



West Hillhurst Go-Getters Association January 2021 Mini 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 11th, 2021.



The Executive Director's Message

As we continue to navigate the Corona virus, we find ourselves facing a very different holiday season this year. Christmas is only a week away and we are faced with the fact that we may not be able to join family in person to celebrate. The shutdown is necessary and is hopefully working to curb this virus. We are seeing the provincial numbers dropping somewhat.

The vaccine is in Alberta and is starting to be administered to frontline health care workers and, being that you are in the vulnerable population, this vaccine may be available to you early in the new year! Please consider getting this vaccine when it becomes available to you. Many of you may receive the opportunity in the first quarter of 2021 and many more of you in the second quarter. There will still be restrictions, masks and social distancing will still need to be enforced. While these are an inconvenience, they are required to help reduce the spread.

We have added a new tab on our website, for those of you that have access to the internet, of

things to do during Covid. The University of Alberta is offering some free online courses and for those who enjoy Shakespeare, the Stratford Festival is offering free streaming of their 12 most successful productions. Check them out!

We will hopefully be able to restart classes that were paused in the middle of November the week of January 11th with new classes to start in February. Watch for more information in the next newsletter. Please know that Cassandra and I are looking to get you back up and moving as soon as it is safe. If we are able to restart classes we will call those affected.

We know that our card players are missing coming to the centre to visit and play cards. We know you are missing our monthly luncheons. We miss you and look forward to having you back next year! We must remain vigilant to ensure safety. On behalf of the board of directors, Cassandra and myself, we wish you all a very Merry Christmas and a happier and healthier New Year. In the mean time, please, wash your hands often, stay home, and if you must go out, wear a mask and observe social distancing. We're all in this together, lets follow the rules so we can be together next year!

Carole Saviak,
Executive Director

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





Service Coordinator:

Cayra is available to be contacted. If you need help or require information on outreach services, call 403-736-4677 to reach a service agent.

Reading Circle



The Reading Circle will be gathering to talk about the book "The Little Woman" by Gladys Ayward on February 5th at 1:00pm. Coffee, Tea and a treat will be served while social distancing. All Covid rules apply upon 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, January 14th and 28th, 2021 starting at 10:00am.**

Foot Clinic

Dr. Greg Somer will be joining us for a foot clinic on **Tuesday, February 2nd, 2021 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.



WELCOME NEW MEMBERS

WE HAVE HAD A NEW MEMBER JOIN US. PLEASE HELP US MAKE HER FEEL WELCOME WHEN YOU MEET HER.



Val Scholefield

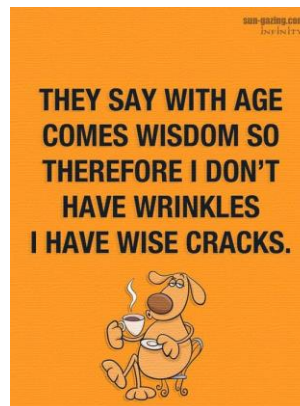
BIRTHDAY CLUB JANUARY



Leitch, Marg	Couch, Jean
Ferrier, Beverley	Maddison, Alden
MacDonald, Marilyn	Beadurette, Joyce
Strukoff, Leone	Loken, Candace
Harpell, Alice	Logan, Annette
DeGasparis, Silvana	Siddall, Wendell
Schaeffler, Lynne	Jensen, Lynn
Finlay, Joan	Huot, Yvonne
Unterberger, Bert	Sargious, Peter
McDermott, Rosa	Farshori, Salma
Eckenswiller, Patrick	Eckenswiller, Jeannine
Braden, Bobbi	Freyer, Susanne
Nelson, Sylvia	Grauer, Ida
Lennox, Susan	Linney, Dorothy
Chow, Wayne	Ironside, Toni
Charko, Louise	Stearns, Judy
Zachariassen, Susannah	

Giggles:

My wife forgot to leave for me the carseat to take our son to the babysitter's house. This is the picture I sent when she asked how I was going to get him there. I then turned off my phone for the next 4 hours.



Grandma made her own mask.



The kids no longer want to play hide and seek with Grandma because she always wins!