



APRIL 2024

Bow Cliff 50+ Center
3375 Spruce Drive SW
403-246-0390

COMMUNICATOR



“Spring” a lovely reminder of how beautiful change can truly be.”



BOWCLIFFSENIORS.ORG



@BowCliff



BowCliffSeniors



INFO@BOWCLIFFSENIORS.ORG

BOW CLIFF 50+

3375 Spruce Drive SW Calgary, AB
T3C 3A3

T: (403) 246-0390

F: (587)352-6894

E: info@bowcliffseniors.org

The Communicator is published monthly.

Helping older adults live with dignity, respect and encouraging involvement in the community.

2023 BOARD OF DIRECTORS

President	Patricia White
Vice President	Stephanie Krueger
Treasurer	Judith Stanford
Secretary	Jill Hanson
Director	Derk Doornbos
Director	Winona Haliburton
Director	Dave Marchant
Director	Doni Stallard
Director	Eileen Sutcliffe
Director	Robert Walker
Director	Brenda Wong

BCS Staff

John Yannitsos	Executive Director
Angela Aviles	Program Director and Outreach Coordinator
Liz Gahan	Admin Assistant
Despina Yannitsos	Admin Assistant

Bow Cliff 50+ Center is located in the community of Spruce Cliff. We would like to take this opportunity to acknowledge the land on which we gather: In the spirit of respect, reciprocity and truth, we honour and acknowledge Moh'kinsstis, and the traditional Treaty 7 territory and oral practices of the Blackfoot confederacy: Siksika, Kainai, Piikani, as well as the Îyâxe Nakoda and Tsuut'ina nations. We acknowledge that this territory is home to the Métis Nation of Alberta, Region 3 within the historical Northwest Métis homeland. Finally, we acknowledge all Nations – Indigenous and non – who live, work and play on this land, and who honour and celebrate this territory.

THANK YOU TO OUR FUNDERS & DONORS

 Alberta Lottery Fund


family & community support services

 New Horizons for Seniors Program

 CANADIAN RED CROSS

 CALGARY FOUNDATION
Neighbour Grants

 FEDERATION OF CALGARY COMMUNITIES

 Government of Canada
Gouvernement du Canada
 Canada

A Note from our Executive Director

Welcome to spring (sort of!!!) Unfortunately, we had to postpone our March members social due to the snow. Hopefully, we will make it up with a bigger Spring Fling Sock Hop Members Social on April 26th.

I am pleased to announce that the grease trap situation will be resolved soon with the installation now expected by the end of April. After meeting with the contractor who will be installing the units, interruptions to our programming should be minimal.

Thank you to everyone who participated and supported our Easter Raffle. At the time of writing, we have exceeded our expectations with over \$6,000 generated and a prize to be worth around \$3,000. These funds will go a long way to help cover our share of the grease trap expense.

Our AGM is on Wednesday, April 17th at 1pm. We need everyone's support to attend and vote on the new Bylaws that will be proposed. The biggest change that is being proposed is to allow the Board to prepare annual financials with the less expensive Compilation Engagement Report, if a full audit is not required. Currently, our Bylaws state that we must prepare a full audit. However, our funding requirements from FCSS have changed so that going forward Bow Cliff would qualify us as the less expensive option. The other changes that are in the new Bylaws are the removal of the Associate Membership, which we no longer offer, and gender neutralizing the document.

Our biggest fundraising event of the year is our AGLC Casino coming up on Sunday April 28th and Monday April 29th at the Elbow Rive Casino. Thank you to everyone who has signed up to volunteer. We still need a handful of volunteers for the Monday evening shift. Please consider volunteering for this casino.

Our annual Spring Fling Bridge Tournament will be held on Saturday, April 13th at Chartwell Royal Park. Thank you to the over 40 participants and to Chartwell Royal Park for your support.

Our Super Membership continues to exceed our expectations. Bow Cliff now has over 120 Super Members and collectively we are approaching 1,000 Super Members amongst the 11 participating activity centres. We very much appreciate meeting all the Super Members who are joining us in our programming and events.

Thank you to all of our volunteers who continue to make Bow Cliff one of the best 50+ activity centres in the City.

Have a wonderful Spring!



Thank you to all our incredibly generous corporate sponsors and funders. We look forward to working with you all in the near future as we embark on serving our seniors in the coming 2024 year ahead!

Coming Up Soon!



Bow Cliff 50+ Free Member Social
(*donations greatly appreciated)

Spring Fling

Featuring Music by the Harmonica Tableau



April 26th, 5pm
Menu
Burgers, Chips & Floats
RSVP required

We'll be Hoppin' and Boppin'



3375 Spruce Dr. SW
403-246-0390
bowcliffseniors.org

Bow Cliff 50+ & Edmonton Foot Care

Foot Care Clinic

Mon. April 29th, 1-3pm & Tues. April 30th, 9-11am
FREE SERVICE, LIMITED SPOTS
DONATIONS GREATLY APPRECIATED

Foot Care is such a crucial element of health! The Edmonton Foot Care Practicum Students know this service is greatly needed and are excited to offer this service to our members.

Please call the Bow Cliff office to schedule your appointment:
403.246.0390



KERBY CENTER & COBBS BREAD MARKET

Thursday April 18th
11:00am
Location: Bow Cliff Centre
3375 Spruce Drive SW




Bow Cliff 50+ Vintage Fashion Show

presented by Memory Lane Fashions




Join us for an entertaining afternoon of...
History & Music
Tea & Sweets
Door Prizes
\$2 Raffle

SOLD OUT

Thursday, April 11th
2-4pm
Tickets \$20.00
Call today to purchase a ticket!




3375 Spruce Dr. SW
403-246-0390
bowcliffseniors.org

Sponsored by **Advantage**
HOME HEALTH SOLUTIONS



Wednesday 3rd

\$12 Members

\$14 Non-Members

*Butter Chicken with Paneer,
Rice, Peas & Dessert*



Wednesday 10th

\$12 Members

\$14 Non-Members

*Pea Soup, Grilled Cheese with pickle
& Dessert*



*Wednesday 17th
AGM Luncheon*

\$12 Members

\$14 Non-Members

*Baked Spaghetti with Green Salad
& Birthday Cake*



Wednesday 24th

\$12 Members

\$14 Non-Members

*Thai Noodle Satay Chicken
& Mango Cake*



*Join us for weekly Wednesday lunches at noon. **Please RSVP** to office by noon the Tuesday prior so we can plan appropriate amounts and we encourage payment in advance when you RSVP. Please note: menu is subject to change without notice . Thank you!*



Peter B.

Sam S.

Judy H.

Ross M.

Dean G.

Denis G.

Richard C.

Ivan C.

Faith T.

Pat B.

Lois

Roger H.

Eric R.

Debra C.

Mary M.

Bunny W.

Marj S.

Jerry M

Lois N

Lynn P.

Debra T.

**Bow Cliff 50+ and
Chartwell Royal Park**



**SPRING FLING
FUN PARTNER PARTY
BRIDGE TOURNAMENT**



**Saturday April 13th, 10am - 4pm
AT CHARTWELL ROYAL PARK:
4315 Richardson Road SW Calgary**

\$35 per person

**Morning Refreshments, Lunch, Coffee & Tea Provided
Cash prizes for the 1st - 4th place winners, large &
small slam prizes.**

Door Prizes to be won!

RSVP by Friday April 5th: 403-246-0390

*All proceeds will go to
Bow Cliff Programming.*

Bus transportation from Bow Cliff to Chartwell Royal Park and return is available, but reservation is required for those needing transport. Please Contact Bow Cliff office to reserve your spot.

Register Now for Spring

Spring Programming

Watercolour Art -AM: Mondays, Apr.29 - Jun.24, 9:30-12:00

Watercolour Art- PM: Mondays, Apr.29 - Jun.24, 12:30-3:00

Ukulele Play & Sing: Tuesdays, Apr.30 - Jun.4, 10:00-11:00

Intermediate Yoga: Tuesdays, Apr.30 - Jun.18, 12:45-1:45

Chair & Floor Yoga: Tuesdays, Apr.30 - Jun.18, 2:00-3:00

Line Dancing: Wednesdays, Mar.27 - Apr.24, 9:30-10:30

Tai Chi: Wednesdays, Apr.10 - May 15, 2:15-3:15

Mixed Media Art: Thursdays, May 2 - Jun.20, 9:30-11:30

Keyboard Intermediate: Thursdays, Apr.18 - May 23, 12:45-1:45

Gymmy Gentle Fitness: Fridays, Apr.12 - May 17, 9:30-10:30



3375 Spruce Dr. SW

403-246-0390

bowcliffseniors.org

Bow Cliff 50+

ANNUAL GENERAL MEETING

Wednesday
April 17th

1:00pm

Directly following our
Wednesday Luncheon



Conversation Café is a safe and supportive place for care partners and those with dementia to connect.

Join us at Bow Cliff Seniors Center every 2nd and 4th Friday of the month 10 am—noon

**Help break the barriers of stigma!
Join us for our Conversation Café!**

This network connects people from all walks of life—some diagnosed with cognitive impairment, along with close friends & family members, and others who want to learn more about how to care for those with these cognitive disorders. Conversation Café is a safe environment with others that share a similar journey. We hope to share experiences and resources, build relationships, and be able to walk together.

**Call the office for more information
403.246.0390**

FREE Learning Café's

Bow Cliff 50+ & LEARNING CAFE



Please join us to meet our new financial representative Kelsey Rootes with Servus Credit Union on **Friday April 5th @ 10AM** Kelsey will be presenting on various topics including Financial Scam Awareness and the impact of Monthly Donations amongst others. Key focal points will include:

FINANCIAL SCAMS AND AWARENESS

THE "WHY" BEHIND MONTHLY DONATIONS

- How it amplifies the impact and provides consistent support
- It's budget-friendly and offers flexibility
- Review of the simplified process through Servus Credit Union's program
- Tax credits are available for donations
- Tax savings can lead to higher government benefits
- Benefits to Bow Cliff Seniors include lower administrative costs and quicker disaster responses



More Learning Café's

CHARTWELL CAFE PRESENTS



WILLS AND ESTATES PLANNING



Thursday April 18, 2024 from 1:30-3:00

Back by Popular demand... Please join us for a conversation with our trusted partners as they present information on Wills and Estate Planning. It's never too early to start!



RSVP to Bow Cliff Seniors:
403-246-0390



CHARTWELL CAFE PRESENTS



Dementia Coaching



Friday April 19, 2024.
10am to noon

Please join us for a Learning Cafe on Dementia Coaching presented by Alexa Shaw from Chartwell Eau Claire and her Team of Dementia Experts



RSVP to Bow Cliff Seniors:
403-246-0390



2024 SPRING Programs

NOTE: Minimum number of registrants must be met 1 week before class starts. Drop-ins for these spring classes will only be considered once the minimum number of full registrants has been met.

EXERCISE			
Intermediate Yoga -Rm A	Tues. April 30-June 18 (8s)	12:45-1:45	6 max \$85 Mem. or \$95 Non-M
Chair Floor Yoga -Rm A	Tues. April 30-June 18 (8s)	2:00-3:00	6 max \$85 Mem. or \$95 Non-M
Tai Chi (pm) -CLBC & Rm A	Wed. April 10-May 15 (6s)	2:15-3:15	8 max \$80 Mem. or \$90 Non-M
Line Dance -Rm B	Wed. Mar. 27-Apr. 24 (5s)	9:30-10:30	14max \$60 Mem. or \$70 Non-M
Gymmy Fitness -Rm B	Fri. April 12-May 17 (6s)	9:30-10:30	10max \$80 Mem. or \$90 non-M
ART			
Watercolour Art 1-RmB	Mon.Apr.29-June24 (8s)	9:30-12:00	12max\$160 mem.or\$175 non-M
Watercolour Art 2-RmB	Mon. Apr.29-June 24 (8s)	12:30-3:00	12max\$160 mem.or\$175 non-M
Mixed Media Art -Rm B	Thurs. May 2-June 20 (8s)	9:30-1130	12max \$130Mem.or\$145 non-M
MUSIC & OTHER			
Ukulele - Rm B	Tues. April 30-June 4 (6s)	10:00-11:00	15max \$45 Mem. or \$55 non-M
Keyboard -Rm A	Thurs. April 18-May 23 (5s)	12:45-1:45	8max\$105 Mem. or \$115non-M

Drop-In Programs

BRIDGE	DAY	TIME	DROP-IN \$
Party Bridge	Tuesdays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
Duplicate Bridge	Fridays	12:30-3:00	Memb.—\$4 , Non-Memb.—\$5
GAMES			
Hand & Foot (card game)	Mondays	12:30 –3:00	Memb.—\$3 , Non-Memb.—\$4
Bingo	Wednesdays	1:15– 3:15	\$3 plus additional game card fees
Crib & Tile Rummy	Thursdays	12:30-3:00	Memb.—\$3 , Non-Memb.—\$4
ARTS & CRAFTS			
Crafts & Coffee	Tuesdays	9:30-12:00	Memb.—\$3 , Non-Memb.—\$4
OTHER			
Harmonica Tableau	Wednesdays	9:30 –11:30	
Convo & Learning Café	Fridays	10:00-12:00	FREE!
Lunch* MUST RSVP	Wednesdays	12:00 –1:00	Memb.—\$12, Non-Memb.—\$14



\$35 Bow Cliff Membership Includes:

**Free Birthday Lunch Coupon, Monthly Social Events for Members, Membership Prices for Events & Activities, Voting Privileges at AGM
Call 403-246-0390 Today!**

Or a Super Membership which includes us and 10 other groups.

**Sign Up
TODAY!**

SUPER MEMBERSHIP

\$50

Such GREAT Value!

Allowing you to enjoy member privileges at these various centres all year long:

Bow Cliff Seniors

Confederation Park 55+ Activity Centre

Greater Forest Lawn 55+ Activity Centre

Unison at Kerby Centre

Parkdale Nifty Fifties

Bowness Seniors Centre

Ogden 50+ Activity Centre

West Hillhurst Go Getters

Good Companions 50 Plus Club

SW 55+ Connect Society

Call the Bow Cliff office to find out more today!

What's Been Happening...



ST. PATRICK'S DAY LUNCH



We provide help with activities of daily living, including:

- **Meal preparation**
- **Light housekeeping**
- **Companionship**
- **Bathing and grooming**
- **Encourage medication adherence**
- **Dressing**
- **Personal hygiene**
- **Transportation**
- **Ambulation help**
- **Safety supervision**



**Empowering seniors, one step at a time:
Preventing falls, ensuring safety with ComForCare.**

ComForCare 
HOME CARE

Adams Araoye | Owner
(403) 852-2387
aaaroye@comforcare.com
3700 78th Avenue SE
Unit 230
Calgary, AB T2C 2L8
www.comforcare.ca/alberta/calgary



Piece On Peace
A SUSTAINABLE BOUTIQUE

Local Confectionery

ACROSS FROM BOWCLIFF SENIOR CENTRE

All the best this Easter!



#5 SPRUCE CLIFF CENTER SW
403-663-9433



Spring
**OPEN
HOUSE**

April 12 & 13 | 10 am - 4 pm



Are you or a loved one considering senior living?

Join us at our **Spring Open House**, where you will find community, connection and a worry-free lifestyle that awaits you.

Ask about our time-limited **Move-In Offer*** during your visit.

Don't miss this opportunity to envision the possibilities!

Claim your exclusive **Move-In Offer*** during the event.



CHARTWELL HARBOURS
20 Country Village Cove NE, Calgary

**CHARTWELL
FOUNTAINS OF MISSION**
222 25th Ave. SW, Calgary

CHARTWELL ROYAL PARK
4315 Richardson Rd. SW, Calgary

CHARTWELL COLONEL BELCHER
1945 Veteran's Way NW, Calgary

CHARTWELL EAU CLAIRE
301 7th St. SW, Calgary

1-844-727-8679 | Chartwell.com

*Limited-time offer. Conditions apply.



Laughter Lives Here

Life at Venvi is more than retirement living, it's a community filled with warmth, character and life. Designed for those who seek a vibrant and carefree lifestyle, everything here is in place to enjoy the freedom to live, love and laugh. This is the Venvi experience.

Call today to learn more and schedule a tour with a complimentary chef-inspired meal.

VENV I

CHATEAU RENOIR

— Retirement Living —

9229 16 St SW, Calgary
403-255-2105

EVERGREEN

— Retirement Living —

2220 162 Ave SW, Calgary
403-201-3555

venviliving.com



THE MANOR VILLAGE

LIFE
CENTERS™

at Signature Park



INDEPENDENT & ASSISTED SENIOR LIVING

Calgarian owned, operated and managed

Call (403) 249-7113

Email Imp@sp.themanorvillage.com

themanorvillage.com

Guest Speaker: 9:30am

Friday, April 5TH

Is your Executor Prepared?

LIMITED SEATING

RSVP – 403-249-7113

Signature Park

Open House:

“Spring to a Fresh Start”

11:00am – 1:00pm

Saturday, April 20TH

Presentation at 11:00 followed by community tour

Snacks and refreshments available



**Turn the key,
Open the door,
Walk into new possibilities!**



**A VIBRANT NEW COMMUNITY
FOR ADULTS 55 PLUS**

Scan here to learn more!





WELLINGS OF CALGARY LEASING CENTRE

**120 Na'a Drive SW
Unit 1021
Calgary, AB T3B 5V6**

403-437-6986



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9 Greek Seniors 11:15 Interm. Yoga 12:30 Card Game Hand & Foot 12:30 Watercolour	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukulele 12:30 Party Bridge 1 Chair Floor Yoga	9 Greek Seniors 9:30 Line Dancing 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo	9 Greek Seniors 9:30 Mixed Media 9:30 Watercolour last class 12:30 Crib & Tile Rummy –drop in	9 Greek Seniors 10 Learning Café  12:30 Duplicate Bridge	
7	8	9	10	11	12	13
	9 Greek Seniors 11:15 Interm. Yoga 12:30 Card Game Hand & Foot 12:30 Watercolour last class	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukulele last 12:30 Party Bridge 1 Chair Floor Yoga last class	9 Greek Seniors 9:30 Line Dancing 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi starts	9 Greek Seniors 9:30 Mixed Media 2 Memory Lane tea & fashion show NO DROP IN Crib or Tile Rummy Today	9 Greek Seniors 9:30 Gymmy Fitness starts 10 Convo Café 12:30 Duplicate Bridge	Spring Fling Bridge Tourney 
14	15	16	17	18	19	20
	9 Greek Seniors 11:15 Interm. Yoga last class 12:30 Card Game Hand & Foot	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 12:30 Party Bridge	9 Greek Seniors 9:30 Line Dancing 9:30 Harmonica Tableau 12 Lunch 1 Bow Cliff AGM Bingo to Follow 2:15 Tai Chi	9 Greek Seniors 9:30 Mixed Media last class 9:30 Watercolour 11 Bread Market 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard starts	9 Greek Seniors 9:30 Gymmy Fitness 10 Learning Café Chartwell Dementia Coaching  12:30 Duplicate Bridge	
21	22	23	24	25	26	27
	9 Greek Seniors 12:30 Card Game Hand & Foot	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 12:30 Party Bridge	9 Greek Seniors 9:30 Line Dancing last class 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour 12:30 Crib & Tile Rummy –drop in 12:45 Intermediate Keyboard	9 Greek Seniors 9:30 Gymmy Fitness 10 Convo Café 12:30 Duplicate Bridge 5 Social 	
28	29	30				
	9 Greek Seniors 9:30 Watercolour starts 12:30 Card Game Hand & Foot 12:30 Watercolour starts 	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukulele starts 12:30 Party Bridge 12:45 int. Yoga starts 2:00 Chair Yoga 				