



Monthly Newsletter

MAY 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.



Mother's Day High Tea

**Fabulous
savories and
sweets with
wonderful
entertainment**

**SATURDAY
MAY 11
1 - 4 PM**

**The Centre will be closed
Monday, May 20/24
for Victoria 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
Fax Line: (403) 272-6153
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: TBA (kitchen@gfls.org)

Hours of Operation

Monday - Friday; 8:00 AM - 4:00 PM
CENTRE CLOSED: Monday, May 20 for Victoria Day

THANK YOU TO OUR SPONSORS



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



It is said that April showers (plus snow and wind) will bring May flowers. To me, this paints a wonderful picture of optimism, hope and a colourful future.

And I, Diane Danielson, as your new President, am optimistic for the future of this great organization called GFLS. At the Annual General Meeting (AGM), we welcomed 4 new Directors – Edward David, Helga Dressel, Maxine Mayor, and Ruth Gilchrist. You, as a member can be proud that there are 12 volunteers dedicated to making this space – busy, fun, welcoming, and sustainable.

However, they do not stand alone. We are a community of volunteers, participants, staff, and a supportive membership. Together we truly are better – having a smoothly run AGM with approximately 30% membership in attendance speaks to a healthy Center. Let us hope that the Mother's Day Tea will follow the trend and be a great FUNdraiser.

I personally, wish to THANK Bill Diprose for his role as President last year. It was a year of challenges but we still grew. The Board is losing 4 great Directors – Stu Bellingham, Shirley Borak, Brenda O'Malley, and LaVonne Nielson BUT be assured, you will see them around the Center.

My goal is to keep improving the Team approach and be as collaborative as possible. I also plan on working with the Board and Staff to enhance communication – internally and externally.

I am also looking forward to connecting with as many members (and potential members) as possible.

Diane Danielson
President



Remember ... my door is always open ...

- Chat soon

Norma Jean Doucet
Executive Director

JOIN OUR GFLS COMMUNITY

GFLS⁵⁵⁺ MEMBERSHIP

GFLS 2024 Membership Forms are now 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 COMMUNITY BREAKFAST - Thursday, May 9/24; 9 - 11 AM / COST: \$10

The GFLS Community Breakfast includes eggs, sausage, breakfast potatoes and pancakes. Don't forget the endless coffee & tea!



GFLS ANNUAL MOTHER'S DAY HIGH TEA - Saturday, May 11/24; 1 - 4 PM / Cost: \$25

GFLS is hosting an afternoon of fabulous savories and sweets along with wonderful entertainment. The Regency Dancers and Here Comes Treble Quartet will be performing. Tickets, with seating selection, available at the GFLS Front Desk.

COFFEE & CONVERSATION TOPICS FOR MAY 2024 / COST: FREE

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

Monday, May 13 - **Remembering Our Mothers**

Monday, May 27 - **Is Canada Broken?**



BIRTHDAY SUPPER - Thursday, May 23/24; DOORS OPEN 4:30 PM; \$25/person

Join GFLS in celebrating our May birthday celebrants. Dinner will be a 3-course, served, buffet style meal followed by our own Riot Act's original, live production of "Big Valley Caper". Make sure to get your tickets early!

CAN'T MAKE BIRTHDAY SUPPER BUT WANT TO SEE THE PERFORMANCE? YOU'RE IN LUCK!

The Riot Act will be having an encore performance of the "Big Valley Caper" the Friday after Birthday Supper.

RIOT ACT ENCORE PERFORMANCE

FRIDAY, MAY 26

DOORS OPEN 6:15 PM

COCKTAILS 6:30 PM

PERFORMANCE 7 PM

TICKETS: \$20

Refreshments to follow the performance. Tickets will be available the GFLS front desk.

Big Valley Caper



UPCOMING IN 2024

SENIORS WEEK AT GFLS - MONDAY, JUNE 3 - SATURDAY, JUNE 8, 2024

A wonderful group of members and the GFLS Team are hard at work putting together a fun-filled week of activities at the Centre in recognition of Seniors Week 2024.

In addition to existing programs here are some activities being considered for the week:

Floor Curling, Bridge, Tile Rummy, Mahjong, Whist, Ping Pong, Snooker, and Canasta; with a grand finale including "Rockin' To The Oldies" Dance (Friday afternoon) & Fun Bingo (Saturday).

More details coming soon!

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

This is an essential fundraising event to keep the Centre's doors open and continue to offer exciting programs. To do so, we will need your help. GFLS will be looking for volunteers for daytime and night time shifts. Our new Casino Chairperson, Pauline Padbury, would be happy to hear from you. Pauline's email address is ppadbury@telus.net or by phone at 403-240-3031. The Volunteer Sign-Up sheet will also be available with Susan at the Centre.

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!

***NEW* LOW GEAR BICYCLE GROUP / FAIR WEATHER RIDERS**

This new group had their 1st organizational meeting in April which drew a large group of interested cyclists. The group is currently working out the details and will provide them to GFLS soon. Please STAY TUNE for updates on what

exciting adventures will be planned in the very near future.(Or at least once the snow stops!)



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 special 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).

NOTE: NO CARDS & GAMES NIGHT FRIDAY, MAY 24

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.

Crystal Belles Choir: \$2 Members/\$5 Non-Members - REHEARSALS: Thursdays, 10 AM

This harmonious group of voices enjoys performing at the Centre and throughout the City. The Choir is FULL this season. If you are interested in joining next season, feel free to provide your contact details to a GFLS team member and it will be given to the Choir Director for consideration next season.

Darts: \$4 Members/\$5 Non-Members - Mondays, 1 PM

Join the darts group in the GFLS games room.

NOTE: NO DARTS MONDAY, MAY 20M

Memory SPACE: FREE - 2nd & 4th Tuesday of each month, 1 - 3 PM

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

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.

Men's Coffee: FREE - Thursdays, 10 AM

An opportunity to sit, relax, enjoy a hot bevy 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.



continued . . .

DROP-IN PROGRAMS

PLAN IN ADVANCE!

(continued)

Musicians' Gathering: \$2 Members/\$5 Non-Members - Mondays, Noon
Bring your instrument and meet with other fellow musicians.

NOTE: NO MUSICIANS' GATHERING MONDAY, MAY 20

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**
(REVISED TIME: Noon - 2 PM - Every 4th Thursday of the month due to Birthday Supper set-up (Sept-June))**
Drop in for a FUN game of pool. Everyone welcome.

Stretching Exercise Program: \$2 Members/\$5 Non-Members - Mondays & Thursdays, 10 AM*
(*REVISED START TIMES: 9 AM - Every 4th Thursday of the month due to Birthday Supper set-up (Sept-June))
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 THURSDAY, MAY 2, THURSDAY, MAY 9 OR MONDAY, MAY 20

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

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.

We are certain there is something for everyone.

Next time you are at the Centre take a moment to check them out; you never know what you might find.

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



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.

Shopping & Services at GFLS

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!

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!



NEW FOOTCARE - STARTING THIS MAY

GFLS has partnered with Dr. Greg Somer, D.P.M., a registered Podiatrist, to offer basic footcare to our members.

Morning appointments will be available on selected dates and held in the GFLS Wellness Room on the lower level of the Centre.

GFLS will book the appointments.

Appointments will last approximately 10-15 minutes consisting of basic treatments: nail trimming, filing of callouses and corns.

NOTE: No soaking or lotions will be offered.

Upon your first visit with Dr. Somer you will need to bring your Alberta Health Care Card.

Cost per visit: \$10. Payment is made directly to Dr. Somer via Cash, Cheque or E-Transfer. (No Credit / Debit Cards accepted.)

FIRST DATE: MONDAY, MAY 27; 9 AM - NOON / COST: \$10 per visit

For more details and available appointments please see Kelly.

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.

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.

NEXT SUPPER: THURSDAY, MAY 23

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 4-WEEK SESSION* FEES: \$35 Members / \$40 Non-Members

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

4-WEEK SESSION STARTS: MAY 6 / LAST CLASS: JUNE 3**

(*REVISIED START TIME JUNE 3 AT 11 AM DUE TO SENIORS WEEK SCHEDULE)

NOTE: NO JUST DANCE LITE MONDAY, MAY 20

Line Dancing - Level 1: Fridays, 9:30 AM

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

CURRENT 6-WEEK SESSION STARTED: APRIL 5 / NEXT SESSION STARTS: MAY 17

Line Dancing - Level 2: Fridays, 10:30 AM

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

CURRENT 6-WEEK SESSION STARTED: APRIL 5 / NEXT SESSION STARTS: MAY 17

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: APRIL 12 / NEXT SESSION STARTS: MAY 24

Walk Fit: Tuesdays, 1 PM *SPECIAL 4-WEEK SESSION* FEES: \$35 Members / \$40 Non-Members

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

CURRENT 4-WEEK SESSION STARTED: APRIL 30 / LAST CLASS: MAY 21

NOTE: NO WALK FIT TUESDAY, APRIL 2



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 GLFS 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

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.*

URGENT VOLUNTEER CALL-OUT

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.

Here are some of the occasions come up soon at GFLS:

Mother's Day Tea
Seniors Week
Stampede Breakfast
GFLS Casino - July 27 & 28
Summer Outdoor Activities
GFLS Garage Sale
Day Trips
Theatre Trips

Below are areas we are currently 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 LUNCHESES & VARIOUS EVENTS
Tuesdays, Wednesdays, & Other Dates, as needed

*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!*