

GFLS TIMES

GREATER FOREST LAWN 55+ SOCIETY

November 2020

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

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- Snow Service Starts
- Messages from President & Executive Director
- Remembrance Day
- Christmas Bazaar
November 7th & 8th
- Movie Days
- Thursday Lunches
- Christmas Card Making
- Activities & Programs
- Calendar



Contact Information



(403) 272-4661



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



www.gfls.org



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

Commissioner of Oaths

Jenna Jepson

Executive Director

403)272-4661 Ext. 102

Services by appointment only.

Hours

**Closed
November 11th, 2020**

Monday — Friday:

8am to 4pm

**Open for Events &
Programs
After 4 pm**

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 2nd Wednesday of every month.

Snow & Mow Program— **Snow Season starts November 1st.** For information on the program please contact the office during business hours.

Housekeeping— Rate is \$30.00 per hour. For information on the program please contact the office during business hours.

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. Members receive a discount on Wednesdays!

Men's Shed—Join the Men's Shed and meet new people who enjoy collaborating on projects.

Good Food Box— Fruit and vegetables can be ordered through the office. Signup sheet and details available on the bulletin board.

Board Executive

President
Jim Bergen

1st Vice President
Stu Bellingham

2nd Vice President
Ann Martell

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Brenda O'Malley

Secretary
Brenda Nakumara

Directors at Large

Diane Danielson

Paul Sklepowich

Lorna Diprose

Sandra Reed

LaVonne Nielsen

Gerri Borschowa

Eli Tendler

Employees

Executive Director:
Jenna Jepson ext. 102

Office Coordinator:
Marilyn Mudry ext. 101

**Administrative Assistant/
Program Coordinator:**
Rebecca Tanner ext. 108

Accountant:
Bob Davidson & Tony Waugh

Director of Food Services:
Annette 'Stella' Tanner

Environmental Services:
Missy Taylor

President's Message

Masks:

Because of Covid 19, masks are now a common sight. This wasn't always so. Sure, we saw them in hospitals, and our dentist, including his staff; they all wore masks. And I used to watch with amusement TV footage showing masses of people in Asia on their mopeds without helmets but wearing masks as they wound their way through traffic. It seemed to me if they were that concerned about pollution, they should have left their motorized bicycles at home and rode a real bike. Suddenly, here we are, now also always required to wear masks when indoors.

I really don't mind wearing a mask, I'd rather do that than be responsible for transmitting the dreaded virus to someone else. And I have mastered taking the mask off without removing and losing my hearing aids at the same time. (The trick is to lift the elastic gently from the top. It works almost every time.)

Hearing and understanding someone wearing a mask remains a problem, however. I hadn't realized how much I depend on lip reading to understand what people are saying.

I have also come to realize that only a genuine smile from someone wearing a mask can be detected. It is in the eyes. Eyes light up when you are genuinely happy about seeing something or when you meet someone you care about. Anything less than that is lost behind the mask.

Keep smiling, it is in your eyes.

Jim

Executive Director's Message

Happy November 2020

We are here to make it a happy and a healthy November. Take a look at classes, programs and events that are running throughout the month. Our goal is maintain the highest level of safety as you enter the building and participate in activities. We want our Centre to be a place that is a reprieve from what's going on in the hectic world today. A place to continue to meet old and new friends and enjoy a warm beverage and a sit down. As my Grandmother would have said 'come by any time, the kettle is on and there is always something to eat'.

Much love to you all,

Jenna

IN FLANDERS FIELDS

by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



A special thank you to Darrell Griggs for painting these rocks and donating them to our centre.

If you are interested in purchasing one they are available for \$10. (\$5— going towards our Building Fund and \$5- being donated to The Calgary Poppy Fund).

November Christmas Bazaar



GFLS art

Christmas Bazaar

Greater Forest Lawn 55+ Society
3425 26 Avenue SE

Saturday, November 7, 2020 9am~3pm
Crafts and Christmas Baking
Sunday, November 8, 2020 9am~3pm
Many forms of Art and Christmas Baking

Baking orders may be placed prior to the Bazaar.

Available items are listed on the
website www.gfls.org "Christmas Bazaar",
for information please phone 403-272-4661



All proceeds from the baking go to the Building Fund

Please Note

In line with the current guidelines set out by
Alberta Health, food products available for
purchase will all be baked/cooked and
packaged in the GFLS Centre authorized kitchen.



Check Out the Cantina on Monday's to find out what the Bingo Special is!

Would you like to change the name of our Cantina to Café 55?

Or do you have a name that suits it better?

Let us know what you think!

CANTINA SPECIALS

Have you enjoyed one of

Annette's Homemade Treats?

All baked goods are just \$2.00

Coffee and Tea are always FREE for members! Be sure to stop by and

enjoy a treat!

MOVIE DAYS AT GELS

Date: November 12th 'MANSFIELD PARK' & November 26th 'SAVING MR.BANKS'

Time: 1:00pm

Cost: \$3:00

*Our new movie days are now in the comfort of the auditorium.
Snacks & refreshments included in the cost.*

Cozy Café

(Formerly Known as Cozy Cantina)

Open during business hours

Proudly serving homemade baked goodies, fresh coffee, assorted teas and more.

Cozy Craft Corner

Homemade crafts for sale

Date: Monday—Friday

Time: 9:00 AM—4:00 PM

My Other Closet

Gently used clothes and accessories, various sizes available.

Date: Open Monday—Friday

Time: 9:00 AM—3:00 PM

Thursday Special Lunch

November 5th

Cabbage Roll Soup with Focaccia Bread and Dessert

November 12th

Baked Lasagna with Caesar Salad and Dessert

November 19th

Pesto Chicken Flatbread Pizza with Garden Salad and
Dessert

November 26th

Beef Stroganoff with Breadsticks and Dessert

Did you know these meals are available for take out too?

We offer curbside drop off and contactless delivery.

Call for more information.

Menu is subject to change.

Men's Shed

Thank-you to our Men Shedders! They have been busy making Christmas goods for our Bazaar as well as helping out around the centre.

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 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 support@gfls.org

Are you alone during the holidays?

We would love to connect with you.

Call us for more Information.

403-272-4661



Christmas Hall Rentals

Interested in renting one of our rooms or the main hall for a Holiday Party?



Christmas Card Making with Jenna

Prepare for Christmas and create
homemade one of a kind

Christmas Cards.

Each Friday in the month of
November 1:00 pm—3:00 pm

Cost: \$10.00 / person

All supplies provided.

*Thank you to all of our Volunteers who
continue to dedicate their time in
supporting our Centre.*



We appreciate you!

Winter Programs

Winter Programs Featured at GFLS

Program Registration Information

Disclosure—Our programs and activities require a minimum of 4 – 6 participants.

Please be sure to register early but don't worry we will accept you any time!

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)

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 10:30 am—11:30 am (6 week sessions)

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)

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

Line Dancing

You will experience a variety of dance and music.

Instructor: Gail Thorburn

Date: Tuesdays at 10:30AM—11:30AM (6 week sessions)

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

Walk Fit

A low impact fitness class that guarantees you to get your daily steps in. The moves are easy to follow and classes are created for all to enjoy.

Instructor: Karen Iwanski

Date: Tuesday at 2PM—3PM (6 week sessions)

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

Do you have a class you would like to see at the Centre? Let us know and we will do our best to get it started!

THANK YOU TO OUR SPONSORS & PARTNERS



November 2020

*"A special thank you for the donation of lovely large print books from Jean Ritco.
Come to our Library and check out the selection of wonderful books."*

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*******Foot Care services have unfortunately been cancelled until further notice.*******

Wishing you a speedy recovery Tracy. We are thinking of you, from all your family and friends at GFLS

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Do you have a story your would like to share and have it published in our monthly newsletter or our website.

Please email your story to

support@gfls.org

We want to Hear from you!

November 2020

Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 am "Stretch to Start your Day!" 1:00 pm Darts 2 pm Just Dance (beginner Zumba)	3 9:30 am Crafts 9 am TOPS 10 am Line Dancing 2 pm "Fit Walk"	4 10:00 am "Stretch to Start your Day!" 1 pm BINGO	5 5 Star Bingo 11:30 am – 12:30 pm Lunch Special	6 9:00 am Tai Chi 10:30 am Bees Knees 1 pm Christmas Card Making
9 10:00 am "Stretch to Start your Day!" 1:00 pm Darts 2 pm Just Dance (beginner Zumba)	10 9:30 Crafts 9 am TOPS 10 am Line Dancing 2 pm "Fit Walk"	11 Center Closed Remembrance Day	12 11:30 am – 12:30 pm Lunch Special 1:00 pm Movie Day	13 9:00 am Tai Chi 10:30 am Bees Knees 1 pm Christmas Card Making
16 10:00 am "Stretch to Start your Day!" 1:00 pm Darts 2 pm Just Dance (beginner Zumba)	17 9:30 Crafts 9 am TOPS 10 am Line Dancing 2 pm "Fit Walk"	18 10:00 am "Stretch to Start your Day!" 1 pm BINGO	19 5 Star Bingo 11:30 am – 12:30 pm Lunch Special 1:00 pm Social Memory Plus	20 9:00 am Tai Chi 10:30 am Bees Knees 1 pm Christmas Card Making
23 10:00 am "Stretch to Start your Day!" 1:00 pm Darts 2 pm Just Dance (beginner Zumba)	24 9:30 Crafts 9 am TOPS 10 am Line Dancing 12 pm Bread Market 2 pm "Fit Walk"	25 10:00 am "Stretch to Start your Day!" 1 pm BINGO	26 11:30 am – 12:30 pm Lunch Special 1:00 pm Movie Day	27 9:00 am Tai Chi 10:30 am Bees Knees 1 pm Christmas Card Making
30 10:00 am "Stretch to Start your Day!" 1:00 pm Darts 2 pm Just Dance (beginner Zumba)	Dec 1 9:30 Crafts 9 am TOPS 10 am Line Dancing 2 pm "Fit Walk"	Dec 2 10:00 am "Stretch to Start your Day!" 1 pm BINGO	Dec 3 5 Star Bingo 11:30 am – 12:30 pm Lunch Special	Dec 4 9:00 am Tai Chi 10:30 am Bees Knees