



Good Companions 50 Plus

MARCH 2025

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

LAUGHTER

CRIB & CARDS

COFFEE CHAT - TAI CHI

MUSIC - SQUARE DANCING

BIRTHDAY LUNCHEONS

BRIDGE - FLOOR CURLING - FOOT CLINIC - MAHJONG

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**

REFLEXOLOGY & MASSAGE

HEART & SOUL SINGERS

RHYTHM KATS

PICKLEBALL

CANASTA

SING

PUB NIGHT

STITCH & SPANISH

DAY TRIPS - **FITNESS**

STAMPEDE LUNCHEON

TEA & BAKE SALE - **DANCE**

2609 19 Ave SW
Calgary, AB T3E 0E9
Ph: 403-249-6991
gc50plus@gmail.com
www.gc50plus.org

Business Hours:
Monday 9 am - 4 pm
Tuesday 9 am - 4 pm
Thursday 9 am - 4 pm
Friday 9 am - 4 pm



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

Leslie Burns-Brazeau

Barbara Smith

Wayne Bricker

Lindsey Rath

Grace Leung

Clare Crouse

Elaine Bouey

Naseem Panwala

Diane Duncan

Peggy Jackson

Nunzio Rossi

Alan Quigley

Jane Dotchin

Hannelore Hepp

Francis Anderson

Dorothy De St Jorre

Helen Zubkowski

Sarah Flynn

Norman Kinnear

Gayle Halun

Mark Dias

Muriel Lacoste

Patricia Adams

Mary Burke

Ken West

Jenny Fung

Sharon Hawkins

Linda Foster

Delia Murphy

Debbie Boyle

Kim Brown

Joyce Cybulski

Robin Morgan

Hazel Skelton

Jim Savage

Donald Duncan

Larry Mills

Riki Sato

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



President's Message

by Gerry Bates

Did you know that the Good Companions 50 Plus Club is run by a volunteer Board of Directors made up of members like you!

Thursday, the 27th of March, is the day of our Annual General Meeting. This is the time that we elect Board Directors. Our Board is looking for Club members who would consider letting their names stand for election for the next term. Any members who wish to put their names forward for these spots are most welcome to do so.

Being a Board Member is a great way to learn how our organization operates and gives you a voice in decisions that affect us all. Volunteers typically commit to a 2-year term.

Board members are expected to attend monthly meetings. Most of the day-to-day work is handled by our office staff.

Let the office, or me, know if you want to learn more about becoming a Board Member and I'll be happy to talk with you and answer any questions you may have.

As always, we are very appreciative of all the volunteers who help the Good Companions Club in various ways. Without you we could not have such a successful organization.

It is also very important that Club members attend the Annual General Meeting. Let's have a great turn-out, and have your voices heard! Door prizes and speakers are on the agenda.

See you at the Club!

Exciting Updates – More Access, More Programs & A New Ticket System!

Dear Members and Friends,

Great things are happening at The Good Companion 50 Plus Club! We're constantly looking for ways to improve your experience, and I'm excited to share some fantastic updates:

Improved Accessibility!

To make it easier for everyone to access our programs, we're re-opening the side entrance along the parking lot during club hours, addressing mobility challenges, and ensuring a smoother, more welcoming experience for all.

Moving Towards Digital – A New Ticket System!

To reduce cash handling and make drop-in payments easier, we will be introducing a **new ticket system!** Instead of searching for cash each time, you can now purchase tickets in batches using **debit, credit, or cheque**. Each drop-in ticket is priced at **\$4**, and you simply drop a ticket into the collection box when attending a program. This system will help save administrative time and make things more convenient for you!

Be an Ambassador – Help Grow Our Club!

We need **YOU** to help us grow! Invite friends, family, and neighbors to join and bring more diversity, energy, and excitement to our programs. A simple invitation can make a big difference in someone's life!

What's Next?

We're always striving to improve and would love your feedback. What other changes would make the club better for you? Are there new activities or events you'd love to see? Let's continue building a vibrant, inclusive, and engaging community together.

Thank you for being part of this amazing journey. Looking forward to seeing you at the club!

Warm regards,

Pratibha Singh

Executive Director

The Good Companion 50 Plus Club

NEW NEWS AT GOOD COMPANIONS!

Please note that moving forward, you will no longer need to register in advance for regular programming. Drop-in is welcome with the fee of \$4.

However, please remember that we ask that you continue to RSVP for luncheons, Social Suppers, Day Trips and special events as noted in the newsletter as this will help us plan for seating and food. It is appreciated that if you cannot make it for your reservation, please call the club at 403-249-6991 so we can accommodate those on the waitlist.

As well, the side door to the club will now remain open during hours of operation.



Thanks for your assistance and hope to see you soon!

PUB NIGHT SATURDAY MARCH 1

Join your fellow Good Companions for a night of fun, munchies and live music by The Jammers on Saturday March 1 at 7:00 pm. Drop-in. Admission by Donation. \$5 Recommended. Guests will also be entered for a chance to win one of two Good Companions Social Supper tickets!





BIRTHDAY LUNCHEON **THURSDAY MARCH 6 at 1:00 pm**



Join us on Thursday March 6 at 1:00 pm for mac & cheese, veggies, beverage and birthday cake celebrating our March Birthdays for only \$8. Please RSVP by calling Good Companions. FREE for members with a birthday in March. Sincere thanks to Calgary Midtown CO-OP for providing the cake!



ANNUAL GENERAL MEETING **THURSDAY MARCH 27 at 1:30 pm**



Join us for our Annual General Meeting on Thursday March 27th at 1:30 pm for a year in review and to learn about all the exciting things in-store for 2025 and beyond!

- Food will be served
- A chance to win a beautiful Gift Basket
- Election of your Board of Directors
- Guest Speaker

Please RSVP at 403-249-6991

And a reminder if you would be interested in letting your name stand for election for the next term of the Board of Directors, please let us know in advance. Hope to see you there!

CRUISE LAUNCH LUNCHEON

THURSDAY MARCH 13 at 1:00 pm

Come for lunch on Thursday March 13 as we unveil the details of our Good Companions FUNdraiser Cruise 2025!

Lunch will include Beef Burritos with Garden Salad and dessert for only \$8. Please call Good Companions at 403-249-6991 to reserve your spot.

A maximum of 30 guests will be joining us on an exclusive vacation to another exciting destination. Refundable deposits will be taken at this luncheon on a first come, first serve basis.

Please note that a 2025 Good Companions Membership is required by at least one guest in the cabin to join us on this sailing.

Special thanks to our friends at Expedia Cruises Aspen Landing and Norwegian Cruise Line for sponsoring this luncheon!



COMING SOON



A Men's Shed (or Shed) is a community-based organization that provides a casual space for men to connect, socialize and work on projects together that can benefit their community. In other words, men come together to tinker, tell stories and hang out for good fun and (often) good food. Stay tuned for further details in the April newsletter!

MARCH SOCIAL SUPPER

Thursday March 20, 2025

5:00 pm Happy Hour

6:00 pm Supper & 7:00 pm Dance

Continue to celebrate St. Patrick's Day with food, fun and friends at Good Companions on Thursday March 20th.

Supper includes Irish stew (with pork), salad, bun and bread pudding for dessert. Includes coffee or tea. Cash bar with traditional green beer!

ENTERTAINMENT BY DARLENE & FRIENDS

DOOR PRIZE

Quality Street Imported Cremes & Fine Pralines



TICKETS

\$25



Tickets must be purchased by March 17

Please call Good Companions at 403-249-6991 or stop by the Club to purchase your tickets.

Limited tickets available. Tickets are non-refundable.





IN-PERSON PROGRAMS

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

NOTE THAT ALL IN-PERSON PROGRAMS ARE NOW DROP-IN AND PRE-REGISTRATION IS NOT REQUIRED



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 so teams can be assigned before play begins!



HEART & SOUL SINGERS - Join Sue and Sarah and their 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

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.



MAHJONG - Good Companions is pleased to offer American Mahjong. Mahjong is offered every Tuesday at 10:00 am. We now welcome experienced players and hope to relaunch in the Fall with beginner classes. Only \$4.



POOL - Join us in our lower level for some friendly games of pool every Friday at 12:30 pm. Only \$4 to drop-in.



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

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.



TAI CHI – Join Gerry Bates every Friday at 11:30 am for Tai Chi.

Tai Chi is one of the many martial arts systems with origins from Ancient China. There are five main family styles of tai chi: Chen, Yang, Wu, Sun and Hao. All five styles

have the same origin and share many similarities. However, each style has its own unique characteristics and emphasizes a particular aspect of movement. Gerry's instructions include a modified form of Yang-style tai chi, learned over 20 years of practice and more than a dozen years of instruction. These gentle exercises can be learned by people of all ages. Wear comfortable, loose-fitting clothing and gym shoes, and leave your stress and worries at the door! Drop in for \$4.



BEGINNING IN MARCH... PICKLEBALL AT WELLINGS



Beginning March 5th, Good Companions is pleased to offer the opportunity to play Pickleball with the help of our friends at Wellings of Calgary.

You are now able to book a court time on Wednesdays to play Pickleball at Wellings of Calgary located at 120 Na'a Crescent SW.

Available times are 2-3 pm and 3-4 pm on a first come, first serve basis.



You can call Good Companions at 403-249-6991 to book your space. Cost is \$24 for a court per hour which accommodates 2-4 players. Equipment is provided. Please wear comfortable clothing and court shoes. Bookings/payments are non-refundable.



IN-CLUB SERVICES

UPPER BODY, NECK & SCALP MASSAGE AND REFLEXOLOGY **Wednesday March 12**



Ayurvedic Upper Body, Neck & Scalp Massage as well as Reflexology Sessions are offered at Good Companions. Cost is \$55 for a 45 minute session. Please call the Club at 403-249-6991 to make an appointment.

FOOT CLINICS **Wednesday April 2 and 9**



Our next Foot Clinics will be on Wednesday, April 2 and 9. Call us at 403-249-6991 if you are new and would like to book an appointment. Cost is \$10 plus \$4 for the Club.

FREE HEARING CARE CLINIC **Wednesday April 16**



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.

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



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.




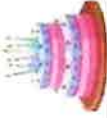



The secret of a long life...
laughter.
The secret of a
long-lasting relationship...
laughing together.





Good Companions 50 Plus

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						 KEEP CALM PUB NIGHT
2	3 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING	4 9:30 BRIDGE 10:00 MAHJONG 12:30 BINGO 1:45 LINE DANCING	5	6 9:30 BRIDGE 9:45 FLOOR CURLING 1:00 BIRTHDAY LUNCHEON 	7 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CANASTA 11:30 TAI CHI 12:30 POOL 1:30 RHYTHM KATS	8
9	10 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING	11 9:30 BRIDGE 10:00 MAHJONG 12:30 BINGO 1:45 LINE DANCING	12 REFLEXOLOGY	13 9:30 BRIDGE 9:45 FLOOR CURLING 1:00 CRUISE LAUNCH LUNCHEON 	14 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CANASTA 11:30 TAI CHI 12:30 POOL 1:30 RHYTHM KATS	15
16	17 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING 	18 9:30 BRIDGE 10:00 MAHJONG 12:30 BINGO 1:45 LINE DANCING	19	20 9:30 BRIDGE 9:45 FLOOR CURLING 5:00 SOCIAL SUPPER & DANCE 	21 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CANASTA 11:30 TAI CHI 12:30 POOL 1:30 RHYTHM KATS	22
23/30	24/31 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CRIB & CARDS 12:30 HEART & SOUL SINGERS 1:30 STITCH & SPANISH 2:00 SQUARE DANCING	25 9:30 BRIDGE 10:00 MAHJONG 12:30 BINGO 1:45 LINE DANCING	26	27 9:30 BRIDGE 9:45 FLOOR CURLING 1:30 ANNUAL GENERAL MEETING 	28 9:15 MOVE 'N MINGLE 10:15 MOVE 'N MINGLE 10:00 CANASTA 11:30 TAI CHI 12:30 POOL 1:30 RHYTHM KATS	29 2609 - 19 AVE SW GC50PLUS.ORG