



ON THE BOW



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Hours of Operation:

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

**Closed Dec 20th at noon
Reopen Jan 6th at 9am**

FROM THE NORTHPOLE

Tis the Season!! The Season is here!!!

If you can't tell, I love Christmas. The decorations, the warm fuzzy feelings, the family, the food. This is without a doubt, my favourite time of the year and I am excited to be sharing part of it with all of you, my SOTB Family.

Although we will be closing at noon on Friday Dec 20th, we will do everything that we can to be festive in the weeks before. After all the craziness that was November, we are a bit calmer this month with only the two Christmas Dinners on the schedule.

So pop in to the workshop and tell Santa Jeremy what you hope to get for Christmas this year. My door is always open to the amazing elves of SOTB.

Jeremy Coulter

IN OUR HEARTS

Sandra Jordan

Sandra has been a Member of Seniors on the Bow since long before it even became Seniors on the Bow. She gave so much of her time, not only to SOTB, but also to many other organizations in Cochrane. She was a Member of our Board, our birthday photographer, and the person who sent out thank you and get well cards. Also, she always said the prayer at our St. Patrick's Day Hot Lunch, this was something that was very special to her.

There was just something about Sandra's presence and spirit that brought a certain energy anywhere she was. You could hear her laughter from the far side of the Centre and it would always bring a smile to your face.

Sandra is someone who will be greatly missed and although others will be able to do her duties, no one will ever be able to take her place.

Sandra was among the first friends I met when I joined SOTB. She was involved with and at one time chaired the Events Committee, was a Board Director for many years, organized our bake sale, wrote thank you, birthday, etc. cards on behalf of SOTB, helped with hot lunches, co-ran our chair exercise, and organized events like Rosebud and Jubilations. This feisty warm hearted woman had a beautiful soul and would do anything for family and friends. She will be sadly missed.

-Janith Chipiuk



I only had the fortune to know Sandra for a brief period of time, but oh what an impression she made on my life. Her laughter, energy and spirit were a light that brightened up the Centre every time she came in. I always looked forward to seeing her and will miss her presence greatly here at SOTB.

-Jeremy Coulter

Memorial Services for Sandra will be held on Monday, December 2nd at St Andrews United Church in Cochrane between 2pm and 5pm.

SOTB NEWS



New Year's Eve Whist Party

If you are looking for something fun to do on New Year's Eve this year, look no further than SOTB. We will be hosting a Whist Party on New Year's Eve from 5pm until 9:30pm. We will be having Happy Hour at 5pm, a wonderful Lasagna dinner at 6pm and then Whist to follow. Seats are only \$15 for Members and \$20 for Guests, get them now at Reception.

Join the Board

Have you been looking to get more involved with SOTB? Do you have some previously undisclosed skills that SOTB could benefit from? Would you like to be part of the team that helps steer SOTB into the next phase?

Martin Christensen from the SOTB Board is looking for people that would be willing to step up and help out SOTB. With our AGM coming up in April, we will be needing some new Board Members, including *Board Chair, Secretary and a new Treasurer*. If this is something that you would be interested in, you can either email office@sotbcochrane.ca or call to leave a message and we will pass it through to Martin.

Christmas Closure at SOTB

The Seniors on the Bow Centre will be closing on Friday December 20th at noon for the Christmas Holiday. Our doors will reopen for our regular hours on Monday January 6th at 9am. If you do come by the Centre during that time, you may see Jeremy forlornly looking through the window as he has nothing better to do with his time.

Mahjong for Beginners

If you are interested in learning how to play Mahjong, you are in luck. Pearl Walisser will be teaching Mahjong on Thursday mornings at 10am in the Games Room, starting on November 7th and running until December 19th.

Euchre is Moving!

Starting on Monday January 6th, Euchre will be moving to Monday mornings at 9:30am in the Games Room. We are hoping that this will create more opportunity for people to join in with the fun! The Thursday night game will still be available for those who can't make the new morning game.

RECIPE OF THE MONTH

GINGERBREAD FRENCH TOAST

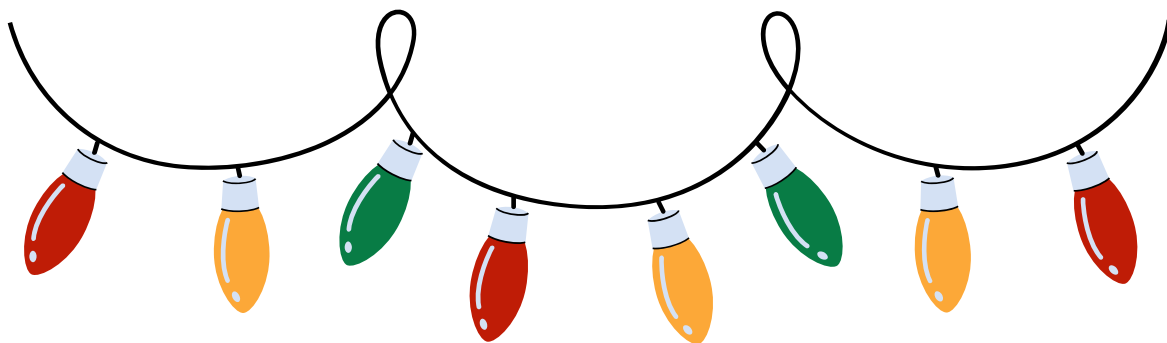


Ingredients

- ½ cup milk
- 2 eggs
- 1 tablespoon white sugar
- 2 teaspoons rum extract
- 1 teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ⅛ teaspoon ground ginger
- 4 slices white bread
- 1 tablespoon butter, or as needed

Directions

1. Whisk milk, eggs, sugar, rum extract, salt, cinnamon, nutmeg, cloves, and ginger together in a bowl. Dip each bread slice into the egg mixture, turning to coat both sides.
2. Melt butter in a non-stick skillet over medium heat. Add bread slices in a single layer and cook until golden brown, about 3 to 5 minutes per side.



Sometimes the Christmas season can create loneliness, stress, anxiety or sadness. Some physical symptoms might include headaches or stomach aches. It is important to take care of ourselves and our loved ones.

- 1. Eat Well and Stay Hydrated:** this is important for maintaining your energy, and overall health.
- 2. Stay Active:** gentle physical activities, like walking or stretching, can help relieve stress and improve your mood.
- 3. Get Enough Rest and Sleep:** this will help you to manage stress and emotions.
- 4. Plan a Special Christmas activity you enjoy,** like Live Theatre, a Musical, visiting with friends, attending a church activity.



UPCOMING EVENTS

December 10, 2024 - Coffee with the Mayor

December 12, 2024 - Christmas Dinner 1

December 15, 2024 - Christmas Dinner 2

Dec 20, 2024 - SOTB Closes at Noon

Dec 31, 2024 - New Year's Eve Whist

January 6, 2025 - SOTB Reopens at 9am

January 10, 2025 - Game Night: Whist

January 17, 2025 - Hot Lunch

FCSS NEWS & EVENTS

Cochrane Activettes is taking donation for new toys, toques, mitts, pjs, and socks but no clothes. Donation boxes can be found around town including at FCSS. Unexpired food donations are also accepted.

Grandparents Group

Wednesday, December 11 from 10:15-11:30 am.

If you are a grandparent with grandchildren ages 0-6 yrs, this program is for you! Come play, visit, share information and connect with other grandparents in your community!

Free, Drop-in at the Family Resource Network.

Cochrane Alerts on Your Phone

The Town of Cochrane is thrilled to launch our new app, aimed at enhancing resident engagement, access to services and public safety awareness. With a user-friendly interface and real-time updates, this app addresses your feedback and keeps you connected to your community.

Stay informed and get emergency alerts, news, report a problem and more.

Download the Town of Cochrane app on either Google Play or the Apple App Store.





Seniors on the Bow CHRISTMAS DINNER

FIRST SEATING

Thursday December 12th

SOLD OUT

Doors at 5:00PM/Dinner at 6:00PM

SECOND SEATING

Sunday, December 15th

Doors at 3:00PM/Dinner at 4:00PM

MENU

Turkey with Gravy & Stuffing
Mashed Potatoes & Turnips
Cranberries & Mixed Vegetables
Tuxedo Cake

SEATS

\$30.00 for Members

\$40.00 for Guests

Seats must be paid for at time of Registration
403-932-6002 or info@sotbcochrane.ca for details



Word Search

F E R U I P S Y V N O F U K V I B Z Q V U N C T A
 H W R X D B P P Z X K Z R M G H C P T D N T H C M
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Decorations

Candy Canes

Ornaments

Reindeer

Yuletide

Chimney

Scrooge

Eggnog

Cheer

Plum Pudding

Christmas

Tradition

North Pole

Holiday

Garland

Tinsel

Sleigh

Rudolph

Santa Claus

Mistletoe

Jack Frost

Caroling

Festive

Snowman

Cookies

Wreath

Snow

Tree

Bells

Elf



MONDAY MOVIES

Mondays at 1:00pm in the Auditorium



December 2 - No Movie

December 9 - This Christmas, 2007 (119mins)

This year Christmas with the Whitfields promises to be one that they will never forget. All the siblings have come home for the first time in years and they've brought plenty of baggage with them. As the Christmas tree is trimmed and the lights are hung, secrets are revealed and family bonds are tested. As their lives converge, they join together and help each other discover the true meaning of family.

Cast: Delroy Lindo, Loretta Devine, Laz Alonso, Keith Robinson, Idris Elba, Chris Brown

December 16- It's a Wonderful Life, 1947 (120 mins)

After George Bailey wishes he had never been born, an angel is sent to Earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there.

Cast: James Stewart, Donna Reed, Lionel Barrymore



YOUR HEALTH

Experiencing Spring Forest Qigong

Spring Forest Qigong (*pronounced chee-gong*), offers everyone a simple yet powerful way to awaken their natural healing ability. It helps you experience your optimal health, wellness and happiness.

Master Chunyi Lin, founder of Spring Forest Qigong, designed all Spring Forest Qigong specific exercises to enhance the flow of your energy, open any energy blockages you may have, and bring your energy back into balance. He works closely with the *Mayo Clinic* and when in Calgary, speaks to *Well Spring*, a nonprofit company working with and for cancer patients and survivors. The medical community *often* recommends patients suffering from heart issues or mental stress to try Qigong.

Spring Forest Qigong is comprised of four elements that all work harmoniously together:

- Breathing slowly, gently, deeply
- Gentle movements to enhance the flow of your energy
- Mental focus on feeling your energy
- Meditation to enhance your ability to relax

The sessions will incorporate all of the above through doing the simple exercises and movements for 30 minutes and then spending 30 minutes in guided meditation. The exercises can be done standing, sitting or laying down.

As a Spring Forest Qigong Certified Practice Group Leader, I will introduce you to Qigong, keeping it simple and above all, I will continually be mindful that this is your hour to relax and begin to enjoy the wonderful benefits of Qigong.

Spring Forest Qigong would like to see “a healer in every family, and a world without pain.”

Alec Martin - Certified Practitioner

Weekly Spring Forest Qigong sessions are on each Wednesday at 10am in the SOTB Auditorium



NEW YEAR'S EVE

**WHIST DINNER PARTY
DECEMBER 31**

HAPPY HOUR AT 5:00PM

DINNER AT 6:00PM

Lasagna Dinner to be served.

WHIST TO FOLLOW

TICKETS

Members - \$15.00

Guests - \$20.00

Sign-Up at Reception,

Call 403-932-6002 or email

info@sotbcochrane.ca to book your tickets.

Tickets must be prepaid to hold seats.

www.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.



Cochrane & Area 50+

YOUR BOARD

Naughty or Nice?

Chair ~ Pearl Warner *Naughty*

Vice Chair ~ Susan Smith *Nice*

Treasurer ~ Sharon Clouston *Naughty*

Secretary ~ Marion Campbell *Nice*

Directors:

Sylvia Chambers *Nice*

Jan Chipiuk *Nice*

Martin Christenson *Naughty*

Henry Eichinger *Nice*

Debbie Heinz *Nice*

Joan Holmes *Nice*

Mila Prout *Nice*

Rita Shannon *Nice*

Bernie Thibault *Naughty*

Operations Coordinator ~ Jeremy Coulter *Naughty*

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

November 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
24	9am tops 1pm Movie: Arthur the King 1pm Coffee & Conversation 3pm Engaging Men 25	10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 7pm Belly Dancing 26	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers 27	9:15am Zoomer Zone 10am Mahjong Lesson 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre 28	10am Chair Fitness 1pm Bridge 1pm Comfort Covers 29	30

December 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
01	9am tops 1pm Coffee & Conversation 3pm Engaging Men 02	10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 7pm Belly Dancing 03	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers 04	9:15am Zoomer Zone 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre 05	10am Chair Fitness 1pm Bridge 06	07
08	9am tops 11am Zumba Gold 1pm Movie: This Christmas 1pm Coffee & Conversation 3pm Engaging Men 09	10am Yoga 10am Coffee w/the Mayor 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 7pm Belly Dancing 10	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers 11	9:15am Zoomer Zone 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 5pm Christmas Dinner 7pm Euchre 12	10am Chair Fitness 1:30pm Bridge 13	14
 15	9am tops 11am Zumba Gold 1pm Movie: It's a Wonderful Life 1pm Coffee & Conversation 3pm Engaging Men 16	10am Yoga 1pm Crib 1pm Carpet Bowling 6:30pm Bridge 7pm Belly Dancing 17	10am Qigong 10am Chair Fitness 10am Walking Group 1pm Floor Shuffleboard 1:30pm Jammers 18	9:15am Zoomer Zone 10:30am Gentle Yoga 1pm Mahjong 1pm Line Dancing 7pm Euchre 19	10am Chair Fitness Closed at Noon for Christmas Break See you January 6th! 20	21



= 3:00pm Christmas Dinner

December 31 - New Year's Eve Whist Party @ 5pm