

# GFLS Times



## Contact Information



(403) 272-4661



3425 - 26<sup>th</sup> Ave SE,  
Calgary AB T2B 2P2



<https://gfls.org>



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

Want to sign up for our  
E-Newsletter?

Send email to [rebecca@gfls.org](mailto:rebecca@gfls.org)



## Hours of Operation

Monday to Friday

9 am to 4 pm

Closed over lunch  
12 pm to 1 pm

	<p>Center Closed</p> <p>Monday September 7<sup>th</sup>, 2020</p> <p>Labor Day</p>	<p><i>"Autumn is a second spring when every leaf is a flower"</i> - Alberta Camus</p>
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*A message from our Executive Director*

Hello September,

I just celebrated one year as the Executive Director here at the centre and I could not be happier. Yes, COVID has put us through our paces but it has also enabled our Team to grow stronger, allowed us time to get creative and prepare for our future together in the new normal.

This fall our goal is to provide you with a vast choice of activities to keep you mentally sharp, physically fit, and socially active. Beginning this month members will receive FREE access to a Stretch to Start Your Day. This class is 30 minutes and geared to all levels of fitness. Studies show by stretching in the morning it reduces muscle tension that often causes back, knee, hip and neck

pain. Regular stretching is both relaxing and invigorating and will help improve your posture and reduce falls. Join me Monday and Wednesday at 10 am – 10:30 am through the month of September to focus on you and your health. Add in a little social time and stay after class to enjoy a hot beverage and snack.

Do you have any suggestions on activities you would like to see offered at the centre? Please call or email and let us know.

I am looking forward to seeing you and serving you with the best programs, activities and services.

Let's enjoy the fall season together,

Jenna Jepson  
Executive Director

**Good Food Box**

GFL55+S DEPOT

Small Box	20 – 25 lbs	.....\$25.00
Medium Box	30 – 35 lbs	.....\$30.00
Large Box	40 – 50 lbs	.....\$35.00

**Delivery Schedule:**

Place order by:  
Sept 22nd 2020

Delivery date:  
Oct 2nd, 2020

For more information please contact  
403- 272-4661

GREATER FOREST LAWN 55+ SOCIETY

**GFL55+S**

3425 – 26 Avenue S.E.  
www.gfls.org (403) 272-4661

For the Month of September, one lucky winner will be able to join us for our special lunch. Winner will announced Sept 8<sup>th</sup> at 9am. Please cut this ballot out and drop it off at the office.

GREATER FOREST LAWN 55+ SOCIETY

**THURSDAY LUNCH SPECIAL**

FOR THE MONTH OF SEPT. 2020

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

# September 2020 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  9:30 am Crafts  1:00 pm Social	<b>2</b>  1 pm Social	<b>3</b> <b>5 Star Bingo</b>  1 pm social	<b>4</b>  10:30 am Bees Knees  1 pm Workshop - mindfulness retreat
<b>7</b>  <b>Labor Day</b>  <b>Center Closed</b>	<b>8</b>  9:30 Crafts 10 am Line Dancing  2 pm "Fit Walk"  4 pm Zumba Intermediate	<b>9</b>  10:00 am "Stretch to Start your Day!"  9:30 am Painting	<b>10</b>  9:00 am - 1:00 pm "Foot Clinic"  <b>11:30 am - 12:30 pm Lunch Special</b>  1:00 pm Movie Day	<b>11</b>  9:00 am Tai Chi 10:30 am Bees Knees  1 pm Workshop - mindfulness retreat
<b>14</b> 10:00 am "Stretch to Start your Day!"  1:00 pm Darts  2pm Just Dance(beginner Zumba)	<b>15</b>  9:30 Crafts 10 am Line Dancing  2 pm "Fit Walk"  4 pm Zumba Intermediate	<b>16</b>  10:00 am "Stretch to Start your Day!"  9:30 am Painting	<b>17</b>  <b>5 Star Bingo</b>  <b>11:30 am - 12:30 pm Lunch Special</b>  <b>1 pm Memory Plus Tea Social</b>	<b>18</b>  9:00 am Tai Chi 10:30 am Bees Knees  1 pm Workshop - mindfulness retreat
<b>21</b>  10:00 am "Stretch to Start your Day!"  1:00 pm Darts  2pm Just Dance(beginner Zumba)	<b>22</b>  9:30 Crafts 10 am Line Dancing  2 pm "Fit Walk"  4 pm Zumba Intermediate	<b>23</b>  <b>AGM</b>	<b>24</b>  <b>11:30 am - 12:30 pm Lunch Special</b>  1:00 pm Movie Day	<b>25</b>  9:00 am Tai Chi 10:30 am Bees Knees  1 pm Workshop - mindfulness retreat
<b>28</b>  10:00 am "Stretch to Start your Day!"  1:00 pm Darts  2pm Just Dance(beginner Zumba)	<b>29</b>  9:30 Crafts 10 am Line Dancing  2 pm "Fit Walk"  4 pm Zumba Intermediate	<b>30</b>  10:00 am "Stretch to Start your Day!"  9:30 am Painting  <b>1pm Bingo</b>		

\*\* Please note, schedule may change due to unforeseen circumstances. \*\*

\*\* Drop-in rates for all exercise classes are as follows; **\$7.50 per class.** \*\*

\*\*\* Please sign-up if interested in any of fitness classes, Cost for all fitness classes are\*\*\*

**\$45.00 (members) \$55.00 (non-members)**

### *A Message from our President*

Here we are, the start of September, nearing the end of summer. Kids are back to school (but differently) and activities at the centre are resuming, also differently. All indoor activities require the wearing of masks until you sit down to eat and all equipment including tables and chairs are sanitized after use. One day when I was at the Centre, I was mildly chastised for sitting on a chair that someone had just vacated. I just wasn't thinking when I did that but I was quickly reminded that the chair needed to be sanitized first. We are committed to everyone's safety and we want you to be able to visit knowing that you are in a safe place.

That brings me to our Annual General Meeting that I want to invite you to attend. We are required by law to hold one each year and if we do not, we could just lose our status as a Society. Originally scheduled for last April it will now be held on Wednesday, September 23<sup>rd</sup>. You will be receiving a notice of the meeting soon, but you may also want to check for details in this newsletter. Again, please consider attending; we need you to ensure we have a quorum to go ahead with the meeting.

Lastly, I am pleased to tell you that all the work on the new furnaces and air conditioning has been completed and that they are fully operational. The system is loaded with energy saving and clean air features that will serve us well into the future. One more reason to feel good about coming to the Centre.

I hope to see you at our Annual General Meeting.

*Jim*

### *Menu Available for September*

Beef Barely Soup  
 Italian Sausage Soup  
 Turkey Vegetable Rice Soup  
 Beef Stew  
 Chili  
 Vegetarian Chili  
 Baked Spinach & Cheese Cannelloni  
 Cheese Biscuits (6pc)

Ask about our dessert options.  
 All meals cost \$5.00 / per portion. Contact the  
 center to place your order at  
 (403) 272-4661  
 or via email at [support@gfls.org](mailto:support@gfls.org)

### **Movie Day**

Thursday September 10<sup>th</sup> at 1 pm (main hall)



Liz Gilbert (Julia Roberts) thought she had everything she wanted in life: a home, a husband and a successful career. Now newly divorced and facing a turning point, she finds that she is confused about what is important to her. Daring to step out of her comfort zone, Liz embarks on a quest of self-discovery that takes her to Italy, India and Bali.

**Cost: \$3.00 / person**

***Includes popcorn, tea or coffee. Cantina will be open***

Dear Members,

Our Annual General Meeting (AGM) and Elections will be held on Wednesday, September 23<sup>rd</sup>, 2020. Registration will start at 12:00 p.m. and the meeting will start at 1:00 p.m. Covid restrictions and guidelines will apply. A light lunch and refreshments will be served by donation only. Proper distancing must be maintained and masks must be worn. Masks will be available if you do not have one.

This is a very important meeting and we encourage you to attend. Please ensure your membership is current for 2020 in order to receive a voting ballot. Renewal memberships **ONLY**, will be sold until 12 noon on the day of the Annual Meeting.

The following Directors will remain on the Board: Lorna Diprose, Diane Danielson, Ann Martell, Paul Sklepowich, Stu Bellingham, Sandi Reed and Brenda O'Malley.

Directors Jim Bergen, Shirley Borak, and Arlene Young will be leaving the board. We thank them for their hard work and many contributions while members of the board. Jim Bergen will be running for re-election and the following will also let their name stand for election; Gerry Borschowa, Eli Tendler, Terri Crabtree, Kusum Deetwal, Brenda Nakamura and LaVonne Nielson. There will also be an opportunity to nominate candidates at the meeting.

Information and photos of our nominees will be posted at our centre for viewing.

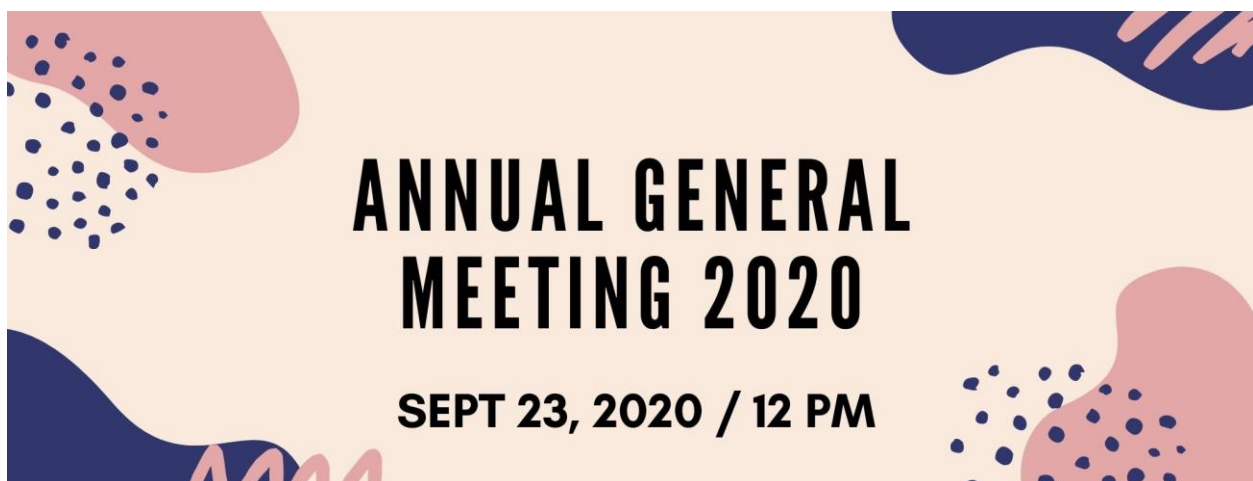
If you are unable to attend the meeting but would like to cast your vote for candidates to the board, ballots will become available on September 9<sup>th</sup>, 2020 at the reception desk.

Results of the election will be announced after the ballot count is completed.

Your presence is especially important to us, so come and exercise your right to vote, and have an enjoyable social experience in a healthy and safe environment

Sincerely,

Jim Bergen  
President, Board of Directors





## AGM 2020 Nominations

### Gerri Borschowa



Gerri was born and raised in St. John's Newfoundland. She has a fantastic sense of humour and can put a smile on anyone's face. Gerri was an LPN and worked for Care West. She enjoys playing bingo, the drama club, walking and traveling. In the past Gerri has volunteered at the Fanning Centre and now at our Centre during Bake Sales, Wednesday Lunches and being the Co-Master of Ceremonies for our Saturday Night Dances. She has been a member is about 4 years and will do her best if elected to help whenever she can.

### Brenda Lee Nakamura



Brenda loves socializing! She volunteers as the receptionist at the Centre on Wednesday and greets everyone with a great conversation and a smile. Brenda is presently a Realtor with previous work experience with a relocation company for immigrant accountants moving to Calgary. She has also owned her own restaurant and waitressed for 18 years. Brenda has other volunteer experience teaching English, is a Lion's Club member for 7 years and has built three homes for Habitat for Humanity in Calgary. She joined GFLS in February of 2019 and feels she would best serve the board in any capacity that is helpful.



### Eli Tindler

Eli is married with one son. He was born in Israel and is almost retired. He loves interacting with people and has also served at a church board. Eli loves antiques. He joined the centre two years ago and feels happy at the centre. He enjoys coming to luncheons and events. Eli is hopeful that he can serve on the board and improve the welfare of the seniors at our Centre.



### **Theresa Crabtree**

Theresa (Terri) is an active Craft Committee member who donates tons of time and knitted goodness to our Centre. She is the proud Mom of three children and Grandmother to 7. Her occupational background includes hairdressing, data entry, accounting, working with Canada Post and AHS as a Peace Officer. She still continues to work during retirement doing accounting for 4 businesses. Terri hopes to add her skills and knowledge to the GFLS community for many years to come.



### **Kusum Deelwal**

**Kusum came to Canada in 2015 from India wishing for a better quality of life. She has a B.E. in Civil Engineering and a M.Tech. in Environment Engineering and has been involved in teaching, research and serving in various colleges and universities. Kasum enjoys cooking, painting, knitting, bingo and astrology. She has been very involved with the Centre for the last 3 years. She volunteers as a Bingo Caller, with the LINKages program, fundraising activities, knitting and painting. Kasum has ideas for being a member of the board. One is having a survey for basic needs and wants for the Centre and utilizing that information to meet requirements of the members.**



### **LaVonne Nielsen**

LaVonne was born and raised in Calgary. She has 2 children, 6 Grandchildren and 4 Greatgrandchildren. Her background is in accounting, payroll and office coordination. She has been an avid volunteer at the centre helping in the kitchen, Saturday Night Dances, bake sales, garage sale and always available when needed. She also enjoys volunteering at the Alex Foundation on their Wednesday lunches. Her history is rich in Greater Forest Lawn since she has lived most of her life in this area. LaVonne would like to assist with current and upcoming endeavours that will help the growth of the centre.



### Jim Bergen – Current President of GFLS 55+ Society

Jim is married to Donna and has two children and four Grandchildren. He was born in the Netherlands and grew up in the sugar beet fields near Picture Butte Alberta. Jim served as a Police Officer with Calgary Police Service for 32 years. He retired as an Inspector in 1994 with years of experience in Human Resources. Jim enjoys his cabin on the lake, spending time with family, sailing, fitness, line dancing and learning to play the ukulele. He has served on a number of board of directors both through work and since retirement. He chooses to volunteer when he can for whatever, whenever and wherever there is need. Jim has been a member since 2001 and has served on the GFLS board of directors since 2002. He has held a variety of positions including President. Jim is hopeful to continue to draw on his experience to help the board and staff do what is best for the Centre and wonderful Members. He would like to continue to work to get two major renovations completed. He absolutely loves working with Jenna and Bob and says it is hard to find two people more supportive and dedicated to what they do. He feels that makes it fun!

## AGM Lunch Special

Wednesday Sept 23<sup>rd</sup>  
Doors open at 12:00pm

Egg Salad Sandwich

Pasta Salad

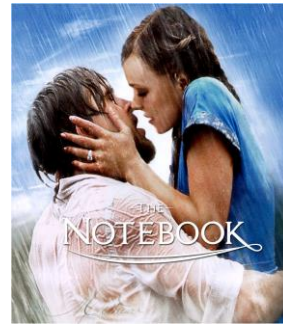
Dessert

Tea / Coffee

Donations will be accepted

## Movie Day

Thursday September 24<sup>th</sup> at 1 pm (main hall)



In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

**Cost: \$3.00 / person**

***Includes popcorn, tea or coffee. Cantina will be open***





## Greater Forest Lawn 55+ Society

Presents:

### “Pie of the Month” FUNDRAISING EVENT

We are at it once again this year! We are excited to bring you our “Pie of the Month” Fundraising Event. We present for August, **Homemade Blueberry Pie**, assembled by Annette Tanner and GFLS Volunteers. **Our pies come frozen and packaged, but uncooked.** This way our customers are able to bake their pies at their convenience.

**Cost:**

5” pies \$6.00    9” pies \$15.00

Pre-orders will be taken starting Sept. 4<sup>th</sup>. Cutoff for ordering is Sept. 25<sup>th</sup>, 2020.

Forms of Payment; cash, cheque, or email transfer.

Makes cheques payable to Greater Forest Lawn 55+ Society, send EMT to [support@gfls.org](mailto:support@gfls.org).

All pies will be available for pick-up on Oct 1<sup>st</sup> from 10 am to 4 pm.

Please contact the center if additional information is needed: (403) 272-4661 or via email at [support@gfls.org](mailto:support@gfls.org)

Thank you for your support!



## Foot Clinic

Thursday September 17<sup>th</sup>

9:00 am to 1:00 pm

**Call Tracy at (587) 433 - 0648 to book an appointment**



## GFLS Housekeeping Services

Do you need some extra help with cleaning around the house?



Give Rebecca a call for more information and rates.

(403) 272 - 4661 ext. #108

All our housekeeping staff are equipped with PPE and abide by Alberta Health Services standards.

Safety of our clients is number one!



Congratulations to Rebecca Tanner for celebrating her first year as our Program and Volunteer Coordinator. As you will agree Rebecca's dedication to our centre is paramount to our success. Please join me in thanking her for an amazing year.

Thank you, Rebecca, we love you.



### Thursday Dine-In / Take-out Lunch Specials

Cost: \$8.00 / person  
Time: 11:30am - 12:30pm

**Must purchase advance tickets,  
40 seated tickets available  
20 take-out tickets available**

**Sept 10<sup>th</sup>** Ham & Cheese Croissant, potato salad & dessert

**Sept 17<sup>th</sup>** Chicken Salad on Croissant, baked beans & dessert

**Sept 24<sup>th</sup>** Potato & Corn Chowder w/ biscuit & dessert

**All restrictions and safety protocols are in place. Please follow all guidelines. All tickets will be sold 1 week before lunch special.**



Staying active, eating properly, exercising regularly and being engaged can help you to improve your blood pressure, lower your cholesterol, lower stress levels, and increases your energy levels.

As we age, remaining physically active can become more difficult and exercising seems as though it takes a greater toll on our bodies. But do you know that being physically active on a regular basis can improve your balance, aides in muscle strengthening, decreases your anxiety, decreases depression, and most of all connects us with others to strengthen our social relationships.

At GFLS, we have all levels of exercise activities in which we accommodate everyone. Look at the options we have for you.

**Chen Tai Chi** is 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

**Fridays at 9am - 10 am**

**Sept 11<sup>th</sup> to Oct 16<sup>th</sup>**

**6 classes**

**Bees Knees Wellness** is 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

**Fridays at 10:30 am - 11:30 am**

**Sept 18<sup>th</sup> to Oct 23<sup>rd</sup>**

**6 classes**

**Line Dancing** you will learn a variety of dance steps, to an assortment of music.

**Instructor:** Gail Thorburn

**Tuesday's at 10:00 am - 11:00 am**

**Sept 8<sup>th</sup> to Oct. 13<sup>th</sup>**

**6 classes**

**Just Dance Lite (Zumba Gold)** is 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

**Mondays at 2pm – 3pm**

**Sept 14<sup>th</sup> to Oct 19<sup>th</sup>**

**6 classes**

## **Just Dance (Zumba Advance)**

**Instructor:** Karen Iwanski

**Tuesdays at 4pm – 5pm**

**Sept 15<sup>th</sup> to Oct 20<sup>th</sup>**

**6 classes**

**Walk fit Classes**, Walk fit classes will last for one hour and promises to increase your heart rate, use your muscles and improve your mobility. Goal is to reach 5000 steps, while being instructed and listening to a variety of music.

**Instructor:** Karen Iwanski

**Tuesdays at 2pm – 3pm**

**Sept 15<sup>th</sup> to Oct 20<sup>th</sup>**

**6 classes**

\*\* Please note, schedule may change due to unforeseen circumstances. \*\*

\*\* Drop-in rates for all exercise classes are as follows; **\$7.50 per class**. \*\*

\*\*\* Please sign-up if interested in any of fitness classes, Cost for all fitness classes are\*\*\*

**\$45.00 (members) \$55.00 (non-members)**

## **“Stretch to Start your Day!”**

**Free weekly classes on Mondays & Wednesdays**

**Instructor: Jenna Jepson**

**Time: 10 am**





**GFLS MENS SHED**

# We are Open!

Join us, we are always looking for new members. Everyone is Welcome!

- The Men's Shed is a shared workshop with access to tools and equipment
- Men work on community projects and other activities
- Get together for a chat and coffee

Have an idea? Why not share with the Shedder's.

Our next monthly meeting will be held on Tuesday September 15th at 11 am .



# BECOME A PART OF OUR FAMILY

\*NEW MEMBERS JOIN TODAY FOR ONLY \$10.00\*

RECEIVE DISCOUNTS ON ALL PROGRAMS AND ACTIVITIES



Greater Forest Lawn 55+ Society Presents

# 2ND ANNUAL YARN - A - THON

*October 20th, 2020 at 9:30 am - 1:30 pm*

*Snacks & beverages will be available*

*Door Prizes !*

*Donations will be accepted of yarn, needles,  
patterns, etc.*

Donations of finished items will be made to  
GFLS 55+ charity & christmas bazaar during  
this event.

3425 - 26th Ave SE

CALL US (403) 272 - 4661



# GETTING YOUR AFFAIRS IN ORDER

## LIVE WEBINAR

Admission: **FREE**

**YOU WILL LEARN:**

- Estate Planning
- Enduring Power of Attorney and Personal Directive
- Last Will & Testament
- Probate Fees
- Advanced Funeral Planning & Repatriation
- How to be an organized Executor

Being Prepared Is NEVER A Bad Idea...

**Live Webinar**

**Thurs, Sep 10**  
**7:00pm (MST)**  
 or  
**Fri, Sep 18**  
**11:00am (MST)**

**To Register:**  
 Go to  
**[www.myeventsite.ca/andreagyaio](http://www.myeventsite.ca/andreagyaio)**



**David West/Zach Davis**  
Lawyers



**Andrea Cox**  
Licensed  
Pre-planning Consultant

