



West Hillhurst Go-Getters Association May 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

Cassandra's e-mail:

programs@telus.net

Web: www.gogetters.ca

and like us on Facebook



Facility Closures:

Go-Getters will be closed Monday, May 24th for Victoria Day.



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

Hello Go-Getters!

Spring has sprung, the birds are singing and those of you who garden will be out enjoying the great outdoors!

How's everyone doing? We miss everyone and hope and pray that everyone stays safe and follows the rules. Cassandra and I are still working from home and checking messages and emails, let us know how you are doing. We have now both had our first shots and look forward getting our second ones as they become available.

I had hoped to have better news to announce however we are still unable to open for activities at this time. We are able to offer appointment activities, so reflexology and foot doctor are still okay to happen. We are having weekly Zoom Coffee (or Tea) and Chat. Check your emails for the link and join us Monday's at 1:00pm if you can.

Until we can meet again at the centre, stay safe!

Carole Saviak
Executive Director



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.



Rasmussen, Cecil	Wynne-Edwards, Katherine
Fisk, Jo-Ann	Gay, Marie
Dowhaniuk, Doreen	Brailsford, Angela
Boucher, Garry	Normey, Heather
Rea, Vera	Savill, Paulette
Taylor, Don	Wallace, Beverley
Mewha, Carol	Nagy, Stephen
Campbell, Peggy	Allen, Diane
Tannas, Linda	Hustad, Maryann
Bankowski, Marilyn	Pollock, Joyce
Gutscher, Barry	Lanner, Mel
Jones, Darcee	Halton, Eleanor

Zoom Monday Coffee and Chat

We are shifting the zoom coffee and chat time on Mondays to 1:00pm to see if we can get a few more members to join in.



Foot Clinic

Dr. Greg Somer will be joining us for a foot clinic on **Tuesday, June 8th, 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.



May

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
						1
2	Zoom Coffee & Chat 1:00	3	4	5	6	7
9	Zoom Coffee & Chat 1:00	10	11	12	13	14
				Reflexology 10:00 Lunch orders due by 2:00pm		15
16	Zoom Coffee & Chat 1:00	17	18	19	20	21
				Reflexology 10:00	Drive Through Luncheon Pickup 12:00	22
23	Facility Closed for Victoria Day	24	25	26	27	28
				Reflexology 10:00		29
30	Zoom Coffee & Chat 1:00	31				
						

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 (starting in July her prices are being raised to \$60/hr).

Go-Getters is running with reduced hours during Covid-19 restrictions so spaces are limited. The next dates we will be booking for is **Thursday, May 13th, 20th and 27nd, 2021 starting at 10:00am.**

Gymmy & Gymmy Jr. Classes Fee Options



For those of you that had registered for the new April Sessions of the Gymmy class, we are offering you a choice to either keep your spot and leave your monies in place until we are able to get the classes back up and running **OR** to have a refund. Please let the office know either way what you would prefer to happen with your registration fees.

Drive Through Take Out Luncheon

Friday, May 21st, 2021

Time: 12:00pm – 1:30pm

Cost: \$5.00/order



This will be a pre-order starting May 3rd of how many meals you would like to pick up on Friday May 21st between the times of 12:00pm and 1:30pm. We will then order the food based on orders and prepackage them for your pick up. **Menu: Chicken Stir Fry & 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, May 3rd, 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, May 13th, 2021 by 2:00pm.**

Last minute orders will not be accepted. Thank you.

Giggles:

