



NOVEMBER 2023

*Bow Cliff 50+ Center*

*3375 Spruce Drive SW*

# COMMUNICATOR



[BOWCLIFFSENIORS.ORG](http://BOWCLIFFSENIORS.ORG)



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[INFO@BOWCLIFFSENIORS.ORG](mailto:INFO@BOWCLIFFSENIORS.ORG)

## BOW CLIFF 50+

3375 Spruce Drive SW Calgary, AB  
T3C 3A3

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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
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***

Winter arrived a bit early. We do have 6-month snow clearing service that begins officially on November 1<sup>st</sup>, but as you can tell we had to use the service early. For your information, our snow clearing expenses are almost \$3,000 per month, and is split equally between the Hellenic Community, the mall and ourselves. Between the parking lot and pathways we have a lot of space to maintain and we do our best to keep our facility as safe as possible.

To update our situation with the mandated installation of a grease trap or Fats, Oil & Grease (FOG) Interceptor, we were hoping we would be able to install under the cabinet grease traps instead of digging up the kitchen floor to install a FOG interceptor. It appears we will need to install one or two FOG Interceptors underneath the hallway between the kitchen and washrooms. This project will necessitate the closing of our building for a few days. The timeframe has yet to be determined but we think it will be early in the new year. We are hopeful to minimize the interruption to as little as possible but there will be programming and events that will be postponed or cancelled by the installation. This will be an expensive installation. We feel confident that the City will pay for 75% of the costs and the rest will be our responsibility.

Thank you to our donors, funders and sponsors who support us throughout the year and who have helped us navigate all the unexpected and unbudgeted building maintenance surprises. We will need additional fundraising and donation support for this expense that could possibly be as much as \$10,000 to us.

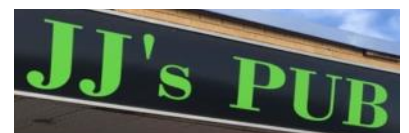
Thank you to all our volunteers who have helped with several great programs and events throughout the fall. You are what makes Bow Cliff special!

Our Super Membership family continues to grow, and we expect to make a major announcement on new organizations joining before the year end. Thank you to all the Super Members who have joined us for our events and to the Super Member Partners who have welcomed our members to their programs and events.

We continue to experience an increased level of colds, flu and COVID amongst our membership. We encourage everyone to stay home if you're not feeling well. Stay warm and stay healthy!



Thank you to our corporate sponsors and donors for all their support! Your support allows us to continue cost-effective and vibrant programming for our club and members.







# Lunch Bunch



Menu

## Wednesday 1st

*\$12 Members*

*\$14 Non-Members*

*Beef Barley Soup,  
Grilled Cheese, Dill Pickle  
& Ice Cream Dessert*



## Wednesday 8th

*\$12 Members*

*\$14 Non-Members*

*Mac & Cheese with Ham  
Green Salad  
& Trifle Dessert*



## Wednesday 15th

*\$12 Members*

*\$14 Non-Members*

*Butter Chicken,  
Rice , Mini Pita, Green Peas  
& Birthday Cake*



## Wednesday 22nd

*\$12 Members*

*\$14 Non-Members*

*Red Lentil Soup,  
Veggie sticks, Pita & Hummus  
& Ginger Apple Crisp Dessert*

## Wednesday 29th

*\$12 Members*

*\$14 Non-Members*

*Hearty Turkey Pot Pie  
& Frozen Desserts*



**EVERY WEDNESDAY!**

# LUNCH

*Join us for weekly Wednesday lunches at noon. **Please RSVP** to office by noon the Tuesday prior so we can plan appropriate amounts. Thank you!*

**Coming Up Soon!**

**BOW CLIFF 50+**

# JAM SESSION



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

**NOVEMBER 2ND, 1PM**

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

## KERBY CENTER & COBBS BREAD MARKET

Thursday November 16th

11:00am

Location: Bow Cliff Centre





Patricia F.

Helen P.

Margaret K.

Rita M.

Midge R.

Patrica F.

Verlie T.

Bob B.

Donna S.

Barbara T.

Marlene F.

Roy B.

Theresa S.

Shirley K.

Derk D.

Joesph A.

Sally H.

Deb R.

Mina B.

Myrl E.

Judy B.

Cheryl S.

Veronica F.

Amber W.

Joanne J.

Dan P.

Hazel D.

Noel G.

Patrica J.

Lindsay U.

G.D. Sam M.

# DON'T FORGET!

Sunday

NOVEMBER 5th





# 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

Call the Bow Cliff office to find out more today!

## 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!**



*Sorry*

**WE WILL BE  
CLOSED**

THE BOW CLIFF OFFICE WILL BE  
CLOSED ON **FRIDAY NOVEMBER 10TH**  
DUE TO FULL VENUE RENTAL.

*November Social*

Stay Tuned for the  
theme of our **LAST**  
Member social of  
**2023!**

Friday, November 24  
6:00pm



**VOLUNTEERS  
NEEDED FOR...**

**CHRISTMAS  
BAKESALE**

PLEASE SIGN UP AT THE OFFICE

**NEEDED....**  
BAKERS, EVENT SET UP,  
KITCHEN HELPERS

OUR LARGEST FUNDRAISER EVENT

**MANY HANDS  
MAKE LIGHT WORK**



# 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 blackout 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**

# 2023 FALL Programs

EXERCISE			
Chair Floor Yoga	Tuesday Oct.3-Dec 5	1:00-2:00	<b>FULL</b>
Tai Chi	Wed. Sept.27-Dec 13	2:15-3:15	Memb.\$100 Non-Memb.\$115
Silver Dance	Wed. Oct.18-Dec.6	9:30-10:30	Memb.\$85 Non-Memb.\$95
<b>NEW</b> Gymmy Fitness	Fri. Nov. 17—Dec. 8	9:30-10:30	Memb.\$60 Non-Memb.\$80
ART			
Watercolour Art	Mon. Sept 18-Dec 4	12:30-3:00	<b>FULL</b>
Mixed Media Art	Thurs. Sept 21-Dec 7	9:30-11:30	<b>FULL</b>
Watercolour Art II	Thurs. Oct. 19-Dec 7	9:30-12:00	Memb. \$150 Non-Memb. \$178
MUSIC & OTHER			
Bridge Lesson -easy/int.	Tues. Sept 19-Nov.21	9:45-11:45	Memb.\$65 Non-Memb.\$65
Keyboard Intermediate	Thurs. Oct .5-Dec.7	12:45-1:35	Memb.\$145 Non-Memb.\$160
Beginner Ukelele	Tues. Oct. 17-Dec. 5	10:00-11:00	Memb.\$96 Non-Memb.\$110

***Stay Tuned for Upcoming WINTER 2024 Program Listings!***

## FALL 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 (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



# What's Been Happening...



# Thanksgiving Luncheon



# Learning Café #1

**CNIB Ambassador Presentation**  
Bow Cliff Centre | November 17 | 10am



**FOUNDATION**  
**ALBERTA &**  
**NORTHWEST TERRITORIES**



Join the Canadian  
National Institute for  
the Blind for a  
presentation and  
discussion on the  
following topics:

- Blind Etiquette
- Accessibility & Inclusion
- Assistive Technologies
- White Canes & Guide Dogs
- CNIB Programs & Services

**CNIB Ambassadors are**  
volunteers who live  
with sight loss and  
speak based on their  
lived experience and  
commitment to  
advocacy.

**CNIB Foundation**  
**1-800-563-2642**  
[ambassador.abnwt@cnib.ca](mailto:ambassador.abnwt@cnib.ca)  
[www.cnib.ca](http://www.cnib.ca)



**Lest We Forget...Saturday, November 11. Take time to Remember those who have served and show gratitude for those who continue to serve!**



**Watch The National  
Ceremony**



**Find a Local  
Ceremony**



**Wear your  
Poppy**



**Observe Two  
Minutes of Silence**

# Learning Café #2



## ears to you

Mobile Hearing Clinic

### TOPICS TO DISCOVER

- How the ear works
- Effects of untreated hearing loss
- Social and interpersonal effects on everyday
- Technology changes through history
- Timeline of the changing hearing clinic ecosystem and where Ears To You fits



**Hearing Presentation**  
**Monday, November 20th @ 10:00**

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



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

📞 403.970.7201 🌐 [earstoyou.ca](http://earstoyou.ca)

We are local EVERYWHERE



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**





# CHRISTMAS BAKESALE

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

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CHRISTMAS MUSIC PROVIDED

BY  **imagine  
music**  
SINCE '94

PANCAKE BRUNCH AVAILABLE

FOR \$5.00 (10-NOON)

★ SATURDAY DECEMBER 2, 2023

10:00AM-1:00 PM

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BOW CLIFF SENIORS  
3375 SPRUCE DRIVE SW  
CALGARY





# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9 Greek Seniors 9:30 Silver Dance 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour II 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in 12:45 Int. Keyboard <b>1:00 JAM SESSION</b>	9 Greek Seniors 9:30 Gymmy 12:30 Duplicate Bridge	
5	6	7	8	9	10	11
<b>FALL BACK 1 HOUR</b> 	9 Greek Seniors 12:15 Card Game Hand & Foot 12:30 Watercolour	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 9:45 Bridge lessons 10 Beg. Ukulele 12:30 Party Bridge 1 Chair/floor Yoga	9 Greek Seniors 12 9:30 Silver Dance 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour II 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in 12:45 Int. Keyboard	<b>NO PROGRAMS</b> Office closed due to full venue rental	
12	13	14	15	16	17	18
	9 Greek Seniors 12:15 Card Game Hand & Foot 12:30 Watercolour	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 9:45 Bridge lessons 10 Beg. Ukulele 12:30 Party Bridge 1 Chair/floor Yoga	9 Greek Seniors 9:30 Silver Dance 9:30 Harmonica Tableau <b>12 Fund raising Lunch</b> 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour II 9:30 Mixed Media <b>11 Bread Market</b> 12:30 Crib & Tile Rummy –drop in 12:45 Int. Keyboard	9:30 Gymmy 10 Learning Café— <b>CNIB Presentation</b> 12:30 Duplicate Bridge	
19	20	21	22	23	24	25
	9 Greek Seniors 10am Learning Café <b>Value of Hearing</b> 12:15 Card Game Hand & Foot 12:30 Watercolour  <b>5 City of Calgary Meet &amp; Greet</b>	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 9:45 Bridge lessons 10 Beg. Ukulele 12:30 Party Bridge 1 Chair/floor Yoga  <b>6 Fun Bingo with the Mustard Seed</b>	9 Greek Seniors 9:30 Harmonica Tableau 9:30 Silver Dance 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour II 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in 12:45 Int. Keyboard	9:30 Gymmy 10 Convo Café 12:30 Duplicate Bridge 5 Member Social <b>Winter Formal</b> 	
26	27	28	29	30		
	9 Greek Seniors 12:15 Card Game Hand & Foot 12:30 Watercolour	9 Greek Seniors 9 Crafts & Coffee 9:30 Walking Club 9:45 Bridge lessons 10 Beg. Ukulele 12:30 Party Bridge 1 Chair/floor Yoga	9 Greek Seniors 9:30 Silver Dance 9:30 Harmonica Tableau 12 Lunch 1:15 Bingo 2:15 Tai Chi	9 Greek Seniors 9:30 Watercolour II 9:30 Mixed Media 12:30 Crib & Tile Rummy –drop in 12:45 Int. Keyboard		



YOU ARE INVITED TO

Silver Star Christmas  
Musical Revue  
***“Christmas Nostalgia”***

JOIN US FOR AN EVENING OF FESTIVE MUSIC,  
CHRISTMAS CHEER AND MERRIMENT

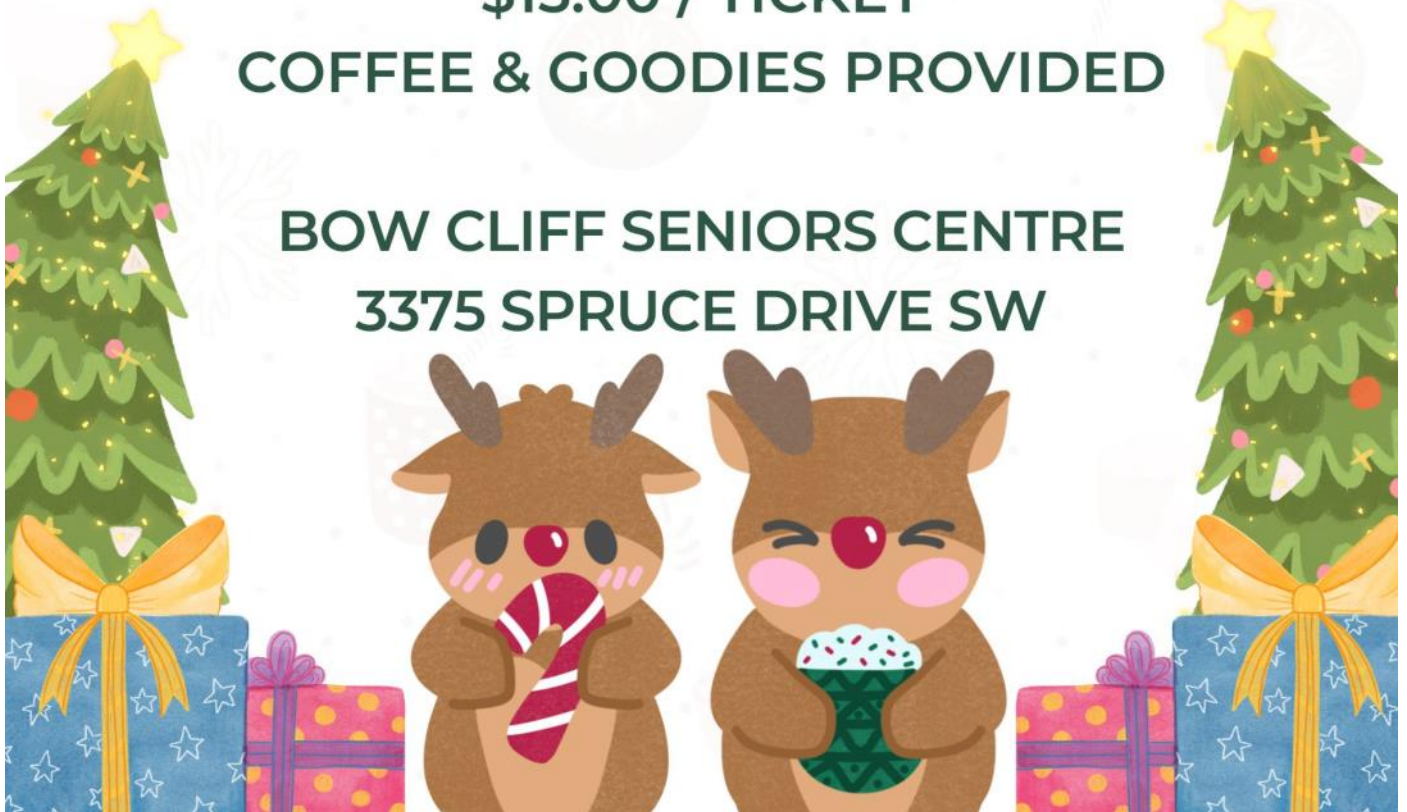
FRIDAY DECEMBER 15TH | AT 7 PM

\$15.00 / TICKET

COFFEE & GOODIES PROVIDED

BOW CLIFF SENIORS CENTRE

3375 SPRUCE DRIVE SW





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)

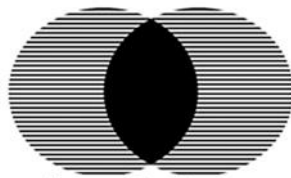
**Book a personal tour and enjoy lunch!**

**Call 403-249-7113**

*We look forward to your visit!*

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





Piece On Peace  
A SUSTAINABLE BOUTIQUE

Located #5 Spruce Center  
Across from Bow Cliff Center



These Danish Licorice boxes are a big hit at gift time, the advent calendars are very limited!



Our popular confectionary and gift area is stocked and ready for the season!





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)





Wellings®  
OF CALGARY



YOU'RE INVITED!

# SIP & SHOP

NOVEMBER 29TH, 2023  
2 - 4 PM

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

*Festive refreshments provided*

*Vendors ranging from:  
Artisan cupcakes  
Custom wood work  
Eco friendly goods  
Ornaments  
etc...*

RSVP TO  
[lindsay@wellingsofcalgary.com](mailto:lindsay@wellingsofcalgary.com)  
825-734-4422