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# NOVEMBER 2022

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## Monthly Newsletter

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

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***THE CENTRE IS CLOSED  
FRIDAY, NOVEMBER 11, 2022  
(REMEMBRANCE DAY)***

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# **JUST A COMMON SOLDIER**

*(A Soldier-Died Today)*

*By A. Lawrence Vaincourt*

*He was getting old and paunchy and his hair was falling fast,  
And he sat around the Legion, telling stories of the past.  
Of a war that he had fought in and the deeds that he had done,  
In his exploits with his buddies; they were heroes, every one.*

*And tho' sometimes, to his neighbours, his tales became a joke,  
All his Legion buddies listened, for they knew whereof he spoke.  
But we'll hear his tales no longer for old Bill has passed away,  
And the world's a little poorer, for a soldier died today.*

*He will not be mourned by many, just his children and his wife,  
For he lived an ordinary and quite uneventful life.  
Held a job and raised a family, quietly going his own way,  
And the world won't note his passing, though a soldier died today.*

*When politicians leave this earth, their bodies lie in state,  
While thousands note their passing and proclaim that they were great.  
Papers tell their whole life stories, from the time that they were young,  
But the passing of a soldier goes unnoticed and unsung.*

*Is the greatest contribution to the welfare of our land  
A guy who breaks his promises and cons his fellow man?  
Or the ordinary fellow who, in times of war and strife,  
Goes off to serve his Country and offers up his life?*

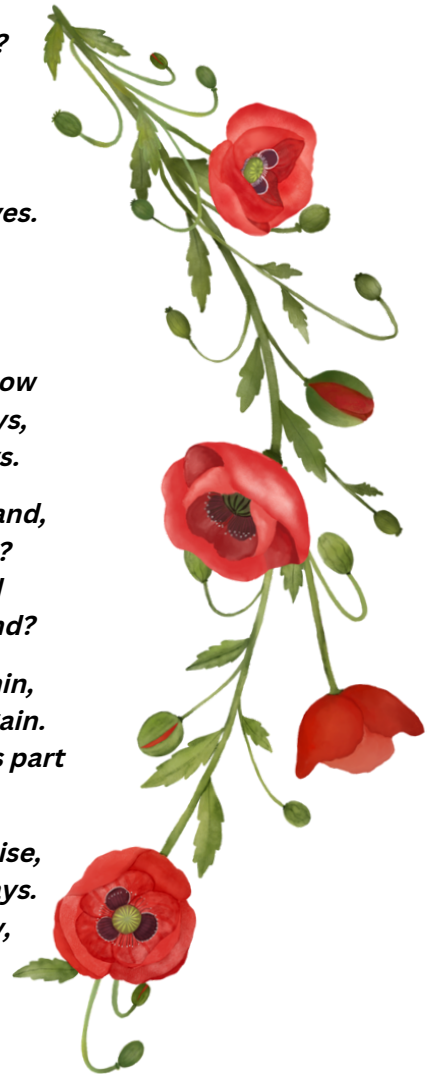
*A politician's stipend and the style in which he lives  
Are sometimes disproportionate to the service that he gives.  
While the ordinary soldier, who offered up his all,  
Is paid off with a medal and perhaps, a pension small.*

*It's so easy to forget them for it was so long ago,  
That the old Bills of our Country went to battle, but we know  
It was not the politicians, with their compromise and ploys,  
Who won for us the freedom that our Country now enjoys.*

*Should you find yourself in danger, with your enemies at hand,  
Would you want a politician with his ever-shifting stand?  
Or would you prefer a soldier, who has sworn to defend  
His home, his kin and Country and would fight until the end?*

*He was just a common soldier and his ranks are growing thin,  
But his presence should remind us we may need his like again.  
For when countries are in conflict, then we find the soldier's part  
Is to clean up all the troubles that the politicians start.*

*If we cannot do him honour while he's here to hear the praise,  
Then at least let's give him homage at the ending of his days.  
Perhaps just a simple headline in a paper that would say,  
Our Country is in mourning, for a soldier died today.*



## President's Message

Autumn is one of my favourite times of the year as the crisp morning air and the smell of fallen leaves stir memories of harvests past. Harvests were always special as farmers joined together to bring in the crops. I especially remember when meals were brought to the fields by their wives often accompanied by their young children. Everyone stood around or sat against the pick-ups as they enjoyed the delicious meals and treats. Maybe these were the start of present-day tail-gate parties! I remember a cheerful atmosphere and conversations were a light-hearted banter. Everyone seemed relieved to see their year's work come to a successful conclusion.

I've been told harvests are different now as wives have their own careers and kids often accompany their dads or moms, in the comfort of tractors or combines. Lunches are packed in coolers to be consumed without interruption, but I bet the mood is still one of relief and happiness.

Fall is also a time to put away the things of summer. I was looking at one of my bicycles the other day when Donna suggested I might want to get rid of them; after all, I am getting to that age. There was a sadness in thinking my bike riding may be coming to an end. Then I ran across a quote that really sums up my feelings about bicycles. I'll dedicate it to the hard-working guys of our Bike Shed whom I suspect feel the same way.

***"The bicycle has a soul. If you succeed to love it, it will give you emotions that you will never forget."***

*Mario Cipollini*

Take good care and be kind always.

*Jim Bergen*

## A Message from the Executive Director

Are you ready for November? We have quite a few new programs this month to keep you healthy and active. Please make sure you look at the calendar and quickly register for any programs that toot your horn. You will notice new social Community Coffee times too. These coffee socials are free for members and \$2- for non members. There is no set topic for these socials. The goal is to provide more opportunities for you to connect with others in your community and a good cuppa of java is a great way to do that!

This month we are also offering Tuesday Lunch & Learn speakers. This is great for you to learn more about local businesses and agencies that can best support older adults in the heart of Forest Lawn. Please join us for Tuesday luncheons and guest speakers.

I am super excited to share that we are teaming up with the Parks Foundation to discuss Canada's First Dementia Inclusive Park in our very own backyard! Can you image how wonderful it will be to have an outdoor park that is accessible, inclusive, and supportive for people living with dementia and their caregivers?! We will be hosting a free information session on December 3rd from 1 pm to 2:30 pm. Please join us in discussing how the park will be used, designed, and share your opinion on important features. As always coffee, tea and delicious baked goods will be provided for weighing in on this amazing project.

On a personal note I would like to thank all of the lovely members who have supported and cared for Jill and Elsie while they have visited the Centre. It is an absolute joy watching Elsie interact with everyone. Thank you for sharing in our adventure with our newest member of the Centre.

Happy November,

*Jenna Jepsen*

# NEW & UPCOMING EVENTS AT

## **PURDYS HOLIDAY FUNDRAISER - ORDER DEADLINE: FRIDAY, NOV 18**

Complete details are available online at <https://fundraising.purdys.com/1194612-97237>, thru our Purdys Fundraising Campaign Coordinator, Mary McKeown or at the Centre. (Flyer attached)

## **LEARN TO CROCHET A RAG RUG - MONDAY, NOV 7; 10 AM**

Come out and learn how to make a rag rug; this is a special Learn To Crochet class. Further information and details available at the Centre. (Flyer attached)

## **PAINT NIGHT - TUESDAY, NOV 8; 6-8 PM**

November picture - Chickadee in Winter. Register by Friday, Nov 4. (Flyer attached)

## **GFLS COMMUNITY BREAKFAST - THURS, NOV 10; 9 - 11 AM / COST: \$10**

Join us for the monthly GFLS Community Breakfast which includes eggs, sausage, hash browns, pancakes and seasonal fruit/vegetables. Don't forget the endless coffee & tea! Cost is \$10 per meal. (Flyer attached)

**You are invited to stay after the breakfast to join us for . . .**

## **REMEMBRANCE DAY COMMEMORATION - *LEST WE FORGET* - THURS, NOV 10; 11:15 AM**

The Crystal Belles Choir have prepared a special Remembrance Day performance including songs, poems and an observed moment of silence to acknowledge the courage and sacrifice of those who served their country; past and present. Everyone is welcome to attend. (Flyer attached)

## **COFFEE & CONVERSATION TOPICS FOR NOVEMBER**

Monday, Nov 14 - Your Pharmacist & You

Monday, Nov 28 - Domestic Abuse Workshop hosted by Sagesse (REAL Talk)

## **GFLS CHRISTMAS BAZAAR - SATURDAY, NOV 19; 9 AM - 3 PM**

This annual event will feature our own Cozy Corner crafters and GFLS Men's Shed. There will also be arts, crafts and food. Come out and get that holiday shopping list whittled down. More details & information available at the Centre. (Flyer attached)

## **\*\*NEW & RETURNING\*\***

### **\*NEW\* CUBII TRAVEL - TUESDAYS 10:45 AM - 11:45 AM; 5 MEMBERS ONLY / \$5 PER TRIP**

Details to follow.

### **\*NEW\* GRIEF SUPPORT GROUP - WEDNESDAYS 1 PM**

Host speaker certified Grief Counselling and Grief Bereavement - Jenna Jepson

### **\*RETURNING\* LINKages PROGRAM - WEDNESDAYS, 3:45 - 5:15 PM (STARTING WED, NOV 2)**

This program brings together youth and older adults in a social environment seeking to build social emotional skills, intergenerational connection, and learning. Introduction meeting on Nov 2 at 2:30 PM.

**\*\*SEEKING PARTICIPANTS\*\* If interested, please see Susan or Jazmine A.S.A.P.** (Flyer attached)

### **\*NEW\* MEN'S COFFEE - THURSDAYS 10 AM**

FREE opportunity for Men in the community to sit, relax, enjoy a hot bevy and socialize with other men.

### **\*NEW\* COMMUNITY COFFEE - FRIDAYS 10 AM**

FREE opportunity to sit, relax, enjoy a hot beverage and socialize with other community members

*continued . . .*

# NEW & UPCOMING EVENTS AT

(continued)

## **\*\*NEW & RETURNING\*\***

(continued)

### **\*NEW\* JOB SEEKING ASSISTANCE 55+ - FRIDAYS 1 PM**

Join Jazmine in researching new and exciting job opportunities for people 55+

### **\*NEW\* SPANISH LANGUAGE COURSE - WEDNESDAYS, 6:30-8:45 PM - \$140/person**

This beginner 12-week Spanish class is designed for people with little or no experience with the Spanish language. Instructor: Carmen Poon. Starts Wednesday, Nov 9.

**REGISTER at the Front Desk by Friday, Nov 4** (Flyer attached)

## **\*\*UPCOMING IN DECEMBER\*\***

### **CANADA'S FIRST DEMENTIA INCLUSIVE PARK - COMMUNITY DISCUSSION**

SATURDAY, DEC 2 AT GFLS CENTRE - More details available at the Centre

### **RIOT ACT'S NEXT PERFORMANCE - 2 DATES**

December Birthday Supper - THURSDAY, DEC. 15

Family and Friends Matinee - SATURDAY, DEC .17

### **MISSY'S MOVIE MATINEE; HOLIDAY EDITION**

Movie & December Date T.B.D.

## **\*\*IMPORTANT NOTES\*\***



### **COBS BREAD MARKET MONDAYS RUN FROM 9 AM UNTIL SUPPLY LAST**

The doors to the Cobs Bread Market on Mondays open at 9 AM. We are grateful to everyone for making this a successful venture especially our gracious donor, **University District Cobs Bread**.



### **DAYLIGHT SAVINGS TIME ENDS**

**SUNDAY, NOVEMBER 6 AT 2:00 AM**

**Set your clock back 1 hour Saturday Night (Nov. 5) OR  
Sunday Morning (Nov. 6)**

### **LUNAR ECLIPSE**

**MAXIMUM ECLIPSE VISIBLE IN CALGARY\***

**TUESDAY, NOVEMBER 6 AT or ABOUT 3:55 AM**

**\*The Moon is above the horizon during this eclipse, so with good weather conditions in Calgary, the entire eclipse should be visible.**



# DROP-IN PROGRAMS

## PLAN IN ADVANCE!

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

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

**NOTE: NO BEES KNEES NOVEMBER 10, 17 & 24**

**Bike Shed:** Taking in donations\* of used bicycles, for all ages, giving them a fine tune-up, and then providing them back to schools and families in need throughout our community. A good cause to keep our community rolling! Tuesdays, 10 AM

**(\*To donate bike(s), contact information can be provided to GFLS Centre at which time the details will be provided to a Bike Shed Member to make the necessary arrangements for drop off. Your cooperation is appreciated.)**

**Bingo:** Wednesdays. **Tables are first come; first choice.**

Doors open at 10 AM, Bonanza pre-call at 12:30 PM followed by Regular Bingo at 1 PM. Bingo Lunch is served from 11:15 AM to Noon, Cafe 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). Fridays 7 PM

**NOTE: NO GAMES NIGHT NOVEMBER 11**

**Coffee & Conversation:** Grab a coffee and listen to a speaker with a different relevant topic every second and fourth Monday, 10 AM

**Community Coffee:** FREE opportunity to sit, relax, enjoy a hot beverage and socialize with other community members. Fridays, 10 AM **NOTE: NO COMMUNITY COFFE NOVEMBER 11**

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

**Crib: \$7 (Fees/Prize Money)** Join our group of cribbers for informal crib games. Fridays 1 PM

**NOTE: NO CRIB NOVEMBER 11**

**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 NOVEMBER 10, 17 & 24**

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

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

**Grief Support Group:** Host speaker certified for Grief Counselling and Grief Bereavement (Jenna Jepson). More details to follow. Wednesdays, 1 PM

# DROP-IN PROGRAMS

## PLAN IN ADVANCE!

*(continued)*

**Job Seeker Assistance 55+:** Join Jazmine in researching new and exciting job opportunities for older adults. Fridays, 1 PM **NOTE: NO JOB SEEKER ASSISTANCE NOVEMBER 11**

**Learn To Crochet: \$5 \*\*SPECIAL EVENT - Crochet a Rag Rug - Nov 7/22 at 10 AM\*\***

Learn to Crochet a Rag Rug with Helga. Equipment needed: 16 or 11/5 mm hook.

**Next Date for regular Learn to Crochet: December 5**

**Memory+:** An alumni support group for caregivers of those with neurological disease. Tuesday, November 8 at 1 PM

**Men's Coffee:** FREE 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**

**Musician's 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.**

**Riot Act:** Come out and join our cast of characters as part of the in-house drama group. Seeking both performers and behind the scenes members. Tuesdays 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 NOVEMBER 10, 17 & 24**

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

### 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**

## **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.

**NEXT SUPPER: THURS, NOV 24; DOORS OPEN AT 4:30 PM; DINNER AT 5:30 PM**

**Computer Class: \$5** Learn the basics of your computer. Bring your computer 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.**

**CUBII Travel: \$5 per trip / ONLY 5 members per session** More details to follow. Tuesday, 10:45 AM

**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

**NEXT 6-WEEK SESSION STARTS NOV 7**

**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

**CURRENT 6-WEEK SESSION STARTED OCT 28, NEXT SESSION BEGINS OCT 28**

**NOTE: NO LINE DANCING NOVEMBER 11**

**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

**CURRENT 6-WEEK SESSION STARTED OCT 28, NEXT SESSION BEGINS OCT 28**

**NOTE: NO LINE DANCING NOVEMBER 11**

**Paint Night: \$35** All skill levels welcome. All supplies, instructions & stencils are provided. 2nd Tuesday evening a month, 6 to 8 PM. See flyer posted at the Centre.

**UPCOMING DATES: NOVEMBER 8 & DECEMBER 13**

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

**Spanish Language Course: \$140** This beginner 12-week Spanish class is designed for people with little or no experience with the Spanish language.

Starts Wednesday, Nov 9

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

*continued . . .*



# 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**

(continued)

**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

**CURRENT 6-WEEK SESSION STARTED OCT 21, NEXT SESSION BEGINS OCT 21**

**NOTE: NO TAI CHI NOVEMBER 11**

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

**1st & 3rd Thursdays, NOON to 3 PM, Sessions run every 30 minutes.**

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

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

**CURRENT 6-WEEK SESSION STARTED SEPT 20, NEXT SESSION BEGINS NOV 15**

## ***SUPER MEMBERSHIP***

### ***NOW 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***

***Kerby Centre for 55+ (soon to be UNISON)***

***Parkdale Nifty 50's***

***SUPER Membership Fee: \$50\****

***Subscription Period: 1 calendar year starting January 1st***

***(\*NOTE: If membership is purchased prior to the end of 2022, subscription period renews January 1st, 2024.)***

# One Stop Shopping

**Calgary Seniors' Resource Society:** An outreach worker will help you connect to services and support for older adults. Book an appointment with Tina. ttian@calgaryseniors.org.  
(403) 266-6200. www.thewayincalgary.ca

**Cindy's Hair Salon** (403) 457-4632. By appointment only.

**Commissioner for Oath:** Book an appointment with Jenna at the GFLS mainline (403) 272-4661; extension 102.

**Cozy Corner:** Shop handmade creations from our artists, crafters & woodworkers. You'll be amazed at the treasures you will find!

**Foot Care with Tracey** (587) 433-8619: Tracey is a licensed Practical Nurse who does professional foot care.

**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 a treadmill, elliptical, stationary bike, weights & more.  
FREE for GFLS members; \$5 for non-members.

**Massage Therapy with Bryanna:** Offering Swedish Massage, Relaxation & Deep Tissue massages. \$100/60 mins.  
Contact Bryanna directly at 403-890-6556 to book an appointment.

**My Other Closet:** New items are always being added and prices are very reasonable! Make sure to stop in and check it out!

**Susan's Home Care Inc.:** (403) 818-1487. Provides home care for all of your needs. www.susanshomecare.ca.

We would like to extend a giant THANK YOU to the building crew;

Bill, Stefan and Jim for their continued support of our Centre.

By sharing their time and talents they keep GFLS looking good!

**WE APPRECIATE YOU!**

# Volunteer Opportunities

## **GFLS SPONSORED CASINO DATES 2023: TUESDAY, JANUARY 31 & WEDNESDAY, FEBRUARY 1**

### **Various Times & Positions over the 2 days**

*The GFLS sponsored casino will be held at Pure Casino Calgary (1420 Meridian Road NE).  
Volunteers will be needed for all positions and shifts over the dates listed above.  
Please contact Gertie Collins by phone at (403) 273-3955, via email at  
ggrandmacollins@gmail.com or with the GFLS Office.*

## **BINGO VOLUNTEERS FOR 5 STAR BINGO-GFLS SPONSORED 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 (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*

## **FRONT DESK VOLUNTEERS Various times, as needed**

*Provide friendly and cheerful assistance at the Centre's front desk  
while aiding our Office Coordinator, as needed*

## **BINGO VOLUNTEERS FOR GFLS' WEDNESDAY BINGO Wednesdays**

*We are on the look out for Card Sellers and Callback Runners.  
Are you a possible fit? All volunteers receive a great deal of thanks  
as well as a free meal during their volunteer shift.*



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

# Staff & Contact Information

**Office Line:** (403) 272-4661

**Fax Line:** (403) 272-6153

**GFLS General Email:** [support@gfls.org](mailto:support@gfls.org)

**Executive Director:** Jenna Jepson ([jenna@gfls.org](mailto:jenna@gfls.org))

**Office Coordinator:** Susan Kearney ([susanekearney@gfls.org](mailto:susanekearney@gfls.org))

**Bookkeeper:** Eva Hachey ([accounting@gfls.org](mailto:accounting@gfls.org))

**Environmental Services:** Missy Taylor

**Volunteer Coordinator:** Jazmine Sinclair

## Hours of Operation

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

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

*(No Games Night November 11)*

**CLOSED: FRIDAY, NOVEMBER 11, 2022 (REMEMBRANCE DAY)**

## Board Members

**President:** Jim Bergen

**First Vice President:** Ann Martell

**Second Vice President:** Shirley Borak

**Secretary:** Marilyn Sander

**Treasurer:** Brenda O'Malley


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

## Thank you to our sponsors



# UPCOMING EVENTS


**PROGRAM RETURNING**  
**GFL55+**  
&  
**LINKages**  
connecting generations



**IG After School Program**  
Wednesdays throughout the school year  
3:45 pm to 5:15 pm; Starting Wed, Nov. 2/22  
(Introduction meeting on Nov. 2 at 2:30 PM)

*This intergenerational program works toward creating a more inclusive and resilient community by bring together older adults and high school students. The program recognizes there are many physical, social and emotional barriers both groups face and works to break these down using evidence-based programming in an environment of dignity, respect and social inclusivity (and fun!).*

**SEEKING PARTICIPANTS**  
Please REGISTER with the GFLS Front Office



**GFL55+**

**Love to sing?  
Join our  
Crystal Belles.**

THURSDAYS 10 AM

*Learn To  
Crochet a  
Rag Rug*



*Monday, Nov. 7/22  
10:00 am - \$5.00*

*Learn the basics of crocheting  
a Rag Rug with our instructor Helga!*

We have cut up material to use. If you still have material the braided rugs that we did this would be a good opportunity to use it.  
Equipment needed: Size 16 or 11.5 mm hook.



**Purdy's**  
CHOCOLATIER

**Christmas  
-2022-**



Ask Mary McKeown or  
the Front Desk for more info.  
Order Deadline: Fri., Nov. 18/22

# UPCOMING EVENTS



**GFLS COMMUNITY BREAKFAST**

## Community Breakfast

**NOVEMBER 10TH  
9 - 11 AM**

**\$10**

Breakfast Includes: Eggs, Sausages, Hashbrowns, Seasonal Fruit/Veg, Pancakes and Endless Tea or Coffee  
Breakfast served 9 am to 11 am  
Greater Forest Lawn 55+ Society (GFLS)  
3425 - 26 Avenue SE  
403-272-4661 support@gfls.org



**GFLS**  
3425 - 26 Avenue SE  
Calgary, AB  
403-272-4661  
support@gfls.org

Please join us and our Crystal Belles Choir  
on Thursday, November 10, 2022  
in commemoration of

## REMEMBRANCE DAY

The ceremony will begin at  
11:15 AM following the monthly  
GFLS Community Breakfast.

### LEST WE FORGET



Want to learn to speak Spanish?

**HOLA!**

You may need our . . .

## Spanish Language Course

This beginner Spanish class is designed for people with little or no experience with the language.

**We will be starting at zero.**

**INSTRUCTOR:** Carmen Poon  
12-Week Course; Weds., 6:30 PM - 8:45 PM  
**COST:** Classes \$115 + Text \$25 = \$140/person  
**Course begins Wed, Nov. 9/22**

Please **REGISTER** with the GFLS Front Office  
by **FRIDAY, NOVEMBER 4, 2022**

**GFLS**  
3425 - 26 Avenue SE  
Calgary, AB  
403-272-4661  
support@gfls.org



The Cozy Corner Crafters

IT'S TIME FOR THE

## GFLS CHRISTMAS BAZAAR

GFLS Men's Shed

ARTS \* CRAFTS \* FOOD

**Date:** Saturday, November 19, 2022  
**Time:** 9:00 AM to 3:00 PM  
**Location:** **GFLS**  
3425 - 26 Avenue SE  
Calgary, AB

For more information please contact  
the GFLS Centre at (403) 272-4661 or support@gfls.org

# UPCOMING EVENTS

**PAINT NIGHT!**

**TUESDAY NOVEMBER 8TH  
6-8PM \$35 SIGNUP NOW!**

Please register at the Front Desk  
by Friday, November 4th



## COBS BREAD

**Bread Market Mondays  
9 AM until supply lasts**

**Thank you University District Cobs!**

DROP-IN PROGRAM

## COFFEE & CONVERSATION

**2nd & 4th MONDAYS  
OF THE MONTH AT 10 AM**

### UPCOMING TOPICS:

**NOVEMBER 14 -**

**Your Pharmacist & You**

**NOVEMBER 28 -**

**Domestic Abuse Workshop  
hosted by Sagesse (REAL Talk)**



**Looking for 2 - 3 TEAMS to  
represent GFLS.  
Please see Susan for more details.**

**GOLDEN  
BOWLERS**

**9 CENTRES 2-3 TEAMS  
PER CENTRE**

**Friday, November 4th  
11 AM - 1 PM**

**Location:  
The Bowling Depot  
146 - 5255 McCall Way NE**

**Includes:  
Bowling, Shoes,  
Pizza & Beverages**

**Grand Prize:  
Sony Wireless  
Headphones**

**Generously Sponsored by:**