



SEPTEMBER 2022

Monthly Newsletter

President & Executive
Director Messages
PAGE 1 - 2

NEW & Upcoming
PAGE 3

Drop-In & Registered
Programs
PAGE 4 - 6

One Stop Shopping
PAGE 7

Volunteer
Opportunities
PAGE 8

Contact Info
PAGE 9

Events
PAGE 10 - 12



WE'RE SO EXCITED!! WE'VE MISSED YOU!!

It is the start of a new season and we're looking forward to everyone returning as the full schedule of programs and events begin. Make sure to review all the start dates and special events coming your way.

THE CENTRE IS CLOSED
MONDAY, SEPTEMBER 5, 2022
(LABOUR DAY)

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

President's Message

Summer nearing its end marks the time for Jenna and her staff to start their fall and winter programming. They are always coming up with new ideas on how to serve us better with new activities and programs. Be sure to check this newsletter to get all the latest.

The renovation project for the Centre has finally started. New shingles are on the roof, and you'll notice that they are grey. The fascia, soffit, eavestroughs and downspouts will be white as will the window and door trims. All windows and doors will be replaced. The wood siding will be change to a sage green "Hardie Board" type siding. It is a cement type of siding that is very durable and fire resistant. The new roof is nearing completion, and work will begin on the soffits, fascias and drain spouts immediately after. There is, however, a wait time for the windows and doors. We have all heard about supply chain issues caused mainly by worker shortages and that appears to have especially affected the manufacturing industry. Windows and doors need to be installed before work on the rest of the outside of the building can begin. I had hoped that the project would be complete by the end of summer, but I worry that work such as siding installation will run well into the fall.

However long it takes, our building will take on a whole new look and I can't wait to see the project complete. I just need to be patient and heed what is quoted below:

"Patience is the ability to idle your motor when you feel like stripping your gears"

Barbara Johnson

Take good care and be kind always.

Jim

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.

Executive Director's Report

Hello September!

I hope you have enjoyed the beautiful days of summer.

I am excited for September and the fall season. There are plenty of programs and events that will allow you to connect, learn and enjoy being back at the centre.

Are you, your friend or your family members thinking about volunteering at the Centre? Please join me for a Volunteer Information Session on Wednesday, September 21st at 1 PM in the Lions Den. Learn more information on how you can best support our community, the benefits of volunteering with us and the current positions available.

I would like to give a big thank you to our current volunteers who go above and beyond to help make GFLS a friendly, welcoming and supportive place to be. Thank you so very much!

Big hugs,

Jenna Jepsen

Hmm... IS ANYTHING MISSING?

Is there a program / class / activity you have been missing or would like to see available at the GFLS Centre?

Maybe one which ran in the past? If so, let Susan know.

PLEASE REMEMBER THOUGH:

There are no guarantees it will happen (but it can't hurt to ask).

Also, there must be ample support for the event as well as a great team of volunteers to run it.

NEW & COMING UP AT

COMMUNITY OPEN HOUSE - PROPOSED AFFORDABLE SENIORS RESIDENCE HOSTED BY: EFG Architects Inc. - TUESDAY, SEPTEMBER 6; 2 - 4 PM

EFG Architects Inc. requires community input on an upcoming Seniors Residence planned for our community. Attendees will be asked to review the concept drawing and provide their feedback. **Everyone Welcome.**

***NEW* INAUGURAL GFLS COMMUNITY BREAKFAST THURSDAY, SEPTEMBER 8; 9 - 11 AM / COST: \$10**

Join us for the 1st GFLS Community Breakfast. It will include eggs, sausage, hash browns, pancakes and seasonal fruit/vegetables. Don't forget the endless coffee & tea! Cost is \$10 per meal. Come enjoy a "BREAK" -fast with your GFLS community!

COFFEE & CONVERSATION TOPICS FOR SEPTEMBER

Mon, September 12 - Better Hearing

Mon, September 26 - ANNABOTS

AN EVENING WITH ELVIS - SATURDAY, SEPTEMBER 24; DOORS OPEN 5:30 PM

Get ready for a fun-filled evening at the GFLS Centre. This September experience a Tribute to the King starring Vic de Sousa. Doors Open: 5:30 PM, Cocktails: 5:45 PM and performance at 7 PM. Tickets are \$30 each and available at the Centre. This fundraiser will have food, a 50/50 draw and door prizes. Make sure to mark your calendar!

RIOT ACT RAFFLE - DRAW DATE: THURSDAY, SEPTEMBER 29

Are you feeling lucky? The Riot Act is holding a raffle to assist in purchasing equipment for their upcoming productions and the Centre. 1st Prize: 2 Tickets to Stage West, 2nd Prize: 67" x 86" Handmade Quilt, 3rd Prize: 16' x 30' Wooden Planter. Single Ticket for \$2.00 and 3 Tickets for \$5.00. See the front desk or a Riot Act member for tickets.

THE ARTSCAPE ART SHOW HOSTED BY ARTBOX - SAT., OCTOBER 1; 10 AM to 5 PM

Come and celebrate local Calgary and area artists at this multi-faceted art show. Various mediums will be on display including Oil, Acrylic, Watercolour, Woodwork, Metalwork, Ceramic, Glasswork, Jewelry, and Photography. There will also be demonstrations in carving and multi-medium art. Admission is FREE. For more details, please see the flyer posted at the Centre. NOTE: Should you wish to enter your work in this art show, please contact Ann at ancraig@shaw.ca

****IMPORTANT NOTE****

COBS BREAD MARKET MONDAYS RUN FROM 9 AM UNTIL SUPPLY LAST

The doors to the Cobs Bread Market on Mondays open at 9 AM. Our GFLS staff needs time to get everything organized and properly displayed for everyone as well as ensure the Centre is ready for the week ahead. We are grateful to everyone for making this a successful venture especially our gracious donor, University District Cobs Bread.

PLAN IN ADVANCE DROP-IN PROGRAMS

Art Group: 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

CLASSES RESUME MONDAY, SEPTEMBER 12

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

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 remains open until 2:15 PM

Cards & Games Night \$2: Join a group of friendly faces for cards, games & \$4 drinks. Fridays 7 PM **NOTE: NO GAMES NIGHT SEPTEMBER 9 & 30**

Crib: Join our group of cribbers for informal crib games. Fridays 1 PM

SEASON STARTS: FRIDAY, SEPTEMBER 2

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

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

Crystal Belles Choir: Our very own in-house choir group. Meeting on Thursdays 10 AM **SEASON STARTS: THURSDAY, SEPTEMBER 1**

Darts \$2: Join the darts group in our games room. Mondays 1 PM

SEASON STARTS: MONDAY, SEPTEMBER 12

Learn To Crochet \$5: Learn the basics of crocheting with our amazing instructor Helga! Monday, September 19 at 10 AM.

Memory+: Support group for caregivers of those with neurological disease. Tuesday, September 13 at 1 PM

Men's Shed: Use our tools to build or fix any projects that you have on the go. Tuesdays & Thursdays 10 AM

continued . . .

DROP-IN PROGRAMS

(continued)

Musician's Gathering: 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 footwear are required.

Riot Act: Come out and join our cast of characters as part of our in-house drama group. Seeking both performers and behind the scenes members.
Tuesdays 1 PM **SEASON STARTS: TUESDAY, SEPTEMBER 20**

NOTE: The first gathering will be an organizational meeting for the Fall production. **EVERYONE WELCOME: actors, lighting & sound technicians, set designers, props, etc.**

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

Woodshop: Learn to use our tools in our Men's Shed. Bring your project ideas.
Thursdays 1 PM

REGISTERED PROGRAMS

TO REGISTER: Call or Email (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, SEPT 29; DOORS OPEN AT 4:30 PM; DINNER AT 5:30 PM

NOTE: September's dinner will celebrate August & September birthdays.

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 at 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

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 SEPTEMBER 19

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

NEXT 6-WEEK SESSION STARTS SEPTEMBER 9

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

NEXT 6-WEEK SESSION STARTS SEPTEMBER 9

Paint Night: \$35 All skill levels welcome. All supplies, instructions & stencils are provided. 2nd Tuesday evening a month, 6 to 8 PM. See monthly project on UPCOMING EVENTS page further in the newsletter and posted at the Centre.

UPCOMING DATES: SEPTEMBER 13, OCTOBER 11, NOVEMBER 8 & DECEMBER 13

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

NEXT 6-WEEK SESSION STARTS SEPTEMBER 2

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 at 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

NEXT 6-WEEK SESSION STARTS SEPTEMBER 20

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 of 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.

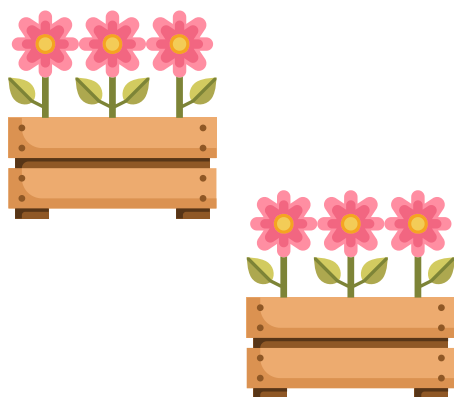
GFLS Art Gallery: Check out our Art Gallery throughout the facility. Support our GFLS artists. All proceeds go towards our artists and the GFLS centre.

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.



PLANTERS FOR SALE
Made by our GFLS Men's Shed

Small	- 24" x 16" x 14"	- \$39/ea
Medium	- 30" x 16" x 14"	- \$49/ea
Large	- 36" x 16" x 14"	- \$59/ea

CUSTOM SIZES AVAILABLE
Feel free to drop in and discuss your needs with our Men's Shed

Volunteer Opportunities

***NEW* GFLS VOLUNTEER INFORMATION SESSION**

Wednesday, September 21: 1 - 3 PM

Are you, your friend or your family members thinking about volunteering at the GFLS Centre?

Please plan to attend our Volunteer Information Session on Wednesday, September 21 at 1 PM in the Lions Den. Learn more on how you can best support our community, the benefits of volunteering with us and the current positions available.

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

Various Times over the 2 days

The dates have been announced for the GFLS sponsored casino held at Pure Casino Calgary (1420 Meridian Road NE). They are Tuesday, January 31st and Wednesday, February 1st.

Volunteers will be needed for all positions and shifts.

BINGO Volunteers for 5 Star Bingo

Every 1st and 3rd Thursday of the month.

GFLS provides a group of volunteers to 5 Star Bingo. While supporting 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

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

BINGO Volunteer for GFLS Centre

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

Executive Director Jenna Jepson (jenna@gfls.org)

Office Coordinator: Susan Kearney (susanekearney@gfls.org)

Bookkeeper: Eva Hachey (accounting@gfls.org)

Environmental Services Missy Taylor

Hours of Operation

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

Friday Games Night Social 7:00 pm - 10:00 pm

CLOSED: MONDAY, SEPTEMBER 5, 2022 (LABOUR DAY)

Board Members

President: Jim Bergen

First Vice President: Ann Martell

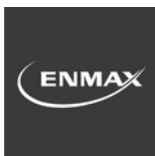
Second Vice President: Shirley Borak

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



**COMMUNITY OPEN HOUSE
PROPOSED AFFORDABLE
SENIORS RESIDENCE**

Tuesday, September 6; 2 - 4 PM
GFLS Centre, 3425 - 26 Avenue SE
 Please review the concept drawings
 and give us your comments.
EVERYONE WELCOME!



GFLS COMMUNITY BREAKFAST

Community Breakfast

SEPTEMBER 8TH
\$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
 3425 26 Avenue SE
 403-272-4661 support@gfls.org

PAINT NIGHT!



SEPT 13TH @6:00 PM
TICKETS: \$35
SIGN UP TODAY!

TRIBUTE TO THE KING

An Evening with **ELVIS**
 Award Winning Tribute Artist
Starring Vic de Sousa
Sept. 24, 2022

Greater Forest Lawn
 55+ Activity Centre
 3425 - 26 Ave S.E. Calgary
 403-272-4661

Tickets \$30 each
 Available at GFLS Office

Doors Open: 5:30PM
Cocktails: 5:45PM
Show: 7PM

Food Available • Fundraiser
 50/50 • Door Prizes



Rock-A-Billy
 facebook.com/rockabillyent

UPCOMING EVENTS

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:



COBS BREAD
Bread Market Mondays
9 AM until supply lasts
Thank you University District Cobs!

Come and celebrate local Calgary and Area artists

the ArtScape

ART SHOW

Saturday October 1, 2022
10am-5pm
GFLS 3425 - 26 Avenue SE Calgary
Free Admission

Oils, acrylic, watercolour, woodwork, metalwork, ceramics, glassworks, jewelry and photography.
PLUS
demonstrations in carving and multi medium art

For information and registration, please contact Ann at ancraig@shaw.ca

RIOT ACT RAFFLE

DRAW DATE: September 29, 2022

1st Prize: Two Tickets to Stage West

2nd Prize: 67" x 86" Hand Made Quilt

3rd Prize: 16" x 30" Wooded

TICKET PRICES:
Single Ticket: \$2.00 or
3 Tickets for \$5.00

Proceeds go to the GFLS Riot Act for Equipment



Golden Giveaways 50/50 Raffle

Golden Giveaways is excited to announce another online 50/50 fundraiser! Grab your tickets now!

Sales End
Thursday, Oct 6, 2022

Golden Giveaways is a joint effort of the following older adult activity centres:

Draw Date
Friday, Oct. 7, 2022

- Bow Cliff Seniors**
- Confederation Park 55+ Activity Centre**
- Good Companions 50+ Club**
- Greater Forest Lawn 55+ Society (GFLS)**
- Kerby Centre**
- Ogden House 50+**
- Parkdale Nifty Fifties Seniors Association**
- and **West Hillhurst Go-Getters.**

Ticket Prices
100 for \$100
20 for \$50
4 for \$20
1 for \$10

Funds raised by this raffle will support the above mentioned not for profits in providing programs, activities and support services that enhance the quality of life for older adults and their families.

**TICKETS
ONLY
AVAILABLE
ONLINE**

Make sure to indicate which centre you are supporting via the website's drop-down menu.

The winner will be contacted to claim their prize.

Thank you for your support!

Go to GFLS.ORG home page for link