



West Hillhurst Go-Getters Association June "Mini" 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



The Executive Director's Message

Hooray! We can start re-opening – again! While we are excited, we are still hesitant to re-open too fast but hope to back to full operations by the end of July! Please bear with us as we try to navigate through this. The majority of our members should now be fully vaccinated with both doses and I am happy to report that both Cassandra and myself have had both of our doses as well!

At this point, and for the rest of June, we still are not allowed to have indoor social gatherings. According to the guidance issued by the province, we can restart indoor fitness, with restrictions, in step 2. This could be as early as June 10th! Masks and social distancing will still be required at this time.

We will watch the numbers through June and into July to ensure your safety and ours! Our hope is that the province's case numbers will continue to decline and vaccinations continue to rise and that we will be able to move into step 3 in early July. This means we may be able to resume Bingo and cards in mid to late July! We hope that we will not need to have the registration table any more however the sign in book will continue to be very important. Please remember to sign in each time you come to the centre. This is important not only should contact tracing be required, but it is also for your safety should an emergency evacuation be needed.

We look forward to our new membership year and will begin to sell memberships for the 2021/22 year

starting in July. While the membership year runs from September 1, 2021 to August 31, 2022, the board has decided to start selling memberships early for this year only. We had reduced the membership fee for the current year ending on August 31, 2021 but as we plan for a full and busy new membership year the fee will be returned to \$25 for the year.

Cassandra and I are very grateful for the support from our membership and can't wait to welcome you all back soon! Until then, stay safe, and let's make this this a very 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.



Debit and Credit Machine

Go-Getters has a debit/credit machine in the office. Please be aware that we have a min. purchase of \$10.00 for the use of this machine. Interact, Visa or M/C 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.





Service Coordinator:

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

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 will be running with reduced hours during Covid-19 restrictions so spaces are limited. The next dates we will be booking for is **Thursday, June 10th, 17th and 24nd, 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.

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) starting Thursday June 10th.

Zoom Monday Coffee and Chat

Zoom coffee and chat time is on Mondays at 1:00pm, see you there!



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



Gymmy and Gymmy Jr. Classes

The last Gymmy makeup classes from before the lockdowns will be held on Friday, June 11th, 2021 at 10am or 11:15am depending on which class you had registered for. We are finally able to get it in!

The two new sessions that were supposed to start in April 2021 will be running over the summer months starting June 18th – August 27th (no class July 2nd due to the Canada Day long weekend). For those of you that already registered for the April classes, your spot is good for these new sessions (if you are not able to attend this session, please let us know) and registrations are open to all of our members:

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.



Nelson, Bernice	Boehm, Cecile
McKinnon, Donald	Grice, Sally
Magnusson, Doris	Griffin, Darlene
Benaschak, Marion	Achtymichuk, Joyce
Wilson, Bill	Pinnell, Rhoda
Christoffersson, Britt	Graefer, Pam
Martens, Patrick	Garner, Karol
Cummings, Bryan	Damji, Zera
Johnson, Barbara	Milton, Lois
Wyatt, Jill	Sabine-Pasley, Neil
Barnett, June	Rem, Emil
Clark, Lloyd	Dmitroca, Kenneth
Matthews, Estelle	Paksi, Phyllis

One of our members has family that opened up a meat delivery service in Calgary. This opens the option to not shop for good quality meat, but to get your choice cuts delivered right to you. Visit Ernestmeats.ca to check it out or to place an order.



Giggles:



Fathers Day

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

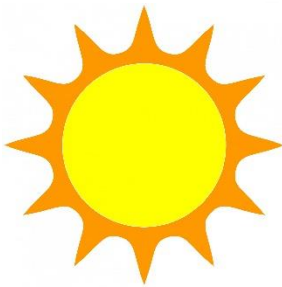
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- PARENT
- WATCH
- CUFF LINKS
- STRONG
- FATHER
- JACKET
- UNCLE
- HAT
- FISHING
- PHONE
- MAN CAVE
- FOOTBALL
- DADDY
- SPORTSCAR
- RESPECT
- BEER
- WALLET
- RAZOR
- LOVE

Play this puzzle online at : <https://thewordsearch.com/puzzle/220634/>

June

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	3	4	5
6	7 Zoom Coffee & Chat 1:00	8 Foot Clinic 10:00	9	10 Reflexology 10:00	11 Make Up Gymmy Class 10:00 Make Up Gymmy Class 11:15	12
13	14 Qi Gong 11:00 Zoom Coffee & Chat 1:00	15	16	17 Reflexology 10:00	18 Gymmy Jr. Class Starts 10:00 Gymmy Class Starts 11:15	19
20 	21 Qi Gong 11:00 Zoom Coffee & Chat 1:00	22	23	24 Reflexology 10:00	25 Gymmy Jr. Class 10:00 Gymmy Class 11:15	26
27	28 Qi Gong 11:00 Zoom Coffee & Chat 1:00	29	30			



ENJOY
the
SUN