



# West Hillhurst Go-Getters Association April 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 Mon. Tue. Thur. and Fri. 10am – 2pm.

Carole's e-mail:

[gogetters@telus.net](mailto:gogetters@telus.net)

Cassandra's e-mail:

[programs@telus.net](mailto:programs@telus.net)

Web: [www.gogetters.ca](http://www.gogetters.ca)

and like us on Facebook



**All registrations for this newsletter will begin April 5<sup>th</sup>, 2021 at 10:00am!**

## Facility Closures:

Go-Getters will be closed Friday April 2<sup>nd</sup> for Good Friday.



## Memberships

The Go-Getters memberships are available to join or renew for this membership year (Sept. 1, 2020 – Aug. 31, 2021) at a cost of \$20.00/person. Please be sure to fill out the membership forms and survey as they are required in order to purchase a membership.



## Debit and Credit Machine

Go-Getters has installed a 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:

**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.

## Zoom Monday Coffee and Chat

We are shifting the zoom coffee and chat time on Mondays to 12:30pm starting March 29<sup>th</sup> due to scheduling conflicts. We will send out the new zoom link for this online time change.



## The Executive Director's Message

We were hoping to be able to start relaxing some of the restrictions but, alas, that is not to be right now. We are able to continue with our Qi Gong, Tai Chi and Gymmy classes. Sadly, we still can't have any indoor gatherings for socialization and still no Bingo or Walkfit or Line Dancing. We know this is not what you want to hear and trust me it's not what we want to be telling you!

However, the weather is getting better and gardening can begin as well as outdoor gatherings of 10 are permitted. As more vaccine gets into people's arms, the numbers will start to trend downward and we will be able to get together soon. We know how frustrating this is but as Dr. Hinshaw says, we just need to hold the line a little bit longer. We have come this far, let's not be foolish and risk everything we have given up over the last year!

We are moving our Monday Zoom Coffee Time to the afternoon at 12:30 pm starting Monday March 29<sup>th</sup>. Hopefully you will be able to join us! Check your email for the link and pour yourself a coffee or a cup of tea!

Stay safe and Happy Easter everyone! We want to welcome you back as soon as we are able to safely do so!

**Carole Saviak**  
Executive Director



## WHGG TAX CLINIC



It is that time of year again. WHGG tax clinic will be held Tuesday, April 6<sup>th</sup>, 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 questionnaire we will mail out to you prior to your 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.

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



## 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 price is \$55.00 for a 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, April 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>, 2021 starting at 10:00am.**

## Foot Clinic

Dr. Greg Somer will be joining us for a foot clinic on **Tuesday, April 27<sup>th</sup>, 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.

## Tai Chi

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!

	<b>Tuesdays 10:00 – 11:00</b>	<b>Thursdays 11:15 – 12:15</b>
1	Linda Rainey	Wayne Chow
2	Michael Rainey	Neil Sabine-Paisley
3	Bert Unterberger	Jane Hilton
4	Barbara Hongisto	Barbara Hongisto
5	Don Taylor	Meriel Light
6	Celia Herodek	Celia Herodek
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	Marie Lefrang
13	Belle Auld	Olga Bateman
14		



## Gymmy and Gymmy Jr. Classes

Two new sessions are starting in April 2021 and registrations will begin Monday April 5<sup>th</sup> at 10am:

**Gymmy Jr Class:** Fridays, Apr 23<sup>rd</sup> – June 25<sup>th</sup>, 10:00am – 11:00am. Cost is \$50.00 for this 10 week session.

**AND/OR**

**Gymmy Class:** Fridays, Apr 23<sup>rd</sup> – June 25<sup>th</sup>, 11:15am – 12:15pm. Cost is \$50.00 for this 10 week session.

Please indicate which class 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 (**Gymmy Jr. will be an easier class with no standing movements**). Instructor: Diana Korpan. Max. 17 registrants per class.



## 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 **11:00 am 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!

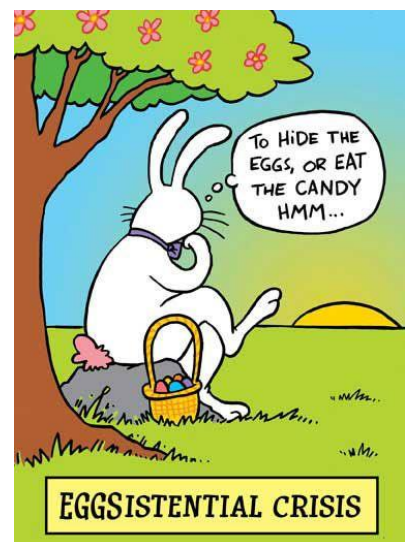
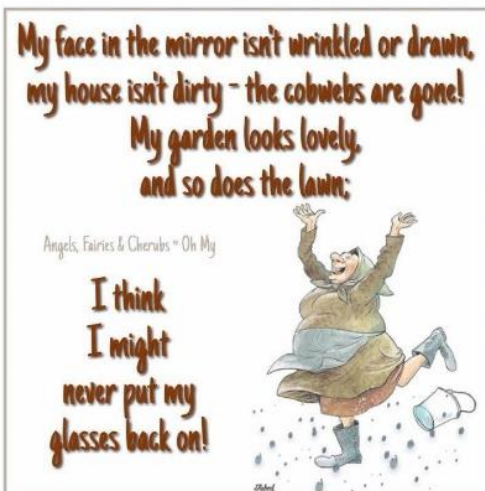


## APRIL

Steffens, Maurine	Bray, Marianne
Lewis, Bonnie	Espejo-Gartner, Maria
Franklin, Vernice	Maas, Peter
Stromberg, Joan	Ochab, Karen
McIntosh, Ross	Naidoo, D.
Chay, Lorraine	Bansal, Kulwant
Tettmar, Wendy	Matwe, Jean
McLeod, Judy	Neufeld, Rita
Mullins, Judy	San Filippo, Cicely
Herodek, Celia	Wenstob, Niki
Bateson, Verna	Kozak, Joseph
Bateson, Ian	Porter, Helga
Vollendorf, Mona	Casewell, Shirley
Topping, Margaret	Morin, Jeannine
Holm, Hazel	Cheng, Lena
Brown, Laurie	Nadon, Gerry
Prentice, Fran	Heerschop, Dina



## Giggles:



# April

Please note that we are trying our best to keep to our schedules but with the release of any new AHS guidelines, there could be changes made.

SUN	MON	TUE	WED	THU	FRI	SAT
				Tai Chi 11:15	Facility Closed for Good Friday 	
	Qi Gong 11:00 Zoom Coffee & Chat 12:30 	Tax Clinic 10:00 Tai Chi 10:00		Reflexology 10:00 Tai Chi 11:15	Gymmy Class 10:00 Gymmy Class 11:15	
	Qi Gong 11:00 Zoom Coffee & Chat 12:30	Tai Chi 10:00		Reflexology 10:00 Tai Chi 11:15		
	Qi Gong 11:00 Zoom Coffee & Chat 12:30	Tai Chi 10:00		Reflexology 10:00 Tai Chi 11:15	Gymmy Jr. Class Starts 10:00 Gymmy Class Starts 11:15	
	Qi Gong 11:00 Zoom Coffee & Chat 12:30	Foot Clinic 10:00 Tai Chi 10:00		Tai Chi 11:15	Gymmy Jr. Class 10:00 Gymmy Class 11:15	

## Easter Puzzle

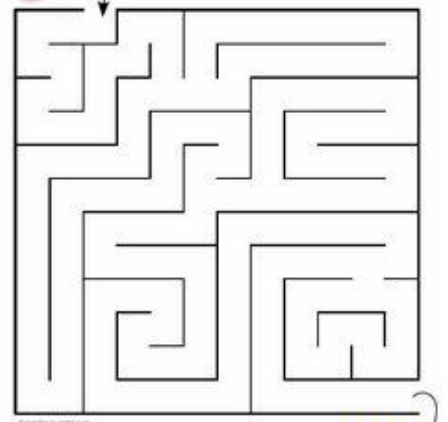


D	A	F	F	O	D	I	L	L	C	Y	N	B	C
E	N	T	T	C	B	K	C	A	R	C	D	H	G
T	A	T	L	A	A	A	D	B	E	R	A	O	L
H	G	S	J	E	L	L	Y	B	E	A	N	L	A
U	G	N	T	D	C	C	Y	H	G	S	C	I	G
N	S	F	N	E	U	D	R	K	L	C	H	D	E
T	P	K	R	C	R	C	A	N	A	A	I	A	E
C	R	E	E	C	T	A	K	R	M	D	C	Y	T
B	I	S	R	N	D	Y	E	L	B	B	K	F	A
A	N	L	D	A	O	L	E	Y	I	O	C	A	R
S	G	R	S	I	B	D	G	A	E	N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

- RABBIT
- HUNT
- DAFFODIL
- CANDY
- DUCKLING
- HOLIDAY
- DYE
- EGG
- CHICK
- CRACK
- JELLYBEAN
- BONNET
- SPRING
- DECORATE
- EASTER
- BASKET
- LAMB



Happy Easter!



It's Easter Day and the baby chick just hatched from her egg. Help her take her first steps and find her way through the chicken coop.

