



West Hillhurst Go-Getters Association November 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. Office hours are Monday to Friday 10am – 2pm.

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 October 19th, 2020!

Facility Closures:

Wednesday, November 11th for Remembrance Day



We will be closed November 11 to remember.



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.



Newsletter 1

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 Presidents' Message

Here we are, well into Fall, and as I write this message the sun is shining, the wind is blowing and the beautifully colored leaves are blowing everywhere. In October we gave thanks for the many wonderful things in our lives, despite all the restrictions brought on by the pandemic. Now as we approach November, we give thanks of a different kind, for the many men and women who gave their lives and in fact are still giving their lives so that you and I can continue to live peacefully and safely in the greatest country in the world! As Remembrance Day approaches let us all take a moment to reflect on those three little words LEST WE FORGET, words that have come to represent the human race the world over.

Regrettably, we are still not able to play cards, however may I suggest that as a group "you and your card playing cronies" get in the habit of dropping into the center for an hour of good conversation and coffee on Tuesdays from 1 to 2pm. With winter coming on and the days getting shorter, taking one afternoon a week to socialize with friends, old and new, is one way to ward off falling into depression from loneliness. While I had indicated we hoped to maybe be able to play cards by the end of November, given the recent rise in covid 19 cases, it is looking less likely that will happen before the new year, however, don't give up hope as stranger things have happened.

Our socially distanced classes for FitWalk, Line Dancing, Gymmy class, Qi Gong and Tai Chi are a big hit and as expected, most have a wait list just in case some one has to drop out. We have two classes each of FitWalk, Line Dancing, Tai Chi and Gymmy class for November to accommodate those currently on a waiting list. It is rewarding for the girls in the office to see that all their efforts to get us up and running are paying off.

With all the extra little chores Carole and Cassandra have to complete to adhere to AHS guidelines I am sure they would be very appreciative of any member who wants to volunteer to call them and see where they may need help. I can think of one job that could use a rotating list of volunteers to assist with and that is manning the greeting table on Wednesdays from 9:30 to noon or Foot Doctor day from 10 to 2. Until we can once again offer luncheons, manning this desk can

be an excellent way to get to know your fellow Go-Getters.

Remember our new format for Games night and please do come out and join us on November 6th at 6:30. And don't forget to bring 5 dice, we are planning on playing yahtzee. If you don't have 5 dice come anyway, I'm sure we have a few extra dice at the center.

My thoughts for the Pandemic : One day It will just click - you realize what's important and what isn't. You learn to care less about what other people think of you and more about what you think of yourself. You realize how far you've come and remember when you thought things were such a mess that you would never recover. And you smile. You smile because you're proud of yourself and the person you've become.

Words of Wisdom I'm sure I've used before but are worth repeating: Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy. No person will make you happy unless you decide to be happy. Your happiness will not come to you. It can only come from you. Remember- Your mind is a garden, your thoughts are the seeds. You can grow flowers or you can grow weeds. P.S. Don't forget to water it!

Stay safe, strong and healthy and don't forget our vets on November 11th.

Cheers and a Virtual Hug to all,

Diane Allen
President



Games Night

Friday, November 6th, 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.

Reflexology

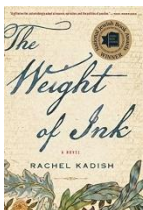


Our reflexologist is back for appointments. There are a few changes that need to be made during this time of the Covid-19 virus. You must still pre-book your appointment and please only arrive about 10 minutes before your appointment time. You must wear a mask if you have one or we will provide you with 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, November 12th and 26th, 2020 starting at 10:00am.**

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.

Reading Circle



The Reading Circle will be gathering to talk about the book “The Weight of Ink” by Rachel Kadish on November 6th at 1:00pm. Coffee, Tea and a treat will be served while social distancing. All Covid rules apply upon entry to the centre.



Line Dancing Class

Two new sessions are starting in November:

Mondays, Nov. 2nd – Nov. 30th from 8:45-9:45am.
Cost is \$25.00 for this 5 week session.

Thursdays, Nov. 5th – Dec. 3rd from 10:00–11:00am.
Cost is \$25.00 for this 5 week session.

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. 14 registrants per class. Instructor: Paula Bickford

Tai Chi

Tai Chi has moved back indoors and is dividing into two practice groups, one on Tuesdays and the other on Thursdays, 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 Hongisto	Marie Lefrang
5	Brian Cummings	Meriel Light
6	Margaret Cummings	Olga Bateman
7	Helga Porter	Isabelle Grey
8	Cherie Martin	Ginger Davey
9	Pauline Paisley	Maureen Steffens
10	Vivian Mar	Peter Kwong
11	Greg Rommann	Harold Lau
12	Belle Auld	Peggy Campbell
13	Ian Watson	Marianne Bray
14	Mary-Ann Owens	Kathy Wilson

Tai Chi Wait list:

Octavie Alexis (either day), Celia Herodek (either day) and Don Taylor (either day).



Indoor FitWalk

Mondays, Nov. 2nd – Nov. 30th from 10:00–10:45am.
Cost is \$25.00 for this 5 week session.

OR

Thursdays, Nov. 5th – Dec. 3rd from 12:30-1:15pm.
Cost is \$25.00 for this 5 week session.

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. Max. 14 registrants per class. Instructor: Paula Bickford

Gymmy Class

Two new sessions are starting in November:

Fridays, Nov. 6th to Dec. 11th 10:00am – 11:00am.
Cost is \$30.00 for this 6 week session.

OR

Fridays, Nov. 6th to Dec. 11th 11:15am – 12:15pm.
Cost is \$30.00 for this 6 week session.

Please indicate which time you would like during registration. Thank you!



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. Instructor: Diana Korpan. Max. 17 registrants per class.

Tea and Conversation with Debra deWaal: Mental Toughness, Living up to your potential

Friday, November 20th, 2020

Time: 1:00pm – 3:00pm

Cost: \$5.00/member (Max. 30 people)



Come and learn how to enhance your confidence, overcome adversity, and get inspired to take on new challenges! Debra deWaal, Owner of Safe & Sound and a former Calgary Police Officer will share with you how to perform at the upper limits of your talents when facing stress or pressure. This session will leave you reenergized and set to take on your next hour or your next life adventure.

Debra deWaal is a former Calgary Police Officer and is now the owner of Safe & Sound Safety Training & Consulting Ltd. Debra's 10 year career with CPS included 3 years undercover work in auto theft, stolen property and vice. Debra also spent numerous years working on the street as a uniformed officer.

Debra is a professional member of Canadian Association of Professional Speakers and has been developing and facilitating Mental Toughness, Personal Safety and Conflict Management Training to Canadian citizens since 1995.

Please join us for this conversation, amazing presenter and coffee/tea and a treat. All Covid-19 rules apply upon entry. Maximum 30 people and this talk is reserved for members only.

Safe & Sound
SAFETY TRAINING & CONSULTING LTD.
CREATING A SAFER WORLD



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!

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

Daylight Savings time ends November 1st, 2020. Remember to turn your clocks back one hour.



BIRTHDAY CLUB NOVEMBER

Denys, Cathy
Evans, Sharon
Mielke, Jessie
Wagner, Marilynn
Ritter, Marie
Babiuk, Marian
Smeaton, Deb
Towpich, Margaret
Brady, Erica
Ranks, Michelle
Rollins, Christopher
Rogers, Lesley Ann
DeJong, Rian
Kiemele, Lolita
Hubbard, Noreen

Flynn, Enid
Wilson, Eleanor
Schaal, Leona
Carter, Marg
Thomson, Jenny
Fawcett, Pat
Matthews, Beth
Cook, Margaret
Petrowitsch, Laura
Mar, Vivian
Light, Meriel
Weatherley, Patricia
McKay, Tom
Eerbeek, Johanna



WELCOME NEW MEMBERS

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

Joan Gunn
 Eleanor Bryan
 Janis Zral
 Lynn Jensen
 Linda Skuce



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

Canadian Provinces and Capital Cities

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

OTTAWA
 TORONTO
 VICTORIA
 NUNAVUT
 FREDERICTON
 CHARLOTTETOWN
 HALIFAX
 IQALUIT
 ONTARIO
 WHITEHORSE
 YUKON
 MANITOBA
 CANADA
 STJOHNS
 WINNIPEG
 PEI
 ALBERTA

Play this puzzle online at : <http://thewordsearch.com/puzzle/103148/>

WHEN I AM AN OLD WOMAN

I shall wear purple with a red hat which doesn't go, and doesn't suit me. And I shall spend my pension on brandy and summer gloves and satin sandals, and say we've no money for butter. I shall sit down on the pavement when I'm tired and gobble up samples in shops and press alarm bells and run my stick along the public railings and make up for the sobriety of my youth. I shall go out in my slippers in the rain and pick the flowers in other people's gardens and learn to spit. You can wear terrible shirts and grow more fat and eat three pounds of sausages at a go or only bread and pickle for a week and hoard pens and pencils and beermats and things in boxes. But now we must have clothes that keep us dry and pay our rent and not swear in the street and set a good example for the children. We will have friends to dinner and read the papers. But maybe I ought to practice a little now? So people who know me are not too shocked and surprised when suddenly I am old and start to wear purple.

Jenny Joseph ©

November

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

Giggles:

