

OAKRIDGE SENIORS ASSOCIATION

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June 2019, NEWS

A Note from Barry & Jennifer

It's been a wonderfully rewarding time for the Oakridge Seniors Association as we seek to build an active community. We have been busy with tai chi classes, coffee get togethers and a bridge group. We had 60 attendees for our first Pot Luck Lunch event in late May with great food and Russell Moore providing engaging musical entertainment. So appreciative of our volunteers, companies/agencies that supported us for this special day, and Oakridge Community staff who helped us with set up and take down. We are looking to build our membership to help fund and support our future activities. Please join today! We also ask you to support Oakridge Community Association with membership.

As a final event before a break for the summer we have our Protect Yourself Security & Fraud & Social event 26th June and plan to have a group of the OSA team at the Oakridge Community Association Stampede BBQ. Please pay us a visit. In the meantime our coffee, bridge and other activities will continue. We have exciting plans to start up again in September so please stay in touch.

Need more information join us on Facebook at Oakridge Seniors Initiative, sign up on Meetup at Calgary Oakridge Seniors Social Meetup or contact Barry & Jennifer 403 281 4876 or email barrypendergast@telus.net

Barry & Jennifer

SENIORS RESOURCE FAIR

Monday, June 3

On June 3, 2019 we were well represented at the City of Calgary, Age-Friendly Calgary Seniors' Week Resource Fair in the Municipal Building Atrium. Made some good connections with other Calgary Seniors agencies who share our belief that change in how seniors are meaningfully engaged is required. Appreciate those from OSA who joined us

PROTECT YOURSELF AND SOCIAL

Wednesday, June 26, 2019 1:30 – 3:30 PM

Presented by Constable Trent Taylor, Community Resource Officer from Calgary Police Services. Interactive presentation will be on frauds and scams targeting seniors. Learn how to minimize the risks and how to protect yourself. Cost \$2 per person at the door. Pre-Registration recommended due to limited space. Contact Barry at 403 281 4876 or email barrypendergast@telus.net

OAKRIDGE COMMUNITY ASSOCIATION STAMPEDE BREAKFAST

July 7

Oakridge Seniors Association will be there! Please bring your neighbours and friends to meet us!

OAKRIDGE SENIORS ASSOC STAMPEDE GETTOGETHER @ POINT PUB

We understand the Point Pub has a slow time during the Stampede - pondering an impromptu gathering for our group one afternoon during Happy Hour during Stampede Week. Thinking the 10th July and using the time to brainstorm other ideas for informal socialization gatherings around the community. Stay tuned or register interest barrypendergast@telus.net.

COFFEE GET-TOGETHERS

Ladies Morning Coffee - Jennifer will be hosting a final Tuesday Ladies Coffee on Tuesday 18th June at 10:30 am at Oakridge Coop and then breaking till September

Ladies Afternoon Coffee - Every other Friday (from the second Friday of the month - May 10 & 24) at 1:30 pm at Oakridge Coop - Roxanne Hess will be hosting while Julie is on vacation casahess@aol.com 403 281 8533

Men's Morning Coffee: Every Thursday at 11:30 am at Palliser Diner, 3109 Palliser Dr. S.W.

~~WALKING GROUP~~ CANCELLED

We had limited response so we will try another time beginning in September.

TAI CHI - ON SUMMER HAITUS

Tuesdays, 9:15 PM to 10:15 AM, will resume in September. Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi is low impact and puts minimal stress on muscles and joints, making it especially suitable for older adults. Our instructor is Jane Sponiar who is a teacher and healthy lifestyle believer with 25 years experience teaching classes, workshops, and guiding retreats in the healing arts of Tai Chi, Qigong, Yoga, Meditation and Reiki through in Alberta, Canada.

Information: Contact janesponiar@gmail.com or more info at www.LivingTaiChi.ca

BRIDGE New

We have a small number of people playing bridge on Tuesday afternoons in our homes. Please call Joan Nickle at 403 281-6537 or email at Joan.L.nickle@gmail.com to let her know if you'd like to be included.

MAH JONG New

We have a few folks wanting to play Mah Jong. No experience required, we can teach you how to play this ancient Chinese game. Information: Contact Donna at odennyoo@me.com

RESEARCH PROJECT – BOOMERS GETTING OLDER

Gillian Ranson is a sociologist and writer who is conducting a research project on baby boomers and aging. The project has a website: www.boomersgettingolder.com Check it out Participation in the project would involve about an hour of conversation, which Gillian promises will be interesting and enjoyable! Get in touch with Gillian if you would like to know more at ranson@ucalgary.ca

OAKRIDGE COMMUNITY ASSOCIATION AGM

Sept. 9

We would love to have more seniors represented on the Board. Information contact Julie Kearns 403-804-6390 or kearns.julie@gmail.com

CALLING FOR VOLUNTEERS

Looking for leaders with these skills: communication & social media, program development, event setup, grant applications, corporate sponsorship, membership development, hospitality. Contact Barry Pendergast, 403 281 4876.

PLANNING OUR FALL PROGRAM

We are beginning to plan our fall program and some ideas shared include a trip to a craft brewery, a walking group or biking group, and/or connections to a hiking group (with several levels), wine tasting, happy hour at The Point/ 1600 Club ...(we can walk home if necessary), cribbage, jigsaw puzzles.....Do you have ideas? Do you have talents to share? Let us know about your interests and/or talents. Contact Barry Pendergast, 403 281 4876

OAKRIDGE SENIOR'S ASSOCIATION MEMBERSHIP

Membership fee:

- \$10:00 per year (individual) or \$15:00 per year (family). Please send a cheque (payable to Oakridge Senior's Association) or cash send to: Oakridge Senior's Association C/O J. Kearns 218 Oakhill Place SW Calgary AB T2V 3X4. Plus a current SENIOR's Membership (\$20) in the Oakridge Community Association or your home community association. To purchase an Oakridge Community Association membership go to <https://oakridge.getcommunal.com/memberships>

EVENTS OF INTEREST IN NEIGHBOURING COMMUNITIES

Open House Saturday June 8: 1pm-3pm



Come and Try Lawn Bowling!

Stanley Park has it all...Beginners are Welcome

- * Friendly atmosphere - Check out the Open House Saturday June 8 1-3 pm.
- * Attractive facilities in centrally located park setting
- * Fine greens, professionally maintained
- * Flexible scheduling of leagues and drop-ins, so many opportunities to play weekly
- * Heart healthy exercise requiring only moderate strength and fitness
- * Opportunity to play at any level, recreation to highly competitive
- * Free equipment use, and free instruction Monday evenings 7 pm, starting in June
- * Low membership fee of \$100 per year and free parking
- * Fun holiday jitneys! Come find out what a jitney is

Add lawn bowling at Stanley Park to your summer schedule

More information: Website - www.calgarybowls.com Email - info@calgarybowls.com

Stanley Park Lawn Bowling Club
350 - 42 Ave SW (between MacLeod Trail and Elbow Drive)