

# GFLS TIMES

GREATER FOREST LAWN 55+ SOCIETY

October 2020

## Welcome October

### 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

About, Hours, Services,  
Employees & Messages  
Our New 2020 Board of  
Directors  
Activities & Information  
Thank You Sponsors &  
Partners

*A special thank you to our Front Desk  
Volunteers. Betty, Irene, Helga,  
LaVonne and Susan.*



#### 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. 102

## Hours

**Monday — Friday**

**8am to 4pm**

## 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 appointment.

**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**  
Ann Martel  
**2<sup>nd</sup> Vice President**  
Stu Bellingham  
**Secretary**  
Brenda Nakamura  
**Treasurer**  
Brenda O'Malley  
**Advisor to Board**  
Joan Noble

### Directors at Large

Diane Danielson  
Paul Sklepowich  
Gerri Borschowa  
Ann Martell  
Eli Tendler  
Lorna Diprose  
Sandra Reed  
LaVonne Nielsen

### Amazing Staff

**Executive Director:**  
Jenna Jepson  
**Office Coordinator:**  
Marilyn Mudry  
**Administrative Assistant/  
Program Coordinator:**  
Rebecca Tanner  
**Accountant:**  
Bob Davidson & Tony Waugh  
**Director of Food Services:**  
Annette Tanner  
**Environmental Services:**  
Missy Taylor

## ***President's Message***

Another Annual General Meeting (AGM) has come and gone and it was a delight to see so many of you there. Faces I hadn't seen since March made me realize how much I have missed you. Social distancing was maintained well, mostly; it is difficult to maintain a distance with someone you haven't seen for six months. Thanks so much for making the event a success.

I owe a load of gratitude also to Jenna and her staff. Thank you all for the organizing, setting up, tearing down and attending to all the details. Thanks also for the excellent lunch. It always amazes me that when you plan for 60, how you can serve more than 76. To Shirley Borak and her Nominating Committee members including Mary Sklepowich, Jeannette Provo, and Lil Critchfield for all your work since January recruiting candidates for the board and other tasks associated with the meeting. Every event has its volunteers that this time included two community resource officers of the Calgary Police Service. Thanks to all of you for assistance.

We had more candidates than there were positions on the Board. To those who were elected, congratulations and I look forward to working with you ensuring that the Centre continues to be one of the best in the City. To those candidates not elected I thank you for your interest and your dedication to our organization. I hope you will continue to stay engaged and that you will continue to enjoy all that the Centre has to offer.

I look forward to everything the future holds including its challenges. I suspect the Virus will be with us for awhile, but we will rise above that and continue to make GFLS our "home away from home"

***Jim***

## ***Executive Director's Message***

A giant welcome to our new Board of 2020!

Our Board welcomes Gerri Borschowa, Brenda Nakamura, Eli Tandler, LaVonne Nielsen and Jim Bergen!

I look forward to continuing the momentum of the past year and to our next Board Meeting.

Love,

Jenna Jepson

**Wondering what is going on at the Centre  
this month?  
Here's a cheat sheet.**

**5 Star Bingo 1st and 15th of October**

**FREE for Members Stretching Class  
Monday and Wednesdays  
10-10:30 am**

**Darts at 1 pm**

**Just Dance on Monday's at 2 pm**

**TOPS every Tuesday at 9 am**

**Crafts every Tuesday at 9:30 am**

**Line Dancing Tuesday's at 10 am**

**Fit Walk Tuesday's at 2 pm**

**BINGO is back on Wednesdays  
Doors open at 11:30**

**Thursday Lunch Special  
11:30 am—12:30 pm**

**Movie Days  
October 8th and October 22nd**

**Yarn-A-Thon  
Second Annual October 20th 9:30—1:30**

**Tai Chi Friday's at 9 am**

**Bees Knees Wellness 10:30 am**

## Attention New Members

Join our Society today for just \$10– for the remainder of the year.

What are the perks?

- FREE coffee or tea.
- Discounts on programs and activities.
- Discounts on Cozy Corner Crafts
  - A family that cares for you!
  - Friends that last a life time.

We are so much more than an Activity Centre  
– We are a home away from home.

## Movie Day— Movies to be Announced

**Date: October 8th & October 22nd**

**Time: 1:00pm**

**Cost: \$3:00**

*Snacks & refreshments included in the cost.*

*Have you seen our new set up for Movie Day?  
It is just like the real deal of going to the theatre.  
Movies are played on a large screen, lights are dimmed and Annette has popcorn cooking.  
Join us for a fun, entertaining and relaxing Movie Day at the Centre.*

*\*\*\* Movies to be announced. \*\*\**

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## Men's Shed

Thank-you to the Calgary Foundation for helping us get our Men's Shed off the ground. Construction is now finished on 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.

Thank you Charles Sexsmith, Bill Diprose and Rod Charlton for not only establishing our Men's Shed but with your endless help at the Centre. Thank you so much!

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### Cozy Cantina

**OPEN!** Monday to Friday

**Time:** 9:00 am—4 pm

Homemade muffins, cookies, desserts and more. **FREE coffee and tea for members!**

### 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.

## Thursday Lunch

**Cost: \$8.00 / person**

Thursday October 8<sup>th</sup> - Thanksgiving Themed

Cranberry & Stuffing Turkey Sandwich with side veggies

Homemade FRESH Dessert

Thursday October 15<sup>th</sup>

Jenna's Making Lunch!

Chicken Wrap Sandwiches & Carrot and Apple Salad and Lamona Cookies (Jenna's Family Tradition)

Thursday October 22<sup>nd</sup>

Chili & Cheese Toast

Homemade FRESH Dessert

Thursday October 29<sup>th</sup>

Beef Barley Soup with Fresh Hot Buns

A special thank you to Bill, LaVonne and Betty for your continued support in our kitchen.

Did you know that Bill makes the best Ginger Cookies in the whole wide world? Order some today!

*Menu is subject to change.*

## Yarn-A-Thon

**Join us for our second annual Yarn-A-Thon!**

**October 20th, 2020 starting at 9:30 am.**

**Snacks and Beverages will be available. Tons of Door Prizes to be won!**

**Donations of yarn, needles and patterns are welcome.**

**Finished items can be donated to our Centre. This event is a fantastic way to meet our members, learn to knit or share your passion for crafting!**

**Call or email for more information.  
403-272-4661 or [support@gfls.org](mailto:support@gfls.org)**

# October 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>5 Star Bingo</b>	2 9:00 am Tai Chi 10:30 am Bees Knees
5 10:00 am Stretch to Start your Day! 1:00 pm Darts 2 pm Just Dance (beginner Zumba)	6 9:30 Crafts 9 am TOPS 10 am Line Dancing 2 pm "Fit Walk"	7 10:00 am Stretch to Start your Day! 1 pm BINGO	8 9:00 am – 1:00 pm Foot Clinic <b>11:30 am – 12:30 pm Lunch Special</b> 1:00 pm Movie Day	9 9:00 am Tai Chi 10:30 am Bees Knees
12 Center Closed Happy Thanksgiv- ing	13 9:30 Crafts 9 am TOPS 10 am Line Dancing 2 pm Fit Walk	14 10:00 am Stretch to Start your Day! 1 pm BINGO	15 <b>5 Star Bingo</b> <b>11:30 am – 12:30 pm Lunch Special</b> 1:00 pm Social Memory Plus	16 9:00 am Tai Chi 10:30 am Bees Knees
19 10:00 am Stretch to Start your Day! 1:00 pm Darts 2 pm Just Dance (beginner Zumba)	20 9 am TOPS 9:30 AM – 1:30 PM YARN-A-THON	21 10:00 am Stretch to Start your Day! 1 pm BINGO	22 <b>11:30 am – 12:30 pm Lunch Special</b> 1:00 pm Movie Day	23 9:00 am Tai Chi (winter session begins) 10:30 am Bees Knees
26 10:00 am Stretch to Start your Day! 1:00 pm Darts 2 pm Just Dance (winter session begins)	27 9 am TOPS 9:30 Crafts 10 am Line Dancing (winter sessions begins) 2 pm Fit Walk	28 10:00 am Stretch to Start your Day! 1 pm BINGO	29 <b>11:30 am – 12:30 pm Lunch Special</b>	30 9:00 am Tai Chi 10:30 am Bees Knees (winter sessions begins)

*Thank You to Our Partners & Sponsors*



Alberta Association of Seniors Centres®



CELEBRATING 25 YEARS  
**LINKages**  
CONNECTING GENERATIONS





# 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](http://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 purchased will all be baked/cooked and packaged in the GFLS Centre authorized kitchen.

