



Monthly Newsletter

DECEMBER 2024

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Calendar

GFLS provides a welcoming place offering information, programs, and services that enhance the quality of life for mature adults and their families.



Photo courtesy of Ann Craig

*Winter is
the time
for comfort,
for good food,
and
warmth.*

**HAPPY
HOLIDAYS
EVERYONE!**

**The Centre will be closed starting
Tuesday, December 24/24
and re-opening on
Thursday, January 2, 2025**



3425 - 26 Avenue SE, Calgary, AB T2B 2P2
www.gfls.org

Board of Directors

President: Diane Danielson

First Vice President: Ann Martell

Second Vice President: Helga Dressel

Secretary: Marilyn Sander

Treasurer: Leslye Foesier

Past President: Bill Diprose

Directors: Ann Craig, Edward David, Bill Diprose, Ruth Gilchrist,
Irene Iwaniuk, Maxine Mayor, Pauline Padbury

Staff & Contact Information

Office Line: (403) 272-4661

Fax Line: (403) 272-6153

GFLS General Email: support@gfls.org

Executive Director: Norma Jean Doucet (norma@gfls.org)

Bookkeeper: Eva Hachey (accounting@gfls.org)

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

Program / Volunteer Coordinator: Kelly Aiken (programs@gfls.org)

Kitchen Coordinator / Environmental Services: Noreen Fehr (kitchen@gfls.org)

Hours of Operation

Monday - Friday; 8:00 AM - 4:00 PM

CENTRE CLOSED: Tues, December 24/24 until REOPENING Thurs, January 2/25

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, or other fragrances when planning to come to the facility. If possible use unscented personal care products.

Your understanding and cooperation are appreciated.

President's Message



Dear Members,

It is that time of year to look back and see what has been accomplished – it is quite a terrific list:

- Attendance has increased in most programs – Just look at the numbers at Stretching, the Birthday Supper and Bingo.
- Many of the programs are member-led and more volunteers are stepping forward to help.
- Our book and puzzle libraries are getting more known and more well-used.
- Our trips are back and well received – Pioneer Acres was a real treat.
- Revenue Sources have done very well - Wednesday Bingo, Birthday Supper, Café 55, 5 Star Bingo, Casino, Grants, special events, etc.

Your Board of Directors have also been busy:

- They are using the relatively new bylaws and Strategic Plan as well as updating GFLS' policies and procedures.
- They developed a calendar and list of tasks to help focus on leadership.
- Individuals have taken a lead role in many of the programs, projects and Special Events.
- Developing 4 Standing Committees – Finance, Building, Fund Raising and Marketing – help is always welcome.
- The future of GFLS is also discussed – an addition is being considered.

The staff have also been busy:

- Our staff is providing the necessary support to ensure continuity and growth of our very own Activity Center.
- Grant and License applications are kept up to date.
- New programs and trips have been well received.
- Meals provided by Café 55 have been a huge draw.

And we hope our members are

- Enjoying the programs, projects and special events.
- Feeling welcome when they come in to the Center.
- Volunteering where they feel valued and useful – we all need purpose.
- Going to enjoy their family and friends during the upcoming Christmas break.

So, a big Merry Christmas, Happy Holidays and Happy New Year

Diane Danielson
President

THANK YOU!

The following are words of gratitude from various groups within our GFLS community.

We wish to thank all of the bakers for their wonderful donations. They were greatly appreciated. We also wish to thank all of the volunteers for spending their valuable time volunteering at GFLS' annual Holiday Market. We could not have done it without you. (Helga D. - Bake Sale Organizer)

Thank you to everyone who donated holiday papercraft items to replace the supplies removed from the Creative Card Circle stock. We received a generous amount of items which allowed our class participants to create many wonderful holiday cards. (Diane D. - Creative Card Circle Organizer)

JOIN OUR GFLS COMMUNITY

GFL55+ MEMBERSHIP

GFLS 2025 Membership Forms are NOW available.

Annual membership runs January 1st to December 31st

ANNUAL MEMBERSHIP FEE: \$35

Once you have completed the forms please return
the documents to the GFLS Front Desk.

GFLS LIFETIME MEMBERS are required to complete and
submit the current year's membership form.

This ensures the GFLS Team has the most current information
on file and meet the requirements as a Society.

Prorated 2024 Memberships, until December 31/24, are available for \$17.50

SUPER MEMBERSHIP AVAILABLE

*SUPER Membership is a year-long membership allowing access to 13 Centres
throughout Calgary. You will receive FULL membership status at the Centre you
purchase the membership. That Centre becomes 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 Association

Bowness Seniors Centre

Calgary 55+ Games Association

Calgary Senior Acting Lab

Confederation Park 55+ Activity Centre

Good Companions 50+ Club

Ogden 50+ Activity Centre

Parkdale Nifty Fifties Seniors Association

Rainbow Elders Calgary Society

Southwest 55+ Connect

Unison at Kerby Centre for 50+

West Hillhurst Go-Getters Association

SUPER MEMBERSHIP: \$50

SUBSCRIPTION PERIOD: 1 CALENDAR YEAR STARTING JANUARY 1ST

THANK YOU TO OUR SPONSORS



EVENTS AT GFLS

(PLEASE NOTE: Dates / times may change. Kindly check with the Centre closer to start dates.)

PURDYS CHOCOLATES HOLIDAY FUNDRAISER - ORDERS ARE READY!

The annual Purdys Chocolatier Holiday Fundraiser was another successful endeavour for GFLS! The orders have arrived. Please make arrangements to see Susan at the Centre to collect your treats. Thank you to everyone who participated.

***NEW* GFLS CUTEST PET CHRISTMAS PHOTO CONTEST**

2 Categories: i) JUST THEMSELVES & ii) ALL DRESSED UP
DECEMBER 1-17, 2024

See flyer throughout the Centre for more details.

***SPECIAL CLASS* ADVANCED LINE DANCING - PLEASE REGISTER AT THE FRONT DESK**

MONDAY, DECEMBER 2 & MONDAY, DECEMBER 16; 2-3 PM / COST PER CLASS: Members \$10 / Non-Members \$12

In response to demand from the membership, GFLS has secured a temporary instructor to offer advanced line dancing classes twice in the month of December. Kindly sign up at the Front Desk for this special, limited class. Plans are in the work to have Line Dancing - Level 1 and Level 2 classes return to the Centre on Fridays in the new year. Once more details are available they will be provided to the membership. More information in the Registered Programs section of the newsletter.

REVISED DATE: GFLS HOLIDAY COMMUNITY BREAKFAST - THURSDAY, DECEMBER 5; 9 - 11 AM / COST: \$10

Join us for a festive Community Breakfast offering a variety of breakfast items including endless tea or coffee.

COFFEE & CONVERSATION TOPICS / 2ND & 4TH MONDAYS; 10 AM / COST: FREE

Grab a coffee and listen to a speaker with a different relevant topic. Upcoming topics:

Monday, December 9 - Open Discussion: Various Topics

Monday, January 13 - How Does Our Memory Work?

Monday, January 27 - Criticism vs. Comments

Monday, February 10 - Emotional Eating

CAROLS & COOKIES WITH THE CRYSTAL BELLES - THURSDAY, DECEMBER 12; 10 - 11:30 AM

Come out and enjoy the annual GFLS Holiday Sing-Along hosted by our own Crystal Belles. Various treats, graciously supplied by the choir, will be available along with coffee and tea. Do not worry about not knowing the words; songbooks will be provided.

NIGHT LIGHTS TOUR 2024 - SATURDAY, DECEMBER 14/24; GATHER 4:30 PM, DEPARTURE: 5 PM / COST: \$20

You are welcome to enjoy a comfy coach bus ride thru the annual Spruce Meadows Holiday Lights display. On the way back to the Centre, enjoy a stopover for a complimentary beverage and treat provided by Chartwell Retirement Residences. SEATS ARE LIMITED! See Kelly to sign up.

REVISED DATE: BIRTHDAY SUPPER - THURSDAY, DECEMBER 19 / COST: \$25

Kindly note due to the holiday season and the Centre being closed from Tuesday, Dec 24/24 to Thursday, Jan 2/25

***SPECIAL* AFTERNOON CARDS/GAMES EVENT**

FRIDAY, DECEMBER 27; NOON - 3 PM / COST: \$2

Our amazing Games Masters, Helga and Michelle, are holding an extra session of our Cards & Games during the holiday season. The regular Cards & Games Night is schedule to run in the event.

***IMPORTANT* NO COBS BREAD THE WEEK OF DECEMBER 30**

As the Centre will be closed from Tuesday, December 24/24 until reopening on Thursday, January 2/25 there will be no bread donation from Cobs Bread the week of December 30/24.

*** UPCOMING IN 2025! ***

Thursday, January 9 - Community Breakfast
Thursday, January 23 - January Birthday Supper

Plans are ongoing for these and other potential activities.
Once available, further information and details will be provided.

DROP-IN PROGRAMS

PLAN IN ADVANCE!

Art Studio: \$2 Members/\$5 Non-Members - Wednesdays, 9 AM

Join our group of painters & artists as they work on individual & group projects.

Bike Shed: FREE - Tuesdays, 10 AM

Accepting donations* of used, adult bicycles; giving them any needed repairs / tune-up, and then providing them back to well deserved organizations in our community. A good cause to keep our community rolling!

(*To donate a bike(s), contact information can be provided to the GFLS Centre and then arrangements for drop off will be made. Your cooperation is appreciated.)

Bingo: Wednesdays, Doors Open at 10 AM Tables are first come; first choice.

Bonanza pre-call at 12:30 PM followed by Regular Bingo at 1 PM.

Bingo Lunch (\$6) is served from 11:30 AM to 1 PM, Café 55 re-opens at Intermission.

Creative Card Circle: \$2 Members/\$5 Non-Member - WEEKLY UNTIL THE NEW YEAR - Tuesdays; 1 - 3 PM

Create very distinctive cards for all those special occasions. Instructions to complete the wonderful project and most of the supplies will be provided. For more details contact Diane at 403-273-4650 or outspokendiane@gmail.com

Cards & Games Night: \$2 Members/\$5 Non-Members - Friday Evenings, 6:30 PM

Join a group of friendly faces from the community for cards and games.

Various beverages available for purchase (\$2 to \$6).

Coffee & Conversation: FREE - 2nd & 4th Monday of each month, 10 AM

Grab a coffee and listen to a speaker with a different relevant topic.

NOTE: NO COFFEE & CONVERSATION MONDAY, DECEMBER 23

Community Coffee: FREE - Fridays, 10 AM

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

Cozy Corner Crafters: Tuesdays, 9:30 AM

Crafting gives anyone a space to work and enjoy fellowship with friends with similar interests.

Crib: \$7 - Fridays, 1 PM

Join our group of cribbers for informal crib games.

Crystal Belles Choir: \$2 Members/\$5 Non-Members - REHEARSALS: Thursdays, 10 AM

This harmonious group of voices enjoys performing at the Centre and throughout the City.

Choir Director: Sharon Sheeler

CURRENTLY THE CHOIR IS FULL. If you are interested in joining, GFLS will gladly supply your contact details to the Choir Director for future consideration.

NOTE: NO CHOIR REHEARSALS FOR THE MONTH OF DECEMBER

Darts: \$4 Members/\$5 Non-Members - Mondays, 1 PM

Join the darts group in the GFLS games room.

NOTE: NO DARTS MONDAY, DECEMBER 16 & MONDAY, DECEMBER 23

Men's Coffee: FREE - Thursdays, 10 AM

An opportunity to sit, relax, enjoy a beverage while socializing with other men from the community.

Men's Shed: Tuesdays & Thursdays, 10 AM (See Special Notice on Page)

Use our tools to build or fix any projects that you have on the go.

Musicians' Gathering: \$2 Members/\$5 Non-Members - Mondays, Noon

Bring your instrument and meet with other fellow musicians.

Pickle Ball: \$2 Members/\$5 Non-Members - Tuesdays, 2 PM

Learn to play this racket sport.

APPROPRIATE ACTIVEWEAR AND FOOTWARE ARE REQUIRED.

continued . . .

DROP-IN PROGRAMS

PLAN IN ADVANCE!

(Continued)

Pool - All Skill Levels: \$2 Members / \$5 Non-Members - Wednesdays & Thursdays, Noon - 3 PM**

(REVISED TIME: Noon - 2 PM - Every 4th Thursday of the month due to Birthday Supper set-up (Sept-June))**

Drop in for a FUN game of pool. Everyone welcome.

Stretching Exercise Program: \$2 Members/\$5 Non-Members - Mondays & Thursdays*, 10 AM

(*NO CLASS: 2nd Thursday of the month due to GFLS Community Breakfast & Stampede Breakfast (Sept-July))

Come join our wonderful volunteer instructors, Carol & Norm to learn how proper stretching can possibly improve your health while making you feel better overall.

SPECIAL NOTE: *NO STRETCH CLASS THURSDAY, DECEMBER 5 (for December only)

9 AM START TIME ON THURSDAY, DECEMBER 12 (due to Sing-Along)

Woodshop - ALL WELCOME: Thursdays, 1 PM

Learn to use our tools in our Men's Shed. Make sure to bring your project ideas.

(Now Available to non-members with a \$5 drop-in fee and signed waiver)

DAY-USE LOCKERS AVAILABLE

While at the Centre should you have items you would like to put in a secure place due to the activity you are attending, GFLS has available a limited number of day-use lockers.

The lockers are located in the coat room beside the main front doors. You will need to supply your own lock and need to inform the Front Desk which locker you are occupying. At the end of your visit at the Centre that same day, make sure the lock, along with the items in the locker, are removed prior to leaving.

If locks and the contents of the locker are left longer than 24-hours the GFLS team may need to remove these items. Should this be the case, every effort will be made to contact you before doing so.

Do not hesitate to speak with the GFLS team should you need more information.

Hopefully this service will add to your visit to the GFLS Centre.



COBS BREAD MARKET MONDAYS DOORS OPEN AT 9 AM UNTIL SUPPLY LASTS

The first hour (9 - 10 AM) of the Bread Market
will be dedicated to our GFLS members.

After 10 AM Everyone Is Welcome!

Our GFLS members and surrounding communities are
grateful to everyone, especially our gracious donor,
UNIVERSITY DISTRICT COBS BREAD,
for making this a successful endeavour.

NO BREAD THE WEEK OF DECEMBER 30TH AS CENTRE IS CLOSED

MEN'S SHED SAFETY INSTRUCTION SESSIONS

MEMBERS OF OUR GFLS MEN'S SHED ARE CONCERNED ABOUT THE SAFETY OF THOSE WORKING IN THE SHOP AS WELL AS OUR OVERALL COMMUNITY.

IN 2025 THEY WILL BE OFFERING INSTRUCTION SESSIONS ON THE TOOLS. INSTRUCTION OFFERED BY CHRIS MOPPET AND WES VANDERMEER, WHO ARE VERY EXPERIENCED IN THE USE OF ALL POWER TOOLS. GENEROUSLY OFFERING THEIR COMBINED EXPERIENCE TO ASSIST YOU IN THE SAFE AND PROPER USE OF THESE TOOLS.



**WEDNESDAY, JAN 15, 2025 AT 10 AM
STARTING WITH THE TABLE SAW**

INSTRUCTION IS OPEN TO ALL SKILL LEVELS.
NOTICE ON FUTURE SESSIONS WILL BE POSTED.

THANK YOU AND ALWAYS STAY SAFE.

ROD CHARLTON.

ON BEHALF OF THE GFLS MEN'S SHED

GFLS PUZZLE LIBRARY - UPDATE

Our resident **PIECE-Keeper** would like to let everyone know Winter and Holiday puzzles are now available. Check out the right end of the cupboard, the third shelf on the wall, the window ledge opposite the Cozy Corner Craft shop, and the shelves located by the phone.

If you have grandchildren and/or visitors this holiday season, a puzzle to work on together will be **F U N** for everyone.

Puzzles range from 300 - 2,000 pieces.

Next time you are at the Centre take a moment to check them out; you never know what you might find.

Thanks to our terrific **PIECE-Keeper**, Jean and everyone for their donations, which keeps our supply fresh.



VETERANS ASSOCIATION FOOD BANK

The Veterans Association Food Bank has a donation box conveniently located in the GFLS coat check/mud room. This organization is dedicated to supporting and enriching the lives of veterans and their families.

They are looking for donations of non-perishable food items and clothing items, especially hats, gloves, and scarves during the winter season.

Their local volunteers pick-up on a regular basis.

If you are able to help; they are extremely grateful.

REGISTERED PROGRAMS

TO REGISTER: (403) 272-4661 or support@gfls.org

6-SESSIONS: \$50 members / \$60 non-members
DROP-IN FEES: \$10 members / \$12 non-members

IMPORTANT NOTICE

**All classes must have a minimum of 6 pre-registrants.
If not, the class may be cancelled.**

Birthday Supper: \$25 - Fourth (4th) Thursday of the month (September thru June)

Doors Open at 4:30 PM; Dinner at 5:30 PM (*DROP-IN FEES DO NOT APPLY TO THIS EVENT*)

Celebrating GFLS' current month's birthday celebrants with a 3-course meal and live entertainment.

Tickets on sale the Monday following the monthly supper and cut-off at close of business the Tuesday before that month's event.

NEXT SUPPERS: THURSDAY, DECEMBER 19 & THURSDAY, JANUARY 23, 2025

Cardio, Strength & Stretch (CSS): Tuesdays, 1 PM (*replaced WALK FIT*)

Our amazing instructor, Karen has introduced a new class to the GFLS Centre this past November.

This class consists of 3 equal components of cardio, strength, and stretching. The stretching section of the class is performed seated in a chair. This class is suitable for all activity levels.

CURRENT 6-WEEK SESSION STARTED: NOVEMBER 19 / NEXT SESSION STARTS: JANUARY 14/25

Computer Class: \$5 Tuesdays, 12:30 PM to 1:30 PM. 30 MINUTE SESSIONS AVAILABLE*

(DROP-IN FEES DO NOT APPLY TO THIS EVENT)

Learn the basics of your electronic device (computer, phone, tablet). Bring your own device or use one of ours.

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

Line Dancing* - DROP-IN: \$2 Fridays, 10 AM - 11:30 AM

Dust off your dancing shoes while working your brain and body at the same time. All levels are welcome from 10 - 11 AM of the class. From 11 - 11:30 AM dances will include more advanced dance moves for participants from previous Level 2 class.

****Plans are in the works to hopefully see Line Dancing - Level 1 and Level 2 classes return in 2025!***

Once details are finalized they will be provided to the membership.

Thank you to everyone who helped to keep this program running at the Centre during this difficult time. We all know Gayle would want us all to continue dancing!

Memory SPACE: FREE - 2nd & 4th Tuesday of each month, 1 - 3 PM**

For individuals experiencing memory loss, and their caregivers, a safe place to share experiences, learn, laugh, and connect with one another.

PARTICIPANTS IN THIS PROGRAM MUST REGISTER PRIOR TO ATTENDING

NOTE: This is NOT a respite program. Caregivers are to attend the session to participate in the activities with their individual.

***** Due to the increased interest in this program,***

in 2025 this program will be offered in 2 groups.

Group A will gather the 1st & 3rd Tuesday of each month, 1 - 3 PM

Group B will gather the 2nd & 4th Tuesday of each month, 1 - 3 PM

Tai Chi: Fridays, 9 AM

Get in tune with your inner chi with this intro to the Tai Chi program. This program is in the branch of Chen, the oldest style of Tai Chi.

CURRENT 6-WEEK SESSION STARTED: NOVEMBER 1 / NEXT SESSION STARTS: TBD DUE TO HOLIDAYS



Shopping & Services at GFLS

Calgary Seniors' Resource Society: This group offers services and support for older adults. For information see their website at www.thewayincalgary.ca or by phone at (403) 266-6200.

Cindy's Hair Salon (403) 457-4632 - BY APPOINTMENT ONLY

Cindy is regularly onsite at the GFLS Centre on Wednesdays.

Cozy Corner Shop: Looking for something special? Shop handmade creations from our artists, crafters and woodworkers. You'll be amazed at the treasures you will find!

Footcare - BY APPOINTMENT ONLY / Cost: \$10 per visit

GFLS has partnered with Dr. Greg Somer, D.P.M., a registered Podiatrist to offer basic footcare. (NO soaking or lotion included). Morning appointments, approximately 10-15 minutes, will be available on selected dates and are to be booked through GFLS. Upon first visit you will need to bring your Alberta Health Care Card. Payment made directly to Dr. Somer via Cash, Cheque, or E-Transfer (credit / debit cards not accepted).

For more details and available appointments, contact Kelly at the Centre

NEXT DATES: MONDAY, JANUARY 6/25; 9 AM - NOON

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 various exercise equipment. Register at the GFLS Front Desk prior to working out. **FREE** for GFLS members.

(Now Available to non-members with a \$5 drop-in fee and signed waiver)

GFLS Men's Shed: Taking orders for wood planters and other wood crafts as seen throughout the GFLS Centre. For custom orders, feel free to present your idea(s) and they will let you know if they can GET'ER DONE!

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

NEW SERVICE

Hi Everyone, Brenda NaKamura here and I am super excited to announce my new business . . .

"Affordable Golden Transitions"

This service dedicated to helping seniors Declutter, Organize, Downsize and Enhance their homes. I bring years of experience from staging and organizing my clients when I was doing real estate. My mission is to help you create an organized and comfortable home that enhances your quality of life. Whether you're looking to simplify your space, enhance it, or maybe downsize before health issues restrict you from doing so. I can help make that process stress free and affordable.

I cannot wait to learn how I can help!

Please call 403-923-5000 or email Affordablegoldentransitions@gmail.com



CAFÉ 55

DECEMBER

Tuesday Luncheons

\$10 / Meal (including Dessert)
Lunch served at 11:30 AM

Dec. 3 - Fish and Chips, Coleslaw

Dec. 10 - Chicken ala King on Egg Noodle & Veggies

Dec. 17 - Cabbage Rolls, Mashed Potatoes & Veggies



MENUS

\$6 / Express Meal
Cafe Hours: 11:30 AM - 1 PM

Dec. 4 - Chili & Biscuit

Dec. 11 - Corn Dog & Tater Tots

Dec. 18 - Toasted Denver w/Cheese

Cafe will re-open for intermission

NOTE: All menu items are subject to change, without prior notice, according to availability. Thanks.

Volunteer Opportunities

TOGETHER WE CAN DO MORE THAN WE CAN ALONE

*Volunteers are an extremely valuable and important part of GFLS.
There are many ways to join and support our Centre.*

The GFLS Team is scheduling annual & special events for the Centre.
The success of these functions rely on the support of our volunteers willing to assist with organizing, running, and set-up/tear-down of these activities.

Below are areas GFLS is seeking assistance:

BINGO VOLUNTEERS FOR GFLS SPONSORED 5 STAR BINGO EVENTS

Every 1st & 3rd Thursday of the month

BINGO VOLUNTEERS FOR GFLS WEDNESDAY BINGO

Wednesdays

OTHER SPECIAL EVENTS:

Day Trips / Theatre Trips / Sock Hops / Fun Bingos

*Feel free to contact Kelly, our Program/Volunteer Coordinator,
for more details and what other opportunities may be
available to become a GFLS volunteer.*



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

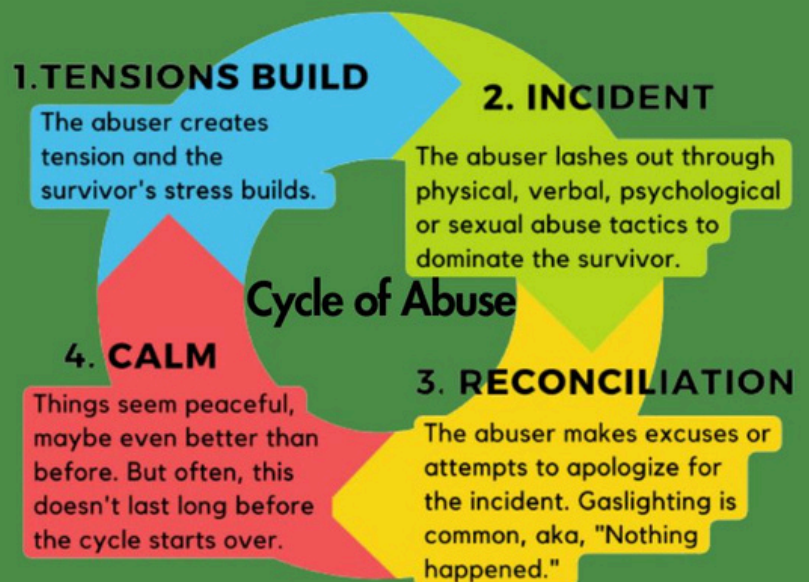


HAS A ZERO TOLERANCE TOWARDS ABUSE & BULLYING OF STAFF OR MEMBERS!

**OUR TEAM IS HERE
TO HELP MAKE YOUR VISIT PLEASANT**

**VERBAL, RACIAL, BULLYING, OR AGGRESSIVE BEHAVIOR
WILL NOT BE TOLERATED**

(REPEAT OFFENDERS WILL BE ASKED TO LEAVE & BE REPORTED TO POLICE.)



**It's not
part of the job**