

**West Hillhurst Go-Getters  
Association**

**May 2024  
Newsletter**

Our office will be closed  
Monday May 20, 2024  
For Victoria Day



**MOTHER'S DAY SUNDAY MAY 12, 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](mailto:gogetters@telus.net) Web: [gogetters.ca](http://gogetters.ca)

Office Hours: Monday to Friday 8:30am – 3:30pm



# West Hillhurst Go-Getters

## Board Members

Beverley Wallace  
Marian Babiuk  
Leona Schaal  
Barb Romman  
Diane Allen

President  
Vice-President  
Secretary  
Treasurer  
Past-President

## Directors at Large

Linda Tannas  
Rosa McDermott  
Sally McAlorum  
Lori Lailey  
Darlene Millar

## Administration

Colin Hughes  
Christine Gnatiuk

Executive Director  
Program Coordinator

The Go-Getters Annual General Meeting  
will be held on

**April 26, 2024**  
1:00 pm – 3:00 pm

The AGM is a great opportunity for you to hear how the Go-Getters are doing, meet your Board of Directors, and mingle with your fellow Go-Getters!  
(And there will be snacks!)

Please let us know if you will be attending  
so we will know how many people to expect.

# Go-Getters Member, Volunteer, and Board Secretary...

## Leona Schaal



I grew up in a small hamlet that was part of a huge Farming community in Alberta.

I remember walking to school where many of my school chums were bussed in from their farms and a near by town.

Socialization consisted of huge gatherings of everyone from Grand Parents to the youngest baby, either at the school, local church, Curling Club, or the town hall. There we either played games, performed our school concerts, danced, or enjoyed potluck dinners. After learning to curl, we enjoyed hot dogs prepared by our moms and consolation of why we couldn't get the rock to the other end of the ice by our dads.

Those were the most enjoyable times for everyone young and older. I still remember the sense of belonging and knowing you have people who care about you.

When I walk into Go-Getters, I have the same feeling I had when I was younger. The greetings of others who are there to either volunteer helping out or participate in any of the many things going on make me feel so welcomed.

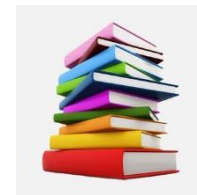
The exercise and body fitness classes are favorites of mine as well as all the card playing. There is such a variety of other activities as well which I am looking forward to trying when time permits.

I have been a member of Go-Getters since 2014, am a member of the Board, volunteer at card games, Bingo and monthly lunches. There are so many wonderful volunteers who make the work fun and easy. If you know of anyone who isn't involved in an organization, have them check us out. We would love to have them join.





# The Library



**Did you know...the Go-Getters are fortunate to have our very own librarian?**

For many years, one of our members has done an amazing job volunteering to maintain our library for everyone's enjoyment. Our collection continues to grow, and we currently have more than 350 books and 90+ puzzles!

There is no need to sign anything out – Take home any book or puzzle you like, return it when you are done...and grab another one! We also have a collection of greeting cards that are free for everyone. And if you have cards you no longer want, bring them in and add them to the box.



Our library is also a great meeting place. It is used by the Board (and Committees) for monthly meetings, by the Book club, and is home to the occasional fitness class and Qi Gong.



If you want a quiet spot to enjoy a coffee and socialize with friends, the library is a great place to meet!

The next time you are in the Centre, be sure to stop in and check out the Go-Getters' Library!



## 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](mailto: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.



## 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.



"Picked Blooms"

Watercolour painting by Maihaa Rayne (c) 2024

## Tea and Conversation

### Tulip Time

Friday May 24 - 1:00pm – 3:00 pm

**There is no charge for this event.**

Do you like tulips? What memories and feelings do they evoke in you?

Would you like to learn how to sketch or paint them?"

Meet and Greet the Artist, Maihaa Rayne.

Original watercolours will be on display. Maihaa will do a presentation plus Q & A for about 45 minutes.

Please R.S.V.P by May 17, 2024

We will be serving Gluten Free and low sugar baked goods

**WEST HILLHURST GO-GETTERS ASSOC, 1940 – 6 Ave NW, Calgary, AB**



# Foot Doctor

The foot doctor will return  
**Tuesday June 4<sup>th</sup>**  
Phone or stop by the office  
to book your appointment.

## 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 attending an event, please respect your fellow Go-Getters and refrain from smoking until you leave.



Thank you!

## Volunteer Incentive

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. The Go-Getters hold a draw every three months for volunteers who donate their time. For each hour you volunteer you can enter one ballot into our draw box, and every three months 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 win once per membership year.

Please See Christine for the ballots.

**\*\*\*All volunteers\*\*\***  
Please remember to record your hours in the Volunteer Hour Book.  
The book is in front of the office.  
Thank you! 😊

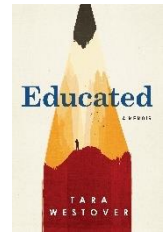
## BOOK CLUB

Friday May 3, 2024, @ 10:00 am

\$3.00 Drop in fee

“Educated.”

by Tara Westover



Tara Westover was 17 the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, she prepared for the end of the world by stockpiling home-canned peaches and sleeping with her "head-for-the-hills bag". In the summer she stewed herbs for her mother, a midwife and healer, and in the winter, she salvaged in her father's junkyard.

Her father forbade hospitals, so Tara never saw a doctor or nurse. Cashes and concussions, even burns from explosions, were all treated at home with herbalism. The family was so isolated from mainstream society that there was no one to ensure the children received an education and no one to intervene when one of Tara's older brothers became violent.

Then, lacking any formal education, Tara began to educate herself. She taught herself enough mathematics and grammar to be admitted to Brigham Young University, where she studied history, learning for the first time about important world events like the Holocaust and the civil rights movement. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge. Only then would she wonder if she'd traveled too far if there was still a way home.

If you missed it.....

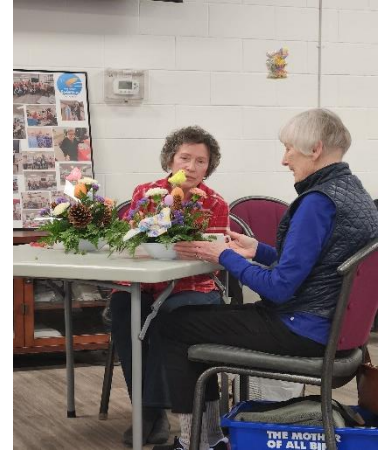
Tea and Conversation

April 5, 2024

Dental Presentation



## Flower Arranging Class with Pat March 22, 2024



**FORE!!!!**



As Spring approaches our thoughts turn to summer activities. We're thinking we'd like to have a golf outing and are wondering how many Go-Getters' members play (or try to play) the game of golf. (Our very own Director, Colin, is anxious to get out and hit that ball!!!!)

If you are a golfer and are interested in hitting the links and socializing a bit with fellow members, would you just drop by the office and give Colin or Christine your name. If the interest is there, we'll see what we can do to organize a fun afternoon In Calgary during the summer months.



**Our Easter basket winner is.....**

**Marian B.**



Congratulations to Marian for finding all 10 eggs hidden in last month's newsletter.

**Hurray! Hurray! to May**

**Strawberry Social**

Join your friends for some Strawberry socializing and fun!

To celebrate the start of spring we will be serving  
Sponge cake with strawberries and whipped cream  
Coffee and tea

Hope to see you there.

**Friday, May 3**

**1:00 pm – 3:00 pm**

**\$10.00 /person**

Please sign up by May 1, 2024

## Attention all Gardeners.

This is your chance to show off your green thumb...

We have 3 flower planters in front of the Go-Getters entrance just waiting for your horticultural expertise!

From May to September we require about 6 volunteers (2 for each planter) to plant flowers, water weekly, and weed if necessary.

If you would like to participate in this growing opportunity please let Christine in the office know.

Also, for any potential vegetable farmers in the group we may be able to rent a raised planter for the season from the Community Association.

Please let me know if anyone is interested in planting veggies.



These were done last year by our members.

# SOLAR PANEL PARTY

**Sunday, April 21  
11:00am - 1:00pm  
WHCA Community Garden**



Join us wearing yellow, for a Ribbon Cutting Celebration to mark the installation of our new Solar Panels! Learn more about the project, and what you can do for your own residential solar. Bring an electricity bill to calculate your homes solar potential Activities for kids, and speakers from Enmax, Solar Alberta, and Councillor Terry Wong

## 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.



## Regular Line Dancing – Last Classes for the summer

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

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 – Last class for the summer

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**

**2 New Summer sessions  
Total Body Functional Fitness**

**Thursdays, June 6 – June 27, 2024  
July 4 – July 25, 2024  
\$40.00 for 4 weeks each session  
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.



# Wine and Paint with Carole

## NOTE NEW TIME

**\$30.00 Member/ \$35.00 Guest**

**We will be painting a**

## **“Spring Floral Fantasy”**

**Friday, May 31  
12:15 pm – 3:00 pm**

Spring is in the air! To mark its arrival, come and paint this unique topiary design.

It has an interesting multi-colour background and the style for the pots and topiary are loose and lots of fun to do. Painting gives you a sense of accomplishment, and creativity makes us feel good about ourselves. To top it off, we have a fun social time on a Friday afternoon. Brushes, paints, and surface are provided. Please bring a water container, a stylus, pencil, and ruler. Be prepared to amaze yourself!!!



Save the date: Another Wine & Paint class on June 14, 2024

Details to follow.

## All the games you can play.



### Games Night

**Friday, May 3, and May 24, 2024**

6:30 pm – 9:00 pm

\$3.00/person, drop-in fee,

### And

### Games Afternoon

**Friday May 17, 2024**



Bring your own snacks!

Games night/afternoons 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 and afternoon.

### Euchre

**Euchre is held Mondays at 12:30pm**

(Except monthly luncheon days where it will be held 1:15pm)

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**

**Coffee at 9:30 AM**

**Play Starts 10:00 AM Sharp**

Cost \$25 /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



Special thank you to Optima Living: Sage Hill & The Edward for generously supplying meals and snacks for our tournament



## 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

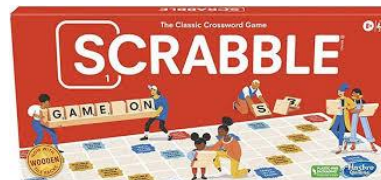


## Calgary Scrabble Club

**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, May 30**

Pick up time is 10:15am

Cost: \$10.00 per person  
(Min of 20 people required)



## ART GALLERY WALL

Many members have noted some of the changes around the look of the Center. It has been cleaned up a little and reorganized.

Most prominent is the new Art Gallery Wall in the main room. This wall features works from our very own Go-Getters members. Sincere thanks to all who have contributed an art piece and many thanks to all the members who have expressed how much they like this new look!!!

The Wall is very special because so many participated in this project and because so many members have given positive feedback.

Please keep the ideas and artwork coming!!!! It is very special. We will try to change things up every few months and hope to surprise and delight you in the coming months.

Enjoy! And who knows...

You might get inspired to pick up a brush yourself and see where creativity takes you!!!



# Mother's Day Luncheon

Monday May 13th

12:00 pm

\$20.00 /person

(Final Day to Register is Wednesday May 7)

## *Menu*

*Grilled Chicken Breast with Sundried Tomato au jus*

*Green Pea Rice Pilaf*

*Brown Butter Sauteed Green Beans*

*Peach Crumble with Whipped Cream*

*Coffee + Tea*

*Wine and Beer available for purchase*

Luncheon prepared by Triwood Catering

Unfortunately, walk-ins cannot be accepted as we require final numbers for the caterer.

## Activities & Events for May

<u>DATE</u>	<u>EVENT</u>	<u>TIME</u>	<u>COST</u>
May 3 Friday	Strawberry Social	1:00 pm - 3:00 pm	\$10.00 per person
May 3	Book Club	10:00am – 12:00pm	\$3.00 drop in fee
May 3 & 24 Friday	Games Night	6:30 - 9:00 pm	\$3.00 drop in fee
May 13 Monday	Mother's Day Luncheon	12:00 pm	\$20.00 per person
May 17 Friday	Games Afternoon	1:00 am – 3:00 pm	\$3.00 drop in fee
May 20 Monday	Closed Victoria Day	All Day	
May 24 Friday	Tulip Time	1:00pm – 3:00m	\$10.00 per person
May 31 Friday	Wine & Paint	12:15 – 3:30 pm	\$30.00

### A little Humor



The first senior moment.



**OLD AGE IS NOT FOR SISSYS. LOL**



## 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??



(I thought you said extra fries!)

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

# Mother's Day Word Search

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

CARE  
GRATEFUL  
CAKE  
FLOWERS  
HEART  
BREAKFAST  
MOM  
HOLIDAY  
GIFT  
MAY  
LOVE  
MEMORIES  
FAMILY  
SUNDAY  
HOME  
THANKS  
COOKIES  
WIFE



# May Birthdays

Heather N.  
Janette W  
Gloria F.  
Diane A.  
Gaye K.  
Maria C.  
Paulette S.  
Barry G.

Angela B.  
Marilyn B.  
Joyce P.  
Garry B.  
Donald T.  
Carol M.  
Linda T.  
Tammy S.

Maryann H.  
Joann F.  
Doreen D.  
Beverly W.  
Marilyn A.  
Peggy C.  
Marilyn B.  
Nader 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.



# May 2024

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 BINGO 12:00pm	2 Body Fit 10:15am Line Dance 10:45 -1:00 Crib 1:00pm Scrabble Club 6:45pm	3 Painting for fun 10:00-12:00 <b>Strawberry Social</b> 1:00pm Games Night 6:30pm	4 Bridge 12:30pm
5 Scrabble Club 12:00pm <b>Euchre Tournament</b> 9:30am	6 Qigong 11:00am Euchre 12:30pm	7 Tai Chi 9:30 – 11:30am Fit walk 12:15pm Canasta/Whist 1:00pm	8 BINGO 12:00pm	9 Line Dance 10:45 -1:00 Crib 1:00pm Scrabble Club 6:45pm	10 Painting for fun 10:00-12:00	11 Bridge 12:30pm
12 Scrabble Club 12:00pm <b>Mother's Day</b>	13 Qigong 11:00am Euchre 1:15pm <b>Mother's Day Luncheon</b> 12:00pm	14 Tai Chi 9:30 – 11:30am Fit walk 12:15pm  Canasta/Whist 1:00pm	15 BINGO 12:00pm	16 Line Dance 10:45 -1:00 Crib 1:00pm Scrabble Club 6:45pm	17 Painting for fun 10:00-12:00 <b>Games Afternoon</b> 1:00 – 3:00pm	18 Bridge 12:30pm
19 Scrabble Club 12:00pm	20 <b>Closed for Victoria Day</b>	21 Tai Chi 9:30 – 11:30am Fit walk 12:15pm Canasta/Whist 1:00pm	22 BINGO 12:00pm	23 Line Dance 10:45 -1:00 Crib 1:00pm Scrabble Club 6:45pm	24 Painting for fun 10:00-12:00 <b>Tulip Time T &amp; C</b> 1:00pm Games Night 6:30pm	25 Bridge 12:30pm
26 Scrabble Club 12:00pm	27 Qigong 11:00am Euchre 12:30pm	28 Tai Chi 9:30 – 11:30am Fit walk 12:15pm Canasta/Whist 1:00pm	29 BINGO 12:00pm	30 Line Dance 10:45 -1:00 Crib 1:00pm Scrabble Club 6:45pm	31 Painting for fun 10:00-12:00 <b>Wine &amp; Paint</b> 12:15 – 3:30pm	