BOW CLIFF 50+
3375 Spruce Drive SW

COMMUNICATOR

June.

June 22	Spruce Cliff Picnic
June 26	Canada Day Lunch/ TV Raffle
June 28	BCS Social

BOW CLIFF 50+

3375 Spruce Drive SW Calgary, AB
T3C 3A3
T: (403) 246-0390
F: (587)352-6894
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The Communicator is published monthly.

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

BCS STAFF:

John Yannitsos	**Executive Director**
Brad Keen	**Facility Worker**
Donnell Iosifelis	**Operations Manager**
Danielle Wallish	**Admin Assistant**

2019 BOARD OF DIRECTORS

President	**Dan Pyper**
Vice President	**Sally Hatcher**
Treasurer	**Eileen Sutcliffe**
Secretary	**Maureen Furze**

2019 DIRECTORS

Stephanie Krueger
Wayne Naylor
Eugene Wasylchuk

THANK YOU TO OUR FUNDERS AND SPONSORS

fcss family & community support services

Alberta | Alberta Lottery Fund

Government of Canada / Gouvernement du Canada
Canada

servus credit union

CALGARY FOUNDATION
Neighbour Grants

LUNCH Menu

June 5th	June 12th
Wieners & Beans	Grilled Cheese Sandwich
Green Salad	Fruit Salad
Buns	Tarts
Cookies	

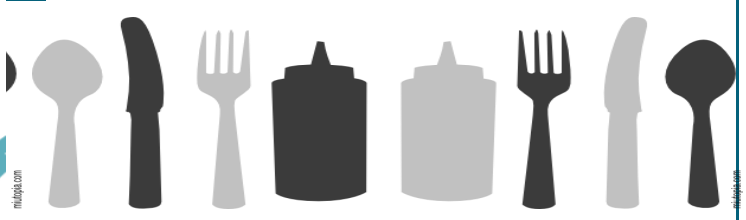
June 19th	June 26th
Chile	AMICA ASPEN WOODS OFFERS
Coleslaw	Chicken Fried Rice
Buns	Fresh Tossed Salad/ Veggie Tray
Birthday Cake	Fruit & Dessert Selection

Lunch starts at 12pm.

$7 for members.

$9 for non members

BIRTHDAY LUNCH COUPONS MAY BE USED AT ANY REGULAR PRICED WEDNESDAY LUNCHES



Hello Neighbors!

Measles are Contagious..

- Transferable
- infectious
- accessible
- Approachable
- Spread easily

So are Smiles!

- They suggest hospitality
- Communicate 'connectedness'
- Spell approachability
- Enhance Health
- Invite friendship
- Activate muscles in throat, jaw, face, diaphragm and belly.

AND when we add a few words we change, Bow Cliff 50+, our community, Calgary and on to the world?!!

Remember May's "Hello Neighbor"? Hellen Keller, Margaret Mead and Steve Jobs!!

So.. LETS BE AMBASSADORS OF SMILES .

WOW! May's "Birthday" Lunch was Sold Out! Delicious!

Grateful thanks to volunteers.

Guests from ARBI. Heather and Denise spoke of their mission and historical birthplace in basement of Woodcliff United Church 40 years ago.

"Surprise" invitees will join us occasionally so book early cause we enjoy your smiles and company.

Anyone remember May 15, 1940?

NYLON stockings were introduced! In 4 days 4 million pairs were sold. They revolutionized the WAR. The new synthetic fabric—called NYLON—replaced silk in parachutes.

EVERY Problem… Has A Solution

WE ARE! - You & Me

As friendly neighbors!

Psychological Science

Equated LONELINESS with smoking 15 cigarettes daily!

Bow Cliff 50+ offers solutions

* Sing-a-long, Rhythm Kats, Harmonica
* Wed 12 Noon lunches followed by BINGO
* Art, needle work, paper tole
* Exercise options
* Bridge, crib
* 4th Friday Evening Social
* Lawn Bowling

UP COMING EVENTS

Community Picnic

Stampede Breakfast

Free Evening Social

Special 1/2 price membership—July 1st to December 31st

TOGETHER WE CAN DO MORE…

JUNE BIRTHDAYS

Dianne Dalgleish	Carol O'Grady	Gracia Gagnon	Gord Schneider
Gran Becker	Dorothy Monette	Joyce Avramenko	Sherry Krause
Patricia Rutter	Doreen Walker	Frank Poce	Barbara Cockshull
Stephen Crowe	Isabel Flemons	Linda Doornbos	Khusro Mirza
Bevelyn Park	Dianne Laframboise		

Note from ED:

Thank you to all the volunteers and members who supported our Amica Aspen Woods Friday night members social on May 24th. We had over 50 people attend and enjoy the free BBQ. Our next Friday night social will be on June 28 and will be featuring pulled pork. We look forward to hosting another 50 plus members and guests.

Amica Aspen Woods is also sponsoring our traditional Canada Day lunch on Wednesday June 26th. Thank you to a wonderful sponsor and supporter of Bow Cliff.

Please mark your calendar for Saturday June 22nd as we co-host the Spruce Cliff Collaborative Picnic from 11 am to 2 pm. There will be a large bouncy castle and other activities for the children as well food and snacks. Everyone is welcome!

Saturday July 21 we are hosting a fun bridge tournament as a fundraiser. Please contact the office for details.

Have a great summer!

Ron Liepert – Calgary Signal Hill

Constituency Outreach and Communications

#2216 8561 8 A Ave SW

Calgary, Alberta

403 292-6666

June 2019

Advocating for Alberta's energy industry is one of my top priorities as your Member of Parliament. For far too long the Canadian energy industry was taken for granted and has been slowly losing the communications game to foreign funded activists. It's time to fight back. As you know, this was also one of the major themes of Premier Kenney's successful provincial election campaign earlier this spring.

In past newsletters, I have shared with you the work my team and I are doing to educate the rest of Canada about our industry. We have been coordinating energy leaders to meet with decision makers, business, and community groups in central and Eastern Canada to share firsthand the impact of our industry on Canada's prosperity, and its commitment to sustainability and environmental stewardship.

Recently five different CEO's each spent a day meeting local business leaders in communities such as Brockville, Kitchener, Haliburton and other centers in southern Ontario. In several instances these meetings garnered local community newspaper and media coverage. In all instances the CEO's were already travelling to Toronto for meetings with investors and agreed to make an additional stop at our request.

It is my hope that once industry leaders see the value in communicating the importance of Canadian energy to all of the country, these kinds of public sessions will become an automatic part of their travel plans. This initiative is only a small part of what could be a much larger effort once industry leaders see its value.

Together we are one country. The success of one province aids in the successes of all provinces. Similarly, the challenges faced by one province impacts all provinces. I believe strongly that as we communicate more with Canadians about our industry and the current challenges in Alberta, we will be able to face these challenges together, rather than as one province alone.

SATURDAY, JUNE 22, 2019

SPRUCE CLIFF COMMUNITY PICNIC

Check out what's going on in your neighbourhood!!

At Spruce Cliff Centre:

The Neighbourhood Picnic brought to you by the Spruce Cliff Collaborative from 11:00 to 2:00 p.m. GIANT obstacle course, basketball and loads of food! Try your hand at lawn bowling with The Calgary Lawn Bowling Club! Make and take art projects with the Church of the Good Shepard Art Studio or try out bell ringing with the Handbell Choir.

Spring Art Market @ Wolf Willow Studio from 10:00 to 4:00 p.m. Local, handcrafted mosaics, jewelry, wood, glass, soap, textiles, and much more!

Come and join us for a wonderful day!!

Sponsored by:

servus® credit union

Spruce Cliff Community Picnic is brought to you through the collaborative partnership of:

The City of Calgary

Spruce Cliff Community Association

Bow Cliff Seniors

Calgary Lawn Bowling Club

Church of the Good Shepard

Evan Woolley

Ward 8

Contact Evan : 403.268.2431

Calgary

Making it easier to float your boat: Map shows Calgary's river access locations

Floating down the Bow and Elbow rivers is a summer tradition that thousands of Calgarians take part in each year as the weather gets warmer. Calgary's rivers are free to access. A map has been created to help Calgarians know where the river access points are located throughout the city, as well as estimated river float times and river safety information. You can find the River Access Map at https://maps.calgary.ca/

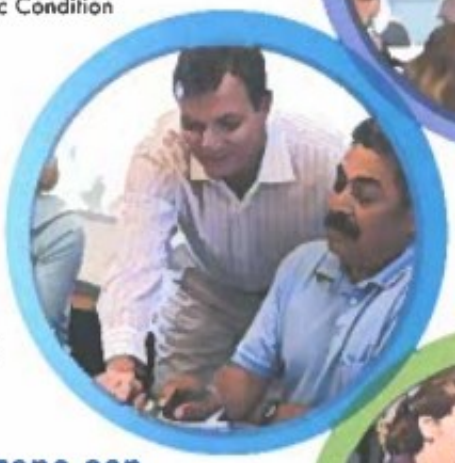
The map also shows sensitive areas where no stopping is permitted along the Bow River. Drift boats, canoes, kayaks, or rafts powered by human efforts are welcome on the Bow River. The Federal Government prohibits any motorized watercraft such as motorboards or seadoos within Calgary city limits.

A really cool recent addition to the River Access Map is the location and updated status of the 10th Street River Surfing Wave. Located near the south bank of the Bow River just east of the Louise/10th Street Bridge, the 10th Street wave has been the go-to spot for river surfing in Calgary for a number of years. At certain times of year when river flow rates are elevated, the wave is optimal for surfing and it's not uncommon to see a dozen surfers in a line as well as plenty of spectators.

Additional information on what you should know before you go, bringing the right gear, hazards on the rivers and important environmental resources can be found on the River Access page on the City of Calgary website.

Alberta Healthy Living Program

Formerly Living Well with a Chronic Condition



A community-based program for people with diabetes, high blood pressure, arthritis, chronic lung disease, asthma or other long-term health conditions. The aim of this program is to help you learn a healthy way to live with your chronic health condition. Our goal is for you to live the best possible life with a long term chronic health condition.

www.albertahealthservices.ca/cdmcalgaryzone.asp
403-9-HEALTH (403-943-2584)

Alberta Health Services

LAWN BOWLING

Wednesday morning at 10:30

$3 Drop in fee

Starting June 5th

Please register at the office

summer tour & travel

June 14th
Reader Rock Cafe

Garden walk with views from house and hilltops

311 25th Avenue SE

Bus leaves at 11am and returns at 2pm

Cost is $10, plus food costs
$13-24 price range, 18% tip added to bill.

July 23rd
Atco Blue Flame Cafe

Bus leaves at 11am and returns at 2pm

Cost is $10, plus food cost

to register contact the office

BOW CLIFF Seniors

3375 SPRUCE DRIVE SW
SATURDAY JULY 20TH | 11 AM - 3:30 PM

FUN
PARTNER PARTY BRIDGE TOURNAMENT

Registration and BBQ lunch starts at

11:00am

Tournament from

12:30 to 3:30

After Tournament Social | Appetizers and Cash Bar

20

July

Fee is $30. You will receive a $15 tax donation receipt from BCS.

To register call the office (403)246-0390

Or go to http://bowcliffseniors.org/event-3406001

All proceeds will go to support BCS programming

COME HOME TO SILVERA

Select a community designed to meet your unique needs and preferences.

Choose from a range of housing and enhanced service options, including early-stage memory care.

56 years of service in Calgary with 25 locations, 300+ employees, non-profit rents based on income, and below-market rents.

NONPROFIT AFFORDABLE HOUSING AND SERVICES FOR SENIORS

SILVERA
FOR SENIORS

We're ready to help you make your move!
403.567.5301 placement@silvera.ca silvera.ca

Seniors' Week June 2 - 8

Celebrate seniors and the many contributions they make to our communities!

Visit calgary.ca/seniorsweek to check out the fantastic events and activities taking place throughout our city.

Seniors' Week Resource Fair

Age-Friendly Calgary is hosting a Seniors' Week Resource Fair and focusing on the theme of "changing perceptions of aging". Join them on Monday, June 3 from 10:30 a.m. - 1:30 p.m. at the Municipal Building Atrium to learn about seniors resources and see some of the great initiatives happening in the community. This is a free event and everyone's welcome to attend!

Live with Grace, Age in Place

On Saturday, June 8 from 12:00 p.m. - 5:00 p.m. check out this new seniors fair being held at the Silver Springs Golf & Country Club, showcasing local seniors services who specialize in the areas of lifestyle, planning, health, and wealth. Please register through Eventbrite or call (403) 300-2273. Free admission.

Aging in Place workshop

This workshop on June 9 is designed to get you thinking about all 9 areas of Aging in Place and start to draft a plan to age well. Please register through Eventbrite or reserve your spot by calling (403) 256-7402 ext. 3290.
Location: Golden Life Seton Ave. (4485 Front Street S.E.) from 2:00 p.m. - 3:30 p.m.

Are you a **veteran** or **family** member of a veteran?
Do you have **problems sleeping**?
If so- this research study is for you.

We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep. This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada, supported by the Royal Canadian Legion Alberta- NWT Command, has been approved by the Canadian Institute for Military and Veterans Research (CIMVHR), and the Health Research Ethics Board of the University of Alberta.

To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at cary.brown@ualberta.ca .

UNIVERSITY OF ALBERTA
FACULTY OF REHABILITATION MEDICINE
Department of Occupational Therapy

AMICA

ASPEN WOODS

PRESENTS

Bow Cliff 50+

Evening Social

JUNE 28.2019, 6 PM
SPRUCE CLIFF CENTRE
3375 SPRUCE DRIVE SW

COME JOIN US FOR AN EVENING OF SOCIALIZING, PULLED PORK AND A CASH BAR
FREE FOR EVERYONE 50+

YOU'RE INVITED TO OUR

SOUTHWEST SENIORS SOCIAL DANCE

Amica Aspen Woods, a senior lifestyles residence, invites you to join us for the inaugural Southwest Seniors Social Dance. In partnership with SCA Community Association, we are pleased to host an evening of dancing and live music performed by The Silence in B'Tween. Celebrate summer and dance to a blend of classic musical genres.

Tickets are $10 and include your first drink. There will be a cash bar and refreshments prepared by Amica's Red Seal Chefs.

Friday, June 21, 2019

6:30-10:00pm

SCA Community Hall

277 Strathcona Dr SW, Calgary

RSVP to the SCA Community Association at 403-249-1138 by June 12

AMICA

ASPEN WOODS

AMICA.CA/ASPENWOODS

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	9 Greek Seniors 1230 Water Colour 1230 Hand & Foot 130 Yoga	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge 2 Qigong	9 Greek Seniors 930 Harmonica Tableau **12 LUNCH** 1 Bingo	9 Greeks Seniors 930 Art 930 Paper Tole 1230 Art 1 Crib	9 Greek Seniors 930 Rhythm Kats 1215 Duplicate Bridge	
9	10	11	12	13	14	15
	9 Greek Seniors 1230 Water Colour 1230 Hand & Foot 130 Yoga	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge 2 Qigong	9 Greek Seniors 930 Harmonica Tableau **12 LUNCH** 1 Bingo	9 Greeks Seniors 930 Art 930 Paper Tole 1230 Art 1 Crib	9 Greek Seniors 930 Rhythm Kats **11 Reader Rock Cafe** 1215 Duplicate Bridge	
16	17	18	19	20	21	22
	9 Greek Seniors 1230 Hand & Foot 130 Yoga	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge 2 Qigong	9 Greek Seniors 930 Harmonica Tableau **12 LUNCH** 1 Bingo	9 Greeks Seniors 1 Crib	9 Greek Seniors 930 Rhythm Kats 1215 Duplicate Bridge	SPRUCE CLIFF PICNIC
23/30	24	25	26	27	28	29
	9 Greek Seniors 1230 Hand & Foot 130 Yoga	9 Greeks Seniors 9 Needleworkers 1230 Party Bridge 2 Qigong	9 Greek Seniors 930 Harmonica Tableau **12 AMICA CANADA DAY LUNCH** 1 Bingo	9 Greeks Seniors 1 Crib	9 Greek Seniors 930 Rhythm Kats 1215 Duplicate Bridge **6 BCS SOCIAL**	