

ON THE BOW



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Hours of Operation:

The Centre is open
9am to 4pm Monday to
Friday

Closed Weekends
and Stat Holidays!

FROM THE FISHBOWL

Welcome back everyone! It was a great summer and I hope that you all had as much fun as I did, but now it is time to get back to it.

We have our usual full slate of programming on the go for September. All of your favorite programs have returned and we have some new things in the works to keep you interested and active both here at the Centre and in the Community.

You can see our incredible new logo up above, more on that inside the Newsletter. I personally love the colours and am adding them to all that we do.

Plus, don't forget that we have the trip out to Pasu Farm and the Bergen Sculpture Garden coming up on Friday, Sept 6.

Jeremy Coulter

VOLUNTEERS

Back in July we celebrated the illustrious volunteer careers of both Nancy Gibbie as our Kitchen Manager and Janet Waddell as our Membership Coordinator. These two ladies were defining forces in the formation of SOTB and we will be forever grateful to their contributions.

As we look to the future, we have two people who are stepping up into these positions and will be bringing their own drive and ideas to SOTB.



In the Kitchen we have none other than Susan Stahl taking over the position of Kitchen Manager and will be handling our Hot Lunches, Special Event meals and the corps of essential kitchen volunteers. We look forward to seeing what Susan has in store for us.



On the Membership side, we have Debbie Heinz stepping into the role of Membership Director. Debbie has been assisting Janet with the membership database for a while now and will be tending to it like a newborn kitten. Debbie is looking forward to streamlining the Membership process.

Thank you to all the volunteers that supported the SOTB activities during the month of July, it is much appreciated. Also, a special thank you to Lani DuToit and Sam Gardiner for coming in on Mondays to bake for the activities. We do have some really great volunteers. - Anne Holloway

Volunteer Wine and Cheese

SOTB will be hosting a *'Welcome Back'* Wine and Cheese for all Reception and Host volunteers on Wednesday September 11th at 4:30pm. This event is for all the amazing volunteers that we have here at SOTB to thank them for their work and to start of the new season with a bang. Please note that this is a Volunteer Only event.

FROM THE BOARD

Some of you may have noticed a whole new colour palate showing up with our Newsletter and some of our postings.

The SOTB Board is proud to introduce our new logo and colour scheme. While maintaining the mountain and Bow River in the design, the logo has been modernized in both shape and colour to help reflect the changing world that we live in. Not to mention the cheeky thumbs up to show our fun side.

Although the logo shortens the name down to the initials SOTB, we want to assure you that we are proud to be called Seniors and will not be removing that from our name.



The board would like to send out a hearty thank you to all the volunteers and other Members of SOTB who have gone above and beyond in the past year to help us to make SOTB a fun and exciting place for the seniors of the Cochrane area to go, be active and make friends.

Together, we have seen SOTB become the go to destination for Adults 55+ in our area, and that only grows as we continue to add programs and events. This is something that all Members of SOTB should be proud of.

Discounted Memberships are back for the remainder of 2024.

Tell your friends that starting now, they can pick up a Membership that will carry them right up to December 31st, 2024 for only \$20.00.

RECIPE OF THE MONTH



BROCCOLI CHEDDAR SOUP

Ingredients

- **4 Tbsp.** butter
- **1** medium yellow onion, chopped
- **2** stalks celery, thinly sliced
- **1/4 c.** all-purpose flour
- **3 c.** low-sodium chicken broth
- Kosher salt
- Freshly ground black pepper
- **1** large head broccoli, finely chopped
- **1** large carrot, grated
- **2 c.** whole milk
- **3 c.** shredded cheddar, plus more for garnish
- Baguette, for serving

Directions

1. In a large pot over medium heat, melt butter. Add onion and celery and cook until soft, 7-9 minutes. Whisk in flour and let cook 1 minute. Slowly add chicken broth and season with salt and pepper.
2. Stir in broccoli and carrots. Bring to a boil and reduce heat to low. Let simmer until vegetables are tender, 8-12 minutes.
3. Slowly add milk and bring to a simmer, then stir in cheddar.
4. Season with salt and pepper and top with more cheddar. Serve with baguette.

HOT LUNCH - SEPTEMBER 20

Our September Hot Lunch will be held on Friday, September 20th and will begin at 12:30pm.

The menu for this month's lunch is **Meat Loaf, Mashed Potatoes, Mixed Vegetables, and then Apple Crisp with Ice Cream for dessert.**

Seats are *\$6 for Members and \$8 for Guests*. Book your reservation at the Registration desk today.

1. Drink 8 glasses of water everyday.

It is important to stay hydrated as it can help to protect joints and maintain body temperature. Adding a little salt helps to boost hydration and electrolytes.

2. Keep a charged cell phone with you all the time.

Having a cell phone on you, even if it is just for emergencies can make sure that you always have a way of getting help if something happens.

3. Keep active with yard work.

Doing work around the house and yard is a great way to keep yourself active and fit. Just remember to know your limitations and capabilities.



FCSS NEWS & EVENTS

Cochrane Age-Friendly Initiative - Phase 1: What We Heard Report

- Thank you to the community members who contributed to the public engagement process. Your feedback is incredibly valuable and will help us to reach our goal of ensuring that Cochrane is a vibrant and inclusive community for all residents, regardless of age. Community engagement took place between June 2023 and April 2024. The 'What We Heard' Report summarizes the feedback that we received from the survey, workshops, focus groups and interviews.
- Next steps: The information gathered from Phase 1 will guide the development of an Age Friendly Action Plan. The Action plan will identify infrastructure needs and innovative service delivery models to enhance the breadth, quality and accessibility of services for older adults. The Action Plan is scheduled to be complete by October 2024.
- The “What We Heard Report” can be found on Let’s Talk Cochrane website or by visiting <https://www.letstalkcochrane.ca/38032/widgets/183315/documents/132107>
- A short video on Cochrane’s Age-Friendly community initiative - <https://www.youtube.com/watch?v=ZRSUhWlbhMw&t=79s>

Thriving In Your Golden Years – Aging in Place Workshops

- A series of 6 workshops built around an aging-in-place checklist that is designed to help participants plan to stay in their home or community. In partnership with FCSS and Cochrane Public Library. Register by calling the Cochrane Public Library 403-932-4353 or visit: <https://www.cochranepubliclibrary.ca/Events>
 - Where: Cochrane Public Library
 - When: Tuesdays, Sept 17-Oct 22
 - Time: 3:30-4:30



CARDS AND COFFEE

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.

WHIST - Once a month on Fridays at 5:30pm.
• Bring a appetizer

COFFEE AND CONVERSATION—Monday at 1pm with Shirley Smith. Come join the conversation.

ENGAGING MEN - Monday at 3:00 pm. Come join the conversation. There is always interesting topics discussed.

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. Sept. Book: *Matrix* by Lauren Groff

FITNESS & DROP-IN

ZUMBA GOLD - Join Alison Monday mornings at 11:00am. Low to moderate intensity strength training exercises, 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 will be instructing the yoga classes on Tuesdays.

QIGONG - Wednesday mornings at 10:00am under the leadership of Alec Martin.

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 instructing.

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.

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

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.

WALKING GROUP—Wednesday at 10am. Join our Group as we walk different trails around Cochrane and Area.

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.



UPCOMING EVENTS

October 11, 2024 - Game Night: Whist

October 25, 2024 - Hot Lunch

October 19, 2024 - Oktoberfest Dance

November 2, 2024 - Fall Craft Market

November 8, 2024 - Game Night: Whist

November 23, 2024 - Christmas Bake Sale

November 22, 2024 - Hot Lunch

Dec 31, 2024 - New Year's Eve Whist Party



MONDAY MOVIES

Mondays at 1:00pm in the Auditorium

Sept 9 - *Ezra*, 2024 (100 mins)

Max Bernal is a stand-up comedian living with his father while struggling to co-parent his autistic son Ezra with his ex-wife. When forced to confront difficult decisions about their son's future, Max and Ezra embark on a cross-country road trip that has a transcendent impact on both of their lives.

Cast: Robert DeNiro, Whoopi Goldberg, Rose Byrne, Bobby Cannavale, Vera Farmiga, Rainn Wilson, William Fitzgerald

Sept 16 - *I am Celine Dion*, 2024 (105 mins)

Serving as a love letter to her fans, Celine Dion highlights the music that has guided her life while also showcasing the resilience of the human spirit as she struggles with a life-altering illness.

Sept 23 - *The King Tide*, 2024 (100 mins)

After the mayor of an idyllic island village discovers a child with mysterious powers awash on their shores, the once peaceful community devolves into civil war, torn over the belief that the child is the next saviour. Filmed in Newfoundland and Labrador.

Cast: Aden Young, Clayne Crawford, Frances Fisher, Michael Greyeyes, Lara Jean Chorosteki, Alix West Lefler

Sept 23 - *Thelma*, 2024 (97 mins)

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. A story exploring aging, family and autonomy (and uniquely inspired by action movies like *Mission: Impossible*) - *Thelma* is based on a real life experience of writer/director Josh Margolin's grandmother.

Cast: June Squibb, Malcom McDowell, Richard Roundtree, Clark Gregg, Fred Hechinger, Hilda Boulware.

YOUR HEALTH



Sleep plays a crucial role in overall health and well-being, particularly in seniors. As we age, our sleep patterns may change, and we may find it more challenging to get a good night's rest. In fact, studies have shown that many seniors experience sleep disturbances, including difficulty falling asleep, staying asleep, or experiencing poor sleep quality. These disturbances can have a significant impact on their physical and mental health, leading to daytime drowsiness, irritability, and an increased risk of falls and accidents.

When it comes to addressing sleep issues in seniors, it's important to consider both non-pharmacological and pharmacological interventions. Non-pharmacological interventions can include strategies such as creating a comfortable sleep environment, establishing a regular sleep schedule, engaging in relaxation techniques, and avoiding stimulants like caffeine and electronics before bedtime.

Additionally, over-the-counter (OTC) options such as melatonin supplements may be considered as a natural approach to promoting sleep. Melatonin is a hormone that helps regulate the sleep-wake cycle, and supplements are widely available and may be suitable for some seniors, although it's important for them to consult with their healthcare providers before using these products, especially if they have underlying health conditions or take other medications.

Prescription medications such as zopiclone and Dayvigo are also options for treating insomnia in seniors. Zopiclone is a non-benzodiazepine sedative-hypnotic that can be effective in helping seniors fall asleep and stay asleep. However, like other sedative-hypnotics, zopiclone can cause side effects such as drowsiness, dizziness, and impaired coordination, particularly in older adults. Therefore, it's important for healthcare providers to carefully assess the potential risks and benefits of zopiclone for each individual patient. In contrast, Dayvigo is a relatively new medication approved for the treatment of insomnia in adults. It works as a melatonin receptor agonist, targeting the body's sleep-wake cycle without causing significant next-day drowsiness or impairment. While Dayvigo has shown promise in clinical studies, its use in seniors should be carefully considered in light of their unique health considerations and potential interactions with other medications.

Overall, while sleep disturbances are a common issue for seniors, there are various options available to help address these challenges. Non-pharmacological interventions and OTC options such as melatonin supplements should be considered first, and when prescription medication is necessary, it's crucial to carefully weigh the risks and benefits to ensure the safest and most effective treatment for seniors. Healthy sleep is essential for seniors' overall well-being, and finding the right approach to managing sleep disturbances can greatly improve their quality of life.

If you have any further questions about sleep or any other health related issues please do not hesitate to come down to Two Pharmacy and talk to one of Clinical Pharmacists or our Natural Health Consultants.

Ian Kruger - Pharmacist/Owner

PRE-PAID CARDS

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

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

20 drop-ins for \$60.00.

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 Whist
September 13th, 5:30pm
Please bring an appetizer to share.
Wine, beer and soda available.
\$3.00 Drop-In fee



FACILITY RENTALS

To Rent the Auditorium, or Games Room
contact Jeremy in the office.

403-932-7245 or rentals@sotbcochrane.ca

OUR VISION

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.



YOUR BOARD

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 Manager ~ Susan Stahl

Membership Director ~ Debbie Heinz

Volunteer Director ~ Rita Shannon

Operations Coordinator ~ Jeremy Coulter

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: info@sotbcochrane.ca

September 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
01	Labour Day	SLS Centre Closed to the Public	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers	10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre	9:30am Pasu Farm 10am Chair Fitness 1pm Bridge	07
08	9am tops 1pm Movie 1pm Coffee & Conversation 3pm Engaging Men	10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers	10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre	10am Chair Fitness 1pm Bridge 5:30pm Game Night Whist	14
15	9am tops 1pm Movie 1pm Coffee & Conversation 3pm Engaging Men	10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers	10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre	10am Chair Fitness 12:30pm Hot Lunch 1pm Bridge	21
22	9am tops 1pm Movie 1pm Coffee & Conversation 3pm Engaging Men	10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers	10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre	10am Chair Fitness 1pm Bridge 2:00pm Book Club	28
29	9am tops 1pm Movie 1pm Coffee & Conversation 3pm Engaging Men	Monday Movie Listings Sept 9 - <i>Ezra</i> (2024) Sept 16 - <i>I am Celine Dion</i> (2024) Sept 23 - <i>The King Tide</i> (2024) Sept 30 - <i>Thelma</i> (2024)				