

Alliance for Active Aging

c/o Varsity Community Association
T: 288-9001

Email: alliance_active_aging@telus.net

Web: allianceactiveaging.ca

Community Association Members

Dalhousie Community Association

5432 Dalhart Road NW

T: 286-2555

dcacomm@telus.net

Edgemont Community Association

33 Edgevalley Circle NW

T: 239-1211

edgemont@telus.net

Montgomery Community Association

5003 - 16 Avenue NW

T: 247-3116

mcac@telus.net

Scenic Acres Community Association

8825 Scurfield Drive NW

T: 547-9589

scenacre@telusplanet.net

Silver Springs Community Association

5720 Silver Ridge Drive NW

T: 288-2616

ssca@shaw.ca

Varsity Community Association

4303 Varsity Drive NW

T: 288-9001

vca@telus.net

Best Wishes for a Happy New Year



Alliance for Active Aging

The holiday season is fast approaching and the Alliance is scrambling to start registrations for all the classes that will begin in the New Year. We were very late coming out of the gate for fall programming so we want to start early for the programs which will be launched in early January.

Register for the programs **at the community association (CA) where the class is to be held.** In September there was a bit of confusion as information was not readily available. However, all the bugs have been ironed out and we are pleased to offer a full slate of winter programming for 2010. Thank you all for your patience. From the number of calls, interest is high! Register today by calling the CAs today! All numbers are listed in the column on the left. **A list of programs and the CAs they will be offered at are in this newsletter. Don't forget, you can give a gift certificate to friends and family for classes too!**

Details of the programs and costs are available on our updated website at www.allianceactiveaging.ca. **Community association members who are not members of the AAA but would like to register for programs are invited to do so (non-member rate applies).**

Edgemont had their fall fashion show and it was a great success. Thank you to all of our sponsors, models, and retailers who participated in the event and helped to make this happen. The Christmas Tea at Dalhousie Community Association was also a great success and much enjoyed by those who attended.

If you don't have a community association membership, purchase one from any of the 6 Alliance members and you automatically become an AAA member have access to any of the AAA programs and events at special rates. Bring a friend from another community and they can participate in the programs too for a non-member rate or they can join AAA by joining one of the 6 Alliance CAs.

AAA would like to thank the following supporters/sponsors:

City of Calgary: Community and Neighbourhood Services and Family and Community Support Services



The UPS Store #98

Shaganappi Village
305, 4625 Varsity Drive NW
T: 403-286-9556

store98@theupsstore.ca

(for printing of these newsletters)



If you do not have access to the Internet pick up a AAA brochure at member CAs. If you have suggestions or program ideas, we would love to hear from you. Contact us at alliance_active_aging@telus.net. Come out to meet other members, take part in the programs, and support your community.

Happy Holidays to you and yours and best wishes from The Alliance for Active Aging.

VARSITY CARES

More than 7 years ago Varsity Cares seniors group was started. After 3 months we had over 30 members and now for the last 3 meetings we averaged just four members. It was decided by those present to disband Varsity Cares meetings, which were held on the 1st and 3rd Tuesdays of the month, due to lack of interest. It wasn't an easy decision.

There will still be a Varsity Cares connected to the Varsity Community Centre. I have decided to be a contact to help those who are looking for information regarding what programs are available, especially for people 55 and older. The different programs all have some restrictions and if I can't answer your questions I'll try and find the answer for you. My phone number is 403-288-9312.

Vitamin D

Vitamin D is unique in that it is the only nutrient your body can make. All you have to do is stand in the sunshine. Ultraviolet B rays on your skin interact with a chemical in the skin and change it to a form of vitamin D. Your kidneys and liver take over making two changes and you end up with hundreds of International Units of Vitamin D. As we live in the northern part of America only in the summer time do we have the chance to make our own Vitamin D. In a recent study it was found that over 75% of Americans have low Vitamin D levels. In Canada it may be higher due to the sun's position most of the year.

For good bone and muscle development we need Vitamin D and Calcium. The researchers are still trying to figure out how many units are needed each day. There is evidence that Vitamin D may benefit health

such as brain function, fracture prevention, diabetes and autoimmune disorders and may affect some forms of cancer. The Osteoporosis Foundation recommends 800–1000 units for people over 50 — the upper limit is no more than 2000 units. If you plan on getting your vitamin D from food there is a very short list of rich sources. They are fatty fish, fish liver oils, liver and egg yolks. There are also fortified foods such as milk.

This and That

- High-nutrition foods are often low in cost. Among them are bananas, carrots, potatoes, whole-wheat flour and dried beans — the sort of high-fibre foods that nutritionists now recommend.
- Steam instead of boiling. Mineral loss is usually twice as great in boiled vegetables as in steamed ones.
- If you think you have a splinter in your finger, but aren't sure, here's an easy way to find out. In a dark room, put a small flashlight directly against the finger. You should be able to see, from the side how deep and how large the splinter is, making removal easier.

If you have any questions regarding Varsity Cares, the AAA group or the above articles, phone Len at 403-288-9312.

Membership Profiles

Did you know that AAA

- is looking for contributors for our newsletter and website
- is always looking for new ideas for programming
- wants people who have unique skills or talents provide programming
- is looking for ballroom dance instructors who can provide programming
- would like to profile a member regularly in our newsletter and website
- needs volunteers to help distribute our quarterly newsletter
- wants to invite new members to join
- membership is not exclusive to 55+
- is not exclusive to the 6 NW communities — you can live anywhere in the city and still participate
- looks for sponsors for all of its signature events.

AAA Winter Programming: January – April

Contact each of the Community Associations for more details, fees and to register for programs today! These make great holiday gift ideas for that special someone too!

Dalhousie Community Association: (403) 286-2555

Description	Days of the Week	Times
Bollywood Dancing	Tuesdays	1:00–2:00 pm
Scrapbooking & More	Wednesdays	10:00 am–Noon
Self Defence for Men and Women	Mondays	9:00–10:00 am
Cribbage (drop In)	Wednesdays	1:30–3:30 pm
Photography	Saturdays	9:30–11:30 am

Edgemont Community Association: (403) 239-1211

Description	Days of the Week	Times
Conversational English	Sundays	1:00–3:00 pm
International Cooking	Mondays (4 weeks)	11:30 am–1:30 pm
Discover Line Dancing	Tuesdays	1:30–2:30 pm

Montgomery Community Association: (403) 247-3116

Description	Days of the Week	Times
Coffee, Laugh and Learn	3rd Thursday of the Month	1:00–3:00 pm

Scenic Acres Community Association: (403) 547-9589

Description	Days of the Week	Times
Cards	Wednesdays	1:00–3:00 pm
Ladies Social, Coffee and Craft Club	Mondays	9 am – Noon


Silver Springs Community Association: (403) 288-2616

Description	Days of the Week	Times
Beginner Mandarin	Mondays	9:30–11:30 am
Beginner Quilting	Tuesdays	9:30–11:30 am
Nature and Nurture Cooking Classes	Wednesdays	10 am–12 Noon

Varsity Community Association (403): 288-9001

Description	Days of the Week	Times
Seniors Fitness	Mondays and Wednesdays	9:15–10:15 am
Sit and be Fit	Mondays	9:15–10:15 am
Ladies Contract Bridge Club	Wednesdays	12:30–3:00 pm
Seniors Card Club: Bridge and Canasta	Mondays	1:00– 3:00 pm
Scrabble Club	Thursdays	1:00–3:00 pm

Alliance for Active Aging Signature Events Calendar 2009-2010



presents

Montgomery Community Association's

Signature Event
Pot Luck Luncheon
(please bring a dish that will feed four)
followed by
The Viva Vintage Monologues


on
January 20, 2010
from
11:30 AM - 2:00 PM
at
5003 - 16 Avenue NW
(corner of Home Road and 16 Avenue NW)

Come out and enjoy a pot luck luncheon and meet new people!
Liquid refreshments will be provided.
If you have not had a chance to see this presentation by
Seniors-a-GOGO,
you are in for a treat after lunch!

The Viva Vintage Monologues:
Making It Up As We Go Along



Stories about sexuality by people with the experience of living over 60 years

If you really don't have time to come and join us for lunch, why not come by 12:45 pm in time for the entertainment.

Date / Time	Signature Event Description	Location	Price
Saturday, March 13, 2010 5-9:30 pm	"Our Community's got Talent" – Amateur Talent Contest during a 3 course dinner featuring Alberta Beef and wine. Miss Teen Calgary will be in attendance.	Varsity Community Association 4303 Varsity Drive NW (403) 288-9001	\$25 per person for members \$35 for NM
Friday, April 16, 2010 7-9 pm	An Evening of Art and Wine – features the Bow West Artists' Collection with over 30 local artists showing and offering their original artwork at reasonable pricing. Enjoy wine tasting as part of this event. You'll also have an opportunity to win door prizes.	Silver Springs Community Association 5720 Silver Ridge Drive NW (403) 288-2616	TBD
Saturday, June 12, 2010 1-3 pm	Mix and Mingle – Enjoy the music of a live band and even participate in the amateur hour. Everyone welcome!	Scenic Acres Community Association 8825 Scurfield Drive NW (403) 547-9589	TBD

For tickets or information contact any of the above Community Associations