



West Hillhurst Go-Getters Association October 2020 Newsletter



Contact us at:

Phone: (403) 283-3720
Fax: (403) 283-3744

Please leave a message if we don't answer the phone and we will get back to you as soon as we are able.

Carole's e-mail: gogetters@telus.net

Cassandra's e-mail: programs@telus.net

Web: www.gogetters.ca
and like us on Facebook 

All registrations/sales for this newsletter will begin September 21st, 2020!

Facility Closures:

Monday, October 12th for Thanksgiving



Memberships

The Go-Getters has decided to reduce the 2020 – 2021 membership fee to \$20.00 for this one year only due to the missed months in 2020 for the Covid-19 closure. Memberships are now available to join or renew for the new membership year (Sept. 1, 2020 – Aug. 31, 2021)




Debit and Credit Machine

Go-Getters has installed a new debit/credit machine in the office. Please be aware that we are instituting a minimum purchase of \$10.00 for the use of this machine. Interact, Visa or Mastercard are the only forms of cards we will accept.

Newsletter Release Dates

We have changed the release dates of the monthly newsletter to reflect mail out times for members without e-mail. We will now send out the newsletter the third Friday of each month and ticket sales will begin the following Monday morning.

Facebook: Go-Getters has a Facebook page. Locate us at West Hillhurst Go-Getters Association. Like and follow us on Facebook. 

Go-Getters Rules for entry!!!

We need to follow the new Covid-19 rules and guidelines stipulated by Alberta Health Services and Dr. Deena Hinshaw. The Go-Getters now have a waiver, and we require all members and guests sign this waiver upon entering our centre. If you can print the waiver at home, please do, fill it out and bring it in with you or we will have one for you to fill out when you arrive. We will be tracking your visits to the centre with our sign in book. Both in and out times are now required. This is necessary for contact tracing should someone test positive for the virus. **Masks are required while in our centre!** Please bring your own or we will provide you with one when you arrive. To allow for social distancing, only a maximum of 30 people will be allowed in at a time. Appointments are still required for the foot doctor and reflexologist so please call the office to book your appointment time. If we do not answer the phone, please leave a message and we will get back to you as soon as we can. With all the extra cleaning and sanitizing required, we may not always be at our desks! If we are at our maximum number, you will need to wait outside until someone leaves. Please remember to keep that 6-foot distance from others while you wait. You must enter the centre using our main door only and you will only be able to exit through the doors to the handicap parking or the door down by the storage room. If you have any questions or concerns, please call or email us!

The President's Message

October in the year that is - 2020. In March, just as Winter was winding down, we went into "lock down" and while in lock down, Spring and Summer slipped through the cracks. Now here we are just about to enter Fall and in looking back we wonder where has the time gone. When we were first quarantined I'm sure we all thought the time would drag by until our "normal" life resumed, well I for one, found the days flying by, what with all the books to read and puzzles to do, to say nothing about the hours spent chatting on the phone, I hardly had time to think, let alone be bored. While we are not yet anywhere back to normal, as we knew it, we are making good progress in that direction, all the while making sure we are all being kept safe. Kudos' to Carole and Cassy for the awesome job they are doing towards that end.

I'd like to say "thank you" to all who came out to games night, we thought it turned out very well and are looking forward to the next one on October 2nd. In view of the restrictions on the use of the kitchen, the rules around the handling and serving of food and the difficulty of coming up with teams to provide snacks, to say nothing of the added stress of trying to figure out what to bring, we have decided to increase the cost to \$5 and order in pizza and the like instead. Hopefully, this change meets with your approval.

We are once again entering into Flu season and as in past years will be hosting a "flu shot clinic" at the center for members and their guests. The exact day, time and procedures can be found elsewhere in this newsletter.

As I'm sure many of you have heard, the tables at the casinos were re-opened on September 4th, indicating that we might be able to play cards in the not too distant future. Carole has been working very hard to see what we can do to make this happen, so, card players, start praying that we will be up and running, and sitting around the tables, albeit with many rules, playing cards before the end of November. We are carefully monitoring the situations in the schools as what happens there influences how we conduct our activities, which is all about keeping our membership safe! In the meantime, I encourage all of you to continue to drop in to the center on Mondays or Tuesdays for coffee and conversation. I'm happy to see

so many new faces added to our Tuesday group of coffee drinkers. As you know "the more the merrier" and the more input we can get on how best to proceed toward "normal".

Congratulations to all who have chosen to come back to the center - you have all been following the Covid rules to a "T". The most important rule, after social distancing, is wearing a mask with the rule of thumb being - mask on until your bums are in the chair, then it can be removed until your bum leaves the chair. Now how hard is that?

Well as usual I've rambled on long enough, so I'll leave you with these few words of wisdom- Love is rare, Grab it. Anger is bad, Dump it. Fear is awful, Face it. Memories are sweet, Cherish them. Life is short, Live it. Good friends help you find important things when you have lost them- things like your smile, your hope and your courage.

Happy Halloween, and God willing, the ghosts and goblins will not be denied the fun of trick and treating!

Stay safe, strong and healthy and enjoy all the virtual hugs you can.

Cheers,
Diane Allen - President



The Executive Director's Message

So, here we are, October! How is that possible? We are still attempting to restart many of the activities here at the centre. The province has now allowed Casinos to re-open their table games. The sanitizing protocol is very high and there are a lot of restrictions! I went to the Deerfoot Casino to see how they are handling Card games. Only the poker room was dealing cards to players, all other games including Blackjack were dealing cards face up to players. All table games, including the Poker room, had plexiglass dividers on the tables and only half the seats were open.

Sadly, we are not able to start playing cards here at the centre yet. The risk is still too high as we are in that vulnerable population! I have been in contact with the other centres here in Calgary and none are comfortable allowing cards where multiple people are touching the cards. Modified versions, where **each person** plays with a **separate deck** of cards, are being

played at Ogden House (Cribbage) and Parkdale Nifty Fifties (“Pandemic” Euchre). They are keeping a manual score and are not using crib boards or euchre boards.

We have successfully started socially distanced classes of FitWalk, Line Dance and Gymmy with a maximum of 14 members, previously our class size was 25. Bingo is also running successfully with about half the players from prior to the pandemic. Games Night also restarted on September 4th and I hear Pictionary was quite a bit of fun! Going forward we have decided to raise the cost for Games Night from \$2 to \$5 and Pizza or something similar will be ordered in. Beer and wine will remain at \$3 each. We are not allowed to “share” food at this time, we can’t put out trays of cheese and crackers and allow people to take their own snack. My, how times have changed!

Luncheons are another event we want to get back to but our room is just too small! We would only be able to have about 20 members at a time to be properly socially distanced. We are trying to secure another room here in the community for the Christmas luncheon so watch for details in the next newsletter!

As always, Cassandra and I miss seeing everyone! Come for a coffee either Monday or Tuesday from 1:00 pm to 2:00 pm! Stay safe everyone!

Carole Saviak – Executive Director



Flu Shots

Friday, October 23rd, 2020
 Cost: Free (bring AB Health Card)
 Time: 9:00am – 1:00pm



It is time for those flu shots again and Go-Getters is hosting a clinic along with D&M Pharmacy. Friday, October 23rd you will find a nurse in the Go-Getters library. This is for **Go-Getter members and their guests**.

Foot Clinic

Dr. Greg Somer will be joining us for a foot clinic on Tuesday, November 10th starting at 10:00am. As the centre must have a break between appointments for sanitization, the “regular” schedule will not apply and you must call to book your appointment for this date. Spaces are limited and all Covid19 rules apply for entry to the centre.

Reflexology



Our reflexologist is back for appointments. There are a few changes that need to be made during this time of the Covid-19 virus. You must still pre-book your appointment and please only arrive about 10 minutes before your appointment time. You must wear a mask if you have one or we will provide you with one at the door. If it is your first time back to the centre, you will be asked to fill out our Covid-19 waiver. **Diana’s prices have increased to \$30.00 per ½ hour or \$55.00 per 1-hour appointment.** Go-Getters will be running with reduced hours for the first little while so spaces are limited. If you had a regular appointment time prior to Covid-19 you will still need to call for a new appointment time. The next dates we will be booking for is **Thursday, October 8th and 22nd, 2020 starting at 10:00am.**

Tai Chi

Tai Chi is coming back indoors starting October 6th and is dividing into two practice groups, one on Tuesday and the other on Thursday, that are posted below. Masks and all covid-19 safety regulations apply for this class. Cost is still the \$2.00 drop-in fee each time but unfortunately we can not accommodate the social coffee following each class. Please let Neil or Cassandra know if you are listed in a group below and do not wish to be a regular each week as to make room for others not yet on a list. Thank you!

	Tuesdays 10:00 – 11:00	Thursdays 11:15 – 12:15
1	Linda Rainey	Wayne Chow
2	Michael Rainey	Neil Sabine-Paisley
3	Bert Unterberger	Jane Hilton
4	Barbara Hongista	Marie Lefrang
5	Brian Cummings	Meriel Light
6	Margaret Cummings	Olga Bateman
7	Helga Porter	Miriam Meir
8	Cherie Martin	Ginger Davey
9	Pauline Paisley	Maureen Steffens
10	Vivian Mar	Peter Kwong
11	Herta Fidler	Harold Lau
12	Belle Auld	Peggy Campbell
13	Ian Watson	Marianne Bray
14	Mary-Ann Owens	Kathy Wilson

Tai Chi Wait list:

Greg Rommann (either day), Isabelle Grey (Thurs) and Octavie Alexis (either day).



Games Night

Friday, October 2nd, 2020

Time: 6:30pm – 9:00pm

Cost: \$5.00/ person including pizza!

Games night is a monthly get together where our members can use the centre to socialize. Come on out and brighten your mood with a night filled with pizza and good friends. Pizza will be ordered once everyone arrives to ensure the correct amount is ordered. Wine, beer and 50-25-25 tickets will be available for purchase during games night. No card games or dominos will be played at this time due to Covid-19 regulations.



Flower Arranging Class

Friday, October 9th, 2020

Time: 1:00pm – 3:00pm

Cost: \$25.00/member (Max. 12 spots, members only)

Come on in, get creative and make your own flower arrangement for display. We will be working with both silk and fresh flowers.



Gymmy Class



A slow paced exercise class focusing on functional movement, mobility, flexibility and strength. This 60 minute class will begin in a chair, progress to some standing movements, and finish with a seated stretch. Dates are from Friday, Sept. 25th to Oct. 30th from 10:00 – 11:00am and is **SOLD OUT**. Instructor: Diana Korpan



Line Dancing Class

Two new sessions are starting in September:

Mondays, Sept. 14 – Oct. 26th from 8:45-9:45am. Cost is \$30.00 for this 6 week session (no class Oct. 12).

Thursdays, Sept. 17th – Oct. 29th from 10:00–11:00am and is **SOLD OUT**.

Both classes are a continuation and will not be from scratch. Mosey on in and register for your spot in our classes. You're sure to have some boot-scootin fun! Max. of 14 registrants for this class. Instructor: Paula Bickford



Indoor FitWalk

Monday Sept. 14th – Oct. 26th, 2020 (No class Oct. 12th)

Time: 10:00–10:45am, **SOLD OUT**

OR

Thursday Sep. 17th – Oct. 29th, 2020.

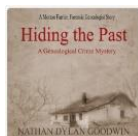
Time: 12:30-1:15pm, Cost is \$35.00 for 7 weeks.

Instructor: Paula Bickford (Max. 14 registrants)

Join Paula for a 45 minute indoor cardio walking program! This program will have you moving to the beat of the music while having a blast! You will get all the benefits of cardio, balance and strength in the safety of the indoors. This is an easy to follow program (no tricky dance moves) that is suitable for anyone. Class will conclude with a nice stretch.

Reading Circle

The Reading Circle will be gathering to talk about the book "Hiding the Past" by Nathan Dillon Goodwin on October 2nd at 11:30am. Coffee, Tea and a treat will be served while social distancing. All Covid rules apply upon entry to the centre.



Qi Gong Class



Spring Forest Qi Gong is a simple, efficient and effective method for helping you heal physical and emotional pain to enhance the quality of your life and the lives of others. Anyone and everyone, regardless of ability, age or beliefs can practice the techniques and become healthier and happier. This is a drop-in class at 11:15am on Mondays with a fee of \$2.00 per class. All Covid rules will apply but we are so happy to see you all again!



Mastalir, Paul
Robertson, Pamela
Velestuk, George
Talbot, Bea
Wiggins, Josephine
Purich, Barbara
McKay, Monica
Romman, Greg
Deisler, Lorraine
McIntosh, Carole

Smolinski, Marie
McDonald, Allen
Rainey, Linda
Hemminger, Joyce
McAlorum, Tom
Segers, Peter
Allen, Kathleen
Fortin, Robbi
Weetman, Richard
Tillekeratne, Siri



WELCOME NEW MEMBERS

WE HAVE HAD SOME NEW MEMBERS JOIN US. PLEASE HELP US MAKE THEM FEEL WELCOME WHEN YOU MEET THEM.

Marian Erickson
Darcee Jones



Service Coordinator:

Annette Jordan-Sackmann is available to be contacted. If you need help or require information on outreach services, call her (587) 231-1202 or email at AnnetteJ@caryacalgary.ca



BINGO

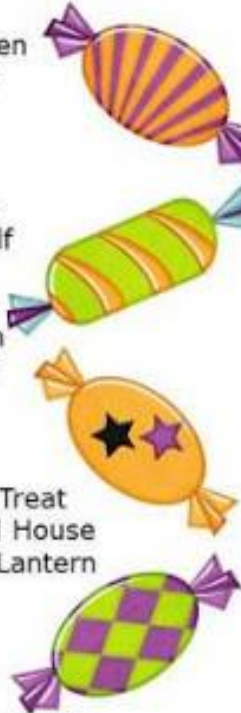
Go-Getters BINGO is held EVERY WEDNESDAY afternoon starting with Nickels & Early Bird (shaded/unshaded) at 12:00 noon followed by Regular Bingo starting at 12:45 p.m. and includes Pot of Gold, Double Action, 6 page program, Super Bonanza, concluding with the Houdini blackout game. Featured progressives include Early Bird (shaded/unshaded) & Pot of Gold that starts the second half of the program. Loonie pot is also available as are 2 different pull ticket Nevada's

BINGO CARD PRICES

Nickel (3 Page Booklet)	Gold Bingo Card \$1.00 each
6 cards	\$6.00
9 cards	\$9.00
12 cards	\$12.00
15 cards	\$15.00

HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
L	H	E	G	G	H	O	S	T	H	S	K	A	R	E
N	R	E	T	S	N	O	M	A	P	K	L	O	E	I
O	O	S	U	E	D	R	L	I	R	B	J	P	B	B
T	O	U	V	M	R	L	D	P	S	E	Z	V	O	M
E	B	O	Z	V	O	E	G	B	G	H	C	A	T	O
L	A	H	L	W	R	I	E	N	A	W	F	M	C	Z
E	T	D	E	Y	A	R	A	Y	E	Y	J	P	O	S
K	S	E	T	A	E	R	T	R	O	K	C	I	R	T
S	N	T	K	K	O	Q	E	Y	I	O	T	R	J	O
I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
K	M	U	E	S	O	N	T	I	N	P	S	K	F	B
M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
J	E	H	F	C	T	F	J	K	T	G	B	N	N	B

Chicken Scratch NY

October

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Line Dancing 10:00 FitWalk 12:30	2 Gymmy Class 10:00 Reading Circle 11:30am Games Night 6:30	3
4	5 Line Dancing 8:45 FitWalk 10:00 Qi Gong 11:15 Coffee & Visit 1:00	6 Tai Chi 10:00 Coffee & Visit 1:00	7 Bingo 12:00	8 Reflexology 10:00 Line Dancing 10:00 Tai Chi 11:15 FitWalk 12:30	9 Gymmy Class 10:00 Flower Arranging Class 1:00pm	10
11	12 Facility Closed for 	13 Tai Chi 10:00 Coffee & Visit 1:00	14 Bingo 12:00	15 Line Dancing 10:00 Tai Chi 11:15 FitWalk 12:30	16 Gymmy Class 10:00	17
18	19 Line Dancing 8:45 FitWalk 10:00 Qi Gong 11:15 Coffee & Visit 1:00	20 Tai Chi 10:00 Coffee & Visit 1:00	21 Bingo 12:00	22 Reflexology 10:00 Line Dancing 10:00 Tai Chi 11:15 FitWalk 12:30	23 Flu Clinic 9:00 Gymmy Class 10:00	24
25	26 Line Dancing 8:45 FitWalk 10:00 Qi Gong 11:15 Coffee & Visit 1:00	27 Tai Chi 10:00 Coffee & Visit 1:00	28 Halloween Bingo 12:00	29 Line Dancing 10:00 Tai Chi 11:15 FitWalk 12:30	30 Gymmy Class 10:00	31 

Giggles:

