



Seniors on the Bow of Cochrane and Area Society

May, 2024
Volume 24, Issue 5



WELCOME TO SPRING!

Well hopefully, I guess we will just have to see what the weather brings.

As we head into spring, I know that I am looking forward to planting flowers and vegetables so that I can plan out my pickling in the fall. So many great things are coming up this month such as the Spring Fashion Show and another amazing Hot Lunch.

Seniors on the Bow has been wonderful to work for this past month. I have gotten the opportunity to meet so many of the amazing Members, the Board, the incredible Volunteers and of course our Executive Director Penny. It has been my very great pleasure to be here with you all at the Centre everyday and become involved in this organization.

My door is always open, so please pop in to say 'hello', or should you have any concerns I am always happy to listen.

Jeremy Coulter— Program Operations Coordinator



SOTB MONTHLY BOOK CLUB

If you like to read, share comments and engage in lively discussion, you are welcome to join the conversation. Generally we meet at 2pm on the last Friday of the month in the event room, to discuss the book of the month, respond to questions for the first hour, all while socializing with a cup of coffee or tea and delicious treats.

Our upcoming diversified book selections are:

May 31st, *All The Light We Cannot See* by Anthony Doerr.

The novel is set during World War II. It revolves around the characters Marie-Laure LeBlanc, a blind French girl who takes refuge in her great-uncle's house in Saint-Malo after Paris is invaded by Nazi Germany, and Werner Pfennig, a bright German boy who is accepted into a military school because of his skills in radio technology.

June's selection is *The Whisper on the Night Wind* by Adam Sholts

July 26, *Go As A River*, by Shelley Read

August 30th, *Rabbit Hole* by Mark Billingham

Most books are available through Cochrane Public Library either in print, audio or electronic format. The book club will make further selections for the months of September- December at future meetings and encourage your suggestions. We shall list the selected choices in coming months. Come and share your ideas and thoughts.

INSIDE THIS ISSUE

Volunteer Spotlight	2
From the Membership...	3
Recipe of the Month	4
Safe and Healthy.....	4
FCSS News.....	5
Coffee and Fellowship ...	6
Cards and Games.....	6
Fitness and Drop-In	7
Monday Movies.....	8
Monthly Calendar.....	10

Hours of Operation:

The centre is open
9am to 4pm Monday
to Friday.

Closed Sat & Sun and
Stat Holidays!

Closed for Victoria Day, Monday May 20th



Thank
you!



A SPECIAL THANKS

We want to share a very special thank you to all those members who do the things that most of us don't even realize.

People like *Adele Dyall* who comes and gets our paper recycling, *Anne Holloway* who does amazing decorating, and *Sandra Jordan* who sends hand written 'Thank You' cards for all donations that come into SOTB.

It is these kind of small things, the things that we either don't see or perhaps take for granted, that make some of the biggest difference in our lives.

If you know of someone else at SOTB that deserves some thanks, let us know so we can make sure they are recognized.



VOLUNTEER SPOTLIGHT

Can you smell the sweet sugar and chocolate chips? *Cookies!* Can you see who's serving up the main course? Who's washing up the great stainless steel pan? Loading the dishwasher?

This month we would like to put our spotlight on two very special volunteers, to recognize their contributions to SOTB ! Thank you Linda and Tom Cropper.

Linda took me under her wing when I wanted to see how they made the delicious cookies we enjoy, and yes I thought I might bake a bit.....turns out I can do other things better!

Linda joined SOTB in 2016, she did a variety of programs and ended up helping in the kitchen. With lots to do putting on the Hot Lunches, she suggested to Tom that they needed some help! So Tom says I can do that, and he has ever since! - *Rita Shannon, Volunteer Director*



We would also like to tip our hats to our volunteer BOARD MEMBERS! They work tirelessly behind the scenes making sure Seniors on the Bow runs smoothly, by organizing programs and activities to enhance the Members experiences at our facility. They are not only on the board, they are also on various committees taking care of business, arranging various outings and planning for events to come. Many help out doing shifts for reception and hosting and helping with the Hot Lunches. There wouldn't be a Seniors on the Bow without them, so a BIG Thank You to each and every one of you.



FROM THE MEMBERSHIP

My name is Cathy Chalmers and I will be the new volunteer line dance instructor at SOTB starting May 16th. My husband, Jeff, and I retired here from Manitoba 2 years ago. We love everything that Cochrane and the surrounding area has to offer. As well as establishing ourselves in the community, we are enthusiastic kayakers, hikers, and skiers. Jeff, plays hockey and curls. I line dance. A lot. Mondays and Fridays in Canmore, Wednesdays in Calgary, Tuesday nights at the Texas Gate, Thursdays at Seniors on the Bow. Then there are the weekend social dance events in Calgary and Canmore, and the workshop events (High River this June, Kelowna in September, and Las Vegas next year). Yup, it's a passion.

What is line dancing? Line dancing is a series of choreographed steps done to music. People dance alone but are with other people in lines on the dance floor. In the past, the choreography tended to be simpler and more focused on country music. Today the levels of line dance go from absolute beginner to advanced and the music includes pop, latin, swing, hip hop, rock, soul as well as country.

Did you know there are numerous benefits of line dance? One of the obvious ones is you don't need a partner to get out on the dance floor. Second, it is a great way to meet new people in a fun and friendly environment. Health benefits include improved memory, balance, muscle strength and endurance. Studies have shown that line dancing also improves mental health. Well, of course it does! Moving our bodies to music makes us feel good, boosts our confidence, and releases stress.

Hope to see you Thursday afternoons on the dance floor!



CHANGES TO PAID MEAL SIGN UP

During the last Board Meeting, the Board voted to change the process of how people sign up for our Hot Lunches and Christmas Dinners.

Due to issues with people accidentally signing up multiple times, or people being signed up without their knowledge, the Board has decided that all seats for both the Hot Lunches and Christmas Dinner will need to be paid for when our Members or Guests sign up for them. There is no change in the cost of the tickets for these events.

The Sign-Up sheet will be kept behind the desk so that our Reception Volunteers can help keep things organized.

Thank you for your understanding.

SOTB HOT LUNCH

Friday May 17th

At 12:30

Shepherds Pie

Simple Salad

Chocolate Cherry Cake



Members - \$6.00

Guests—\$8.00



Sign Up at Reception

Payment due at Sign Up



SPRING FASHION SHOW

May 11 2pm—4pm

In the Auditorium

\$10 for Members

\$12 for Guests



COFFEE

WITH

THE

MAYOR

Tuesday

May 14th

10:00 AM



UPCOMING EVENTS

May 10 - COLT Seminar with FCSS



May 11—Spring Fashion Show



May 17—Hot Lunch



May 30– **June 7**—Scavenger Hunt



June 12—Rosebud Theatre Trip



IN THE KITCHEN

Instant Pot Chili—Jeremy Coulter

This is one of my family’s favorite recipes. The meat (we prefer pork) is so tender and the chips not only add seasoning, but they help to thicken the chili as well. You can adjust the flavors to your liking and spice tolerance.

Ingredients

- 3 pounds beef or pork roast, cut into 1-inch cubes
- 2 tablespoons vegetable oil
- Salt and pepper to taste (be careful, the tortilla chips add a lot of salt)
- 1 bottle medium or brown ale
- 1–500 ml jar of salsa
- 30 tortilla chips, crushed
- 2 chipotle peppers in adobo sauce, chopped (optional)
- 1 tablespoon tomato paste
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1–500 ml can of black beans (optional)

-Season the meat with salt and pepper, or seasoning of your choice

-Set your Instant Pot to Sauté on High

-Brown the meat in batches in your Instant Pot

-Once meat is browned, add bottle of ale to pot and scape all of the brown bits off the bottom of the pot

-Add back the meat, and then add salsa, chipotle peppers, chili powder, tomato paste, beans, stir to combine

-Add crushed tortilla chips to the top, DO NOT MIX the chips need to stay on top during the cooking period

-Set your Instant Pot to Pressure Cook on Low for 27 mins, when done let it vent naturally for 10 minutes and then manually release the pressure and mix.

Serve with your preferred chili fixin’s

LET’S STAY SAFE AND HEALTHY

Here are your safety tips for the month of May.

- 1) Always carry your cell phone with you—into the bathroom—into the basement—into your backyard—on to your balcony—when you are walking outside—in case you have an accident, you will be able to call someone or 911
- 2) Wear comfortable, supportive shoes and always lace them up.
- 3) Avoid rushing, take your time and watch where you are walking or stepping.



T	H	R	I	V	E
Thank	Help	Recognize	Include	Value	Engage
Thank a caregiver for all they do!	Offer assistance and support.	Recognize that caregivers are diverse.	Include family caregivers as part of the care team.	Alberta caregivers contribute \$12 billion a year in unpaid care.	Engage caregivers and create communities of support.

May is Caregiver Month in Canada

Recognize National Caregiver Awareness Month this May and “Help Caregivers THRIVE!” Caregiving can be overwhelming. Supporting Alberta’s family caregivers with kindness, compassion and community resources is vital to caregiver well-being and the ability to sustain care.

Take the challenge - write a six-word summary how you value and support family caregivers as partners in care at: <http://www.caregivercare.ca/resources/sixwords>

Seniors’ Week 2024

Seniors’ Week has been recognized since 1986 to celebrate and recognize the contributions seniors make to enhance the quality of life in Alberta. Seniors’ Week was inspired by the vision of the late Alice Modin. 38 years ago, Modin began a campaign to start a seniors’ day in Strathcona County that helped pave the way for this annual event.

Every year in Cochrane, we celebrate with a schedule of events for anyone over 50 to participate in. This year, Seniors’ Week runs from June 3-9. Keep an eye out for the schedule which will be released mid to end of May.

National Volunteer Week

National Volunteer Week was celebrated from April 14-20, with the theme “Every Moment Matters”. Cochrane Family and Community Support Services (FCSS) supported our community with celebrating 589 volunteers this year. Gifts and recognition for volunteers was made possible through FCSS, Government of Alberta and Volunteer Alberta.

We are very thankful for all that volunteers do to make our community such a great place to live!



COLT INFO SESSION

We are lucky enough to have Yuchen Tang coming to SOTB on **Friday May 10th at 2:30 pm** to give our Members an information session about the COLT Bus system. Topics for the session will include:

- ◆ *How the System Works*
- ◆ *How to book the bus*
- ◆ *Tips and Trick for booking*

Plus, there will be time for *Questions and Answers* with Yuchen after the presentation.



COFFEE AND FELLOWSHIP

COFFEE AND CONVERSATION—Monday at 1pm with Shirley Smith. Come join the conversation. Coffee and cookies available. Drop-in Fees apply.

ENGAGING MEN - Monday at 3:00 pm. Come join the conversation. There is always interesting topics discussed. Coffee and Cookies. Drop-in fees apply.

JAMMERS - Wednesday at 1:30pm. Bring an instrument, come sing or just enjoy this entertaining group. Everyone is welcome.

BOOK CLUB meet at 2:00 pm the last Friday of the month in the Auditorium. Drop-in fees apply. May Book: “**All the Light That We Cannot See**” by **Anthony Doerr**

The Book Club is actively seeking new members!

COMFORT COVER GROUP meets every few months, date will be posted on the calendar. This group make quilts, afghans, and shawls that they donate to the Hospice Society of Cochrane and Area, and to any member that needs a little comfort. Drop-in fees apply.

Fees for the above programs are \$3.00 for members and \$4.00 for non-members.



CARDS AND GAMES

CRIBBAGE - Tuesday at 1:00pm.

EUCHRE - Thursday evening at 7:00pm.

MAHJONG – Thursday at 1:00pm.

BRIDGE - Friday at 1:00pm and
Tuesday evening at 6:30pm.

Fees for the above programs are \$3.00 for members and \$4.00 for non-members.



FITNESS PROGRAMS WITH PAID INSTRUCTOR

ZUMBA GOLD TONING –Join Alison Warnock Monday mornings at 11:00am. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy, and sarcopenia, and of course there will be some fun tunes to rock out to.

YOGA Grab your yoga mat and head to the centre on Tuesday at 10am, Ashley Penney will be instructing the yoga classes on Tuesdays.

QIGONG will be on Wednesday mornings at 10:00am under the leadership of Alec Martin and Brenda Dennis.

ZOOMER ZONE – Join us at 9:15a.m. Thursday mornings. This is a strength and conditioning class using weights, bands, and other equipment.

GENTLE YOGA Thursdays at 10:30am, Tracy Harding Rondeau instructing.

Fees for the above programs are \$6.00 for members and \$8.00 for non-members.



FUN DROP-IN ACTIVITIES

CARPET BOWLING –Tuesdays at 1:00pm in the auditorium. This is like lawn bowling only it's played on a strip of carpet.

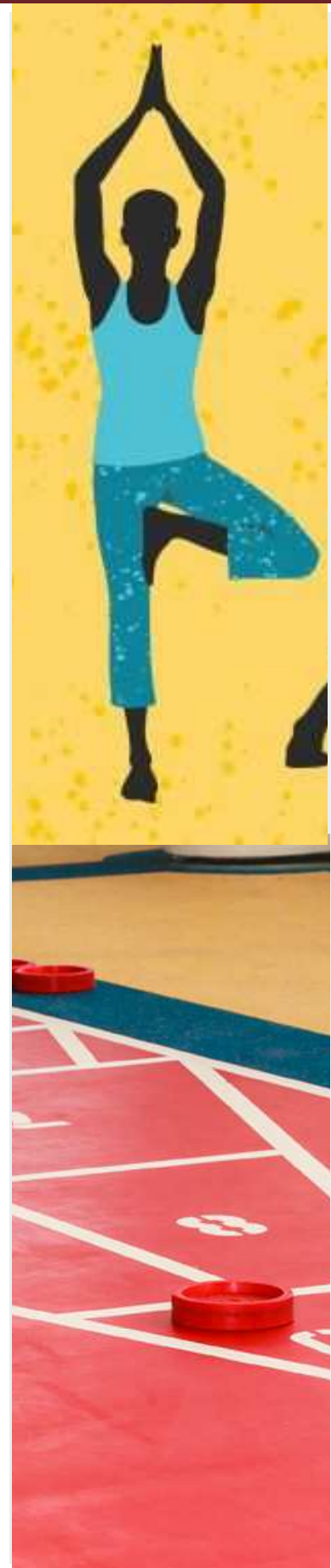
BELLY DANCING - Tuesdays at 7pm. A wonderful middle eastern inspired workout.. May dates TBA

CHAIR FITNESS - Wednesday and Friday mornings at 10am. This is a low intensity workout that combines cardio, strength, and flexibility in a seated position. A perfect exercise for those just starting to exercise.

FLOOR SHUFFLEBOARD - Wednesdays at 1:00pm. We now have 5 courts painted on the auditorium floor.

LINE DANCING - Thursdays at 1:00pm. This is a great workout to music.

Fees for the above programs are \$3.00 for members and \$4.00 for non-members.





MONDAY AFTERNOON MOVIES

May 6 - Big Fish 2003 (125 min)

Mental Health Awareness Panel discussion after the movie.

The story revolves around a dying father and his son, who is trying to learn more about his dad by piecing together the stories he has gathered over the years. The son winds up re-creating his father's elusive life in a series of legends and myths inspired by the few facts he knows. Through these tales, the son begins to understand his father's great feats and his great failings.

Cast: Helena Bonham Carter, Ewan McGregor, Jessica Lange, Albert Finney, Billy Crudup

May 13—Oppenheimer 2024 (180 mins)

A dramatization of the life story of J. Robert Oppenheimer, the physicist who had a large hand in the development of the atomic bomb, thus helping end World War 2. We see his life from university days all the way to post-WW2, where his fame saw him embroiled in political machinations.—Winner of 7 Oscars

Cast; Robert Downey Jr., Matt Damon, Cillian Murphy, Emily Blunt, Florence Pugh

May 20—No Movie—Closed for Victoria Day

May 27—Anyone But You 2023 (103 min)

In the aftermath of a captivating first encounter, Bea and Ben discover that their initial fiery passion has inexplicably dwindled to frosty misunderstanding. However, fate intervenes: Thrown together again at a dreamy Australian wedding, they opt for a charade of coupledness. But sparks reignite amid the sun-kissed scenery, forcing them to confront their true feelings and embrace a second chance at love.

Cast: Alexandra Ship, Glen Powell, Sydney Sweeney, Mia Artemis, Nat Buchanan, Josh Bonello



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	May 2024					
	9am tops 11am Zumba Gold 1pm Movie: Big Fish *Q&A Session after* 1pm Coffee & Conversation 3pm Engaging Men 6	10am Yoga 10am Starter Bridge 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 7	10am Qigong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers 1	9:15am Zoomer Zone 9:30am Starter Mahjong 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre 2	9:30am Events Mtg 10am Chair Fitness 1pm Bridge 3	Trade Show 10am -5pm 4
Trade Show 10am -4pm 5	9am tops 11am Zumba Gold 1pm Movie: Oppenheimer 1pm Coffee & Conversation 3pm Engaging Men 13	10am Yoga 10am Coffee with the Mayor 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 14	10am Qigong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers 15	9:15am Zoomer Zone 9:30am Starter Mahjong 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre 16	10am Chair Fitness 12:30pm Hot Lunch 1pm Bridge 17	SPRING FASHION SHOW 2-4 PM 18
12	Closed for Victoria Day					
19	9am tops 11am Zumba Gold 1pm Movie: Anyone But You 1pm Coffee & Conversation 3pm Engaging Men 27	10am Yoga 10am Starter Bridge 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 7pm Belly Dancing 21	10am Qigong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers 22	9:15am Zoomer Zone 9:30am Starter Mahjong 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre 23	10am Chair Fitness 1pm Bridge 24	25
26	9am tops 11am Zumba Gold 1pm Movie: Anyone But You 1pm Coffee & Conversation 3pm Engaging Men 27	10am Yoga 10am Starter Bridge 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 7pm Belly Dancing 28	10am Qigong 10am Chair Fitness 1pm Floor Shuffleboard 1:30pm Jammers 29	9:15am Zoomer Zone 9:30am Starter Mahjong 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre 30	10am Chair Fitness 1pm Bridge 2pm Book Club 31	



PREPAID CARD

FOR FITNESS PROGRAMS

This card is ONLY good for the \$6.00 Paid Instructor Fitness Programs:

YOGA, GENTLE YOGA, QIGONG, ZOOMER ZONE, ZUMBA GOLD TONING.

10 sessions for \$60.00.

These cards will be kept at reception.



PREPAID CARDS

FOR DROP-IN FEES

Purchase a Prepaid DROP-IN FEE CARD for \$60.00. This will be good for 20 drop-ins.

This card is ONLY for programs where you pay a \$3.00 DROP-IN FEE!

These cards will be kept at reception.



Seniors on the Bow has a tops Chapter!

Meetings are on Mondays at 9:30am

Weigh-in starts at 9:00am

Purchase membership online at

www.tops.org



Friday Night Worst

May 12, 7-8:30pm

Please bring an appetizer to share.

Wine, beer and soda available.

\$3.00 Drop-In fee

Cancelled For May



Seniors on the Bow of
Cochrane and Area Society



SENIORS WEEK PHOTO SCAVENGER HUNT

Sign up as a team of 4, or individually and teams will be made. This will be a great way to meet other Members and see the town.



The Hunt starts May 30th, photos must be in by June 6th. Judges will be looking for funniest faces, unique or crazy clothing, best poses and the group looking like they had a barrel of laughs.



Rules and Tasks will be available for pickup on Monday May 27th.



Each team member will receive a free Spaghetti Lunch ticket.

SENIORS ON THE BOW

Provides programs, activities, and resources for adults 50+ in Cochrane and surrounding areas.

Vision

Seniors enjoy healthy lifestyles and actively contribute to their community.

Mission

Seniors on the Bow is a non-profit society with resources that enhance the quality of life for those over 50.

Values

For the betterment of all seniors we:

Work responsibly together, demonstrate a caring and loving attitude, promote learning and mentoring, have fun and are optimistic.



Seniors on the Bow

SLS Centre
800 Griffin Road E
Arena Entrance
Second Floor
Cochrane, Alberta



Phone: 403-932-6002
Phone: 403-932-7245
E-mail: sotbcentre@gmail.com



BOARD MEMBERS

Chair ~ Pearl Walisser

Vice Chair ~ Susan Stahl

Treasurer ~ Sharon Clayton

Secretary ~ Marion Campbell

Directors:

Sylvia Chambers

Jan Chipiuk

Martin Christenson

Henry Eichinger

Debbie Heinz

Joan Holmes

Mila Prout

Rita Shannon

Bernie Thibault

Kitchen Coordinator ~ Nancy Gibbie

Membership Coordinator ~ Janet Waddell

Volunteer Coordinator ~ Anne Holloway



Program Operations Coordinator ~Jeremy Coulter

Executive Director ~ Penny Archer

FACILITY RENTALS

To Rent the Auditorium, or Games Room contact Jeremy



403-932-7245