

# GFLS TIMES

GREATER FOREST LAWN 55+ SOCIETY

March 2020



*Happy St. Patrick's 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

### Inside This Issue

Pg 2-3: About, Hours, Services,

Employees & Messages

Pg 4-6: 2020 Nominations

Pg 7-22: Activities & Information

Pg 23: Volunteering

Pg 24-25: Programs

Pg 26: This Month in History...

Pg 27-29: Upcoming Events

Pg 30-31: Puzzles

Pg 32: March Calendar

Pg 33: March Birthdays

Pg 34: Thank You Sponsors &  
Partners



## Contact Information



(403) 272-4661



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



<https://gfls.org/>



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

## Commissioner of Oaths

**Jenna Jepson**, Executive Director for  
Greater Forest Lawn 55+ Society please call  
(403)272-4661 Ext. 101

Services by appointment only

## 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

**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

*Like many of you, Donna and I celebrated family day at the Centre, and we brought our whole family! It ended up being one of the highlights of all our time spent at the Centre. The atmosphere was what I would call electric. The auditorium buzzed with chatter and laughter as people visited with friends and as they studied and competed for the silent auction items and baked goods. The spaghetti meal complete with a salad, garlic bread and dessert was so tasty and well prepared. Maybe the best part of all was that we were able to introduce our kids and grandkids to friends who are so dynamic and fun-loving.*

*We owe a debt of gratitude to our staff and volunteers for this celebration. I know what it took to get it done and in such a short time. It was gratifying to watch the many people working together. Thank you, thank you! Also thank you to the many sponsors who helped make the whole event a huge success.*

*Have you had a look lately at our website, [www.gfls.org](http://www.gfls.org) and our Facebook page? You'll note that both have undergone major renovations thanks to Jenna's creative skills.*

*These sites now give you the opportunity to stay in touch with all the activities on a real-time basis.*

*Speaking of major renovations, I promised to keep you up-to-date on the progress of our project to upgrade our furnaces and the installation of air-conditioning. I can report that the start-up meeting with the engineers, contractor, and trades is scheduled for the week of February 24th with work starting soon thereafter. You'll know things are happening when you see vehicles from Westcor, Arpi's Industries and Pure Electric in our parking lot. As I have mentioned there will be the occasional short-term closure of the Centre, mostly for electrical work. These will be very infrequent and should last no longer than one day. We will work with the contractor to schedule them away from major events. And, will post these shut downs on our website and Facebook page so that you can stay informed.*

*Exciting times and I love it.*

*Jim*

## Executive Director's Message

*Hello,*

*Are you ready for Spring? We sure are! Take a look at all the fun we plan on having this month. From celebrating the luck of the Irish to Cash Bingo, our Spring Fling Fashion Show & Tea and our first annual Partner Crib Tournament.*

*Did you make it out to the Spaghetti Supper Fundraiser? If not you missed out! We had a fantastic turn out. It was a night to remember with great food and friendship. A huge thank you for the many hours of preparation, cooking and baking to Rebecca, Annette, Bill, LaVonne, Bonnie and Cody. They worked countless hours to make this event the success it. Thank you as well to our many volunteers on the day of the event and the many contributors to our Silent Auction. Everyone's dedication to our Society is absolutely amazing! Thank you so very much.*

*To continue making a dent in our Building Fund we will be offering weekly baked goods and 'Pie of the Month' for sale. The Pie of the Month for March is Apple and made with love by our dear Annette. The cost is \$5-. I would like to thank you in advance for supporting us.*

*Wishing you a wonderful start to the spring season.*

*Love,*

*Jenna*



## 2020 Nominations

---



**Gerri Borschowa**

Gerri was born and raised in St. John's Newfoundland. She has a fantastic sense of humour and can put a smile on anyone's face. Gerri was an LPN and worked for Care West. She enjoys playing bingo, the drama club, walking and traveling. In the past Gerri has volunteered at the Fanning Centre and now at our Centre during Bake Sales, Wednesday Lunches and being the Co-Master of Ceremonies for our Saturday Night Dances. She has been a member is about 4 years and will do her best if elected to help whenever she can.



**Brenda Lee Nakamura**

Brenda loves socializing! She volunteers as the receptionist at the Centre on Wednesday and greets everyone with a great conversation and a smile. Brenda is presently a Realtor with previous work experience with a relocation company for immigrant accountants moving to Calgary. She has also owned her own restaurant and waitressed for 18 years. Brenda has other volunteer experience teaching English, is a Lion's Club member for 7 years and has built three homes for Habitat for Humanity in Calgary. She joined GFLS in February of 2019 and feels she would best serve the board in any capacity that is helpful.



**Eli Tindler**

Eli is married with one son. He was born in Israel and is almost retired. He loves interacting with people and has also served at a church board. Eli loves antiques. He joined the centre two years ago and feels happy at the centre. He enjoys coming to lunches and events. Eli is hopeful that he can serve on the board and improve the welfare of the seniors at our Centre.



### **Theresa Crabtree**

Theresa (Terri) is an active Craft Committee member who donates tons of time and knitted goodness to our Centre. She is the proud Mom of three children and Grandmother to 7. Her occupational background includes hairdressing, data entry, accounting, working with Canada Post and AHS as a Peace Officer. She still continues to work during retirement doing accounting for 4 businesses. Terri hopes to add her skills and knowledge to the GFLS community for many years to come.



### **Kusum Deelwal**

Kusum came to Canada in 2015 from India wishing for a better quality of life. She has a B.E. in Civil Engineering and a M.Tech. in Environment Engineering and has been involved in teaching, research and serving in various colleges and universities. Kasum enjoys cooking, painting, knitting, bingo and astrology. She has been very involved with the Centre for the last 3 years. She volunteers as a Bingo Caller, with the LINKages program, fundraising activities, knitting and painting. Kasum has ideas for being a member of the board. One is having a survey for basic needs and wants for the Centre and utilizing that information to meet requirements of the members.



### **LaVonne Nielsen**

LaVonne was born and raised in Calgary. She has 2 children, 6 Grandchildren and 4 Greatgrandchildren. Her background is in accounting, payroll and office coordination. She has been an avid volunteer at the centre helping in the kitchen, Saturday Night Dances, bake sales, garage sale and always available when needed. She also enjoys volunteering at the Alex Foundation on their Wednesday lunches. Her history is rich in Greater Forest Lawn since she has lived most of her life in this area. LaVonne would like to assist with current and upcoming endeavours that will help the growth of the centre.



### Jim Bergen – Current President of GFLS 55+ Society



Jim is married to Donna and has two children and four Grandchildren. He was born in the Netherlands and grew up in the sugar beet fields near Picture Butte Alberta. Jim served as a Police Officer with Calgary Police Service for 32 years. He retired as an Inspector in 1994 with years of experience in Human Resources. Jim enjoys his cabin on the lake, spending time with family, sailing, fitness, line dancing and learning to play the ukulele. He has served on a number of board of directors both through work and since retirement. He chooses to volunteer when he can for whatever, whenever and wherever there is need. Jim has been a member since 2001 and has served on the GFLS board of directors since 2002. He has held a variety of positions including President. Jim is hopeful to continue to draw on his experience to help the board and staff do what is best for the Centre and wonderful Members. He would like to continue to work to get two major renovations completed. He absolutely loves working with Jenna and Bob and says it is hard to find two people more supportive and dedicated to what they do. He feels that makes it fun!

### AGM

**Wednesday April 15th, 2020**

**Join us for Lunch,  
and get to know your Candidates**



## Activities & Information

### What is Greater Forest Lawn 55+ Society?

We are a vibrant, active, community orientated activity center, where we accommodate over 300 members. We provide over 23 classes & programs weekly, such as dancing, arts & Crafts, darts, exercise, workshops and many, many more activities. Every Wednesday we have a lunch, and then bingo, where everyone is welcome.

Our vision is to provide an environment where our seniors can engage, socialize and enhance their wellbeing. We respond to the needs of older adults by connecting them with proper services, opportunities, and volunteerism.

Our goal is to make sure each and every senior has fun, and know they have a safe and secure place to go.

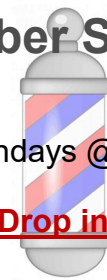
Join us, come by for a visit to 3425-26<sup>th</sup> Ave SE, or go online to [www.gfls.org](http://www.gfls.org) you can also check us out on Facebook.

#### Foot Clinic

**Date:** Wednesday, March 18th,  
2020

**By appointment only.**

#### 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, March 7th (Tumbleweeds)

Saturday, March 21st (The Jeske'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

#### Taxes

##### 2019 Income Tax Service—Dale Erickson

Make sure you bring all T forms with you and Income Tax package mailed to you.

**If an Estate, need a copy of death certificate from Funeral Home.**

Tuesdays: Starting March 10th to April 21st  
11:30 am, mornings only.

Thursdays: Starting March 12th to April 23rd,  
1:00—3:30 PM

*By appointment only.*

*Please call 403-272-4661 to book.  
1/2 hour per person.*



## Walking Club

Warmer weather is approaching us. join us as we go for a stroll through our community walking path. Please dress accordingly, bring water bottle and proper walking shoes.

\*If interested please see signup sheet. Will provide details of our walking path.\*

Open to everyone.

**Date:** Tuesday March 24th 2020

**Time:** 1:30 PM

## Welcome to our Senior's Breakfast

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

Donations Accepted ~ Thank you



(think spring)

Thursday  
March 19, 2020  
9:00am ~ 10:30am

Next Breakfast:  
April 16th

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

## Movie Day

**Date:** Thursday March 12th 2020

**Time:** 1:00pm

**Cost:** \$3:00

*Snacks & refreshments included in the cost.*

When Gerry (Gerard Butler), the husband of Holly Kennedy (Hilary Swank), dies from an illness, she loses the love of her life. Knowing how hard Holly will take his death, Gerry plans ahead. Beginning on her 30th birthday, she receives the first in a series of letters written by him, designed to ease her grief and encourage her to move forward to a new life.

HILARY SWANK GERARD BUTLER LISA KUDROW HARRY CONNICK, JR. QINA GERSHON JEFFREY DEAN MORGAN KATHY BATES

*P.S. I Love You*



## 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

**March 4th:** Egg Salad Sandwiches with Beef  
Barley Soup w/ Dessert

**March 11th:** 4 Cheese Pizza & Salad  
w/ Dessert

**March 18th:** IRISH STEW & Irish Soda Biscuits w/ Dessert  
St. Paddy's Day Celebration

**March 25th:** Quesadillas & Minestrone Soup  
w/ Dessert

**Cost: \$8.00 / person**

## Birthday Supper

**March 26th:** Turkey Dinner with all the fixings!

Dessert: Cake

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

**Tickets go on sale Monday, March 2nd**

**Entertainment:** Silver Sage Duo

50/50 Draw

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

## Recipe of the Month

### Corned Beef & Cabbage

#### INGREDIENTS

1 3-lb piece corned beef (with spice packet, if included)  
1 12-oz bottle pale ale  
1 medium onion  
2 cloves garlic  
2 dried bay leaves  
2 tbsp. olive oil  
1 small head green cabbage (about 1 3/4 lb), cut into 8 wedges  
Chopped parsley, for serving

#### INSTRUCTIONS

1. Place corned beef in large pot. Add beer, onion, garlic, bay leaves, 1½ cups water, and contents of spice packet (if included) and bring to a boil. Reduce heat and simmer, covered, until tender and easily pierced with a fork, 2½ to 3 hours.
2. Thirty minutes before corned beef is finished, heat oven to 425°F. Heat a large cast iron skillet on medium-high heat. Season cabbage with ½ teaspoon each salt and pepper. In batches, add 1 tablespoon oil and 4 pieces cabbage and cook until golden brown, 3 minutes per side; transfer to baking sheet and repeat.
3. Transfer beef to foil-lined baking sheet. Transfer beef and cabbage to oven and roast until cabbage is just tender and beef has browned, 12 to 15 minutes.
4. Transfer beef to cutting board and thinly slice. Serve with roasted cabbage and sprinkle with parsley, if using.



## Men's Shed

Thank-you to the Calgary Foundation for helping us get our Men's Shed off the ground.

Construction is underway for our new workshop! The members of the group have been very busy making plans, and starting projects. They are constantly coming up with many ideas.

Do you have an idea? Are you interested in joining our Men's Shed? If so, please check us out on our website at [www.gfls.org](http://www.gfls.org) or come by to the center.

## Interested in Joining Committee?

The following Committees are in need of fresh ideas & additional people:

**Fundraising committee**

**Nominating committee**

**A shout out committee (new)**

Please call Rebecca if you are interested in becoming a part of any, 403-272-4661 .



## 2020 Monthly Advertising Rates

SIZE	Cost (monthly)
Full Page	\$75.00
½ page	\$50.00
¼ page	\$25.00
Website – landing page with URL	\$150.00

Ask about our incentives for advertising.

Submissions Deadline: 15th of the month. Submissions to be forwarded to [rebecca@gfls.org](mailto:rebecca@gfls.org)

Questions, comments or concerns? Do you have any ideas about what you would like to see in the GFLS Times? Do you have an article you would like to write? If so send an email to Rebecca at: [rebecca@gfls.org](mailto:rebecca@gfls.org)

## 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.



## Hall Rentals

Interested in renting one of our rooms or the main hall. For further information contact Rebecca at (403) 272-4661 ext.#108 we would be happy to answer any question you may have.





## Wine & Paint Night

Tuesday March 10th

@

6:30 pm—8:30 pm

Cost: \$25.00 / person

All Supplies will be provided.

Instructor: Sheree Hamilton

## **Crystal Belles +2 Choir**

**We are looking for more singers! Come join us every Thursday from 10 – noon for a fun time. If you can carry a tune, even better!**

**You don't have to read music to sing with us.**

**Call Sharon at (403) 272-1404 for more info**

## **Indoor Gardening Project**

Did you know that gardening plays a vital role in our life?

- Keeps our minds active
- Eases stress, anxiety, and depression
- Gives one-self a sense of purpose and benefits their well being
  - Something to do with your hands
  - A new hobby!

Join us here at GFL 55+S for an informational session on Monday, April 20<sup>th</sup> at 10:30 am to discuss our community project. Learn more about our Tower Garden, and what you can do to take part in this exciting new program.

Have questions, please contact us at (403) 272-4661

## **IMPORTANT NOTICE**

On Monday March 16th our center will be closed due to contractors getting ready for construction.

All programs and activities will be cancelled this day and everything will resume on Tuesday March 17th.

Thanks for your cooperation!

## **Need a Ride?**

Do you need a ride? Wish you had a way to come to our Events? Not an evening driver?

We have a solution for you!

GFL 55+S will be offering, on a volunteer basis, ride assistance for those who need to come to Birthday Supper's, Events, Lunches, or our Senior Breakfast.

You will be picked up at a designated time, and dropped off after event.

If you need more information, please call 403-272-4661 and ask to speak with Rebecca and she will gladly give you more information upon request. Some restrictions apply!



# FOOD SAFETY COURSE



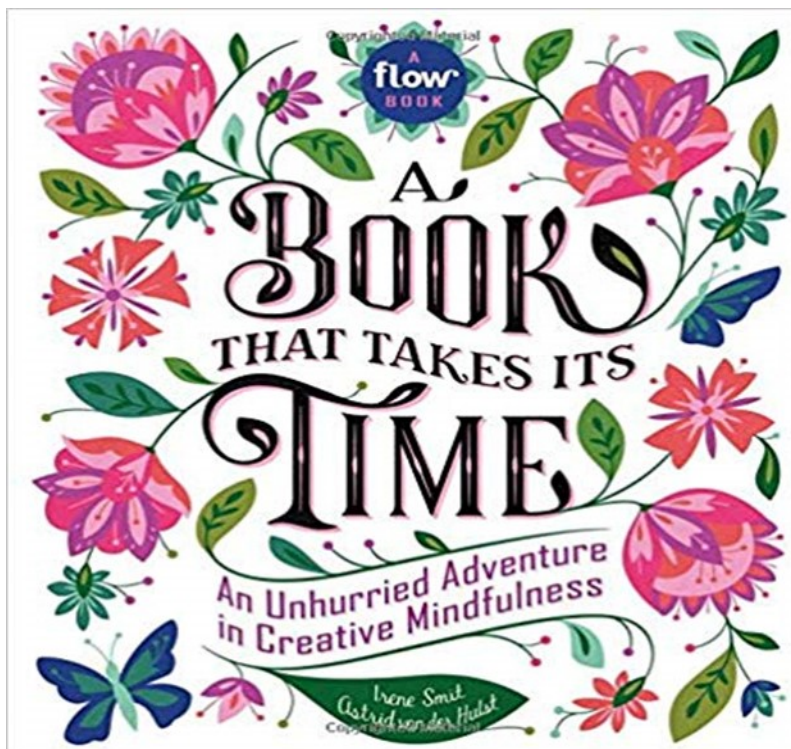
**Date:** Friday, March 20th 2020

**Time:** 1:00 PM—3:00 PM

**Cost:** FREE

**Location:** 3425-26th Ave SE

***\*This course is mandatory for all volunteers and kitchen personal\****



*“Take time to breathe. Take time to create. Take time to reflect, take time to let go. A book that’s unique in the way where it mixes reading and doing, A Book That Takes Its Time, is like a mindfulness retreat between two covers.”*

***Join us Wednesday March 18<sup>th</sup> at 1:30 pm***

***For our “Journey of Mindfulness”***

***This book will help those who need a time out, time to reflect, and self-awareness. Let your inner artist spirit out and discover your many talents.***

**Cost: \$45.00 for 12 week session**

*All participants will receive the workbook*

***Location: 3425-26<sup>th</sup> Ave Se Greater Forest Lawn 55+ Society***

*Please sign up if interested. Sign up is required.*



GREATER FOREST LAWN 55+ SOCIETY



3425 - 26 Avenue S.E.  
www.gfls.org (403) 272-4661

# CASH BINGO

Saturday, March 14, 2020

**DOORS OPEN: 11:00AM**

**PRE CALL: 12:15PM**

**EARLY BIRD: 12:30PM**

**Must be 18 years of age to play BINGO (Alberta Gaming Commission)**



**Our concession will be open!**





# PARTNERS CRIB TOURNAMENT

Tuesday March 31<sup>st</sup> 2020

**Cost:** \$25.00 / members

\$35.00 non/members

Coffee / tea @ 9am

First Round starts @ 9:30 am sharp

\*All teams must be registered and paid in full  
before round starts.\*

## Important Information!

- 50/50 draw
- Cash prizes
- Lunch provided
- Hidden score

Teams will be drawn on day of tournament

Please sign up if interested

Location: 3425-26th Ave SE



# CARD MAKING CLASSES

WITH JENNA  
JEPSON

INSPIRE \* CREATE \* SHARE

---

**DATE: MONDAY MARCH 23<sup>RD</sup> 2020**

**TIME: 1:30 PM TO 3:30 PM**

**COST: \$10.00 MEMBERS \$15.00 NON-MEMBERS**

**3 DIFFERENT CARDS \* TAKE HOME OF 6 CARDS**

3425-26<sup>TH</sup> AVE SE

GREATEST FOREST LAWN 55+ SOCIETY

---

"It's time to go beyond the basics of card making. Learn clever and creative ways to create detailed cards that look like the works of art. Learn new ways to incorporate common techniques into your card making repertoire and add more artistic flair to your cards. Learn simple stamping techniques, and die cutting."

Please register for workshop, sign up (403) 272-4661



Start your engines and head to:

# GFL55+S

**GREATER FOREST LAWN 55+ SOCIETY's**  
**SHOW 'N' SHINE**

**3425 - 26th Ave SE,  
Calgary**



**Sunday, August 9, 2020**  
**10am - 4pm**

**PRE - 1980 HOT RODS + MUSCLE CARS + ANTIQUES + MOTORCYCLES**  
**MODEL CAR CONTEST + PART SWAP MEET + OTHER STUFF**

**FOR FURTHER INFO CONTACT Stu : 403.875.1441**



Join us and Share Art & Kindness through Rock Painting

**Date:** Thursday March 19<sup>th</sup>

**Time:** 1 pm – 3:30 pm

**Cost:** Donation of rocks & pebbles

**Location:** GFL 55+ S

3425-26<sup>th</sup> Ave SE

All supplies will be available, but we do ask for donation of rocks or pebble. Please sign up if interested.

GFL 55+



# 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**



## TILE RUMMY



GFL 55+ S will be starting Tile Rummy (also known as Rummy-O or Rummikub)

Tile Rummy is a tile-based game for two to four players, combining elements of the card game rummy and mahjong.

There are 104 number tiles in the game. It is very easy to learn and a great way to boost your brainpower.

**Cost: \$3.00 members  
\$5.00 non-members**

**Location:** Greater Forest Lawn 55+ Society  
3425-26<sup>th</sup> Ave SE

**Date:** Every Thursday 10:30 am to 1:30 pm

(This activity will run weekly with the exception of any major events)

**Starts Thursday March 5<sup>th</sup>**



## Important Information !

Over the last week you may have heard the Coronavirus is raising health concerns across the globe. Although a small number of presumptive cases of the virus have been confirmed in Canada, Health Canada, Alberta Health Services and other Canadian agencies have stated that the risk to Canadians remains low as hospitals have a strong system to prevent and control infections. This outbreak is being closely monitored provincially and federally in hopes that through education and prevention the outbreak will be confined.

Should this issue escalate in our community, GFLS 55+ Society has a documented pandemic plan which outlines necessary steps both in prevention through hygiene and housekeeping practices.

These general practices are also in place for our Staff, Volunteers, Members and Partners in our Centre:

1. Frequent hand washing is encouraged and practiced
2. Cough and sneeze etiquette is encouraged
3. Common areas are frequently cleaned
4. All persons entering the Centre are asked to stay home when ill (and to remain home for 24 hours after symptoms have disappeared if the illness is flu-like or gastrointestinal)

If you would like more information on the Coronavirus, please refer to the Government of Alberta website at <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>.

Our goal is to keep you safe, keep you informed and keep you healthy!



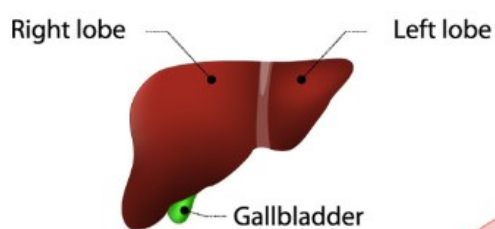
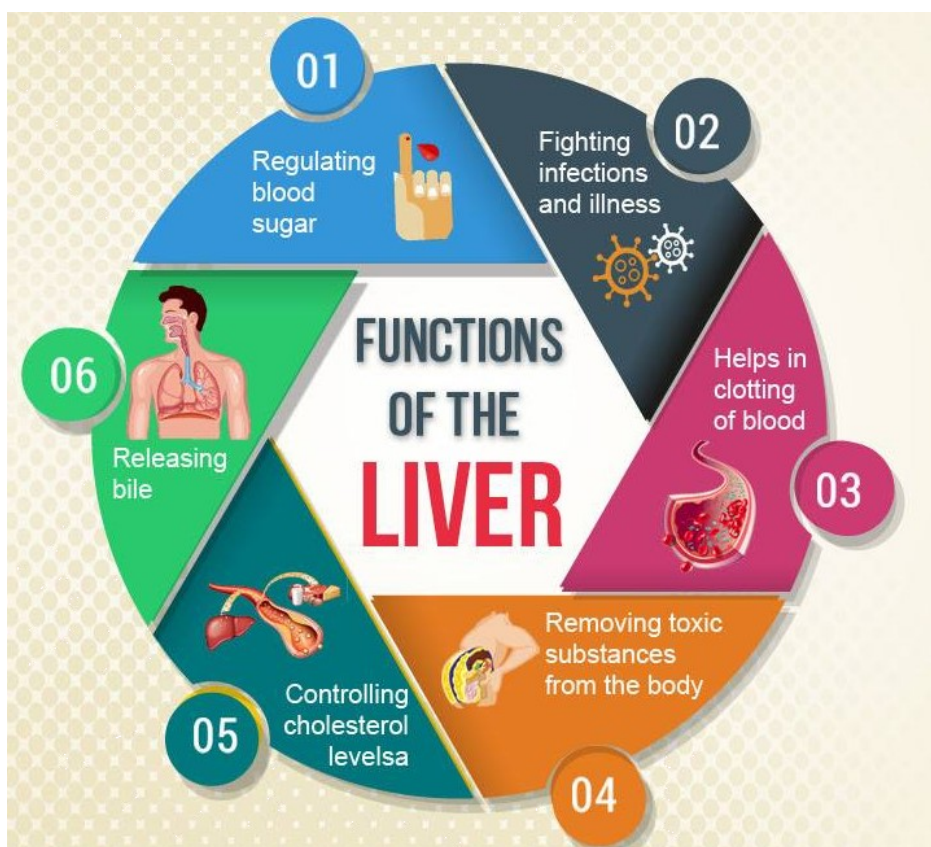
March is  
**FRAUD**  
**PREVENTION**  
**M O N T H**

#FightFraud

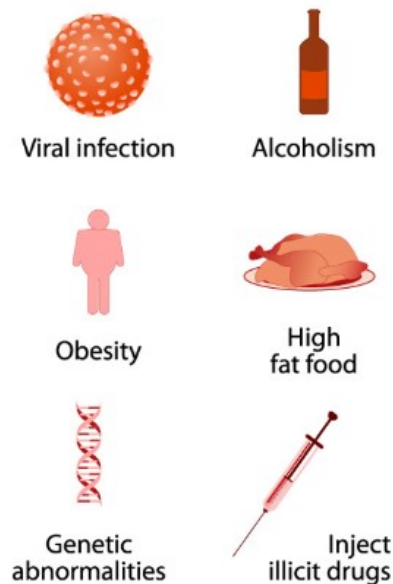
## Liver Health Month Facts & Statistics

March is the Canadian Liver Foundation's Liver Health Month.

The Foundation focuses on raising awareness of liver diseases, and what causes them.



### Risk



## Liver disease

### Signs and symptoms



### Prevention & Treatment







# Top 10 Facebook Scams

### 1. Fake friend requests

Leaving your profile wide-open to the public allows you to receive friend requests from anyone and everyone, including scammers. If you readily accept friend requests without verifying that person's identity, you can unknowingly grant scammers access to your account. He or she creates a new account under your name and fills it with your photos, interests and status updates. With 1.23 billion people on Facebook worldwide, you are unlikely to spot the impersonator.

### 2. Like farming

Soliciting "Likes" and shares of popular photos that tug at the heartstrings such as children cancer patients, animal abuse, countries that are victims of natural disasters etc... Scammers are actually hiding behind some of these pictures. "Liking" these images or pages that belong to malicious Facebook apps are phishing tools to access info for identity theft and other illegal activity.

### 3. Viral videos

More than just a wildly popular video, these videos actually contain viruses. Celebrity scandals or bogus news stories that spark your interest will prompt you to update your video player in order to view the video. If you activate the updating software, a virus or other malware will be downloaded to your device and the scam will be automatically shared with all of your friends.

### 4. Custom profiles

Another common scam offers to change your Facebook profile look or layout. A famous version was the Facebook Black scam. It supposedly gave you a slick, black color

scheme. These scams try to trick you into installing a rogue Facebook application, which gives scammers access to your personal data. It will also spam your friends to try and trick them, too.

### 5. Gossip, scandals and other entertainment "news"

Scandalous photos of your favourite celebrities or sensationalized news items concocted by scammers to pique your curiosity. If you want to view the photo or read the bogus article, you will be prompted to activate or download a third party application. These apps will request your profile information and be able to post content on your behalf, install malware on your device without your knowledge and ultimately leave the gateway to identity theft and other types of fraud wide open.

### 6. Find out who has been looking at your profile

Ever wonder who is checking you out? Again scammers are preying on your curiosity and solicit your account information through a third party application. Whether you're wondering if that cute guy or girl is checking you out, or if you have legitimate cyber-stalking concerns, there is no way to accurately find out who has been viewing your profile.

### 7. Free items/giveaways/lottery/sweepstakes

Congratulations! You've won a free trip to a tropical destination, or a luxury car or a large cash prize. However, in all of these instances, in order to collect your winnings you are asked to wire money and provide other personal information. Be wary of unsolicited, free contest

prizes and never wire money to a stranger.

### 8. Condolence scams

Users will get a Facebook post supposedly from a family member or friend that has fallen on hard times and needs your help. Or you receive a notification of the death of a loved one stating you are the beneficiary of the deceased's estate. In either instance, you are asked to wire money to help your friend or to claim your inheritance. If you're suspicious, contact your family and friends directly to verify their circumstances.

### 9. Current event scams

The recent missing Malaysia plane is the latest target of social media scams. Links to pages and videos claiming the plane has been found and that there are survivors have surfaced on Facebook. Clicking on the links will take users to websites pretending to be YouTube, CNN, the BBC or Facebook itself. There, they'll find videos promising exclusive information claiming to solve the mystery of flight MH370, but only in exchange for personal information.

### 10. Phishing email

Receiving an email that appears to be from Facebook addressing you by name may seem legitimate. The message could claim there is a problem with your account prompting users to click on a link that leads to foreign domain installing malware on your computer, or provide personal information to verify your account. Either way, you are granting scammers access to your personal data and opening the window for identity theft and other types of fraudulent activity.



## Volunteering

---

### 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.

---

#### 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

---

### 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.\**

### 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) Feb 28th—April 3rd

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

---

### 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 9:15AM—10:15AM (6 week sessions) March 6th—April 10th

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

---

### 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) March 2nd—April 6th

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

## Line Dancing

You will experience a variety of dance and music.

**Instructor:** Gail Thorburn

**Date:** Fridays at 1030AM—1130AM (6 week sessions) March 6th—April 10th

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

---

## Ukulele Beginner Level 1

This introductory class is geared for those with little to no experience with the Ukulele. You will learn to accompany many familiar songs using cords and rhythm strums, plus have fun signing and playing.

**Instructor:** Lorraine Smith

**Date:** Thursdays at 930AM—1030AM (6 week sessions) March 5th to April 9th

**Cost:** \$59.00 members | \$69.00 non-members

---

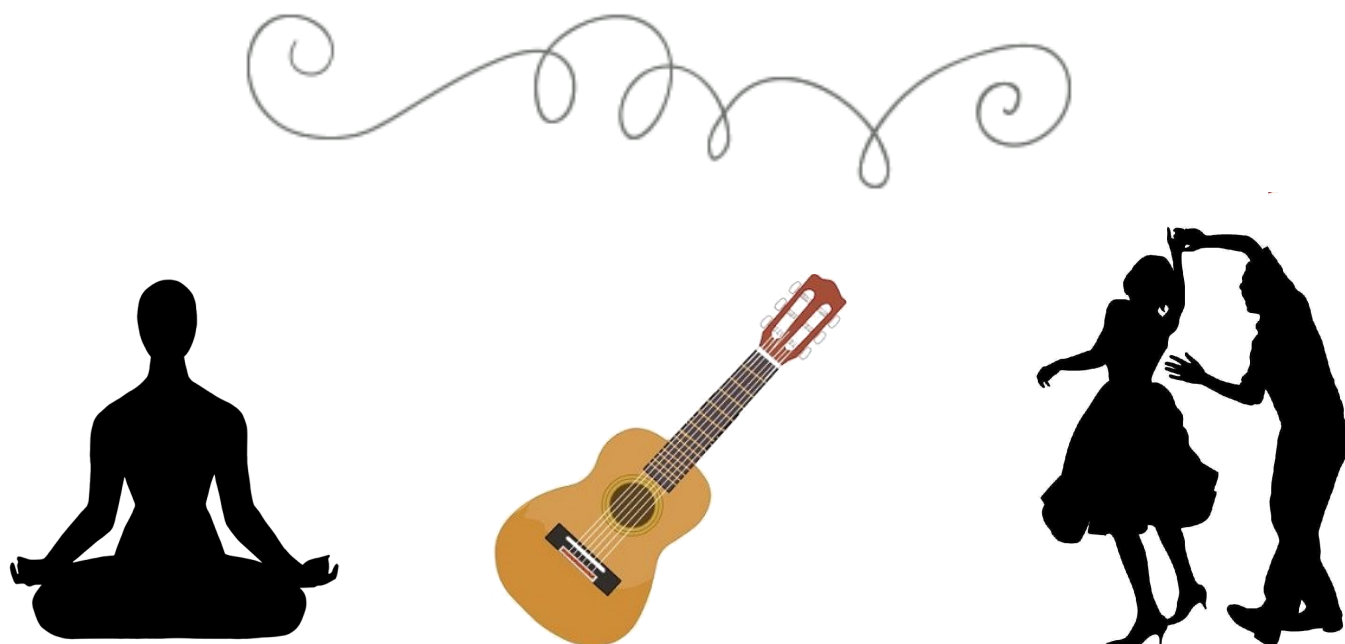
## Ukulele Beginner Level Intermediate

This class is a direct follow up from the beginner 1 class and will include a healthy review of basics and lots of strumming and singing.

**Instructor:** Lorraine Smith

**Date:** Thursdays at 1100AM—1200PM (6 week sessions) March 5th to April 9th

**Cost:** \$59.00 members | \$69.00 non-members





## ***This Month in History...***

### **March 4, 1971**

Montréal experiences the worst snowstorm in its history. The "Storm of the Century" buries the city under 47 cm of snow (some say 80 cm), and it causes the deaths of 17 people. Wind damage will leave some areas without electricity for 10 days.

### **March 23, 1994**

Wayne Gretzky scores his 802nd career goal against the Vancouver Canucks. With this goal, he beats Gordie Howe's record and becomes the highest-scoring player in National Hockey League history.

### **March 24, 1975**

The beaver becomes an official symbol of Canada.

### **March 28, 1950**

Country music singer Hank Snow, records his song "I'm Movin' On." It will top the American charts for 29 consecutive weeks. Clarence Eugene Snow (his real name) was born in Brooklyn, Nova Scotia, in 1914. He will record 45 albums over the course of his prolific career.

### **March 31, 1949**

Newfoundland becomes Canada's 10th province. A majority of Newfoundlanders had voted, in a second referendum, in favour of joining Confederation. Fifty-two years later, the province will change its name to Newfoundland and Labrador.



### **Fun Fact**

The color of St. Patrick's Day was originally blue.

## Upcoming Events

### Coming Attractions

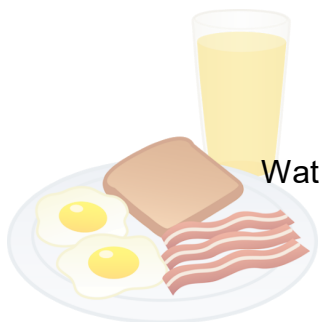
#### April 2020

6th – Easter Chocolate Workshop **10:00 AM – 1:00 PM**

8th – Seniors Financial Workshop **9:00 AM—11:00 AM**

15th – AGM, Lunch (bingo cancelled) **10:00 AM**

16th – Senior's Breakfast **9:00 AM**



Watch for information on upcoming attractions and New Workshops



## art SHOW

Greater Forest Lawn 55+ Society  
3524 26 Avenue SE, Calgary

Friday, April 17, 2020. 5pm - 9pm  
Saturday, April 18, 2020. 10am - 4pm

Enjoy watching professional artists  
start and finish original artwork  
with a secret theme. Guess the  
secret theme and win prizes!

If you wish to exhibit your oils, acrylic  
drawings watercolour, mixed media,  
ceramics, and photographs, call Ann at  
403-252-6795 or [ancraig@shaw.ca](mailto:ancraig@shaw.ca)

International Avenue  Arts & Culture Centre



# 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 #1

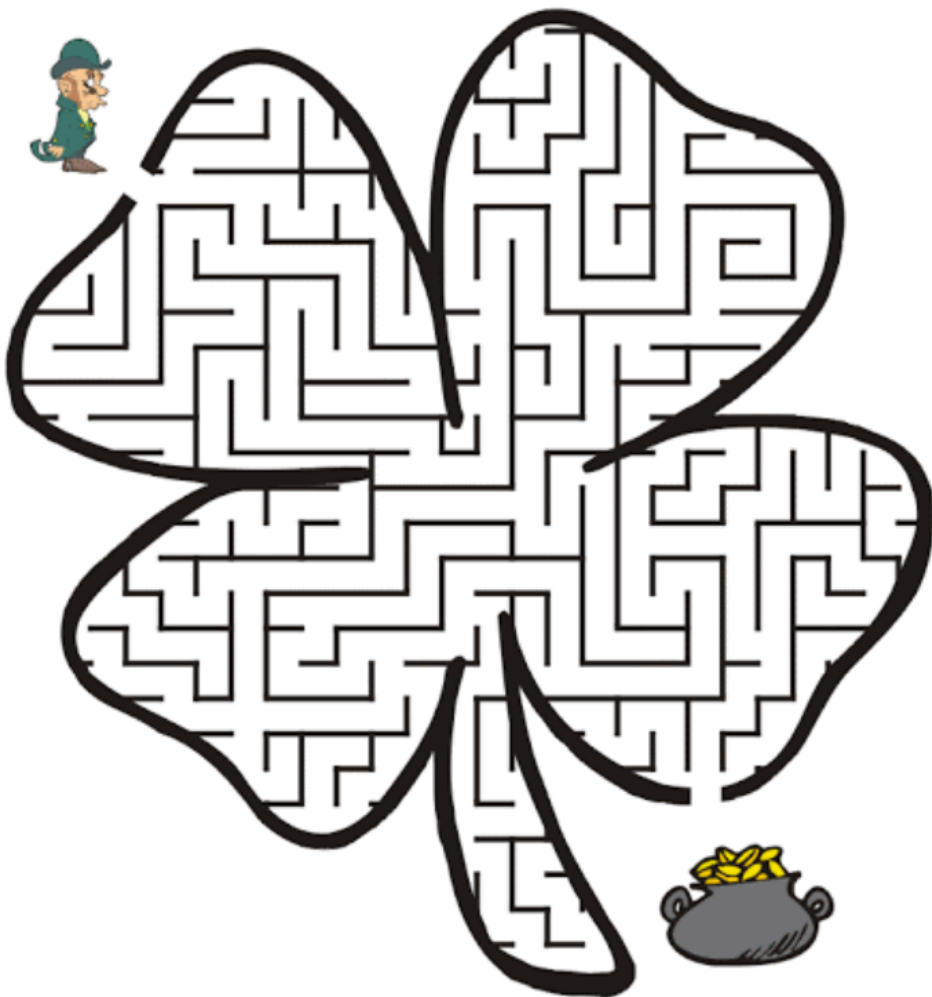
What can travel all  
around the world  
without leaving its  
corner?

A stamp

### Riddle #2

I have lakes with no  
water, mountains with  
no stone and cities with  
no buildings.  
What am I?

A map



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

### Cross Math

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

# ST. PATRICK'S DAY WORD SEARCH



LEPRECHAUN

LUCKY

POT OF GOLD

IRISH

RAINBOW

GREEN

SHAMROCK

CLOVER

GOLD

MARCH

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



# March 2020 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b>  <b>10AM</b> Square Dancing <b>10AM</b> Barber Shop <b>1PM</b> Darts <b>2PM—3 PM</b> Zumba	<b>3</b>  <b>930AM</b> Crafts <b>1PM</b> Canasta/ Bridge & Crib <b>1PM</b> Memory + <b>3PM—430PM</b> Link-ages	<b>4</b>  <b>930AM</b> Art Group <b>12PM</b> Lunch <b>1PM</b> Bingo	<b>5</b>  <b>9Am—3pm</b> Income tax <b>930 am—1030 am</b> Ukulele Class Beginner 1 <b>11am—12 pm</b> Ukulele Class Intermediate <b>1030AM</b> Tile Rummy <b>1PM</b> Carpet Bowling	<b>6</b>  <b>9AM—10AM</b> Chen Tai Chi <b>915 am –1015am</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling <b>2PM—4PM</b> Compass for Caregivers	<b>7</b>  Dance 7:30 pm “Tumbleweeds”
<b>9</b>  <b>10AM</b> Square Dancing <b>10AM</b> Barber Shop <b>1PM</b> Darts <b>2PM—3 PM</b> Zumba	<b>10</b>  <b>930AM</b> Crafts <b>9Am—11:30 am</b> Income tax <b>1PM</b> Canasta/ Bridge & Crib <b>1PM</b> Memory + <b>3PM—430PM</b> Link-ages <b>6PM—8PM</b> Paint Night	<b>11</b>  <b>930AM</b> Art Group <b>12PM</b> Lunch <b>1PM</b> Bingo	<b>12</b>  <b>9Am—3pm</b> Income tax <b>930 am—1030 am</b> Ukulele Class Beginner 1 <b>11am—12 pm</b> Ukulele Class Intermediate <b>1030AM</b> Tile Rummy <b>1PM</b> Carpet Bowling <b>1pm</b> Movie Day	<b>13</b>  <b>9AM—10AM</b> Chen Tai Chi <b>915am –1015am</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling <b>2PM—4PM</b> Compass for Caregivers	<b>14</b>  Cash Bingo Doors Open 11 am
<b>16</b>  	<b>17</b>  <b>930AM</b> Crafts <b>9Am—11:30 am</b> Income tax <b>1PM</b> Canasta/ Bridge & Crib <b>1PM</b> Memory + <b>3PM—430PM</b> Link-ages	<b>18</b>  <b>930AM</b> Art Group <b>930AM</b> Foot Clinic <b>930AM</b> Board Meeting <b>12PM</b> Lunch <b>1PM</b> Bingo  <b>130 pm “Journey of Mindfulness” workshop</b>	<b>19</b>  <b>9am Seniors Breakfast</b> <b>9Am—3pm</b> Income tax <b>930 am—1030 am</b> Ukulele Class Beginner 1 <b>11am—12 pm</b> Ukulele Class Intermediate <b>1030AM</b> Tile Rummy <b>1PM</b> Carpet Bowling <b>1pm—3:30 pm</b> Rock Project	<b>20</b>  <b>9AM—10AM</b> Chen Tai Chi <b>915am—1015am</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling <b>1pm—3pm</b> Food Safety Course	<b>21</b>  Dance 7:30pm “The Jeske’s”
<b>23</b>  <b>10AM</b> Square Dancing <b>10AM</b> Barber Shop <b>1PM</b> Darts <b>1:30 pm</b> Card Making Class <b>2PM—3 PM</b> Zumba	<b>24</b>  <b>930AM</b> Crafts <b>9Am—11:30 am</b> Income tax <b>1PM</b> Canasta/Bridge & Crib <b>1PM</b> Memory + <b>130 pm</b> Walking Club <b>3PM—430PM</b> Link-ages	<b>25</b>  <b>930AM</b> Art Group <b>12PM</b> Lunch <b>1PM</b> Bingo	<b>26</b>  <b>Birthday Supper</b> <b>9Am—3pm</b> Income tax <b>930 am—1030 am</b> Ukulele Class Beginner 1 <b>11am—12 pm</b> Ukulele Class Intermediate <b>1030AM</b> Tile Rummy <b>1PM</b> Carpet Bowling	<b>27</b>  <b>9AM—10AM</b> Chen Tai Chi <b>915am—1015am</b> Bees Knees <b>1030AM—1130AM</b> Line Dancing <b>1PM</b> Floor Curling	<b>28</b>  Fashion Show 2pm—4 pm
<b>30</b>  <b>10AM</b> Square Dancing <b>10AM</b> Barber Shop <b>1PM</b> Darts <b>2PM—3 PM</b> Zumba	<b>31</b>  <b>9am</b> Crib tournament <b>930AM</b> Crafts <b>9Am—11:30 am</b> Income tax <b>1PM</b> Canasta/Bridge & Crib <b>1PM</b> Memory + <b>130 pm</b> Walking Club <b>3PM—430PM</b> Link-ages				



## *March Birthday's*

**Angela Bowen**

**Mary Burke**

**Caroline Chaudhuri**

**Gerald Childs**

**Arrigo Chiste**

**Edna Eckes**

**George Flood**

**Ruth Gilchrist**

**Sylvie Holowaty**

**Nancy Kearney**

**Dianne Kulus**

**Rita Lapointe**

**Yvan Lariviere**

**Nedra Lawless**

**Shirley Lowe**

**Maurice Maillot**

**Ann Martell**

**Marge Mayor**

**Maureen Meaney**

**Edward Muir**

**Brenda Nakamura**

**Donna Nangreaves**

**Amy Parkhill**

**Dianne Pearce**

**Shirley Pearson**

**Evelyn Pigeon**

**Suzanne Scott**

**Ed Scott**

**Patrick Sheridan**

**Bryan Simpson**

**Ryan Thompson**

**Rose Stinn**

**Ben Watkins**

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

## *Thank You to Our Partners & Sponsors*

---



Alberta Association of Seniors Centres®

