



JANUARY 2024

Bow Cliff 50+ Center

3375 Spruce Drive SW

COMMUNICATOR

January



Bring in the New Year

...join us for social programs and activities



BOWCLIFFSENIORS.ORG



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[BowCliffSeniors](https://www.facebook.com/BowCliffSeniors)



INFO@BOWCLIFFSENIORS.ORG

BOW CLIFF 50+

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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
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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

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of Canada
Gouvernement
du Canada


A Note from our Executive Director

Happy New Year everyone!

Our organization had a strong post pandemic recovery in 2023 with increases in membership, sponsorship and participation in our expanded programming, social and fundraising events.

We were able to meet the challenges we faced in 2023 with the structural building and kitchen deficiencies and parking lot upgrades, and we hope to complete the mandated grease trap installation in January. We very much appreciate the financial support of our donors and our members and guests' patience with some of the inconveniences created by the building issues.

We are looking forward to continuing the momentum of 2023 with a more diversified programming, events, weekly lunches, and monthly socials schedule.

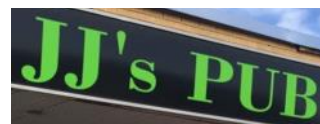
One of our biggest achievements in 2023 was that we doubled our Super Membership partners with 10 Super Membership organizations entering 2024 and we are extremely excited about the possibility of an additional 3-5 organizations joining us shortly. I am thrilled by the incredible feedback we are getting not only from our members enjoying meeting and participating with the other Super Member organizations but also with the new Super friends we are meeting on a regular basis here at Bow Cliff.

Obviously, there is still a tremendous amount of physical, mental, and financial stress on everyone due to the very high rate of inflation. We will do our best to remain cost efficient in our delivery of programs, learning cafés and events throughout 2024. Your continued fundraising and donation support will be key to our ability to maintain our programming at current pricing.

I am most proud of our incredible staff, but Bow Cliff wouldn't be the same without the wonderful volunteers who make us such a wonderful organization to belong to. We are so fortunate to have so many dedicated and caring individuals.

I wish you all a healthy, safe, and prosperous New Year!

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 3rd</i>	<i>Wednesday 10th</i>
<p><i>\$12 Members</i></p> <p><i>\$14 Non-Members</i></p> <p><i>Welcome Back Brunch 11:30</i></p> <p><i>French Toast and Sausages</i></p> <p><i>with Fruit</i></p>	<p><i>\$12 Members</i></p> <p><i>\$14 Non-Members</i></p> <p><i>Ukrainian Christmas</i></p> <p><i>Sausage, pierogies & cabbage rolls</i></p> <p><i>With traditional dessert</i></p>
<i>Wednesday 17th</i>	<i>Wednesday 24th</i>
<p><i>\$12 Members</i></p> <p><i>\$14 Non-Members</i></p> <p><i>Shepherds Pie,</i></p> <p><i>Side Salad</i></p> <p><i>and Dessert</i></p>	<p><i>\$12 Members</i></p> <p><i>\$14 Non-Members</i></p> <p><i>Butter Chicken</i></p> <p><i>Rice & Peas</i></p> <p><i>Mango Mousse Cake</i></p>
<i>Wednesday 31st</i>	
<p><i>\$12 Members</i></p> <p><i>\$14 Non-Members</i></p> <p><i>Burgers,</i></p> <p><i>Potato Side,</i></p> <p><i>Jello Dessert</i></p>	<p>LUNCH</p> <p><i>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 .</i></p> <p><i>Thank you!</i></p>

Coming Up Soon!



ears to you

Mobile Hearing Clinic

Monday, January 15th

FREE @Bow Cliff Seniors, 3375 Spruce Drive SW
Only 5, 1 hour apt. available
Book by phoning Bow Cliff office 403-246-0390



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



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EHMAN**
RHAP
Registered
Hearing Aid
Practitioner

**STEPHANIE
RENAAS**
MSC, RAUD, RHIP,
AUDIC
Registered
Audiologist

**CANDICE
MAY**
CCR
Customer Care
Representative

**JEFF
CAMPBELL**
RHIP
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Hearing Instrument
Practitioner

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Manager

**ALLI
GUBERNEY**
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Customer Care
Representative

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MUSIC THERAPY LEARNING CAFE

Friday, January 19th
Come learn & experience Music Therapy
Join us from 11-Noon

- Purposeful singing strengthens speech and communication, boosts mood, and facilitates connection with others
- Music making and movement, including the playing of instruments, maintains and improves mobility and allows for self-expression
- Counselling and songwriting promotes emotional expression through life transitions while enhancing cognitive function and memory

"Music transforms moments into memories."

Bow Cliff Seniors Centre
3375 Spruce Drive SW
RSVP to Office 403-246-0390



Donna D.

Noreen R.

Jeannine E.

Alice H.

Francis S.

Patricia W.

Joe E.

Nina N.

Patrick E.

Terry K.

Maxine O.

Joan B.

Lorraine D.

Lorna E.

Tim G.

Khalil T.

Betty P.

Maxine W.

Heidi S.

Alberta T.

Margaret I.

Colleen W.

Eva P.

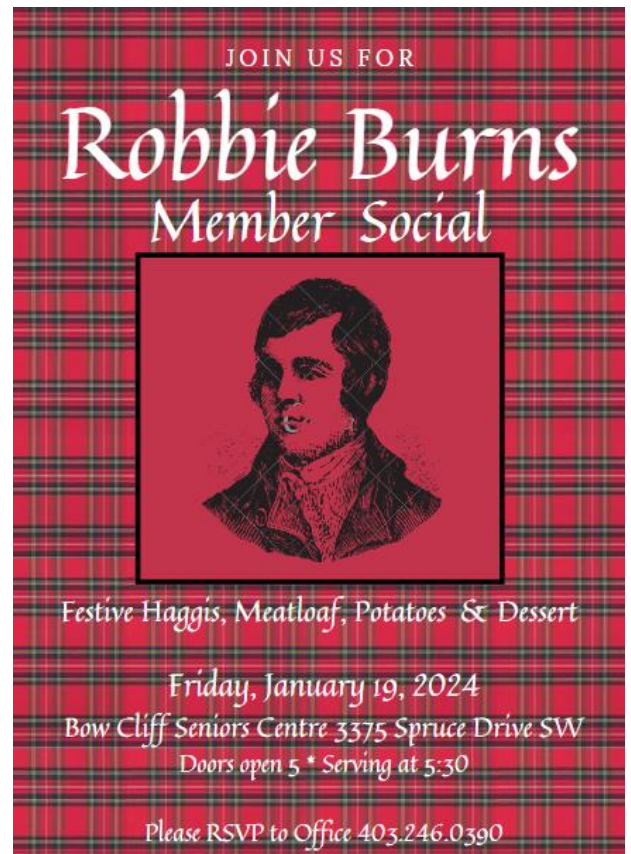
Donna M.

Eva L.

Jim W.

Alanna H.

Willy B.



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!



VISIT
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



*Re cognize
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

403-473-1564
drmontpetit@shaw.ca

Bow Cliff Walking Club

Tuesday Mornings from 9:30-11:30

Join other members who love their morning walks- talk, chat, and get some exercise!

Walking time is not the complete 2 hours. Bow Cliff will hosts the group post walk for tea, coffee, water and more social time!

This program continues through our Winter weather, walking sticks available here at Bow Cliff!

Come Out & JOIN US!



Party Bridge

*Tuesday 12:30

Duplicate Bridge

*Friday 12:30

FEE: Member drop in \$4

Non Member \$5

COFFEE & Crafts



Bring an ongoing project and join us on Tuesday mornings for coffee, conversation and social time with other 'crafters'! If you crochet, paint, or have any other crafts on the go, come and join us for our new drop-in program!

Tuesday Mornings 9:30-11:30
\$3 Drop in Fee

JOIN US

DROP IN CRIB

Thursdays 12:30-3:00 pm

\$3 Drop-In Fee

All Welcome

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

Bow Cliff Seniors Center, 3375 Spruce Drive SW



Join us every Wednesday afternoon @1:15 for B I N G O !

Drop-in fee \$3 -All Are Welcome!

Game Play will have 2 rounds with 4 games per round.

.10 cents per card played for first 3 games and .25 cents per card played for the blackout fourth game. Then the round will repeat one more time (total of 8 games).


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* MUST RSVP	Wednesdays	12:00 –1:00	Memb.—\$12, Non-Memb.—\$14




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



MUSIC CLASSES WINTER 2024

Calling all musicians!
Come and join us for one of our music classes coming up in January! Call the office (403.246.0390) or contact Angela Aviles for more information.



Ukulele - Beginner II
Jan.23 - Apr.9,
\$115.00 Members, \$125.00 Non-Members



Keyboard - Intermediate
Jan.25 - Mar.28
\$150.00 Members, \$165.00 Non-Members





Art Classes Winter 2024

Get your creative juices flowing and join us for one of our many art classes!
Open to all skill levels.

Monday Watercolour: (FULL)

Thursday Mixed Media Art:
Feb.1 - Apr.18, 9:30-11:30, 12 classes
\$190 Members, \$205 Non-Members

Thursday Watercolour II:
Jan.25 - Apr.11, 9:30-12:00, 12 classes
\$200 Members, \$215 Non-Members

Call the office (403.246.0390) or contact Angela Aviles to sign up today!





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

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy NEW YEAR 	2 Closed	3 9 Greek Seniors 9:30 Harmonica Tableau 11:30 Welcome Back Brunch 1:15 Bingo	4 9 Greek Seniors 12:30 Crib & Tile Rummy –drop in	5 9 Greek Seniors 12:30 Duplicate Bridge	6
7	8 9 Greek Seniors 12:15 Card Game Hand & Foot	9 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 12:30 Party Bridge	10 9 Greek Seniors 9:30 Harmonica Tableau 12 Ukrainian Christmas lunch 1:15 Bingo 	11 9 Greek Seniors 12:30 Crib & Tile Rummy –drop in	12 9 Greek Seniors 10 Convo Café 12:30 Duplicate Bridge	13
14	15 9 Greek Seniors 9:30 Ears to YOU Hearing clinic 12:15 Card Game Hand & Foot	16 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 12:30 Party Bridge	17 9 Greek Seniors 9:30 Harmonica Tableau 1:15 Bingo	18 9 Greek Seniors 12:30 Crib & Tile Rummy –drop in	19 9 Greek Seniors 11-Noon Learning Café on Music Therapy 12:30 Duplicate Bridge  5 Robbie Burn Member Social 	20
21	22 9 Greek Seniors 11:30Intermediate Yoga Starts 12:15 Card Game Hand & Foot 12:30 Watercolour Art starts	23 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukelele Beginner II start 12:30 Party Bridge 1 Chair Floor Yoga starts	24 9 Greek Seniors 9:30 Line Dancing with Paula starts 9:30 Harmonica Tableau 1:15 Bingo 2:15 Tai Chi starts	25 9 Greek Seniors 9:30 Watercolour Art II start 12:30 Crib & Tile Rummy –drop in 1 Intermediate Keyboard start	26 9 Greek Seniors 9:30 Gymmy Fitness starts 10 Convo Café 12:30 Duplicate Bridge	27
28	29 9 Greek Seniors 11:30Intermediate Yoga 12:15 Card Game Hand & Foot 12:30 Watercolour Art	30 9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 10 Ukelele Beginner II 12:30 Party Bridge 1 Chair Floor Yoga	31 9 Greek Seniors 9:30 Line Dancing with Paula 9:30 Harmonica Tableau 1:15 Bingo 2:15 Tai Chi			



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**

Card Players

“HAND & FOOT”

Hand, Knee and Foot is a fairly new card game that is catching on all over the country. The game is a variation of Canasta. The aim of the game is to get rid of all the cards from your hand, knee and then your foot by melding them.

Beginners are **VERY** welcome to come and learn the game.

\$3 User Fee

Coffee & Tea Provided

Mondays from 12:30pm-3:00pm



JOIN US

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

Year in Review

A spectacular year of fantastic programming, learning cafés, member socials, bridge tournaments, bus trips, lunches, various fundraisers with collaborated local supporters from numerous corporate sponsors. A huge thank you to all who gathered, participated and enjoyed the beauty of this community spirit. We look forward to sharing another year with you all. May 2024 bring you all GOOD HEALTH, and the ability to join in all that the NEW YEAR brings.



Building Relationships



Bread Markets



Collaborative Community Events



Try Something NEW





Themed Member Socials



Spring Tea



Entertainment Galore



Dancing

Learning Cafes



Supportive members

and Incredible Volunteers



Celebrating Community Spirit And Making Memories





Year in Review



**Growing Smiles
Fundraising**

Bridge Tournaments



**Syrian
Fundraising
Lunch**

Bake Sale



Community Garage



RROAR

Sharing voice



GREY EAGLE



PASU FARM





THE MANOR VILLAGE

LIFE
CENTERS™

| at Signature Park



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Call **(403) 249-7113**

Email Imp@sp.themanorvillage.com

You are invited to our **Start Something New**

Open House Saturday January 20th (RSVP)

or book your personal tour and enjoy lunch! 403-249-7113

We look forward to your visit!

themanorvillage.com



Across from Bow Cliff Center

Located #5 Spruce Center

Happy Holidays

Please shop local this new year!

SOME OF FAVOURITE THINGS



Log into our online catalogue for our gift guide

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





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*See you in the
New Year!*

