



West Hillhurst Go-Getters Association July 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



All registrations for this newsletter will begin June 28th, 2021 at 10:00am!

Go-Getters Rules for entry!!!

We will be tracking your visits to the centre with our sign in book. Both in and out times are required. This is necessary for contact tracing should someone test positive for the virus. **Masks are still required while in our centre for now!** Please bring your own or we will provide you with one when you arrive. 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. 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!

The Executive Director's Message

Welcome back Go-Getters! We can't wait to see you!

We are excited that we can start reopening, hopefully, for the last time for this pandemic. While the province is saying we can be totally opened for the summer, we want to re-open as safely as we can and would like to take a bit of time through the summer to keep everyone as safe as possible. We know most of you probably have both your vaccine doses and I'm happy to report that both Cassandra and I are double dosed as well! Memberships, good until August 31st of 2022, are now available for \$25 each.

For the month of July, we will take most of our activities outdoors. Paula will be running a "refresher" line dance class outdoors (she has all new dances so everyone can participate even if you haven't taken her classes before). Plus, she is going to teach us how to Hula dance in a special class (check for the details in the newsletter! Tai Chi will be back outdoors in the park behind the community weather permitting. Gymmy will still be indoors and we'll keep the 3 metres distancing for now. Qi Gong is also back, keeping the 2 metres of distancing. And, we're having a wiener roast here at the centre (details later in the newsletter)!

You will still need to wear masks while moving around in the centre, but once you're seated you can take them off! Signing in will still be required, for contact tracing as well as in case there's an emergency in the building. When you sign in you will be confirming that you are not ill, have not been in contact with an infected person, you know, all those annoying questions you're asked all the time now.

We know you are all anxious to start playing cards and coming to Bingo and they are coming back, soon, just not quite yet! Let's get through Stampede to make sure it's not going to be a super spreader and the Delta variant stays in the rearview mirror. We'll keep you posted but, in the meantime, pop in and say hello!

Happy summer!

Carole Saviak
Executive Director





Memberships

The Go-Getters memberships are available to join or renew for the new membership year (Sept. 1, 2021 – Aug. 31, 2022) **starting July 1, 2021 at a cost of \$25.00/person**. Please be sure to fill out the membership forms and survey as they are required in order to purchase a membership.



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.



Debit and Credit Machine

Go-Getters has a debit/credit machine in the office. Please be aware that we have 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. We will not use the machine for cash back.

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 \$60.00 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, July 8th, 15th, 22nd and 29th, 2021 starting at 10:00am.**

Foot Clinic

Dr. Greg Somer will be joining us for a foot clinic on **Tuesday, July 20th, 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.

Outdoor BBQ in the Park

Friday, July 23rd, 2021

Time: 12:30pm, Cost: \$5.00/person

Now that we are finally able to get together, Go-Getters would like to host a BBQ out back in the park to see you again! We'll be serving up hot dogs with all the fixings. There may be a treat for dessert as well!



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



Tai Chi in the Park

Our Tai Chi group is meeting in the field behind the main parking lot at 10:30am on Thursdays (Weather Permitting).



Outdoor Line Dancing Class

An outdoor class is starting in July held in the field behind the centre:

Thursdays, July 8th - 29th from 10:30–11:30am. Cost is \$20.00 for this 4 week session.

GET BACK IN THE GROOVE - Summer Line Dance in the Park. Join Paula for an outside summer line dance session! This 4 week class is for absolutely everyone as we will be "getting our feet back" under us and getting in the line dance groove. Come and learn new beginner level line dances. Have fun using the brain and body with of course lots of laughs. Yahhooooo!
Instructor: Paula Bickford

Outdoor Hula Class

Friday, July 16th, 2021, Time: 1:00pm – 2:00pm (with a beverage to follow) Cost: \$10.00/member

Join us for this one time class to try your hula skills with instructor, Paula Bickford. Get your hips swaying to the music and have fun while working up a sweat. Paula will bring some grass skirts and leis but if you have any of your own, please bring them along for the fun. This will be held in the field behind the centre unless the weather turns bad, in which case we'll move inside. We will have a celebratory beverage after the class of your choice of a leaded or unleaded pina colada.



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, 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 apply and we are so happy to see you again!



Gymmy and Gymmy Jr. Classes

Two new sessions have started June 18th – August 27th (no class July 2nd due to the Canada Day long weekend). There is still space available in both classes. We will prorate for late starters.

Gymmy Jr Class: Fridays, June 18th – Aug. 27th, 10:00am – 11:00am. Cost is \$50.00 for this 10 week session. No class July 2nd for the long weekend!

AND/OR

Gymmy Class: Fridays, June 18th – Aug. 27th, 11:15am – 12:15pm. Cost is \$50.00 for this 10 week session. No class July 2nd for the long weekend!

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.

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.



Coffee & Chat

Tuesday Coffee and Chat at Go-Getters

We are going to resume the Tuesday coffee and chat to give everyone a chance to see some friendly faces. We will be socially distanced and have coffee/tea and a treat each Tuesday at 10:30am starting July 6th, 2021. Masks will be required to enter and move about the centre but can be removed once seated. Can't wait to see you again!

Gardening Thank You!

We want to say thanks to Deane Vincent and Bev Wallace for making our Go-Getters outdoor planters look beautiful for the summer!



Go-Getters BINGO is not quite ready to restart. Watch for news in mid July for the return of one of our favorite programs. Hope to see you all soon!



Meir, Miriam	Christmas, Rosemary
Talbot, Grant	Campagne, Yvette
Ree, Paulette	Lloyd, Paul
McReavey, Barbara	Barker, Danielle
Olmstead, Grace	Webster, Eileen
Wood, Miki	Grant, Len
Wilson, Patricia	Runciman, Marj
Booth, Pauline	Pedersen, Gordon
Lancaster, Lynn	Labrecque, Carol
Davey, Ginger	Dann, Carol
Glover, Jane	Hilton, Jane
Chandler, Joyce	Morigeau, Terri
Clifford, Wayne	Hojnik, June

How the Alberta Vaccine Lottery works:

All Alberta residents 18 and older who have had at least one dose of an approved COVID-19 vaccine can enter to win one of three \$1 million prizes. You will also have a shot to win other summer prizes. You need to enter online at:

[Open for Summer Lottery | Alberta.ca - Government of Alberta](https://www.alberta.ca/open-for-summer-lottery)

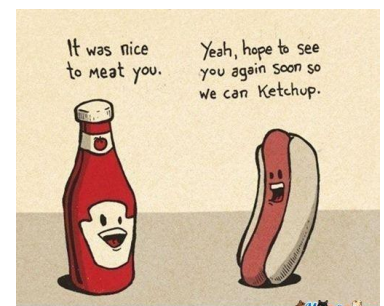
[https://www.alberta.ca > open-for-summer-lottery](https://www.alberta.ca/open-for-summer-lottery)

You only need to enter once, but should you win you must be able to provide proof you have received your first dose to win the July draw and your second dose to win the August and September draws. This can be done with the form you received after each vaccine.

Registration for the July draw closes one week after 70% of eligible Albertans have had their first dose – we're almost there. The closing date will be posted online once Alberta has met that threshold.

Giggles:

Checking on your Summer Body and finding you have plenty



JULY

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 Facility Closed for Canada Day long weekend 	2 Facility Closed for Canada Day long weekend	3
4	5 Qi Gong 11:00 Zoom Coffee & Chat 1:00	6 Coffee & Chat 10:30am	7	8 Reflexology 10:00 Outdoor Line Dancing starts 10:30	9 Gymmy Jr. Class 10:00 Gymmy Class 11:15	10
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♥ Gardening ♥

