



Good Companions 50 Plus

NOVEMBER 2025

**PROMOTING HEALTHY, VIBRANT LIVING FOR 50-PLUS ADULTS
IN A SAFE AND INCLUSIVE SETTING**

LAUGHTER

CRIB & CARDS - POOL
LIFE CAFE - DAY TRIPS

MUSIC - SQUARE DANCING

BIRTHDAY LUNCHEONS

BRIDGE - *FLOOR CURLING* - **FOOT CLINIC** - PUB NIGHT

LINE DANCING - **VOLUNTEERING** - **GARDEN CONCERTS**

BINGO - **HEARING CARE CLINIC** - MOVE 'N MINGLE

SOCIAL SUPPER & DANCE - **WALKING CLUB** - **FUN**

GOOD COMPANIONS FUNDRAISER CRUISE - POOL

FRIENDSHIPS - 90+ HONORARY LUNCHEON

DINER EN BLANC FUNDRAISING GALA

GARDEN BOXES - **SENIORS WEEK**

HEART & SOUL SINGERS

ACTIVE AGING YOGA

FIDDLER NIGHT

SHUFFLEBOARD

RHYTHM KATS

SING

CANASTA

STITCH & SPANISH

TAI CHI - **FITNESS**

STAMPEDE LUNCHEON

TEA & BAKE SALE - **DANCE**

2609 19 Ave SW
Calgary, AB T3E 0E9
www.gc50plus.org
gc50plus@gmail.com

Ph: 403-249-6991
Business Hours:
Monday - Friday
9 am - 4 pm



**CONGRATULATIONS TO OUR
GOOD COMPANIONS MEMBERS
CELEBRATING THEIR
BIRTHDAY IN NOVEMBER**

Pat Michi

Heather Hutson

Isobel Montgomery

Myriam Moncada

Celia Harper

Frances Schroeder

Jane Matthews

Mike Burtoway

Paddy Lamond

Leona Barclay

Ruth Olafson

Barbara Perkins

Lu-Anne Read

Mike Droppo

Sue Rock

Rita McAdam

Sylvia Grant

Hazel Dorling

Margaret McPherson

Jean Mahan

Elaine Bliss

Satarnina Rodriguez

**Special thanks to Calgary Midtown CO-OP
for providing the birthday cake!**



Executive Director's Message

by Gerry Bates

As we near the end of our fiscal year, as well as our membership year, there is no better time than the present to renew your Good Companions' membership. There is much merit in renewing well before the expiry day:

- (1) Those who renew before December 15, 2025, are entered into a draw for a \$100 Safeway Gift Card;
- (2) We are assured our memberships are active and supportive of programming for 2026.

As everyone knows, there are consequences for the increased costs of literally everything. The Board of Directors have agreed to raise our yearly membership to \$35. This is in line with the fee most of our Seniors' Centres charge.

We sync our annual appeal with this time of giving and gratitude, with a request for renewing, or starting, your donation to Good Companions as well. Your donations keep our programs going so seniors can socialize, learn new skills, challenge their brains, and make new connections. Your donations help us to keep growing and expanding, by adding to our limited government funding sources.

So, please, make your donation today. We provide tax receipts for amounts over \$20, in time for filing your 2025 income tax. Or consider giving a smaller amount on a monthly basis. Your gift from the heart is invaluable, and always appreciated!

You gave from the heart to the Calgary Food Bank, last month. You donated tons of food as well as \$475, plus made beautiful cards. I am so proud of our Club.

Heartfelt thanks to you!





PRESIDENT'S PEN

by Mary Anderson

LEST WE FORGET

Remembrance Day is a Statutory Holiday in Alberta and most of Canada on Tuesday, November 11th. This Day honors the memory of men and women who have served and sacrificed for Canada in times of war, conflict and peace.

It originally marked the end of WW1 hostilities.

It is a time for us to pause for 2 minutes at 11:00 A.M. to remember. The first minute is a time of thanksgiving for those who returned alive.

The second minute remembers the fallen.

The red poppy is a powerful symbol of remembrance. It originated in WW1 from the fields of red poppies that grew over the graves of soldiers on the Western Front. It was inspired by Lieutenant-Colonel John McCrae's poem "In Flanders Fields".



In Flanders Fields

BY JOHN MCCRAE



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from falling hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



Amazing songs rose out of these anxious times and are still being sung today: "When Johnny Comes Marching Home", "Lili Marlene", "It's a Long Way to Tipperary", "Keep the Home Fires Burning", "Boogie Woogie Bugle Boy", "We'll Meet Again". And of course: "There'll be Bluebirds Over the White Cliffs of Dover" sung by Vera Lynn, and Gracie Fields singing "Wish Me Luck As You Wave Me Good-bye" and "Now is the Hour".

Join or Renew Your Membership



It's that time of year again! We invite you to swing by Good Companions to renew your membership for 2026.

Membership for 2026 will be \$35 to be aligned with the majority of our senior centers in the city. If interested, an additional \$15 will purchase Super Membership and the opportunity to participate in programming and events in twelve senior organizations in Calgary.

Membership can be renewed in person at the club, or online with payment through our updated website at www.gc50plus.org as of November 1st.

If you renew your membership before

**Wednesday December 15,
you will be entered to win a
\$100 Safeway Gift Card.**

New membership will also be eligible.

**Draw will be made at the Christmas
Social Supper on December 18.**

You do not have to be in attendance to win.



**Donations to assist with our programming and services
are also being accepted and appreciated.**

Tax receipts can be issued for donations of \$20 or over.

Thank you for your continued support!



Christmas Tea & Bake Sale

Thursday November 13

1:30 pm - Bake Tables Open

2:00 pm - Tea Commences

\$8 per person

**Please contact Good Companions
at 403-249-6991
to reserve your spot!**



Gems For Gems
Empowering Women to Empower Themselves

We are excited to once again donate a collection of hand-made blankets, knitted accessories and donated jewellery, purses and scarves to our friends at Gems for Gems and Hope's Cradle at this event.

HOPE'S CRADLE



A GEMS FOR GEMS INITIATIVE TO SUPPORT
THE SAFE SURRENDER OF INFANTS

Sincere thanks to our members who worked tirelessly over this past year to make this happen!

We could not do this without you, so please remember to donate your favourite baking to the Club for this annual fundraiser. Donations which can be frozen will be accepted beginning November 3 or bring fresh baking on Wednesday November 12 between 9 am – 4 pm.



PUB NIGHT

SATURDAY NOVEMBER 1

Join your fellow Good Companions for a night of fun, munchies and live music by The Jammers on Saturday November 1 at 7:00 pm. Attendance is drop-in and admission by donation (\$5 Recommended).

Guests will also be entered for a chance to win one of two Good Companions Social Supper tickets courtesy of our sponsor, YYC HOMECARE!



BIRTHDAY LUNCHEON

THURSDAY NOVEMBER 6 at 1:00 pm



Join us on Thursday November 6 at 1:00 pm for homemade chili and a cheese bun, beverage and birthday cake, celebrating our November Birthdays for only \$8.

Please RSVP by stopping by the club or calling Good Companions at 403-249-6991.

FREE FOR GOOD COMPANIONS MEMBERS WITH A BIRTHDAY IN NOVEMBER



Sincere thanks to
Calgary Midtown CO-OP
for providing the cake!



FIDDLER NIGHT THURSDAY NOVEMBER 20



**Good Companions is excited
to welcome The Prairie Mountain
Fiddlers for our first**

FIDDLER NIGHT

Thursday November 20

7 – 9 pm

Cash bar, and snacks will be served



**Meet, mingle and dance during another fun
night out at Good Companions.**

**Admission is by donation. Please RSVP by
calling the club at 403-249-6991.**



CHRISTMAS LUNCHEON THURSDAY NOVEMBER 27 at 1:00 pm



**Our Christmas Luncheon on
Thursday November 27 celebrates
the songs of the season with a
ukulele performance by our very own
member Myra Maillot and Friends.
Enjoy a delicious lunch including
tourtiere pie, apple and walnut salad
and dessert for only \$8. RSVP by
calling Good Companions
at 403-249-6991.**

**Sincere thanks to our friends at Trinity
Lodge for sponsoring our
Christmas Luncheon.**



TRINITY LODGE
RETIREMENT RESIDENCE

 **A UNITED ACTIVE LIVING COMMUNITY**

GREY GUARDIANS FREE WORKSHOP

BOOSTING SENIORS' DIGITAL & CYBERSECURITY SKILLS

November 19 and November 26

10 am - Noon



Grey Guardians is a fun, art-based presentation that uses humor, puppetry and storytelling to empower seniors with digital literacy and cybersecurity skills needed to navigate the online world with confidence. Join us in this pilot presentation to provide research data and give valuable feedback to help make Grey Guardians an enjoyable and accessible experience. This free workshop is a collaboration between Bow Valley College, Technology Helps, and Calgary Animated Objects Society.

Join us for two FREE two-hour sessions on Wednesday November 19 and November 26 from 10 am – Noon.



Please RSVP to reserve your space by calling Good Companions at 403-249-6991.



RESTORATIVE RHYTHM AND MEDITATION DRUMMING SESSION



If you have a heartbeat, you can drum!

We welcome Kaura Grant back to Good Companions.

Kaura, of LunaSoul Rhythms and Rituals will lead Restorative Rhythm and Meditation Sessions in January and February 2026. These 8 one-hour classes will help nurture your mind, body, heart and soul. Kaura looks forward to leading this class that blends drumming, gentle movement and sound meditation to promote nervous system regulation, reduce agitation and anxiety and improve overall mood and sense of well-being.



EIGHT 1-HOUR SESSIONS \$80 (non-refundable)

Drums are included. Limited space.

Wednesdays 10 am – 11 am

January 7 - February 25, 2026 inclusive

DEADLINE FOR REGISTRATION – DECEMBER 12

Sincere thanks to Long and McQuade for supporting these sessions!

ACTIVE AGING YOGA

Registration now open for next session!

This upbeat and accessible yoga class is designed specifically for adults 50+ who want to improve strength, balance, flexibility, and mobility.

Each class includes a mindful warm-up, standing and mat-based postures (with chair or wall support as needed), and finishes with a relaxing cool-down and guided breathwork. Join facilitator, Caroline Bees, who brings years of varied health and fitness experience to our club to share with our members. Hope you can join us to enjoy the benefits of yoga in a supportive, social environment, leaving energized and empowered!



SIX 1-HOUR SESSIONS \$ 48 (non-refundable)

Wednesdays 2:00 – 3:00 pm

November 12 – December 17 inclusive

FREE TAI CHI



We invite you to join Johnnie Chui for a FREE class of Tai Chi on Friday December 5 from 11:30 am – 12:30 pm.

Johnnie has facilitated Tai Chi Chuan for over 20 years and brings his expertise to our club. Tai Chi Chuan is a way of achieving ying-yang, or 'supreme-ultimate' discipline. The aim is foster a calm and tranquil mind, focused on the precise execution of specific movements. The meditative nature of the exercise is calming and relaxing in and of itself. It provides a practical avenue for learning about such things as balance, alignment, fine-scale motor control and rhythm of movement.

Register today for the free class and/or the eight 1-hour sessions being offered in January by calling the Club at 403-249-6991. Limited space.

EIGHT 1-HOUR SESSIONS \$ 64 (non-refundable)

Fridays 11:30 am – 12:30 pm

January 9 – February 27, 2026 inclusive

DEADLINE FOR REGISTRATION – DECEMBER 12



IN-PERSON PROGRAMS

Please note that 2025 Membership is required to participate in in-person programs, events and in-club services.



BINGO – We play Bingo every Tuesday at 12:30 pm. Five games of bingo for only \$4 and a chance to win a prize including a \$10 gift card. Sincere thanks to our sponsor of Bingo, ComForCare HOME CARE.



BRIDGE – Our Bridge Groups are looking for experienced (intermediate) Bridge players to join them on Tuesday or Thursday mornings at 9:30 am for some friendly games. Drop-in for only \$4.



CANASTA - Good Companions is pleased to offer Canasta every Friday morning at 10:00 am for only \$4! Members will help you learn if you have never played so try it out!

CRIB & CARDS – Join your fellow Good Companions for crib, coffee and other card games on Mondays at 10:00 am. Only \$4!



FLOOR CURLING – Join us for a fun game and some friendly competition for just \$4. Good Companions offers Floor Curling Thursdays at 9:45 am. Please arrive by 9:45 am so teams can be assigned before play begins!

HEART & SOUL SINGERS - Join Sue and Sarah and collection of string instruments for a sing-a-long every Monday at 12:30 pm. Cost is only \$4 and songbooks are provided.

The Cover Gurls™
Musicians bringing joy and happiness



Don't miss out! The Shower Crooners present:
"A Christmas Song for Everyone" on Monday December 1 during the weekly sing-a-long time slot from 12:30 - 1:30 pm. Hope to see you there!

LIFE CAFE – Life Cafe is a time to gather and engage in conversations around mortality, legacy, end of life planning, grief and compassionate downsizing with Kim Sarsons, a certified End of Life Doula and Elder Caregiver. Join fellow companions in a safe and inclusive group supporting challenges effecting our mental health. Members are invited to come to listen, learn and share. **Please RSVP by calling Good Companions at 403-249-6991.** Drop in is \$4. The next Good Companions Life Café will take place on Wednesday November 26 at 2:30 pm.



LINE DANCING - Tuesdays at 1:45 pm, facilitator Susan Cannon and fellow Good Companion members enjoy a fun hour of dancing to country and pop tunes. These casual get-togethers are self-led with guidance from Susan and your fellow line dancers. Only \$4 per session.

MOVE 'N MINGLE -This program is offered free at Good Companions to adults 65 and over at risk of falling or afraid to fall, or have limited mobility and challenges in performing activities that require balance. Each session runs for 6 months with classes 2 times per week, including a 45 min group exercise program and an opportunity to socialize after the class. Telephone interview and in-person assessment is required. Limited space available. For further information or to register, please call Alberta Health Services at 403-955-1554.



POOL – Come out and play pool with your friends at Good Companions on Fridays at 12:30 pm. Shuffleboard also available. Drop-in only \$4.



RHYTHM KATS – Rhythm Kats is a musical group using traditional and non-traditional rhythm instruments every Friday at 1:30 pm. They are always looking for new participants. Call the Club for information and to register.



SQUARE DANCING – Join Barrie McCombs and Carole Cormier for some fun and fitness. Square Dance Lessons take place every Monday at 2:00 pm.



Whether you're new or have participated before, everyone welcome! Cost is only \$4 per class.

STITCH & SPANISH – Good Companions invites you to Stitch & Spanish every Monday at 1:30 pm for the opportunity to enjoy a coffee with casual conversation in Spanish and/or English while enjoying your favourite craft. You are encouraged to bring items to partake in your favourite pastime including knitting, crochet, needlepoint or any stitching activity. Drop-in for only \$4.



ARE YOU INTERESTED IN MAHJONG?

We are reaching out to see if there is enough interest to bring back Mahjong to our Club in the new year. Our members Kaye and Lorna are happy to teach and facilitate American Mahjong on Tuesdays at 10:00 am starting in January if enough interest. Drop-in would be \$4. If you are interested, please contact the club BEFORE THE END OF NOVEMBER.



IN-CLUB SERVICES

FREE HEARING CARE CLINIC **Wednesday November 5**



Good Companions 50 Plus is pleased to offer Hearing Care Clinics courtesy of our friends at Hear CANADA. Services offered at no charge include consultation, hearing care checks, ear wax check, hearing screening, hearing aid cleaning and checking. Hear CANADA will also change wax guards, domes and batteries free of charge.

Next Clinic will be Wednesday, November 5.

Call Good Companions at 403-249-6991 to book your appointment.

FOOT CLINICS

Wednesday November 5 and December 10



Our next Foot Clinics will be on Wednesday, November 5 and December 10. Call us at 403-249-6991 if you would like to book an appointment. Cost is \$10 plus an additional \$4 for the Club.



Sincere thanks to all those who purchased a crocheted pink ribbon in October in support of Breast Cancer Awareness Month. Monies will be donated to the Wellspring Cancer Support Foundation.

And special thanks to our Monday Stitch & Spanish Group for making these ribbons to help raise money for Breast Cancer!



Count your age
by friends, not
years. Count your
life by smiles, not
tears.
-John Lennon

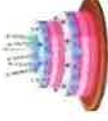




Good Companions 50 Plus

NOVEMBER 2025

403-249-6991

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1  7:00 PUB NIGHT
2	3 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING	4  BRIDGE TOURNAMENT	5 FOOT CLINIC (RED) HEARING CLINIC 2:00 ACTIVE AGING YOGA	6 9:30 BRIDGE 9:45 FLOOR CURLING 1:00 BIRTHDAY LUNCHEON 	7 MOVE 'N MINGLE 10:00 CANASTA 12:30 POOL	8
9	10 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING	11 REMEMBRANCE DAY CLUB CLOSED 	12 2:00 ACTIVE AGING YOGA	13 9:30 BRIDGE 9:45 FLOOR CURLING 1:30 CHRISTMAS TEA & BAKE SALE 	14 MOVE 'N MINGLE 10:00 CANASTA 12:30 POOL 1:30 RHYTHM KATS	15
16	17 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING	18 9:30 BRIDGE 12:30 BINGO 1:45 LINE DANCING	19 10:00 FREE CYBERSECURITY WORKSHOP 2:00 ACTIVE AGING YOGA	20 9:30 BRIDGE 9:45 FLOOR CURLING 7:00 FIDDLER NIGHT 	21 MOVE 'N MINGLE 10:00 CANASTA 12:30 POOL 1:30 RHYTHM KATS	22
23/30	24 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING	25 9:30 BRIDGE 12:30 BINGO 1:45 LINE DANCING	26 10:00 FREE CYBERSECURITY WORKSHOP 2:00 ACTIVE AGING YOGA 2:30 LIFE CAFÉ	27 9:30 BRIDGE 9:45 FLOOR CURLING 1:00 CHRISTMAS LUNCHEON 	28 MOVE 'N MINGLE 10:00 CANASTA 12:30 POOL 1:30 RHYTHM KATS	29