

West Hillhurst Go-Getters Association

April 2024 Newsletter



The office will be closed on Good Friday
March 29, 2024

Go-Getters Mission

Outstanding social, recreational, and educational community through participation.

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West Hillhurst Go-Getters Association
1940 6 Avenue NW
Calgary AB T2N 0W3
Phone: (403) 283-3720
Email: gogetters@telus.net Web: gogetters.ca
Office Hours: Monday to Friday 8:30am – 3:30pm





VOLUNTEERING

Message from a Go-Getter Volunteer

(Diane Becker)

I have been a Go-Getter since 2008.

I had been playing & volunteering at the West Hillhurst Community Bingo, and a friend of mine suggested that I should join the Go-Getters senior club. When I retired in 2008, I did just that.

It has been wonderful for me; I have met some amazing people and enjoyed great times together.

As we all know, Covid damaged everything. So now we know how important socialization is to our well being; good friends and lots of laughs make life so much better!

I have served on the Go-Getters board twice, and I have worked the bingo selling bonanza cards and doing call backs. I ran the Casino & Stage West trips, and I still make sandwiches for bingo once a month.

We are so lucky to have such a great club that is always active. There are monthly luncheons, games night, exercise classes, cards, line dancing, etc....

With everything that happens here you can understand how vital and important volunteers are. When everyone steps up to volunteer even a bit of time it keeps our club running like a well-oiled machine.

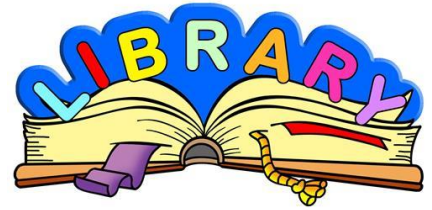
Volunteering has enhanced my life in so many ways!

Diane

Library

Meriel, is doing an awesome job with the library, she has asked please, DO NOT donate HARD COVERED books,

Greeting Cards are in the library, please help yourself,
Take a card, Leave a card



E-Transfer Payments

For those who are unable to get to our facility easily, we do accept e-transfers by e-mail



Before you e-transfer, please call Christine to make sure there is still room available for the trip or the event you wish to attend. At that time, you will need to provide a list of what it is you are purchasing and the names of the people attending the events for our records.

Please send your e-transfer to programs@telus.net. Phone: (403) 283-3720.

When you send an E-transfer, in the message section please write in the name of the event for which you are submitting payment.

It's an Easter Egg Hunt!

How many Easter Eggs you can find in April's newsletter?

In this month's newsletter we have hidden a number of Easter Eggs that look like this:



When you think you have found them all, stop by the office and fill out an entry form by April 27th with your best guess of how many Easter Eggs are hidden throughout the newsletter.

We will draw one name from all the correct guesses, and the winner will receive a special Easter Basket.

Have Fun...and Happy Hunting!!!!

Name Buttons

Name buttons are an ongoing fundraiser for the Go-Getters. You can order as many as you like with almost anything you wish as your background.

Order yours in the office today. **The cost is \$5.00** per button.

Thank you to all that have supported this fundraiser.



Newsletter Release Dates

We send out the newsletter on the 3rd Friday of each month with ticket sales beginning the following Monday.



Professional Services

Foot Doctor

The foot doctor will return on **April 16, 2024**.

Phone or stop by the office to book your appointment.



Carya



Carya is a social impact agency in Calgary dedicated to creating strong families and communities for generations. They are here for all Calgarians seeking support with mental, physical, emotional, and financial wellbeing.

To learn more, please visit their website: caryacalgary.ca.

Lintott Law

Cass Lintott has been recommended to the Go-Getters as a lawyer willing to do some pro bono for our members with regards to issues facing seniors. Please visit his website: lintottlaw.com or contact him below.



Cass Lintott
Lintott Law
2913 Centre Street NW
(403) 520-2288

Volunteer Incentive

The Go-Getters hold a draw every month for volunteers who donate their time. For each hour you volunteer you can enter one ballot into our draw box, and each month one lucky volunteer will win a **\$25** Gift Card!



For the next draw, please count your volunteer hours from: **Feb 12, 2024 to May 13, 2024**

Volunteers may only win once per membership year. Please See Christine for the ballots.

[Are you looking for a volunteer opportunity and want to help out the Go-Getters?](#)

[The time commitment is minimal, and we will train you!](#)

We are always looking for servers and clean-up crew for our monthly luncheons. There is a sign up sheet posted on our bulletin board. Sign up or call the office to see how you can help out.

*****All volunteers*****

Please remember to record your hours in the
Volunteer Hour Book.

The book is in front of the office.

Thank you! 😊🥚

A friendly reminder about smoking at the Go-Getters



When you go outside to smoke, please make sure that you are at least 5 metres (16') away from any doorway.

Also, remember that The Go-Getters Centre is a scent-free area.

The smell of smoke lingers on clothing and is as much of an irritant to those with sensitivities as strong perfume or cologne.

If you are here playing cards or attending an event, please respect your fellow Go-Getters and refrain from smoking until you leave.

Thank you!

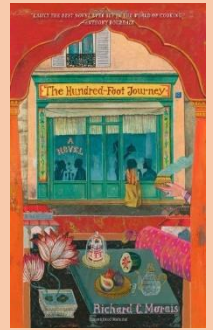


BOOK CLUB

April 5, 2024 • 10:00 am

"The Hundred Foot Journey"

by Richard Morais



"That skinny Indian teenager has that mysterious something that comes along once a generation. He is one of those rare chefs who is simply born. He is an artist."

And so begins the rise of Hassan Haji, the unlikely gourmand who recounts his life's journey in Richard Morais's charming novel, "The Hundred-Foot Journey". Lively and brimming with the colours, flavours, and scents of the kitchen, "The Hundred-Foot Journey" is a succulent treat about family, nationality, and the mysteries of good taste.

Born above his grandfather's modest restaurant in Mumbai, Hassan first experienced life through intoxicating whiffs of spicy fish curry, trips to the local markets, and gourmet outings with his mother. But when tragedy pushes the family out of India, they console themselves by eating their way around the world, eventually settling in Lumière, a small village in the French Alps.

Painting For Fun

Members come together to work on individual projects and visit. They bring all their own supplies and use our hall as a gathering area to paint and socialize. This group is ongoing on **Fridays 10:00 am –12:00 pm. Cost is \$3.00/person drop-in fee each week.** All Go-Getters artists are welcome to participate.



Card Making Class

Friday April 19, 2024, 1:00pm – 3:00pm

\$15.00 Member \$20.00 Guest, Max 20 people

**Come and join Darlene & Toni for some fun
and make your own greeting card.**

All supplies are included, and we will be serving coffee, tea, and snacks

Regular Line Dancing **New Session**

Thursdays April 11 – June 6, 2024

10:45 am to 1:00 pm – 9-week session

Cost: \$ 90.00 for each level



Level 1 Thursdays at 10:45 am – 11:45 pm

Join Paula for Level 1 line dance. **This class is NOT from scratch** and we will be reviewing dances previously taught as well as learning new material. This class is for those wishing to have a more thorough review and move at a little slower pace. The class will however progress each week and will provide excellent brain and body exercise.

Level 2 Thursdays at 12:00 pm – 1:00 pm

Join Paula for Level 2-line dance. **This class is NOT from scratch**, and we will be reviewing dances previously taught as well as learning new material. This class is for those wanting more of a challenge. This class will be moving at a quicker pace than level 1. Review will still be provided for all dances, but this class will be for those wanting a quicker paced class. Get ready for fun and fitness for the body and brain! Mosey on in and register for your spot in our classes. You're sure to have some boot-scootin' fun! These classes are for members only. We prorate for late starters!

Qi Gong Class – Spring Forest Qi Gong

All abilities can benefit from this practice, and you can do no wrong or harm. This class will continue to run on **Mondays, 11:00 am – 12 pm** with a drop in fee of \$3.00. On Monday luncheon days, class will run from 10:00 am – 11:00 am in the library.



Fit Walk Classes **New Session**

Tuesdays April 9 – June 4, 2024

12:15 pm – 1:00 pm

Cost: \$90.00 for this 9-week session.



Join Paula for a 45-minute indoor cardio walking program! This program will have you moving to the beat of the music while having a blast! You will get all the benefits of cardio, balance and strength in the safety of the indoors. This is an easy-to-follow program (no tricky dance moves) that is suitable for anyone. Class will conclude with a nice stretch.

Instructor: Paula Bickford **Drop-in fee \$12.00**

Total Body Functional Fitness **New Session**

New Session - New Time

Thursdays, Feb 29 – May 2, 2024

\$100.00 for 10 weeks

10:15 am – 11:00 am

Drop-in fee \$12.00

Instructor: Karen Hagen



I am excited to continue to support you to live an independent and healthy life with my Functional Fitness Class.

I have lots of new and safe movements for you. We will be exploring ways to strengthen our wrists and hands as well as ankles and feet! Our last class was legs and glutes which we will continue to work on as that is our foundation for balance.



Christine is providing our group with a storage bin for our weights, so we will also be making sure our arms and shoulders are there for us when we need to lift, push, pull and hug!!

Come to the office to sign up.



All the games you can play.

Games Night

Friday, April 5, 2024 and Friday, April 26, 2024

6:30 pm – 9:00 pm

\$3.00/person, drop-in fee,

Bring your own snacks!



Games night is a get together where our members can use the Centre to socialize. Come on out and brighten your mood with a night filled with fun games and good friends. Wine, beer and 50-25-25 tickets will be available for purchase during games night.

Euchre

Euchre is held Mondays at 12:30pm

(Except monthly luncheon days where it will be held 1:30pm)

There is a **drop-in fee of \$3.00. Plus \$1.00 for prize money**

Coffee, tea, and prize pools are included in the fee.



Euchre Tournament Partners

Sunday, May 5, 2024

Coffee at 9:30 AM

Play Starts 10:00 AM Sharp

Cost \$25 per person and includes lunch and cash prizes.

(Prizes will be awarded after the afternoon sessions)

50/25/25 tickets will be available for purchase at the tournaments.

Registration forms must be received by 3:00pm April 26, 2024.



Payment by Cash, Cheque or E-transfer.



Cribbage

Thursday afternoons at 1:00 pm

Drop-in fee of \$3.00. Plus \$1.00 for prize money

Coffee, tea, and prize pools are included in the fee.



Whist/Canasta

Tuesdays @ 1:00pm

Drop-in fee is **\$3.00 for Whist. Plus \$1.00 for prize money**

Drop-in fee is **\$3.00 for Canasta. No prize money**

Coffee, tea, and prize pools are included.



Bridge

Saturdays at 12:30 pm

Drop-in fee of \$3.00. Plus \$1.00 for prize money



Bridge Tournament
Saturday April 20, 2024

Coffee at 9:30 AM

Play Starts 10:00 AM Sharp

Cost \$25 per person and includes lunch and cash prizes.

(Prizes will be awarded after both morning and afternoon sessions)
50/25/25 tickets will be available for purchase at the tournaments.

Registration forms must be received by 3:00 pm on April 15, 2024
With full payment by cash, cheque, or e-transfer

Address: West Hillhurst Go-Getters
1940 – 6 Avenue NW, Calgary, AB T2N 0W3

Save the Date

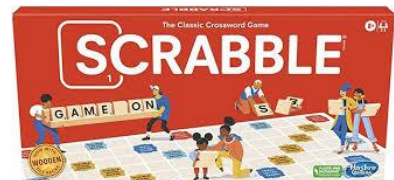
There will be another tournament on October 19, 2024



Calgary  **Scrabble Club**

Thursdays at 6:45 pm and
Sundays at 12:00 pm

All ages welcome (Grade 5 and up)
Cost: **\$3.00 drop-in fee** Thursdays
and **\$5.00 drop-in fee** Sundays.





Thursday, April 25, 2024

Pick up time is 10:15am

Cost: \$10.00 members / \$15.00 Guests
(Min of 20 people required)

Dental Presentation By Service Canada



Friday, April 5th, 2024
1:00 pm – 3:00 pm
This is a **FREE** event!

But you still need to sign up – snacks and refreshments will be provided

Come out to learn more about the new Canadian Dental Care Plan (CDCP)

There will also be a representative from Service Canada who will provide information and answer questions regarding:

Canadian Pension Plan - Canadian Pension Plan Disability - Old Age Security - Canada Revenue Agency - Disability Tax Credit - Canada Caregiver Credit - Medical Expenses - Home accessibility Tax Credit - CVITP program - Scams awareness



Spring Has Sprung Luncheon!

Monday April 15, 2024

12:00pm

\$20 /Member and \$25 /Guest

(Final Day to Register is Tuesday, April 9)

Menu

Citrus Glazed Ham

Herb Roasted Potatoes

Parmesan Roasted Brussel Sprouts

Citrus Glazed Squash

Dessert + Coffee + Tea

Wine and Beer available for purchase

Meal is provided by: Triwood
Desserts provided by: Chartwell

Unfortunately walk-ins cannot be accepted as we require



final numbers for the caterer.

In case you missed it...

Our first Go-Getters' Breakfast was held on March 1, 2024



How many Go-Getters does it take to fill a soap bottle?

HA HA HA !!

Marg, Barb and Monica

Please let the office know if you would like us to do another breakfast.

**Our St. Patrick's
Day Luncheon
was held on
March 11**

A special thank you goes out
to all the volunteers who
make these events possible!



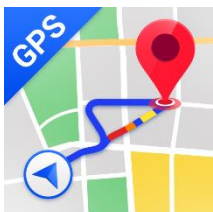
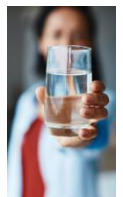
Activities & Events for March

| <u>DATE</u> | <u>EVENT</u> | <u>TIME</u> | <u>COST</u> |
|----------------------|---|--|---|
| April 5 Friday | Dental Presentation | 1:00 pm - 3:00 pm | No Charge |
| April 5 Friday | Games Night | 6:30 - 9:00 pm  | \$3.00 drop in fee |
| April 15 Monday | "Spring has Sprung" Monthly Luncheon | 12:00 pm | \$20.00 Members \$25.00 Guest |
| April 16 Tuesday | Foot Doctor | 10:00 am – 2:00 pm | \$10.00 to the Doctor |
| April 19 Friday | Card Making | 1:00 pm – 3:00 pm | \$15.00 Member \$20.00 Guest |
| April 20 Saturday | Bridge Tournament | 9:30 am | \$25.00 per person (Must have partner) |
| April 25 Thursday | Cowboys Casino | 10:00 am – 3:00 pm | \$10.00 Mem \$15.00 Guest |
| April 26 Friday | AGM Meeting | 1:00 pm | No Charge |

A little Humor

Today a woman knocked on my door and asked for a small donation towards the local swimming pool..... I gave her a glass of water..

I love supporting the community 😊



I got myself a senior's GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.



WHGG Weekly Card Games



| <u>DAYS</u> | <u>GAME</u> | <u>TIME</u> | <u>Drop-in COST</u> |
|-------------|-----------------------------------|-------------|------------------------------------|
| Mondays | Euchre Luncheon days at 1:00pm | 12:30pm | \$3.00 + \$1.00 for prize money |
| Tuesdays | Canasta (Hand & Foot) | 1:00pm | \$3.00 |
| Tuesdays | Whist | 1:00pm | \$3.00 + \$1.00 for prize money |
| Thursdays | Crib | 1:00pm | \$3.00 + \$1.00 for prize money |
| Thursdays | Scrabble | 6:45pm | \$3.00 |
| Saturdays | Bridge (Contract/Rubber) | 12:30pm | \$3.00 + \$1.00 for prize money |
| Sunday | Scrabble | 12:00pm | \$5.00 |

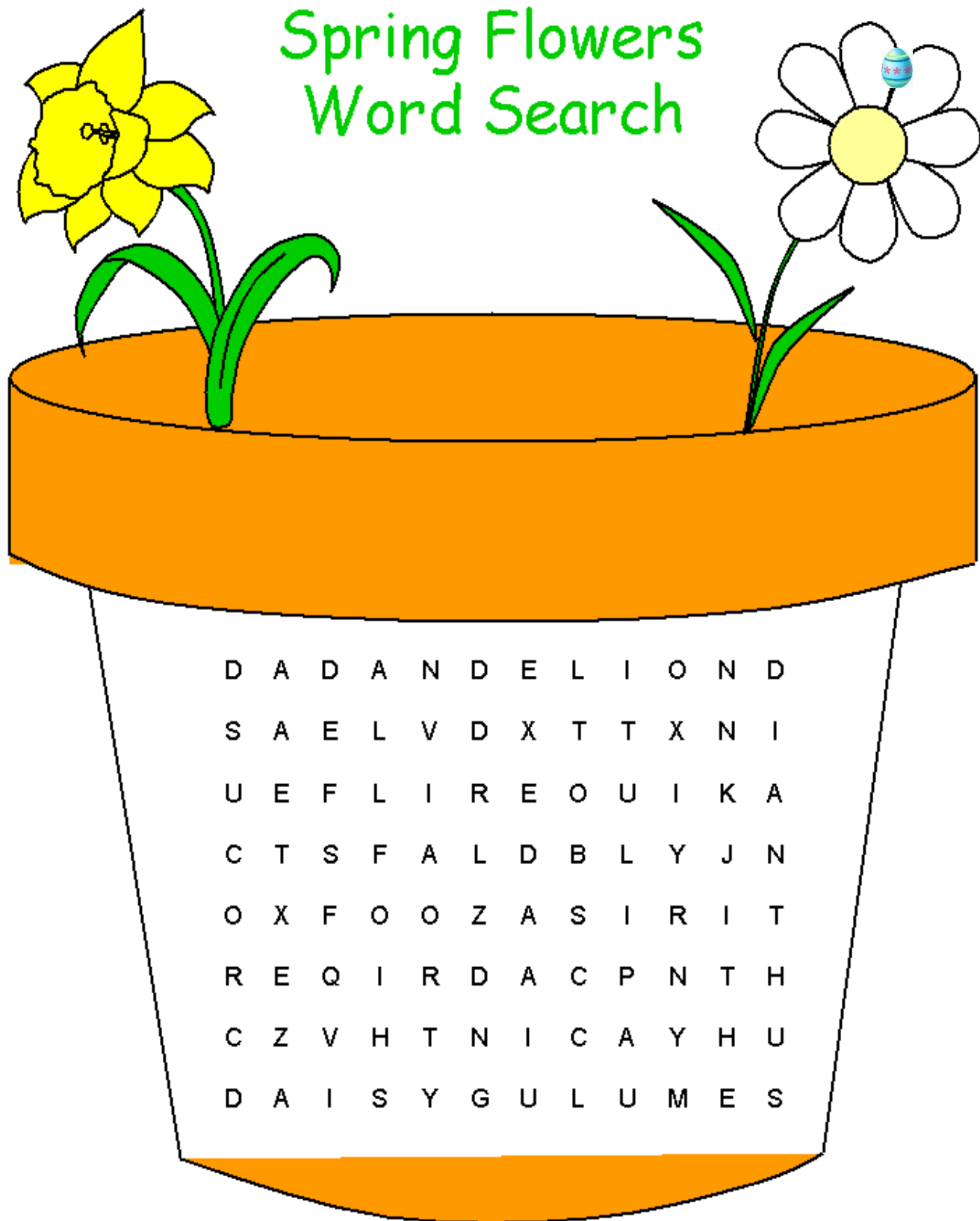
Exercise



Classes

| | | | |
|------------------|----------------------------------|---|--|
| Mondays | Qi Gong | 11:00am – 12:00pm Every Monday | \$3.00 drop in fee |
| Tuesdays | Tai Chi | 1 st - 9:30am to 10:30am 2 nd - 10:30 – 11:30am | \$3.00 Drop-in fee Both these classes are full. |
| Tuesday | Fit Walk | 12:15pm – 1:00pm April 9 – June 4 th , 2024, | \$90.00 for 9 weeks. \$12.00 drop in fee |
| Thursdays | Line Dancing | Level 1 - 10:45am – 11:45am Level 2 – 12:00pm – 1:00pm April 11 – June 6 th , 2024 | \$90.00 for 9 weeks For each level \$12.00 drop in fee |
| Thursdays | Total Body Functional Fitness | 10:30 – 11:15am Feb 29 – May 2, 2024 | \$100.00 for 10 weeks \$12.00 drop in fee |

Spring Flowers Word Search



azalea
crocus
daffodil

daisy
dandelion
dianthus

hyacinth
iris
lilac

rose
tulip
violet

April Birthdays

Jean M.

Maurine S.

Mona V.

Rita N.

Bonnie L.

Diane U.

Vernice F.

Doris B.

Nancy D.

Joan S.

Fran P.

Lorraine C.

Madelyn B.

Christine T.

Judy M.

Lena C.

Lee-Ann R.

Marie E.

Marianne B.

Marilyn M.

Monnie A.

Miahaa R.

Ross M.



Can we talk?

We recently had a new member join the Go-Getters who speaks Ukrainian, but very little English.

The Go-Getters are known for being very welcoming, so it would be great if there were any members who spoke Ukrainian, that could reach out to assist this member in getting more involved with our club.

Please speak to Colin in the office for more details.

APRIL 2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|--|--------------------------------|--|---|--|
| | 1 Easter Monday Qi Gong 11:00 am Euchre 12:30 pm | 2 Tai Chi 9:30 am – 11:30 am Carpet Bowling 1:00 pm Canasta/Whist 1:00 pm | 3 Bingo 12:00 pm | 4 Body Fitness 10:15 am Crib 1:00 pm Scrabble Club 6:45 pm | 5 Dental Presentation 1:00 – 3:00PM Book Club 10:00-12:00 pm Painting for fun 10:00 am – 12:00 pm Games Night 6:30 pm – 9:00 pm | 6 Bridge 12:30 pm |
| 7 Scrabble Club 12:00 pm | 8 Qi Gong 11:00 am Euchre 12:30 pm | 9 Tai Chi 9:30 am – 11:30 am Fit walk 12:15 pm Carpet Bowling 1:00 pm Canasta/Whist 1:00 pm | 10 Bingo 12:00 pm | 11 Line Dancing 1 & 2 10:45 am & 11:45 am Body Fitness 10:15 am Crib 1:00 pm Scrabble Club 6:45 pm | 12 Painting for fun 10:00 am – 12:00 pm | 13 Bridge 12:30 pm |
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| 21 Scrabble Club 12:00 pm | 22 Qi-Gong 11:00 am Euchre 12:30 pm | 23 Tai Chi 9:30 am – 11:30 am Fit walk 12:15 pm Carpet Bowling 1:00 pm Canasta/Whist 1:00 pm | 24 Bingo 12:00 pm | 25 Cowboys Casino 10:15 am Line Dancing 1 & 2 10:45 am & 11:45 am Body Fitness 10:15 am Crib 1:00 pm Scrabble Club 6:45 pm | 26 Painting for fun 10:00 am – 12:00 pm AGM Meeting 1:00 pm Games Night 6:30 pm | 27 Bridge 12:30 pm |
| 28 Scrabble Club 12:00 pm | 29 Qi-Gong 11:00 am Euchre 12:30 pm | 30 Tai Chi 9:30am – 11:30 am Fit walk 12:15 pm Carpet Bowling 1:00 pm Canasta/Whist 1:00 pm | | | | |