



APRIL

April 8 – Fisherman’s Friends 2019 (112 min)

A cynical London music executive hears a singing group of ten Cornish fisherman while on a stag weekend and believes that they can achieve a top ten hit. The difficult part is convincing them he's right and getting them to sign up.

Cast: James Purefoy, David Hayman, Meadow Noriega

April 15 – Did You Hear about the Morgans? 2009 (109 min)

Manhattan power couple Paul and Meryl Morgan (Hugh Grant and Sarah Jessica Parker) are teetering on the edge of divorce when they witness a murder and become targets of a contract killer. The FBI, protecting its witnesses, whisk away the Morgans from their beloved city to a tiny town in Wyoming.

Cast: Sam Elliott, Hugh Grant, Sarah Jessica Parker, Mary Steenburgen

April 22 - Downton Abbey: A New Era 2022 (114 min)

The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess’s newly inherited villa.

Cast: Hugh Bonneville, Jim Carter, Michelle Dockery

April 29 – Oppenheimer 2023 (180 min)

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.

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

Save the Date

Seniors on the Bow

Annual General Meeting

April 4th, 2-4pm

2023 AGM minutes will be emailed to all members. If you are not able to access them, we will have a copy in a binder on the counter in the games room.

Wine and Cheese will be served.

FIND US: Seniors on the Bow

Located at:

SLS Centre

800 Griffin Rd. E.

Arena Entrance

Second Floor

Phone: 403-932-6002 or 403-932-7245

Hours of Operation:

The centre is now open from
9am to 4pm Monday to Friday.
Closed Sat & Sun and Stat Holi-
days!

All You Need is Love

BEATLEMANIA SPRING FLING!



Photographs courtesy of Edward Allen

What a night it was at the Beatlemania Spring Fling! Over 200 Cochranites and even a few Calgarians came together for a groovy trip down memory lane. The Beatles tribute band, *All You Need is Love*, took us on an unforgettable musical journey that had everyone dancing and singing along. The energy was electric, the music timeless, and the dancing was so much fun! 🎵

A huge thank you to everyone who joined us for this magical evening! 🐼

Penny For Your Thoughts

What kind of programming would you like to see after the summer?

Leave suggestions in the box at reception or email sotbcentre@gmail.com



HOT LUNCH

April 19 at 12:30pm

MENU:

Pulled Pork on a Bun

Coleslaw

Blueberry Grunt

Please sign up at reception!

\$6 for members/

\$8 for non-members

Payment due April 17th

EVENTS/PROGRAMS

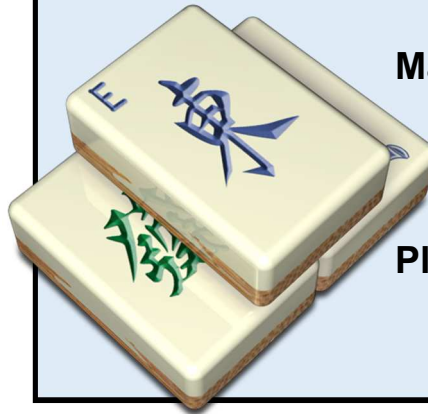
CRAFT TIME

Paper Making with Grace

Friday April 5th, 10am–12pm

\$10 Member \$12 Non-members

This price includes kit.



**Beginner
Mahjong Classes
Starting
April 4th at
9:30 am
Please sign up at
reception.**

**We are looking for
Instructors to teach
Bridge and Craft classes**

**Contact Seniors on the Bow at:
sotbcentre@gmail.com or
call 403-932-7245**



**Seniors on the Bow is starting a Chapter!
First meeting is on Monday April 8th at 9:30am
Weigh-in starts at 9:00am
Purchase membership online at www.tops.org**



**TAKE OFF POUNDS
SENSIBLY**

Volunteers

Volunteer appreciation week is April 14 to 20, 2024 the theme is Weaving Together Threads of Connection! SOTB volunteer appreciation lunch will be April 12 at 12:30pm

There will be a sign up sheet at the front desk for anyone that has volunteered in 2024.

Please know that your time is appreciated and together we make Seniors on the Bow a great place for seniors to spend time.

Anne Holloway



Volunteer Spotlight

Our spotlight on Volunteers this month goes to **Anne Holloway**, our Volunteer Coordinator, **Leilani Dutoit**, Volunteer coordinator Assistant and team members **Grace Madden, Debbie Heinz, and Patrick Smiley!**

Their efforts to put our new Volunteer Software, "Better Impact" into place has been outstanding. With this software we can fill volunteer shifts, keep track of our volunteer hours for grant applications, email our members with new events and requests, and members can sign on to fill our **volunteer shifts requirements!** And for your information many of the Cochrane Charities / Social Services volunteers programs are using this software as well!

Well done Volunteers!

FITNESS PROGRAMS WITH PAID INSTRUCTOR

Members can purchase a \$60.00 Fitness Program Prepaid Card for the following fitness programs.

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

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

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.

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.

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

ATTENTION MEMBERS BUYING PREPAID CARDS



Can pay by e-transfer at sotbcentre@gmail.com

PREPAID CARDS FOR DROP-IN FEES

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

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

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.

FCSS News

Volunteer Income Tax Program

The Community Volunteer Income Tax Program (CVITP), offered by Cochrane Family & Community Support Services (FCSS) provides eligible residents free assistance with filing their annual income taxes. The program, supported by the Canada Revenue Agency (CRA), assists eligible low-income residents. Working with trained community volunteers, the program helps residents access necessary and applicable government benefits.

April 2 - National Caregiver Day



FUN ACTIVITIES



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.

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

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.

BELLY DANCING - Tuesdays at 6:45pm. A wonderful middle eastern inspired workout..

COFFEE AND FELLOWSHIP

COFFEE AND CONVERSATION—Monday at 1:15pm with Shirley Smith. Come join the conversation. Coffee and cookies available. Drop-in Fees apply.

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

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

BOOK CLUB meet at 2:00 pm the last Friday of the month in the Auditorium. Drop-in fees apply. April Book: **"Widows of Malabar Hill" by Sujata Massey**

The Book Club is actively looking for new members! Check with Reception!

COMFORT COVER GROUP meets once a month, 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.

CRAFT GROUP will be meeting at 10:00 am on Fridays, days will be posted on the calendar. Drop-in fees apply.

CARDS AND GAMES

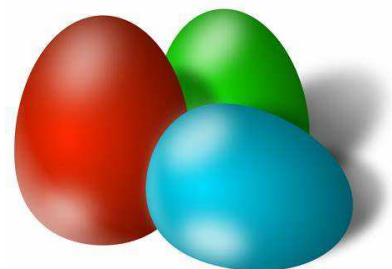
CRIBBAGE - Tuesday at 1:00pm.

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

EUCHRE - Thursday evening at 7:00pm.

MAHJONG – Thursday at 1:00pm.

BEGINNER MAHJONG - Thursday at 9:30am





BOARD MEMBERS

Chair ~ Pearl Walisser

Vice Chair ~ Susan Stahl

Treasurer ~ Sharon Clayton

Secretary ~ Marion Campbell

Past Chair ~ Nancy Gibbie

Directors:

Sylvia Chambers

Jan Chipiuk

Martin Christenson

Henry Eichinger

Merri-Lee Milaney

Rita Shannon

Rick Stradecki

Bernie Thibault

Honorary Director ~ Gwen Connon

Kitchen Coordinator ~ Nancy Gibbie

Membership Coordinator ~ Janet Waddell

Volunteer Coordinator ~ Anne Holloway

Program Operations Coordinator ~ Jeremy Coulter

Executive Director ~ Penny Archer

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.

Friday Night Whist April 12, 5:30pm



Please bring an appetizer to share.

Wine, beer, and soda available.

\$3.00 drop-in fee

Sign up at Reception

or call 403-932-6002

FACILITY RENTALS

To Rent the Auditorium, Games Room and Audio-Visual Equipment contact Jeremy at
403-932-7245

**Closed for Easter:
Friday March 29th
reopening on Tuesday
April 2nd.**