

# West Hillhurst Go-Getters

## May 2025 Newsletter

**Office will be closed  
on May 19, 2025  
for Victoria Day**



### **West Hillhurst Go-Getters Association**

1940 - 6 Ave NW, Calgary, AB T2N 0W3  
P: 403-283-3720 E: [gogetters@telus.net](mailto:gogetters@telus.net)  
Web: [gogetters.ca](http://gogetters.ca)

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

# Reminder

## 2024 Memberships have expired

### It's time to renew

The Go-Getters are a fun and welcoming group of individuals aged 50+ who enjoy the many social, educational, and recreational opportunities our club offers.

#### **REGULAR MEMBERSHIP**

**\$35 /year**

Our members have access to a wide range of activities and events, including:

- Fitness classes for all levels of ability
  - Afternoon card games
  - Monthly luncheons
- Special social events and guest speakers
  - Monthly newsletter
  - Library
- Volunteer opportunities

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#### **SUPER MEMBERSHIP**

**\$50 /year**

If you are interested in participating in similar activities at the following activity centres in Calgary, you may consider purchasing a "Super Membership". This allows you to enjoy the same benefits enjoyed by the members at 11 other local clubs...without having to join each club. For 2025 as a Super member, you will also receive a complimentary membership with CARP (Canadian Association of Retired Persons) a value of \$19.95

In addition to your membership at the Go-Getters, you will receive member-level benefits at the following centres:

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Greater Forest Lawn 50+	Ogden 50 +	Unison at Kerby Centre
SW 55+ Connect	Rainbow Elders	Calgary 55+ Games Assoc.
Bow Cliff Seniors	Confederation Park 55+	Bowness Seniors
Parkdale Nifty Fifties	Good Companions	Kensington Legion
	Calgary Seniors Acting Lab	

Memberships run from January 1, 2025 – December 31, 2025

[www.supermembership.ca](http://www.supermembership.ca)



# West Hillhurst Go-Getters Association

## Mission

Provide social, recreational, and educational community through participation

## Values

Welcoming - Kindness - Reliability - Friendship - Service

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### **Board Members**

Beverley Wallace  
Marian Babiuk  
Leona Schaal  
Barb Romman

President  
Vice-President  
Secretary  
Treasurer

### **Directors at Large**

Linda Tannas  
Janis Zral  
Pat Rosettis  
Sally McAlorum  
Lori Lailey  
Darlene Millar

### **Administration**

Colin Hughes  
Christine Gnatiuk

Executive Director  
Program Coordinator



# Go-Getters Luncheon Survey Results

At the Go-Getters' February luncheon we asked our members' for their opinions regarding our monthly luncheons.

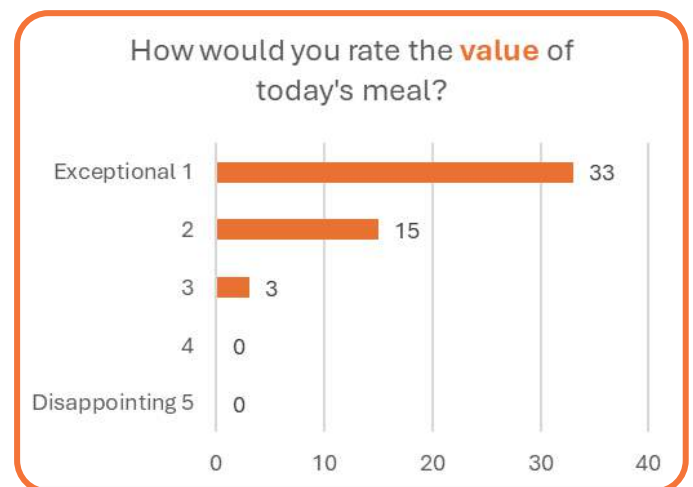
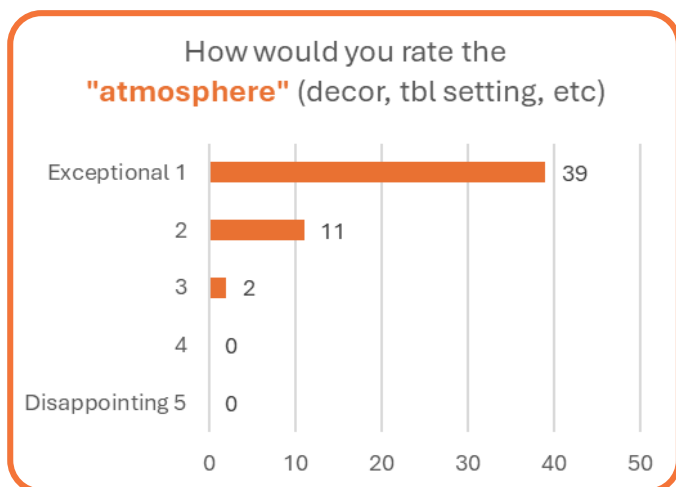
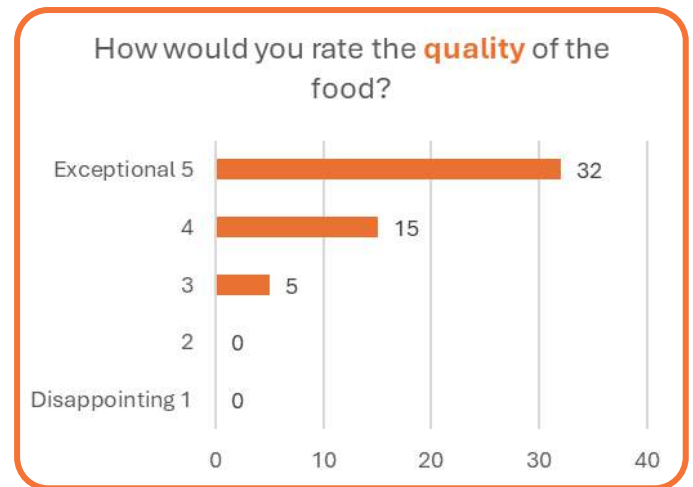
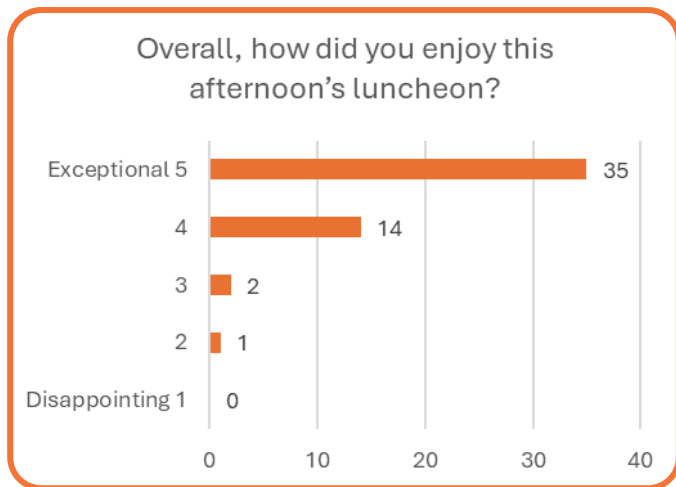
There were 59 people in attendance and 52 surveys were completed for a response rate of 88%. (THANK YOU!)

It is important to note that the feedback was only from those who attended this luncheon. Therefore, the results do not provide any insight into the thoughts or habits of those who were not present, or why those individuals may have chosen not to attend this, or any other luncheon.

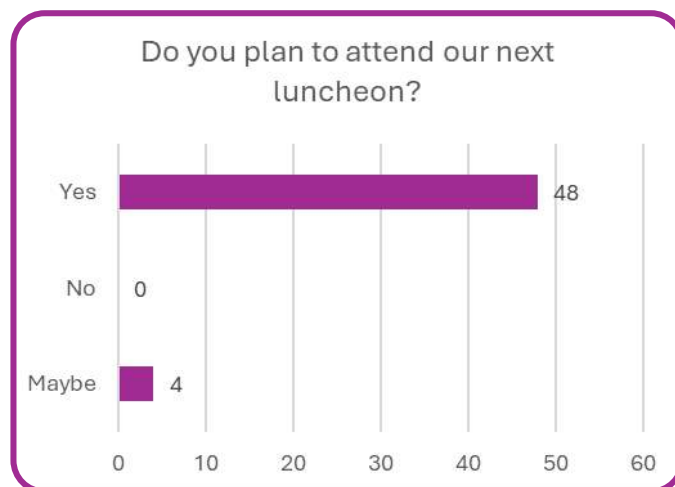
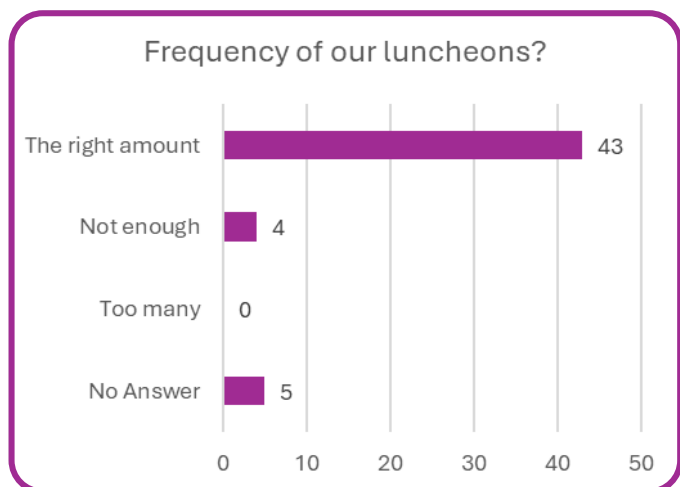
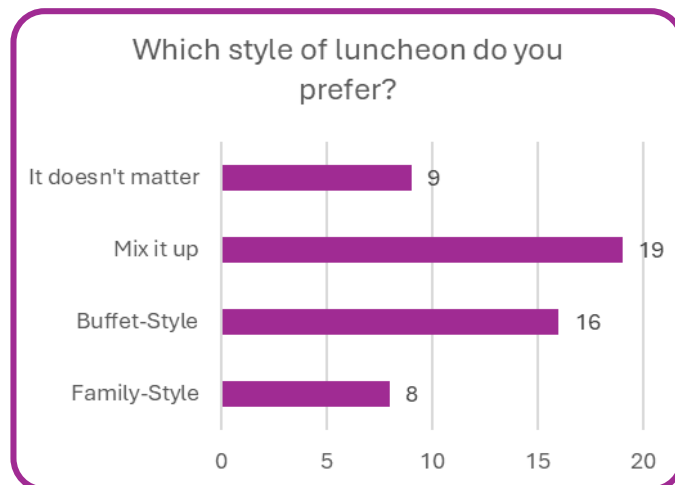
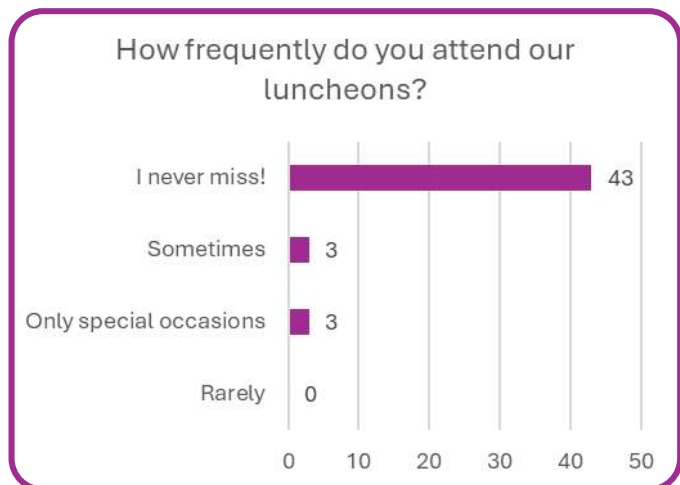
The following are a few of the survey highlights. A more detailed summary will be available to view at the Centre in the coming days.

## Section 1: February's Luncheon

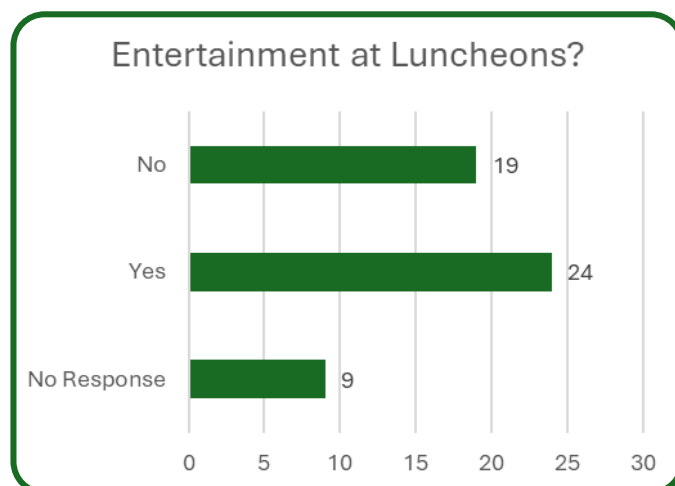
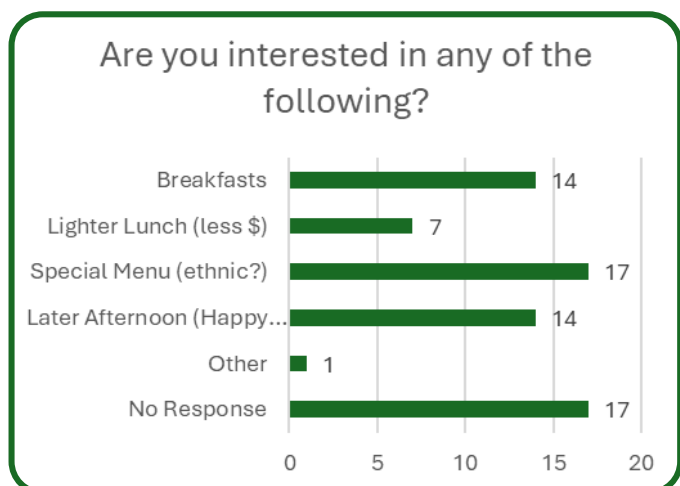
From the written comments, what people most enjoy about our luncheons (aside from the food) is the opportunity to chat, socialize, and share a meal with friends.



## Section 2: General Questions



## Section 3: Other Suggestions



### Other menu item suggestions:

- Asian / Danish / Ukranian meals
- Pastas
- Soups
- BBQ's / Beef on a Bun
- Different salads

### Entertainment Options:

- Singing / Sing-a-Longs
- Soft (recorded) music
- Piano / Fiddlers
- Dancers / Line Dancers
- No entertainment (can't chat)

# Donations to the Go-Getters



Monetary donations to Go-Getters are always welcome and we thank our members for their generosity.

Throughout the year, many people are cleaning out areas of their homes or have the unfortunate loss of a close loved one and are discarding items they no longer need.

Oftentimes, items are left at the office with a note: "Donation to Go-Getters" with no indication of where they came from or in the case of an electrical item, whether it is in good working order or not.

While we are grateful the Go-Getters are thought of in these instances, we are limited for storage space and often do not have any use of some items.

If you have any item you wish to donate to Go-Getters, we ask that you speak with either Colin or Christine so they can determine if we can use the item or not.

It is distressful for us to have to dispose of an item that was thoughtfully given to us.

Thank you!





# GET READY TO



# SPRUCE UP THE NEIGHBOURHOOD

Get rid of clutter and help the planet!

**Sunday May 25, 2025**

9:00 am - 2:00 pm



- Garbage collection *\*with restrictions*
- Bottle recycling
- Metal recycling
- Household battery recycling
- Electronics recycling
- Lightbulb recycling
- Paper shredding
- Sports equipment donations
- Clothing and household item donations
- Swap & reuse it station

Free Garbage Services  
Courtesy Of:



Visit [www.calgary.ca](http://www.calgary.ca)  
for full list of  
acceptable items

**Volunteers needed!**

**Email**

[info@westhillhurst.com](mailto:info@westhillhurst.com)



Questions? [info@westhillhurst.com](mailto:info@westhillhurst.com) | 403 283 0464 x3

[www.westhillhurst.com/spruce](http://www.westhillhurst.com/spruce)



# Games Night

Friday, May 9 & 23, 2025

6:30pm - 9:00pm

\$3.00 Drop in fee

**Games afternoon**

Friday May 16, 2025

1:00 pm



## Cowboys Casino

Every month go-getters take a red trolley bus to the Cowboys Casino Lunch and bus ride are included

**Thursday May 29, 2025**

Pick up time is 10:15 am; back at Go-getters for 3:00 pm

\$10.00 per person

A minimum of 20 people are required to ensure the trip takes place.







# Suggestions and Questions



## It's Official.

The new Go-Getters Suggestion Box has received its first submission!

**Do the Go-Getters have a recycling program or not?**

**There used to be obvious receptacles for recycling.**

**What happened ?**

### Great question!

On any given day there can be more than 80 members participating in activities at the Centre.

Between cups, packaging, and scoresheets, a lot of waste is produced; to minimize on garbage we do encourage recycling.

There is currently a green bin for “recyclables” (paper, plastic bags, metal tins, cardboard, etc.) on the floor inside the Library. Next to it is a blue garbage can for “refundables” like pop cans and bottles. (Proceeds from the return of these items goes directly back to the Go-Getters.)

To make recycling more convenient, we are currently looking to purchase 2 larger bins that will be placed closer to the kitchen. They will be clearly marked to make it easy to know what goes where. We hope to have these in place by the end of May.

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Thank you to the member who submitted this question.

Remember...members' comments, ideas, and suggestions are always encouraged - either in person or by using our suggestion box.

# Cards at The Go-Getters

## Euchre

**Mondays at 12:30 pm / Tuesday Nights at 6:30 pm**

(except monthly luncheon days when we start at 1:15PM)

Drop in fee of \$3.00 (Plus \$1.00 for prize money)

Coffee and tea provided

## Cribbage

**Thursdays at 1:00 pm**

Drop in fee of \$3.00 (Plus \$1.00 for prize money)

Coffee and Tea provided

## Whist

**Tuesdays at 1:00pm**

## Canasta

Drop in fee \$3.00 for Whist (Plus \$1.00 prize money)

Drop in fee \$3.00 for Canasta

Coffee and Tea provided

## Bridge

**Saturdays at 12:30 pm**

Drop in fee \$3.00 (Plus \$1.00 for prize money)

## Calgary

## Scrabble

## Club

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

All ages are welcome (Grade 5 and up)

Drop in fee is \$3.00 on Thursdays

Drop in fee is \$5.00 on Sundays

# May's Mother's day Luncheon

**MONDAY, MAY 12, 2025**

**12:00PM**

**\$25.00 PER PERSON  
GST INCLUDED**

## Menu

Green Salad with Ranch & Cranberry Poppyseed Dressing  
Lemon-Thyme Chicken Drumsticks  
Roasted Potatoes  
Corn on the cob with herbed Butter

Carrot Cake  
Beer and wine available for purchase

**This is also our Volunteer Draw Luncheon Day**

**Provided by: Tri Wood**

Unfortunately, last minute walk-ins cannot be accepted as we need to know the number of attendees for food preparation.

Thank you!



# newsletter

## Newsletter Release Dates

Our newsletter is typically e-mailed out on the 3rd Friday of each month. Ticket sales for the next month's events begin on the following Monday.

Next Newsletter (June)

Friday May 16, 2025

Tickets on Sale

Tuesday May 20, 2025

We will be closed on Monday May 19, 2025 for the Victoria Day holiday

### Name Buttons

Have you seen people wearing a button and wondered where they got it? They are actually made in house by Christine who can incorporate any image you would like, even one of your own.

Buttons are only \$5.00/ea



# Bridge Tournament

## April 5, 2025

On April 5, 2025, we hosted a very successful Bridge Tournament enjoyed by 72 participants.

### **The winners in the Morning Session were:**

**First** - Rita Jaster and Yvonne Hardy

**Second** - Garry Boucher and Mitch Clark

**Third** - Louse Hampton and Johanna Eerbeek

### **The winners in the Afternoon Session were:**

**First** – Gwen Wilson and Leroy Hartman

**Second** – Jay Petigara and Ashok Sehgal

**Third** – Garry Boucher and Mitch Clark

**Grand Slam winners** – Gwen Wilson and Leroy Hartman

**Small Slam winners** – Gwen Wilson and Leroy Hartman

Thank you to the volunteers  
Marg Carter & Barbara Schwalm

Everyone enjoyed a Continental breakfast and full Lunch provided  
by our sponsor, The Edward and Sage Hill;  
an Optima Living Community



## Volunteer Opportunities

Without the commitment of our dedicated team of volunteers, many of the things we do at Go-Getters would simply not be possible.

If you are looking for an opportunity to work with some great and exciting people to make our club even better, consider becoming a Go-Getters' Volunteer! From serving at a luncheon, to serving on a committee; there are plenty of ways you can help.

To learn more about our volunteer opportunities, please stop by the office and speak with Christine.

For each hour you volunteer you can enter one ballot into our quarterly draw where one lucky volunteer will win a \$25.00 gift card.



The Next Volunteer Draw is May 12, 2025  
Don't forget to enter your hours in the volunteer binder and place your ballots in the bag.

## Calling all Gardeners

Come and show off your green thumb

The Go-Getters have 3 planters in the front waiting for some tender loving care.

From May to September we need 6 volunteers (2 per planter) to plant flowers, water weekly, and weed if necessary.

If you are interested, please let Christine  
in the office know.





## Your Story: A Writer's Workshop Series

**Location:** West Hillhurst Go-Getters Library

**Dates:** Friday, July 11, 18, 25  
August 1, 15, 22

**Time:** 1 – 3 pm

**Cost:** \$30.00

Coffee and Tea provided.



Have you been inspired to write down those memorable stories you have been keeping? Considered creating a memoir? Create a storybook for your grandchildren?

Come learn about capturing 'small moments' and start a writer's notebook or continue to write what you have already started. This is a 6-week workshop. No writing experience necessary.

During each 2-hour session you will brainstorm ideas, experience mini writing activities, engage in personal writing time, participate in discussions and sharing in a safe and collaborative environment.

Please bring your own writing tools: pens, pencils, a notebook and/or a computer with you for each session. A basic notebook will be provided.

**\*\*\*Space is limited\*\*\***

Facilitated by Donna Grove, Retired K-12 Teacher & Teacher-Librarian



# April 11, 2025 Strawberry Social



It was a Strawberry and whipped cream good time.





## HOMEOPATHY With Katherine

### **Homeopathy & Wellness Sessions**

Katherine Huston will be available at The Go Getters twice a month for homeopathy appointments and to answer any questions you have about natural healing. Whether you're curious about homeopathy or seeking support for specific health concerns, this is a great opportunity to learn how homeopathy can restore balance and vitality.

 **Katherine Huston**

Owner, The Wellness Exchange & Classical Homeopathy

**Katherine is available for one on one sessions in the Library  
on the following days**

**May 9 & 16, 2025**

**11:00am to 3:30pm**

**(Pay what you can afford that's fair for the time)**

Please call or stop by the office to book your appointment

(403)283-3720



## Activities and Events for May 2025

Saturday May 3	Euchre Tournament	9:30am		FULL
Friday May 9	Lunch with Parkdale Nifty Fifties	1:00pm		\$10.00/person
Friday May 9	Games Night	6:30pm		\$3.00 drop in fee
Friday May 9 & 16	Homeopathic In library	11:00am - 3:30pm		Give what you can
Monday May 12	Mother's Day Luncheon	12:00pm		\$25.00/ person
Friday May 16	Games Afternoon	1:00pm		\$3.00 drop in fee
Monday May 19	Victoria Day	Closed		Closed
Friday May 23	Fan making class with Christine	1:00pm		\$15.00 per person
Friday May 23	Games Night	6:30pm		\$3.00 Drop in fee
Tuesday May 27	Foot Doctor	10:00 - 2:00pm		\$10.00 Payable to the doctor
Thursday May 29	Cowboys Casino	10:00am		\$10.00 per person

**Dr. Greg Somer**  
**Foot Doctor**  
**Tuesday, May 27, 2025**

Appointments are from  
10:00 am to 2:00 pm  
Cost is \$10.00 to the doctor

Please call or drop in to  
book your appointment.

Should you have an appointment and need  
to cancel please call and let the office know  
Thank you!

**Happy Birthday**  
**to everyone**  
**born in**  
**May**  
**Enjoy your Day**

Happy  
Mother's  
Day



# Fan Making Class with Christine



**Come and join me in making a decorative plastic cutlery fan**

**Friday May 23, 2025**

**1:00pm**

**\$15.00 per person**

**All supplies are provided.**

**Max of 10 people in class**

**Beverages and snacks**

**will be served**

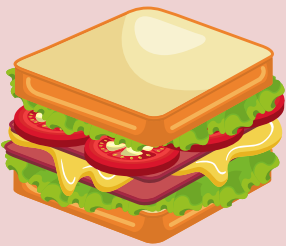


**Building friendships while you**

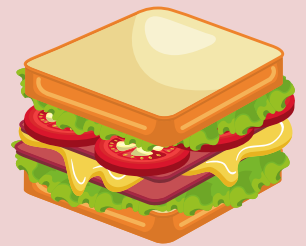
**BUILD YOUR  
OWN  
SANDWICH**



**Parkdale Nifty Fifties  
and the  
Go-Getters**



are getting together for lunch!



Meet new friends from the Parkdale Nifty 50's while you build your own sandwich at our sandwich bar.

After lunch we have a fun clay-building activity planned.

Dessert and beverages.

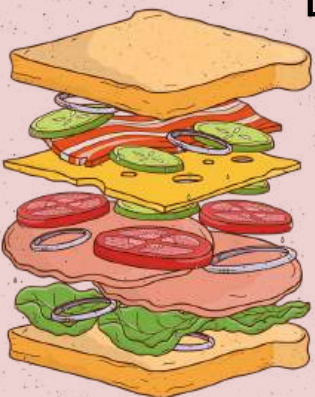
50/25/25,

Beer & Wine available for purchase

**1:00 pm**

**\$10.00 per person**

**FRIDAY  
MAY 9, 2025**



# May 2025

SUN	MON	TUE	WED	THURS	FRI	SAT
				1 Line Dance 10:45am Essentrics 12:15pm Crib 1:00pm Scrabble 6:45pm	2 Painting for Fun 10:00am	3 <b>Euchre Tournament 12:30pm</b>
4 Scrabble Club 12:00pm	5 QI Gong 11:00 Ballet 10:45am Euchre 12:30pm	6 Tai Chi 9:30am Canasta/Whist 1:00pm Euchre 6:30pm	7 BINGO 12:00pm	8 Line Dance 10:45am Essentrics 12:15pm Crib 1:00pm Scrabble 6:45pm	9 Painting for fun 10:00am <b>Lunch with Parkdale 1:00pm</b> <b>Homeopathic 11:00am - 3:30pm</b> <b>Games Night 6:30pm</b>	10 Bridge 12:30pm
11 Scrabble Club 12:00pm	12 QI Gong 10:00 <b>Monthly Luncheon 12:00pm</b> Euchre 1:15pm	13 Tai Chi 9:30am Canasta/Whist 1:00pm Euchre 6:30pm	14 BINGO 12:00pm	15 Line Dance 10:45am Essentrics 12:15pm Crib 1:00pm Scrabble 6:45pm	16 Painting for fun 10:00am <b>Homeopathic 11:00am - 3:30pm</b> <b>Games Afternoon 6:30pm</b>	17 Bridge 12:30pm
18 Scrabble Club 12:00pm	19 <b>Closed For Victoria Day</b>	20 Tai Chi 9:30am Canasta/Whist 1:00pm Euchre 6:30pm	21 BINGO 12:00pm	22 Chair Stretch 10:15am Line Dance 10:45am Essentrics 12:15pm Crib 1:00pm Scrabble 6:45pm	23 Painting for Fun 10:00am <b>Fan Making 1:00-3:00pm</b> <b>Games Night 6:30pm</b>	24 Bridge 12:30pm
25 Scrabble Club 12:00pm	26 QI Gong 11:00 Ballet 10:45am Functional Fitness 1:00pm Euchre 12:30pm	27 Tai Chi 9:30am <b>Foot Dr. 10 - 2:00</b> Canasta/Whist 1:00pm Euchre 6:30pm	28 BINGO 12:00pm	29 Chair Stretch 10:15am Line Dance 10:45am Essentrics 12:15pm <b>Cowboys Casino 10:00am</b> Crib 1:00pm Scrabble 6:45PM	30 Painting for Fun 10:00am	31 Bridge 12:30pm

## REMINDER

Monthly luncheons are on the 2nd Monday of the month, except when the Monday is a holiday, then it will be on the 3rd Monday, On Luncheon days Qi Gong is in the library at 10:00am and Euchre is at 1:15PM  
There are no exercise classes on luncheon days