



West Hillhurst Go-Getters Association Mini December 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



Facility Closures:

Thurs. December 24th, 2020 for the Christmas Holidays and we will reopen Monday, January 4th, 2021.



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!

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.

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

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





The Executive Director's Message

Sadly, at the moment, we must adhere to the new measures initiated by the province to try to help slow the spread of the Coronavirus that is currently raging through not only Alberta but globally. What does this mean for the Go-Getters? All Fitness classes are paused until the week of November 30th. This includes Line Dance classes, FitWalk classes, Gymmy classes, Tai Chi and QiGong. We have also paused Bingo for the 2 week period as well and hope to restart on the 2nd of December. We hope that this will make a difference! Unfortunately, we are part of the most vulnerable population and we must do our best to follow the rules. One on one services, Reflexology (Nov 26, Dec 10 and Dec 17) and the Foot doctor (Dec 22), are still scheduled to run at this time. This could change depending on AHS Guidelines.

We know how difficult this is! But we must protect all our Go-Getter members! Cassandra and I are planning on being at the centre daily between 10:00 am and 2:00 pm. Need to talk or just see a friendly face? Grab your mask and pop in to see us! We will be happy to see you! We have lots of hand sanitizer and will keep everything wiped down. We know there are a few of our members that have tested positive, but they **have not** been in the centre or been in contact with anyone who has been in the centre. This is why we have the sign in procedures when you come into the centre.

Christmas will be different this year! Sadly, we had to cancel plans for our annual Christmas luncheon. It is simply not safe to come together at this time! Games night will run on December 4th, please check for the details elsewhere in the newsletter.

Remember, this will pass! There will be a vaccine! And, we will be able to celebrate with friends and family even though it may be a little different this year! Wear your masks, wash your hands often, stay home if possible and call a friend when you feel lonely! We will check voice mail daily so please let us know if you or one of your Go-Getter friends is struggling! We are all in this together!

Carole Saviak
Executive Director



Games Night

Friday, December 4th, 2020

Time: 6:30pm – 9:00pm

Cost: \$2.00/person and bring your own food!

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 good food and good friends. 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, December 10th and 17th, 2020 starting at 10:00am.**

Foot Clinic

Dr. Greg Somer will be joining us for a foot clinic on **Tuesday, December 22nd 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.

Donations, Thank you!

Many of you had outstanding monies from our Covid-19 closure from unheld trips, classes and other registrations. We would like to take the time to thank all of those who were generous enough to donate those monies back to the Go-Getters. We were donated \$2,990.00 out of the monies owed which is amazing. A huge thank you from us at the Go-Getters!





Qi Gong Class (on hold until Nov 30)

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!

Tai Chi (on hold until Dec 1)

Tai Chi 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 a \$2.00 drop-in fee each time but unfortunately we can not accommodate the social coffee following each class. Doors open at 9:30am for the Tues. class and 11:00am for Thurs. 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	Don Taylor	Meriel Light
6	Celia Herodek	Olga Bateman
7	Helga Porter	Isabelle Gray
8	Ginger Davey	Ginger Davey
9	Maureen Steffens	Maureen Steffens
10	Pauline Paisley	Peggy Campbell
11	Vivian Mar	Cherie Martin
12	Greg Rommann	
13	Belle Auld	
14		



Reading Circle



The Reading Circle will be gathering to talk about the book "The Little Woman" by Gladys Ayward on December 4th at 1:00pm. Coffee, Tea and a treat will be served while social distancing. All Covid rules apply upon entry to the centre.



WELCOME NEW MEMBERS

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

Isabelle Gray
 Karen Ochab
 Deborah Bell
 Gillian Siddall
 Wendell Siddall



BIRTHDAY CLUB DECEMBER

Campbell, Verna
 Espejo, Felicitas
 Janes, Tom
 Rea, Noel
 Dean, Carol
 Rosettis, Patricia
 Schenkelberg, Harriet
 Barnett, Robin
 Siddall, Gillian

Dagleish, Margaret
 Railton, Joy
 Michaluk, Shelley
 Kolle, Casey
 Gee, Margaret
 Wutzke, Ursel
 Weidman, Eileen
 Fabes, Diane

BINGO

(on hold until December 2)

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

DECEMBER

Tentative – While we hope to be offering this schedule, please note that it could change due to AHS Guidelines.

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

Giggles:

