



MONTHLY NEWSLETTER

JULY 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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**The Centre will be closed
Monday, August 5/24
for Heritage Day**



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

Board of Directors

President: Diane Danielson
First Vice President: Ann Martell
Second Vice President: Helga Dressel
Secretary: Marilyn Sander
Treasurer: Leslye Foesier
Past President: Bill Diprose
Directors: Ann Craig, Edward David, Bill Diprose, Ruth Gilchrist, Irene Iwaniuk, Maxine Mayor, Pauline Padbury

Staff & Contact Information

Office Line: (403) 272-4661
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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: Noreen Fehr (kitchen@gfls.org)

Hours of Operation

Monday - Friday; 8:00 AM - 4:00 PM
CENTRE CLOSED: Monday, July 1 for Canada Day
Monday, August 1 for Heritage Day



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



Dear Members

Well, June just flew by. The activities for Seniors Week were awesome – thank you to the organizers, the staff and many volunteers. Thanks, Noreen for all the great meals. I personally took a 2-week holiday in Newfoundland and had a great time. The friendliness and diversity of the people reminded me that we live in a great country called Canada. Hope you and your family enjoy Canada Day!

Every time I am at the Center it reminds me of the great people who make our Activity Center GREAT! And together, we can keep making it better. We always need new ideas, new programs and new solutions. And your Board is open to suggestions so take the time – put it in writing, talk to a Director, talk to staff or use the Suggestion Box. We want to hear.!

Committees are also an avenue to get your ideas heard. If you are interested in enhancing communication or having more FUNdraising Special Events – please sign up at the front desk. Remember – the more, the merrier.

Enjoy the local Stampede festivities including our very own Stampede Breakfast!

A big YAHOO!

Diane Danielson
President

THANK YOU TO OUR SPONSORS



JOIN OUR GFLS COMMUNITY

GFLS⁵⁵⁺ MEMBERSHIP

GFLS 2024 Membership Forms are 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 12 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

****NEW*** Calgary 55+ Games Association ***NEW****

Confederation Park 55+ Activity Centre

Good Companions

Ogden 50+ Activity Centre

Parkdale Nifty 50's

Rainbow Elders Calgary Society

SW 55+ Connect

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 GFLS⁵⁵⁺

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

GFLS STAMPEDE BREAKFAST - Thursday, July 11/24; 9 AM - Noon / COST: FREE

GFLS is excited to announce the return of the Rotary Club of Calgary East for our annual Stampede event. Breakfast will include pancakes and sausage graciously donated and prepared by the the Rotary Club and their volunteers. GFLS volunteers will be handling the coffee/tea as well. Come out, have breakfast and enjoy entertainment from our Crystal Belles Choir (9 AM), GFLS Linedancers (10 AM), and the in-house GFLS Band; Three or More (11 AM). Here's a great opportunity to wear your favourite western wear, don your lucky cowboy hat and dancing boots!



COFFEE & CONVERSATION TOPICS FOR JULY 2024 / COST: FREE

Grab a coffee and listen to a speaker with a different relevant topic. Upcoming topics:
Monday, July 8 - MOVIE: Disney's Inside Out
Monday, July 22 - Dementia Facts, Guest Speaker: Jenna Jepson

GFLS SPONSORED CASINO - ELBOW RIVER CASINO: Saturday, July 27/24 & Sunday, July 28/24

CURRENTLY ALL THE REQUIRED SHIFTS HAVE BEEN FILLED.

Thanks to everyone who have signed up to volunteer for the various positions required for this essential fundraising event. There is a Back-Up Volunteer List because we are all aware, life happens and things can change in an instant. If you are interested in being put on the Volunteer Back-Up List, please contact our GFLS Casino Chairperson, Pauline Padbury via email at ppadbury@telus.net, by phone at 403-240-3031 or Susan at the Centre during regular business hours. You will need to let us know when you are available and which position you are willing to cover.

COWBOYS CASINO BUS TRIP: MARIA'S BIRTHDAY PARTY! - Tuesday, July 30/24; 9:45 AM - 3:30 PM / COST: FREE



FEELING LUCKY? Cowboys Casino Bus will pick-up at the Centre. Upon arrival at the casino there will be a complimentary lunch and then a minimum of 3 hours in the casino. The bus will return to the Centre for approximately 3:30 PM. There is limited seating. If interested please sign-up with Kelly.

We need a minimum of 20 participants to proceed with this outing.

PLEASE NOTE: This will be an extra special event as Cowboys Casino will be celebrating their Casino Bus Hostess - Maria's Birthday! WOOHOO - CAKE!



UPCOMING IN 2024



TENTATIVE* SATURDAY, AUGUST 10/24 - DAY TRIP TO PIONEER ACRES MUSEUM - COST: \$25 / PERSON

Pioneer Acres Museum, located in Irricana, AB, is hosting their Annual Show for 2024 August 9-11/24. There will be daily activities, live demonstrations, and markets for everyone to enjoy. The GFLS team is working hard with other groups to put the final details in place to offer our members a day trip on the Saturday ending with a lovely steak dinner. Tickets will need to be purchased in advance as seats are limited. As soon as everything is finalized we will provide complete information.

(*NOTE: This is a Seniors Only Dedicated Event (age 60 and over) AND tickets are non-refundable).

PLAY WITH ARTS, 4-WEEK WORKSHOP: Wednesdays in August; 1:00 - 3:00 PM in the Art Room / COST: FREE

The City of Calgary is teaming up with GFLS to offer a 4-week workshop this August. Expressive Arts Practitioner: Janey Luc-German will be guiding the course. Bring your own sketchbook. This is a closed group and registration for all four workshops is required. Maximum 14 attendees. Please see posted flyer for more details.

Contact Normajean or Kelly to sign up. **NO ARTS EXPERIENCE REQUIRE; JUST A WILLINGNESS TO TRY!**

VOLUNTEER APPRECIATION - THURSDAY, AUGUST 22/24: Full details to come

As is constantly stated: **Volunteers are the backbone of our organization.** Without them GFLS would not be able to be the Centre it is to our members and the surrounding communities. Final touches and details are being made. Once all is in place a formal invitation will be made. Please mark you calendar.

GFL55+ NOTICES

Upcoming Community Engagement:

Dementia Network Calgary Community Gathering: Driving and Dementia



Join the Dementia Network Calgary and its guest panel, **share your experience and help us raise awareness** on a sensitive topic!



After a dementia diagnosis, how do you know it's no longer safe to drive?

What are the resources and supports available when it's no longer safe to drive?

Join Us!

September 18, 2024
6:30 pm - 8:00 pm
Greater Forest Lawn 55+ Society
3425-26 Ave. SE, Calgary



For details email: info@dementianetworkcalgary.ca

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.

**GFLS LOOKING FOR:
500 piece puzzles**

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



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, or other fragrances when planning to come to the facility. If possible use unscented personal care products.

Your understanding and cooperation are appreciated.

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 specials 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.

Men's Coffee: FREE - Thursdays, 10 AM

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

Men's Shed: Tuesdays & Thursdays, 10 AM

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

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

Bring your instrument and meet with other fellow musicians.

NOTE: NO MUSICIANS' GATHERING MONDAY, JULY 1 OR MONDAY, AUGUST 5

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

Learn to play this racket sport.

APPROPRIATE ACTIVEWEAR AND FOOTWARE ARE REQUIRED.

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

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

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

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 MONDAY, JULY 1, THURSDAY, JULY 11 OR MONDAY, AUGUST 5

Woodshop - ALL WELCOME: Thursdays, 1 PM

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

Shopping & Services at GFLS

Calgary Seniors' Resource Society: This group offers services and support for older adults. For information see their website at 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!

Footcare - BY APPOINTMENT ONLY / Cost: \$10 per visit

GFLS has partnered with Dr. Greg Somer, D.P.M., a registered Podiatrist to offer basic footcare. (NO soaking or lotion included). Morning appointments, approximately 10-15 minutes, will be available on selected dates and are to be booked through GFLS. Upon first visit you will need to bring your Alberta Health Care Card. Payment made directly to Dr. Somer via Cash, Cheque, or E-Transfer. (credit / debit cards not accepted) For more details and available appointments, contact Kelly at the Centre

NEXT DATE: MONDAY, AUGUST 19/24; 9 AM - NOON

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 (9 - 10 AM) of the Bread Market
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.**

REGISTERED PROGRAMS

TO REGISTER: (403) 272-4661 or support@gfls.org

6-SESSIONS: \$50 members / \$60 non-members
DROP-IN FEES: \$10 members / \$12 non-members

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.

Supper will return in September on Thursday, September 26 and recognize August & September Birthdays.

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 ***SPECIAL SUMMER SESSION FEES: \$25 Members / \$30 Non-Members**

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

****NOTE: JUST DANCE LITE returns Monday, July 15 for a SPECIAL 3-week Summer Session with last class on Monday, July 29***

Line Dancing - Level 1: SPECIAL DROP-IN CLASS - Friday, July 5; 9:30 AM

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

REGULAR 6-WEEK SESSIONS TO RETURN IN SEPTEMBER

Line Dancing - Level 2: SPECIAL DROP-IN CLASS - Friday, July 5; 1-:30 AM

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

REGULAR 6-WEEK SESSIONS TO RETURN IN SEPTEMBER

Tai Chi: Fridays, 9 AM

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

CURRENT 6-WEEK SESSION STARTED: MAY 31 / NEXT SESSION STARTS: JULY 12

Walk Fit: Tuesdays*, 1 PM ***SPECIAL SUMMER SESSION* FEES: \$25 Members / \$30 Non-Members**

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

****NOTE: JUST DANCE LITE returns Tuesday, July 16 for a SPECIAL 3-week Summer Session with last class on Monday, July 30***

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.

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.*

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.

Below are areas GFLS is 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

Here are some of the other occasions coming up soon at GFLS:

Summer Outdoor Activities

Day Trips

Theatre Trips

Sock Hops

Fun Bingos

*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!*