



MARCH 2023

Monthly Newsletter

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GFLS provides a welcoming place offering information, programs, and services that enhance the quality of life for older adults and their families.



The stormy March has come at last,
With winds and clouds and changing skies;
I hear the rushing of the blast
That through the snowy valley flies.
~ William C. Bryant

President's Message

No doubt you have all heard Jenna has chosen to leave us. If all goes well for Jenna and our new Executive Director adjusts easily into her new environment, Jenna's last day will be around March 8th.

When Jenna came to us in 2019, she brought new energy into our Centre. It was Jenna who got the ball rolling for the building's renovation by completing the grant applications and associated paperwork. Time and again Jenna has shown her skills completing successful fundraising applications. Jenna's passion for isolated seniors and innovation for new programs during the pandemic won her an Alberta Government award for Outstanding Service to Seniors. But more than that Jenna's kindness, generosity and ever-present smile made coming to the Centre so much more of a pleasure. Jenna really has made our Centre a "home away from home".

Big shoes to fill? You bet, but I think we have found someone up to the task. Her name is Normajean Doucet and she will start as our new E.D. on Wednesday, March 1st. Originally from Calgary, Normajean has spent the better part of three decades in B.C but says she has been looking for the opportunity to come home; closer to family and friends. Normajean has worked as a finance manager, worked in retail, and owned her own business. Most recently Normajean worked in Vancouver as manager of a large building that houses individuals, including seniors who are limited in their ability to cope because of physical health, mental health, behaviour, and substance abuse issues. Normajean says that she sees herself as a person who cares about her staff and clients but is also the type who "jumps in with both feet" to get a job done. I hope you will take the time to drop by and introduce yourself.

And finally, a comment for this time of year:

"I don't mind going back to Daylight Saving Time. With inflation, the hour will be the only thing I've saved all year."
Victor Borge

Take good care and be kind, always.

Jim Bergen

*** A VERY SPECIAL THANK YOU ***

The following is a personal Thank You from
our amazing Casino Coordinator, Gertie Collins:

"Huge thank you to all the volunteers who worked the casino for the centre.

You did an amazing job!

If we didn't have such good volunteers there would be no casino
therefore no money for the Centre.

Thank you again, Gertie"

(NOTE: The GFLS 2023 sponsored casino was held at Pure Casino Calgary on
Tuesday, Jan 31 and Wednesday, Feb 1.

THANK YOU AGAIN GERTIE for all the hard work organizing this event
and recruiting/scheduling our volunteers.)

UPCOMING EVENTS AT

***NEW* PURDYS 2023 EASTER FUNDRAISER - ORDER DEADLINE: WEDNESDAY, MAR 22/23**

Do something awesome (for yourself and for our GFLS community too!) by purchasing chocolates for the upcoming Easter holiday. Catalogues and order forms are available at the Centre or you can place an order online. Orders are scheduled to be available for pickup at the Centre on Friday, Mar 31/23.

***NEW* TAX CLINIC BY DONATION - TUESDAYS & THURSDAYS STARTING THURS, MAR 23/23 Starting Wednesday, Mar 1/23 appointments must be booked in advance through the GFLS Front Desk.**

This program runs Tuesday afternoons; 1- 3:30 PM and Thursdays; 9 AM - 3:30 PM. Appointments are 30 minutes in duration. If you are booking for more than one tax return it is suggested you book consecutive appointments. At the time of your appointment please bring with you:

- A copy of your 2021 Notice of Assessment
- All reporting documents (T slips) for each type of income you receive (OAS, CPP, interest, dividends, pensions, USA Social Security, and foreign income.)
- Details of any deductible items such as medical expenses, donations and installment payments made. NOTE: For medical expenses you can get a yearly printout from your pharmacist.

GFLS COMMUNITY BREAKFAST - THURSDAY, MAR 9; 9 - 11 AM / COST: \$10

Join us for the GFLS Community Breakfast which includes scrambled eggs, sausage, breakfast potatoes, pancakes and fruit salad. Don't forget the endless coffee & tea! Cost is \$10 per meal.

COFFEE & CONVERSATION TOPICS FOR MARCH & APRIL / COST: FREE

Grab a coffee and listen to a speaker with a different relevant topic. Upcoming topics:

Monday, Mar 13 - Voting & Its Importance

Monday, Mar 27 - Ways of Thinking

Monday, Apr 10 - Purpose

Monday, Apr 24 - Tolerance

PAINT NIGHT - TUESDAY, MAR 14; 6 - 8 PM / COST: \$35

March project: Peek-A-Boo Bear (see flyer). Register by Friday, Mar 10/23

BIRTHDAY SUPPER - THURSDAY, MAR 30; DOORS OPEN AT 4:30 PM / COST: \$20

Join GFLS in celebrating our March birthday celebrants. Tickets are available at the GFLS Front Desk. Dinner will be a 3-course meal followed by live entertainment.

COMING IN 2023

GFLS ANNUAL GENERAL MEETING (AGM) - WEDNESDAY, APR 19

The GFLS 2023 AGM will be an in-person event at the Centre. This is a very important meeting for our membership community. To participate in the voting process kindly ensure your membership is current for 2023. Further details and information will be provided as the date draws closer.



COMMITTEES 2022-2023

GFLS is moving towards a more formal committee structure. This will improve focus and lead to an even greater organization. It will also help members, volunteers and staff.

Do you have a specific skill, a personal interest or lots of ideas?
We are looking for members. Please take a look at the following committees and see if you would be interested in getting involved.

PEOPLE & TECHNOLOGY COMMITTEE

To improve organizational effectiveness
MEETINGS: 1st Wednesday at 3 PM

FINANCIAL COMMITTEE

To continue to build financial stability
MEETINGS: 2nd Tuesday at 1:30 PM

BUILDING COMMITTEE

To ensure both facility & land remains
for generations
MEETINGS: 2nd Wednesday at 11:30 AM

ADVOCACY COMMITTEE

To advocate / give a voice to seniors
MEETINGS: 2nd Thursday at 1 PM

MEMBERSHIP & MARKETING COMMITTEE

To increase membership
in our organization
MEETINGS: 3rd Wednesday at 9:30 AM

PROGRAM & SERVICE COMMITTEE

To expand / enhance our core
services & programs
MEETINGS: 4th Wednesday at 3 PM

Please be part of our future!

If you are interested in joining one of the
committees (or 2, maybe 3),
need more information,
have any concerns/comments
do not hesitate to contact
Diane Danielson
Phone: 403-273-4650
Email: outspokendiane@gmail.com



DROP-IN PROGRAMS

PLAN IN ADVANCE!

30 Minute Fitness: \$2 Seated or standing gentle fitness with an emphasis on social interaction, cardio & strength training. Mondays & Thursdays, 9:30 - 10 AM

NOTE: NO 30 MINUTE FITNESS THURSDAY, MAR 9

Art Group: \$2 Join our group of painters & artists as they work on individual & group projects. Wednesdays, 9 AM

Bike Shed: Taking in 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! Tuesdays, 10 AM

(*To donate 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: Tables are first come; first choice. Wednesdays, 10 AM

Doors open at 10 AM, Bonanza pre-call at 12:30 PM followed by Regular Bingo at 1 PM. Bingo Lunch (\$5) is served from 11:15 AM to Noon, Café re-opens at Intermission.

Cards & Games Night: \$2 Join a group of friendly faces from the community for cards and games. Various beverages available for purchase (\$1 to \$4). Friday Evenings, 7 PM

Coffee & Conversation: Grab a coffee and listen to a speaker with a different relevant topic. 2nd & 4th Monday of each month, 10 AM

Community Coffee: An opportunity to sit, relax, enjoy a hot beverage and socialize with other community members. Fridays, 10 AM

Cozy Corner Crafters: Crafting gives anyone a space to work and enjoy fellowship with friends with similar interests. Tuesdays, 9:30 AM

Crib: \$7 Join our group of cribbers for informal crib games. Fridays, 1 PM

Crystal Belles Choir: \$2 Our in-house choir group. Meeting on Thursdays, 10 AM

SEEKING NEW MEMBERS - Contact the Choir Director, Sharon Sheeler

NOTE: NO CHOIR THURSDAY, MAR 9 & THURSDAY, MAR 16

Darts: \$4 Members/\$5 Non-Members

Join the darts group in our games room. Mondays, 1 PM

Memory SPACE: For individuals experiencing memory loss, and their caregivers, a safe place to share experiences, learn, laugh, and connect with one another.

2nd & 4th Tuesday of each month, 1 - 3 PM

PLEASE NOTE: This is NOT a respite program. Caregivers are to attend the session to participate in the activities with their individual who is experiencing memory loss.

continued . . .

DROP-IN PROGRAMS

PLAN IN ADVANCE!

(continued)

Men's Coffee: An opportunity to sit, relax, enjoy a hot bevy while socializing with other men from the community. Thursdays, 10 AM

Men's Shed: Use our tools to build or fix any projects that you have on the go. Tuesdays & Thursdays, 10 AM

Musicians' Gathering: \$2 Bring your instrument and meet with other fellow musicians. Mondays, 1 PM

Pickle Ball: \$2 Learn to play this racket sport. Tuesdays, 2 PM

APPROPRIATE ACTIVEWEAR AND FOOTWARE ARE REQUIRED.

Recovery Coaches Alberta: FREE

Recovery coaches can provide a supportive connection to anyone concerned about alcohol or other addictive substance use. Coaches help people evaluate their situation and to create visions, goals and pathways to well-being, helping overcome barriers along the way.

Fridays, 11 AM - 1 PM

Stretching Exercise Program: \$2 Come out and learn how proper stretching can possibly improve your health while making you feel better overall. Join Carol and Norm.

Mondays & Thursdays, 10 AM

NOTE: NO STRETCHING THURSDAY, MAR 9

Woodshop: Learn to use our tools in our Men's Shed. Make sure to bring your project ideas. Thursdays, 1 PM

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 and will do their best to contact you before doing so, if possible. Hopefully this service will add to your visit to the Centre.

Do not hesitate to speak with us should you want more information.

REGISTERED PROGRAMS

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

DROP-IN FEE FOR REGISTERED PROGRAMS

Due to increase costs incurred by our instructors, the GFLS Centre implemented a revised drop-in fee structure for registered programs.

\$8 for members & \$10 for non-members

Birthday Supper: \$20 Celebrating monthly birthdays with a 3-course meal and live entertainment. Last Thursday of the month. Doors Open at 4:30 PM; Dinner at 5:30 PM

NEXT SUPPER: THURSDAY, MAR 30/23; TICKET SALES CLOSE TUESDAY, MAR 28/23

Computer Class: \$5 Learn the basics of your electronic device (computer, phone, tablet). Bring your own device or use one of ours.

Tuesdays, 12:30 PM to 1:30 PM. 30 min sessions are available.

PLEASE REGISTER, IN ADVANCE, WITH THE GFLS FRONT DESK.

Just Dance Lite: \$45 for members, \$55 for non-members Have fun with this workout that incorporates choreographed steps to upbeat music. Mondays 1 PM

SCHEDULED TO RETURN - SUMMER 2023

Line Dancing - Level 1: \$45 for members, \$55 for non-members Start your line dancing off on the right foot with this beginners class. Fridays, 9:30 AM

NEW 6-WEEK SESSION STARTS: MARCH 31, 2023

Line Dancing - Level 2: \$45 for members, \$55 for non-members Dust off your dancing shoes and work your brain & body at the same time. Fridays, 10:30 AM

NEW 6-WEEK SESSION STARTS: MARCH 31, 2023

Paint Night: \$35 (paid directly to instructor night of event)

All skill levels welcome. All supplies, instructions & stencils are provided.

2nd Tuesday evening a month, 6 to 8 PM. (See flyer for next project)

NEXT PAINT NIGHT: MARCH 14, 2023

PLEASE REGISTER, IN ADVANCE, WITH THE GFLS FRONT DESK.

Tarot Card Reading: Donate directly to Emily, \$5 min. See what's in the cards for you! Receive a psychic angel card reading from Emily.

2nd & 4th Thursdays, NOON to 3 PM, Sessions run every 30 minutes.

PLEASE REGISTER, IN ADVANCE, WITH THE GFLS FRONT DESK.

Tai Chi: \$45 for members, \$55 for non-members Get in tune with your inner chi with this intro to the Tai Chi program. Fridays 9 AM

NEW 6-WEEK SESSION STARTS: APRIL 14, 2023

Walk Fit: \$45 for members, \$55 for non-members A beginners class for people interested in stepping patterns to music. Tuesdays 1 PM

SCHEDULED TO RETURN - SUMMER 2023

One Stop Shopping

Calgary Seniors' Resource Society: This organization offers services and support for older adults. For more 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!

Foot Care with Tracey (587) 433-8619 - BY APPOINTMENT ONLY.
Tracey is a licensed practical nurse who does professional foot care. Currently Tracey is scheduled at the GFLS Centre the 2nd Friday of each month.

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; \$5 for non-members.

NOTE: THE GFLS GYM RE-OPENS WEDNESDAY, MAR 1/23

GFLS Men's Shed: Taking orders for wood planters and other wood crafts as seen throughout the GFLS Centre. The Men's Shed welcomes custom, woodcraft orders as well. 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 of the Bread Market (9 - 10 AM) 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.

Volunteer Opportunities

BINGO VOLUNTEERS FOR GFLS SPONSORED 5 STAR BINGO EVENTS

Every 1st and 3rd Thursday of the month

GFLS requires a group of volunteers for the GFLS sponsored days listed above at 5 Star Bingo Hall (4980 - 25 Street SE) from 10:30 am to approximately 3:30 pm.

While supporting this regular fundraising event for our GFLS community, volunteers receive a free lunch and work with other amazing people.

If you are available, please let us know

BINGO VOLUNTEERS FOR GFLS' WEDNESDAY BINGO

Wednesdays

We are on the look out for Bonanza Card Sellers, Pull Ticket attendants and other various positions. Are you a possible fit?

All volunteers receive a great deal of thanks as well as a free meal during their volunteer shift.

Volunteers are a valuable part of our GFLS community.

Together we can do more than we can alone.

Let's bring our abilities and passions together to affect real change.

There are many ways to join and support our Centre.

Kindly contact us to see what other opportunities are available and become a GFLS volunteer.



There is no "I" in Team, but we sure are glad there is "U" in our Volunteers!

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 and other fragrances when planning to come to the facility.

If possible use unscented personal care products.

Your understanding and cooperation are appreciated.

JOINING OUR GFLS COMMUNITY

GFLS 2023 MEMBERSHIP NOW AVAILABLE

GFLS 2023 Membership Forms are now available at the Centre.

Once you have completed the 2023 forms please see
the GFLS Front Desk to register.

The GFLS annual membership expires December 31st
Membership Fee is \$30

PLEASE NOTE: GFLS Lifetime Members are required to complete and submit the 2023 membership forms. This will allow the GFLS Team to have the most current information for our lifetime members as well as meet our requirements as a Society.

SUPER MEMBERSHIP AVAILABLE

***SUPER Membership is a year-long membership allowing access to 5 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
Confederation Park 55+ Activity Centre
Unison at Kerby Centre for 50+
Parkdale Nifty 50's



SUPER Membership Fee: \$50
Subscription Period: 1 calendar year starting January 1st



3425 - 26TH AVENUE SE, CALGARY, AB T2B 2P2
WWW.GFLS.ORG

Staff & Contact Information

Office Line: (403) 272-4661

Fax Line: (403) 272-6153

GFLS General Email: support@gfls.org

Executive Director: Normajean Doucet (norma@gfls.org)

Office Coordinator: Susan Kearney (susanekearney@gfls.org)

Bookkeeper: Eva Hachey (accounting@gfls.org)

Environmental Services: Missy Taylor

Hours of Operation

Monday - Friday 8:00 am - 4:00 pm

Friday Cards & Games Night 7:00 pm - 10:00 pm

Board Members

President: Jim Bergen

First Vice President: Ann Martell

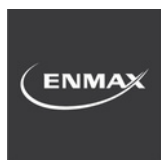
Second Vice President: Shirley Borak

Secretary: Marilyn Sander

Treasurer: Brenda O'Malley

Directors: Eli Tendler, Gerri Borschowa, LaVonne Nielsen, Stu Bellingham, Brenda Nakamura, Diane Danielson, Bill Diprose

THANK YOU TO OUR SPONSORS



UPCOMING EVENTS



ORDER DEADLINE: Wednesday, Mar 22/23
PICKUP DATE: Friday, Mar 31/23



MEMORY SPACE
SOCIALIZATION
POSITIVITY
ACTIVITIES
CONNECTION
EMPATHY
2ND & 4TH TUESDAYS
1-3 PM

GFLS

JOIN SHARE BUILD

MEN'S SHED BIKE SHED

SHEDS ARE A PLACE WHERE MEN CAN MEET AND SHARE SKILLS IN WELL EQUIPPED WORKSHOPS.

- Community Projects
- Personal Projects
- Repairing & Restoring Bikes
- Wood Turning
- Social Events

Join Us!
Greater Forest Lawn 55+ Society
3425 26 Avenue SE
Calgary AB T2B 2P2
403-272-4661
support@gfls.org

WWW.GFLS.ORG



COBS BREAD
Bread Market Mondays
9 AM until supply lasts
Thank you University District Cobs!

REGISTERED PROGRAM

Tarot Card Reading

By donation to Emily,
minimum \$5

Sessions every 30 mins, please
book with the Front Desk

2nd & 4th Thursdays
Noon - 3:00 pm

See what the cards might hold!

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 winter clothing items such as gloves, hats, and scarves; even socks. Their local volunteers pick-up on a regular basis.

If you are able to help; they are extremely grateful.