | **15**  **9:30 am Art Group**  **12 pm Lunch**  **1 pm Bingo**  **Foot Clinic** | ***16***  **9 am Senior’s Breakfast**  **10 am – 11 am Ukulele Class**  **1 pm – 2 pm dominos / scrabble**  **1 pm Carpet Bowling**  **5 pm – 6:30 pm Spanish Classes**  **5 star Bingo** | ***17***  **9 am Chen tai Chi**  **10 am Bees Knees**  **10:30 am Line Dancing**  **2 pm – 4 pm Compass for Caregivers** | ***18***  ***Dance***  ***Doors open***  ***6:30 pm***  ***“Sentimental Journey”*** |
| ***20***  **10 am Square Dancing**  **10 am Barber Shop Open**  **1 pm Darts**  **1 pm – 3 pm Card Making**  **2 pm – 3 pm Zumba Gold**  **2 pm – 3 pm Sketching** | ***21***  **9:30 am Crafts**  **10 am Memory+**  **1 pm Canasta/Bridge & Crib**  **1 pm Memory+**  ***Men’s Shed Open House***  ***11 am to 1 pm***  ***6:30 pm – 8:00 pm***  ***Make –n- Take with Essential Oils*** | **22**  **9:30 am Art Group**  **12 pm Lunch**  **1 pm Bingo**  **1 pm Book Club** | ***23***  **10 am – 11 am Ukulele Class**  **1 pm – 2 pm dominos / scrabble**  **1 pm Carpet Bowling**  **1 pm Movie Day**  **5 pm – 6:30 pm Spanish Classes** | ***24***  **9 am Chen tai Chi**  **10 am Bees Knees**  **10:30 am Line Dancing**  **2 pm – 4 pm Compass for Caregivers** | ***25*** |
| **27**  **10 am Square Dancing**  **10 am Barber Shop Open**  **1 pm Darts**  **2 pm – 3 pm Zumba Gold** | **28**  **9:30 am Crafts**  **10 am Memory+**  **1 pm Canasta/Bridge & Crib**  **1 pm Memory+**  **10 am Men’s Shed** | **29**  **9:30 am Art Group**  **12 pm Lunch**  **1 pm Bingo** | **30**  **Birthday Supper**  Related image  **10 am-11 am Ukulele Class**  **1 pm – 2 pm dominos / scrabble**  **5 pm – 6:30 pm Spanish Classes** | ***31***  **9 am Chen tai Chi**  **10 am Bees Knees**  **10:30 am Line Dancing**  **2 pm – 4 pm Compass for Caregivers** |  |

***Drop-In Programs 2020***

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| **Monday** | **10:00 am – Square Dancing**  **1:00 pm – Darts** $3.00 Mem $4.00 Non-Mem  **1:00 pm – Card Making ( 1st and 3rd Monday of every month)** $2.50 Mem $3.50 Non-mem |
| **Tuesday** | **9:30 am – Crafts** FREE  **1:00 pm – Canasta** $2.00 Mem $3.00 Non-Mem  **1:00 pm – Bridge & Crib** $5.00 |
| **Wednesday** | **9:30 am – Art Group**  $2.00 Mem $3.00 Non-Mem  **12:00 pm - Lunch** $8.00  **1:00 pm - Bingo**  **Book Club ( 3rd Wednesday of every month)** |
| **Thursday** | **10:00am – Crystal Bells**  $2.00 Mem $3.00 Non-Mem  **10:00 am – Dominos / Scrabble / Mah-jong**  $3.00 Mem $4.00 Non-mem  **1 pm – Carpet Bowling**  $2.00 Mem $3.00 Non-Mem |
| **Friday** | **1 pm – Floor Curling**  $2.00 Mem $3.00 Non-Mem  **2:00 pm – 3:00 pm Therapy Dog Visits**  **2:00 pm to 4:00 pm** |



**Office Closure:**

**December 23rd, 2019 to January 1st, 2020 (Christmas Holidays**)

**All Programs and activities will resume the week of January 6th**