



West Hillhurst Go-Getters Association March 2021 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 for this newsletter will begin February 22nd, 2021!



Daylight Savings time is March 14th, 2021. Spring your clocks ahead 1 hour.

Memberships

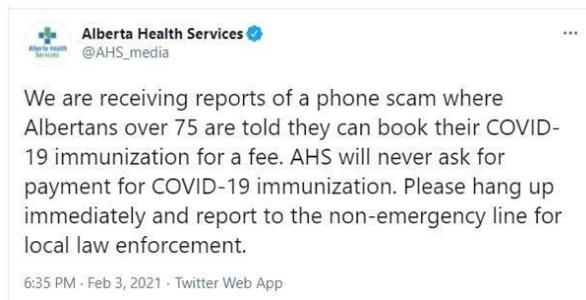


The Go-Getters has decided to reduce the 2020 – 2021 membership fee to \$20.00 for this one year only due to the missed months in 2020 for the Covid-19 closure. Memberships are now available to join or renew for the new membership year (Sept. 1, 2020 – Aug. 31, 2021)



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.



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

Here we are, February is almost gone and March will be upon us soon and hopefully warmer weather as well. Monday morning coffee time on Zoom is slowly gaining attendees. We love seeing all your smiley faces and to catch up on what you are doing to keep busy and active.

While we wait for more guidance from the Province and AHS as to when we can restart our programs, we are going to try a couple of virtual options in March. There is more information on these programs in this newsletter. We hope we will get news in the next week or two and will keep you posted as we get it. Until then stay safe, wash your hands, keep your distance, WE MISS YOU ALL!

Carole Saviak
Executive Director



Easter Bonnets by Zoom

Thursday, March 4th, 2021 at 11:00am.

We will send out a zoom meeting link to everyone before the planned time. Grab what you can around your house to make yourself the most interesting Easter Bonnet you can! We will then have a zoom meeting to show off your creation. Have fun and be creative as we can all use a few laughs!!!



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.

Foot Clinic

Dr. Greg Somer will be joining us for a foot clinic on **Tuesday, March 16th, 2021 starting at 10:00am**. Spaces are limited and all Covid19 rules apply for entry to the centre. Please call the centre or e-mail us to book your next appointment.



Reflexology Call or e-mail the centre to 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. You will also be asked to sign our Covid-19 waiver. **Diana's prices are \$30.00 per ½ hour or \$55.00 per 1-hour appointment.** Go-Getters will be running with reduced hours during Covid-19 restrictions so spaces are limited. The next dates we will be booking for is **Thursday, March 11th, 18th and 25th, 2021 starting at 10:00am.**

Drive Through Take Out Luncheon

Friday, March 12th, 2021
Time: 12:00pm – 2:00pm
Cost: \$5.00/order



This will be a pre-order starting Feb 22nd of how many meals you would like to pick up on Friday March 12th between the times of 12:00pm and 2:00pm. We will then order the food based on orders and prepackage them for your pick up. **Menu: Butter Chicken and Rice.**

Pick up will be along the 19th street side of the building (handicap parking) where we will hand you your meals and you will pay for the meals you ordered. We are asking you to have exact change when possible and we will be accepting cash only for this service. Orders for this meal will begin on Monday, Feb. 22nd, so call the centre at 403-283-3720 or e-mail us at programs@telus.net to place your orders. **Deadline for orders is Thursday, March 4th, 2021 by 4:00pm.** **Last minute orders will not be accepted. Thank you.**

Zoom Coffee and Chat Mondays

Go-Getters is hosting an online zoom meeting each Monday at 11:00am until we are able to reopen the centre. If you are not receiving our invites by e-mail and wish to do so, please let the office know and we will be sure to add you to our invite list.

Zoom Card Making Class

Friday, March 19th at 11:00am. A zoom link will be sent out to those that have signed up prior to this meeting time.

These kits are for preorder by phone or e-mail (first come, first served) to the centre and will be picked up at the same time as the drive through luncheon. Please bring exact change if possible. Card Making Kit pick up is Friday March 12th from 12pm – 2pm.
Cost: \$5.00/kit and there are 15 kits to go around!

Carole and Cassandra have each made two cards for you to try over a zoom card making class. All the cards are simple and only require you to have a glue stick and some scissors at home. We will guide you through making each card online and hopefully we can all be creative and share a few laughs through this class.



Painting Kits: Lavendar Love

These kits are for preorder by phone or e-mail (first come, first served) to the centre and will be picked up at the same time as the drive through luncheon. Please bring exact change if possible. Paint kit pick up is March 12th, 2021 from 12pm – 2pm.
Cost: \$2.00/kit and there are 25 kits to go around!

No brushes would be required.....just an old credit card or gift card and some q-tips. The kits will include, the gift bag, the required paints, about 8 Q-tips, written instructions (very, very simple), and a coloured photo. If you have a liner brush, you can embellish with that, but it is not necessary. Part of the fun is to be creative and going for it.

Because the paints are in the little storage containers you would have to do the project within 4-5 days....you can spritz the paint with a little water if it thickens). Only three colours req'd.

This is all done with a credit card and Q-tips. I like the casual and imperfect look.....it is fun to do and takes very little time. The art ladies would then have a little gift bag ready for Easter giving.

When you finish your little project, please take a photo and e-mail it in to the Go-Getters, that would be great.

Enjoy, Carole McIntosh



WHGG TAX CLINIC



It is that time of year again. WHGG tax clinics will be held Tuesdays, March 23rd and April 6th, 2021 from 10:00am – 1:30pm by appointment only.

CPA is doing online tax returns this year and we are going to be participating in this clinic. At the tax clinic set up by us here at the Go-Getters, you will need to make an appointment to see us with all of your tax information. Cassandra will scan these items into a secure website linked to CPA for a volunteer to complete your tax return for you. Once the tax return is completed, possibly a day or two later, CPA will send us a notice and we will print it off for your records.

Please call or e-mail the office to book your appointment. At your booked appointment, please remember to bring all your slips including your notice of assessment from last years taxes and the consent form and questionair we will mail out to you prior to you appointment. Please be aware that these online tax services are for low income individuals only. The guidelines are as follows:

Gross Earnings Guideline and Eligibility Criteria Tax clinics are a community service designed to assist low-income Albertans complete their annual personal tax returns. This service is only open to those individuals whose total incomes fall into the following earnings categories and can be substantiated through official tax information slips.

Family Size, total family income is under:
 1 person \$35,000, 2 persons \$45,000, 3 persons \$47,500, 4 persons \$50,000, 5 persons \$52,500 and more than 5 persons \$52,500 plus \$2,500 for each additional person.

Those individuals who have self-employment income, rental income or real estate holdings (land and/or buildings, including a house or condo that provides rental income) are not eligible for free income tax return preparation, regardless of the amount of income. Also, volunteers are unable to complete returns for clients (and their spouses) where a client has passed away between January 1 and December 31, 2020. If a taxpayer has passed away after January 1, 2021, CPA volunteers are able to process the return.

Calgary Public Library Borrow a Computer:

Borrow a Computer is a Calgary Public Library pilot project that lets any valid Library card holder request a Chromebook to use at home. Members can request a computer through the online catalogue and will receive the item through a holds process. Each device can be borrowed for up to eight weeks. Visit calgarylibrary.ca/borrow-a-computer to learn more.



Stratton, Phyllis	Hulse, Josie
Jackson, Barbara	Weldon, Aileen
Bryan, Eleanor	Figueira, Maria
Bobrosky, Betty Ann	Boswell, Ivy Dorothy
Rainey, Michael	Paisley, Pauline
Wan, Monique	Tieken, Isa
Kobayashi, John	Lefrang, Marie
Watson, Ian	Young, Petie
Brigliadori, Sue	Thompson, Elu
Broughton, Candice	Becker, Diane
Dunsmore, Barbara	Woolley, Alison
Olson, Laurin	Harris, Grace

City Winter Programming:



Winter 2021: Active in Nature for 50+

Join Calgary Parks and Calgary Recreation for a guided tour that combines the best of winter activity and nature education. Led by experienced Environmental Educators and Recreation staff, participants will learn about the history and wildlife of a Calgary Park, as well as explore different ways to stay active and safely enjoy the outdoors during the winter season. Equipment is provided.

Space is limited. Please limit registration to one activity per month.

Course Code	Date	Time	Location	Activity
51601	Tuesday, February 23	1 - 2 p.m.	Prairie Winds Park 223 Castleridge Blvd N.E. (north parking at Westwinds Cres N.E.)	Snowshoeing or Light Exercises
51602	Saturday, February 27	1 - 2 p.m.	South Glenmore Park 3520 90 Ave S.W. (west parking by pump track)	Snowshoeing or Light Exercises
51603	Tuesday, March 2	1 - 2 p.m.	Bowmont Park 85 St and 51 Ave N.W. (north of railway track)	Nordic Pole Walking
51604	Saturday, March 20	1 - 2 p.m.	Elliston Park 1827 68 St S.E. (west parking at 60 St S.E.)	Nordic Pole Walking

In case of inclement weather, please call 3-1-1 to confirm that the event is taking place. All programs and events will follow Alberta Health Services COVID-19 safety protocols and guidelines.

To register, go to calgary.ca/liveandplay or call 403-268-3800.

March

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Zoom Coffee and Chat 11:00am	2	3	4 Zoom Easter Bonnets 11:00am Final Drive By Lunch orders due by 4:00pm	5	6
7	8 Zoom Coffee and Chat 11:00am	9	10	11 Reflexology 10:00	12 Drive by Lunch, Paint Kit and Card Making Kits pick up day 12:00pm – 2:00pm	13
14 	15 Zoom Coffee and Chat 11:00am	16 Foot Clinic 10:00	17 Happy St. Patrick's Day	18 Reflexology 10:00	19 Zoom Card Making Class 11:00am	20 
21	22 Zoom Coffee and Chat 11:00am	23 Tax Clinic 10:00am	24	25 Reflexology 10:00	26	27
28	29 Zoom Coffee and Chat 11:00am	30	31			

Giggles:

10 FUN FACTS

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried no. 3
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. Share this with your friends to have some fun too! :-)



On behalf of the **Injury Prevention Centre (IPC)** we are sharing the *Finding Balance* E-newsletter.

By sharing *Finding Balance* materials with older adults, you can:

1. Reduce falls - the leading cause of injury among seniors
2. Keep more of Alberta's older adults independent and well
3. Assist older adults in living a healthy, active life

Visit findingbalancealberta.ca for more information about the *Finding Balance* Falls Prevention Program and how you can get the tools and resources we offer (at no cost to you!).