



DECEMBER 2023

*Bow Cliff 50+ Center*

*3375 Spruce Drive SW*

# COMMUNICATOR

## December



*The season of... Peace, Joy, Hope and Love.*



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](mailto:info@bowcliffseniors.org)

The Communicator is published monthly.

### BCS Staff

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

*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

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





## **A Note from our Executive Director**

It's hard to believe the year is almost done. 2023 has been an incredibly positive year for Bow Cliff. As we have entered this post pandemic era, we are proud of the progress we made with our diverse programming, our learning and conversation cafes and our member socials.

Thanks to our growing membership, Bow Cliff was a very busy and active centre. The addition of the successful Super Membership this year added even more vibrancy to our facility with frequent visits from Super members but also added a lot of enthusiasm and wonderful opportunities for our members to share with the other 7 organizations (soon to be nine).

Bow Cliff reflects the incredible volunteers who throughout the year support our lunches, fundraising programs, and casino. You continue to be the heartbeat of Bow Cliff.

2023 was not without challenges as we faced large unexpected & costly building issues. We are most grateful to our funders, sponsors and donors who helped us address major structural and functional issues so that Bow Cliff can remain a safe and comfortable place for everyone to meet and enjoy our programming and activities. We hope that the "Grease Trap" issue will be resolved soon with minimal interference and inconvenience in our programming and events.

Thank you to our Board of Directors, who volunteer their time and whose leadership and guidance helped us maintain a strong, vibrant, and compliant organization.

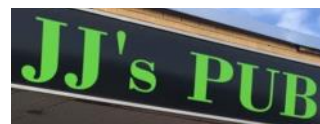
Please consider Bow Cliff as part of your charitable giving. As a registered charity, Bow Cliff can issue tax receipts. We know there are many great and deserving charities in our city that require everyone's support. We thank you for considering donating to Bow Cliff.

*On behalf of our incredible staff, Angela, Liz, Despina, George, and Beth, I want to wish all of you a Merry Christmas, Happy Holidays, and a wonderful and safe December.*

*- John Yannitsos*



This year has been marked by incredible generosity from our corporate sponsors and funders. We are appreciative of your previous support and look forward to working with you all in the new year!





<i>Wednesday 6th</i>	<i>Wednesday 13</i>
<p><i>\$12 Members</i> <i>\$14 Non-Members</i></p> <p><i>Broccoli cheddar soup, triple decker sandwich &amp; pear dessert</i></p>	<p><i>\$20 Members</i> <i>\$25 Non-Members</i></p> <p><b>CHRISTMAS LUNCH</b></p> <p><i>Ham, Scallop Potatoes, Veggie, Salad &amp; Festive Dessert</i></p>
<i>Wednesday 20th</i>	<i>Wednesday 27th</i>
<p><b>CLOSED</b></p> <p><i>Sign up for the New Year</i></p>	<p><b>CLOSED</b></p> <p><i>...Lunch resumes January 3</i></p>

**EVERY WEDNESDAY**

**...with exception of**

**Dec 20 & 27**

**As we are closed for the  
holidays.**

**LUNCH**

*Join us for weekly Wednesday lunches at  
noon. **Please RSVP** to office by noon the  
Tuesday prior so we can plan appropriate  
amounts. Please note: menu is subject to  
change without notice .*

*Thank you!*



# Coming Up Soon!

**BOW CLIFF 50+**



## JAM SESSION

BRING YOUR OWN  
INSTRUMENT, MUSIC AND  
MUSIC STAND AND ENJOY  
JAMMING WITH OTHER  
MUSICIANS!

**MONDAY,  
DECEMBER 11,  
@1PM**

**\$3.00 DROP-IN FEE  
COFFEE & TEA PROVIDED  
3375 SPRUCE DRIVE SW CALGARY**

THE  
**EDWARD**

— CURATED —  
RETIREMENT LIVING

*This Luncheon is Sponsored by  
our friends at The Edward  
Retirement Living Residence.*

**Bow Cliff Seniors Centre**

## CHRISTMAS LUNCH!

**Wednesday December 13th, 2023**

**11:30am-1:00pm**

Ham, Scalloped Potatoes, Vegetable Medley, Salad & Dessert.

\$20 member - \$25 non-member

A Special Performance from the 3rd Time Lucky Quartet at  
11:30am.

**Limited seating - RSVP by Dec. 12.**

**403-246-0390**

## CHRISTMAS BAKESALE

BAKING BY BOW CLIFF MEMBERS, INCLUDING  
OUR SUPER MEMBERS BAKE TABLE AND  
TRADITIONAL GREEK BAKING BY THE  
HELLENIC SENIOR'S SOCIETY

CHRISTMAS MUSIC PROVIDED

BY **imagine music**  
SINCE 1984

PANCAKE BRUNCH AVAILABLE

FOR \$5.00 (10-NOON)

★ **SATURDAY DECEMBER 2, 2023**

**10:00AM-1:00 PM**

**BOW CLIFF SENIORS  
3375 SPRUCE DRIVE SW  
CALGARY**





Donalda S.

Douglas O.

Roland W.

Flo P.

Joyce J.

Gladys K.

Stella S.

Linda M.

Mike O.

Doris H.

Carol G.

Geraldine W.

Jim G.

Troy Q.

Karen K.

Gail M.

Pieter M.



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**



# Membership Drive 2024



## 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!

## Bow Cliff Membership Includes:

**Sign Up TODAY!**

- ♦ **Free Birthday Lunch Coupon**
- ♦ **Monthly Social Events for Members**
- ♦ **Membership Prices for Events & Activities**
- ♦ **Voting Privileges at AGM**

**Call 403-246-0390 Today!**



Silver Stars  
Musical Revue Presents:

# Christmas Nostalgia

FRIDAY DECEMBER 15TH | AT 7 PM

\$15.00 / TICKET

GOODIES & COFFEE PROVIDED

BOW CLIFF SENIORS CENTRE  
3375 SPRUCE DRIVE SW

*Sponsored By  
Our Friends At*



**CHARTwell**  
retirement residences





# Drop-In Options!



**Monday Afternoon "Hand and Foot– Canasta Card Game" 12:30-3:00: \$3 Drop –in Fee**  
Beginners are VERY welcome to come and learn the game.



**Tuesday Morning Walking Group 9:30-11:30:** Join other members who love their morning walk/talk and get some exercise. Walks are not 2 hours in length, Bow Cliff hosts you for coffee/tea and social time after. ***Weather permitting. Walking sticks are available at Bow Cliff.***



**Tuesday Morning Coffee & Crafts 9:30-11:30: \$3 Drop -in Program**

Bring your own project and join the conversation with other crafters. A lovely social time.



**Party Bridge Afternoons Tuesday 12:30-3:00. OR**

**Duplicate Bridge Afternoons Friday 12:30-3:00**

**Drop in Bridge Fee: Members \$4, Non-members \$5**



**Thursday Afternoon 12:30-3:00: \$3 Drop -in Crib**

**NEW Drop in Rummy 12:30-3:00: \$3 Drop in ALL Welcome, bring a friend and enjoy!**



**Wednesday Afternoon BINGO @1:15-3:00: \$3 Drop-in Fee.** Game play will have 2 rounds with 4 games per round. Card fees: 10cents per card for first 3 games and 25cents for black-out games.

**NEW GAME!**

JOIN US

NEW

**DROP IN TILE RUMMY**

Thursdays 12:30-3:00 pm  
\$3 Drop-In Fee  
All Welcome



"Drop In Tile Rummy" is open for all to come and enjoy the space offered. Come play Tile Rummy, bring a friend and enjoy the afternoon together.

**Bow Cliff Seniors Center, 3375 Spruce Drive SW**

# 2024 WINTER Programs

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

EXERCISE			
Intermediate Yoga	Mon. Jan. 22-Apr.15 (12s)	11:30-12:30	5 Min/12 max \$100M, \$110NM
Chair Floor Yoga	Tues. Jan.23-Apr.9 (12s)	1:00-2:00	5 Min/12 max \$100M, \$110NM
Tai Chi	Wed. Jan.24-Mar.27 (10s)	2:15-3:15	7 Min/12 max \$95M, \$105NM
Line Dance with Paula	Wed. Jan. 24-Mar.13 (8s)	9:30-10:30	6 Min/12 max \$95M, \$105NM
Gymmy Fitness	Fri. Jan.26-Mar.15 (8s)	9:30-10:30	6 Min/12 max \$95M, \$105NM
ART			
Watercolour Art	Mon. Jan. 22-Apr.15 (12)	12:30-3:00	FULL
Watercolour Art II	Thurs. Jan. 25-Apr.11 (12)	9:30-12:00	9 Min/12 max \$200M, \$215NM
Mixed Media Art	Thurs. Feb. 1-Apr.18 (12)	9:30-1130	7 Min/12 max \$190M, \$205NM
MUSIC & OTHER			
Ukelele Beginner II	Tues. Jan. 23-Apr.9 (12)	10:00-11:00	6 Min/10 max \$115M, \$125NM
Keyboard Intermediate	Thurs. Jan. 25-Mar.28 (10)	1:00-2:00	6 Min/8 max \$150M, \$165NM

## WINTER 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	12:15 –3:00	\$3
Bingo	Wednesdays	1:15– 3:15	\$3 plus additional game card fees
Crib & Tile Rummy	Thursdays	12:30-3:00	\$3
ARTS & CRAFTS			
Crafts & Coffee	Tuesdays	9:30-12:00	\$3
OTHER			
Harmonica Tableau	Wednesdays	9:30 –11:30	\$3
Convo & Learning Café	Fridays	10:00-12:00	FREE!
Lunch* <b>MUST RSVP</b>	Wednesdays	12:00 –1:00	Memb.—\$12, Non-Memb.—\$14



# NEW CLASS!

## *Intermediate Yoga*



**Monday Mornings  
11:30-12:30**

**January 22nd - April 15th, 12 sessions  
\$100.00 Members, \$110.00 Non-Members**








**Join our instructor Judy Chan as she guides participants  
through yoga poses!**

**This class is all on the mat, but it is still gentle on the  
joints! There will be a focus on flexibility, balance and  
strength, and exercises will also focus on moving with  
breath.**

**All levels are welcome!**

***Call the office today to sign up: 403-246-0390***

# December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9 Greek Seniors 9:30 Gymmy Fit 12:30 Duplicate Bridge	<b>BAKE SALE 10-1</b>
3	4	5	6	7	8	9
	9 Greek Seniors 12:15 Card Game Hand & Foot 12:30 Watercolour <b>Last class</b>	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Beg. Ukulele 12:30 Party Bridge 1Chair/floor Yoga <b>Last class</b>	9 Greek Seniors 9:30 Silver Dance – <b>Last class</b> 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour II 9:30 Mixed Media <b>Last class</b> 12:30 Crib & Tile Rummy –drop in 12:45 Int. Keyboard <b>Last class</b>	9 Greek Seniors 9:30 Gymmy Fit - <b>Last class</b> 10 Convo Café 12:30 Duplicate Bridge	
10	11	12	13	14	15	16
	9 Greek Seniors 12:15 Card Game Hand & Foot	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Beg. Ukulele <b>make up class</b> <b>Last class</b> 12:30 Party Bridge	9 Greek Seniors 9:30 Harmonica Tableau <b>12 Christmas Lunch</b> 1:15 Bingo 2:15 Tai Chi 	9 Greek Seniors 9:30 Watercolour II <b>make up class Last class</b> 12:30 Crib & Tile Rummy –drop in	9 Greek Seniors 12:30 Duplicate Bridge <b>7 “Christmas Nostalgia” by Silver Star Music Revue</b>	
17	18	19	20	21	22	23
	9 Greek Seniors 12:15 Card Game Hand & Foot	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 12:30 Party Bridge	<b>OFFICE CLOSED for Year End</b>  <b>NO PROGRAMS</b>	<b>Closed for the holidays</b> 	<b>Closed for the holidays</b> 	
24/31	25	26	27	28	29	30
	<b>Merry Christmas to all</b>					





*Merry Christmas*

**BOW CLIFF  
OFFICE CLOSED**

December 20th, 2023 –  
January 2nd, 2024

Reopen on  
January 3rd, 2024



# **NEW CLASS!** **BEGINNER** **LINE DANCING**

**WITH PAULA BICKFORD**

Join us for a fun and energetic class with our favourite dancer - Paula Bickford! This class will involve learning new steps, adding fun and upbeat music, and dancing yourself fit!

This class is fit for beginners as well as experienced line-dancers!



**Wednesday Mornings**  
**9:30-10:30**

**January 24th - March 13th, 8 Sessions**  
**\$90.00 Members, \$105 Non-Members**



# Reopen January 3rd!



WELCOME  
2024



## New Year

## Welcome Back Lunch

January 3rd @ noon

Member's \$12 Non-Member \$14

Bring in the NEW YEAR with Us

Join us for LUNCH

**\*Don't forget to sign up for our NEW YEARS welcome back Lunch \***

# FREE Hearing Clinic



**ears to you**  
Mobile Hearing Clinic



**MONDAY**  
**January 15th**



**Our mobile hearing clinic  
will come right to your front door!**  
Locally owned and operated with  
over 25 years experience  
in the industry!



**TRISH  
EHMAN**  
RHAP  
Registered  
Hearing Aid  
Practitioner

**STEPHANIE  
RENAAS**  
MSC, RAUD, RHIP,  
AUD(C)  
Registered  
Audiologist

**CANDICE  
MAY**  
CCR  
Customer Care  
Representative

**JEFF  
CAMPBELL**  
RHIP  
Registered  
Hearing Instrument  
Practitioner

**ALLISON  
YOUNG**  
PHD, MAUD.  
Registered  
Audiologist

**NICOLE  
HUNTER**  
CCR  
Strategic  
Partnership  
Manager

**ALLI  
GUBERNEY**  
CCR  
Customer Care  
Representative

**403-970-7201**  
**earstoyou.ca**

**We are local EVERYWHERE**

## Catch hearing loss early!

*Hearing loss can bring on other health challenges ... including cognition difficulties.*

Our recent November Learning Café showcased this and much more. Join us for this collaborative event with “Ears to You”. Their mobile unit will be here at Bow Cliff for a **FREE Hearing Clinic**. We will host 5, 1 hour spots available on **Monday January 15th**, starting at 9:30... last appointment at 2pm. RSVP to office 403-246-0390.





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](mailto:Imp@sp.themanorvillage.com)

**Book a personal tour and enjoy lunch!**

**Call 403-249-7113**

*We look forward to your visit!*

[themanorvillage.com](http://themanorvillage.com)



Across from Bow Cliff Center

Located #5 Spruce Center

**Happy Holidays**

**Please shop local this season**

## **SOME OF FAVOURITE THINGS**



Log into our online catalogue for our gift guide

<https://pieceonpeace.com/christmas-catalogue/>







VISIT  
[VIBRANTSENIORS.CA](http://VIBRANTSENIORS.CA)  
FOR MORE  
INFORMATION!

## WHAT IS R&D RETIREMENT SOLUTIONS

- All-in-one concierge service for Seniors
- Assists Seniors looking to transition from their current residence
- We alleviate the anxiety and uncertainty Seniors face when downsizing
- Offers complimentary in-home consultation to discuss current situation, goals, and dreams
- Creates a roadmap with our trusted partners to facilitate your goals
- We work with trusted and vetted partners including but not limited to: downsizers, home-staging, lawyers, real estate professionals, financial planners, mediators; and various partnerships with all retirement communities
- Bringing value to Seniors' lives and ensuring a seamless and stress-free transition with our white glove service
- Complimentary consultations that have provided life changing value to our clients



*Recognize  
these friendly  
faces?*

Rick, Don and their team have supported Bow Cliff in many ways. We are so grateful for their support and expertise in this field!



403-463-7425  
[rick@brixrealestategroup.com](mailto:rick@brixrealestategroup.com)

403-473-1564  
[drmontpetit@shaw.ca](mailto:drmontpetit@shaw.ca)



INVITES YOU TO

# Jingle & Mingle

FRIDAY DECEMBER 15TH

2 - 5 PM

LOCATED AT  
THE WELLINGS OF CALGARY  
LEASING CENTRE  
1021 NA'A DRIVE SW

JOIN US FOR REFRESHMENTS, DRAW  
PRIZES & A TAKE AWAY GIFT FOR ALL!

PLEASE RSVP BY DECEMBER 10TH

LINDSAY@WELLINGSOFCALGARY.COM

403-437-4986