



# Triple A News

Volume 1 Number 1 September 2009

## Alliance for Active Aging

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Scenic Acres Community Association  
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Varsity Community Association  
4303 Varsity Drive NW  
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## 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](mailto:store98@theupsstore.ca)

(for printing of these newsletters)



## Alliance for Active Aging

It's been more than a year since six NW communities collaborated to create the Alliance for Active Aging. After a successful launch in October 2008, there have been a couple of special events including the Christmas Tea at Dalhousie and the Musical Interlude at Varsity, plus various programs created specifically for adults 55+.

For those 55+, a membership to any one of these six Community Associations includes a complimentary membership to Triple A. In most cases, the price of a membership is less than \$30 for the year. This community association (CA) membership allows for free events, special pricing, and many other benefits in both the specific community and Triple A sanctioned programs.

The upcoming year (2009–2010) promises to be an exciting one with many more new offerings. Each CA is presenting a "signature event" with the first one being offered in mid November. Details are on page 4 of this newsletter. Book those dates now to make sure you can attend. Tickets and more information are available at all of the Triple A CAs. The addresses and phone numbers are listed at the left and on page 4.

Triple A is also pleased to announce that a website is in the process of being launched and should be up and running any day now at [www.allianceactiveaging.ca](http://www.allianceactiveaging.ca).

Details of all events and programs are available on this site. Newly featured will be member profiles each month. We will continue with a hard copy newsletter which can be found at community grocery stores, medical offices, the member CAs, and in a number of other public locations. We also want to hear from you. Let us know what you would like to see on our website.

Watch for the program schedule coming out in the September/October newsletter. Classes begin in early October so be sure to sign up as soon as possible. Keep checking the website for updates and early information about registration. For those of you who do not have access to the internet, pick up your program guide at one of the member community associations or check one of the member community newsletters.

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We are thrilled about the upcoming year. Exciting new classes for fall include;

- Scrapbooking
- Belly Dancing
- Self Defence Training
- Line Dancing
- Book Club
- International Cooking classes
- Scrabble Club
- Newcomers' Monthly Coffee Socials
- And lots more!

Many of the old favourites will also be returning. These include yoga, cribbage, Tai Chi and others. If you know someone who has a special talent and would like to teach some classes, we'd love to hear from them.

Tell your friends, tell your family, tell everyone! The more the merrier. See you in September!



### Excerpt from "45 Lessons Life Taught Me"

Written by Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio, USA

To celebrate growing older, I once wrote the 45 lessons life taught me.

It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.

3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.

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### Can you help?

Do you know someone who has some free time during the day they'd like to fill? Do you know someone who likes getting out and meeting new people?

Do you know someone who wants to be part of something rewarding?

Six northwest community associations over the past year have collaborated to offer activities, services and classes (all for adults) in their facilities. This collaboration, Alliance for Active Aging, has several hundred members who take part in exercise, cooking, scrapbooking and numerous other classes, as well, they enjoy socials which include musical entertainment, fashion shows, pot lucks, and cards.

We are looking for additional members so if you know any adult(s) who would like to get involved, make new friends, try new things, or just get out of the house, we'd love to hear from them or you.

Just call or visit our website at [www.allianceactiveaging.ca](http://www.allianceactiveaging.ca) for more information. The community associations below would love to hear from you. Check the front page of this newsletter for their contact information.

## AAA Volunteer Profile

### Len Reeves

When Len Reeves, a Varsity resident, walks into his community centre, everyone snaps to attention. This 84-year-old mild-mannered gentleman commands respect and admiration from everyone he comes in contact with—



and for good reason too. Len is committed to improving the lives of seniors not just in his home community, but throughout the six communities that compose the Alliance for Active Aging. He uses email and Internet technology to get his message out and never seems to slow down.

Born in St. Joseph's Hospital in Chatham, Ontario, Len spent most of his life on the family farm. He is the proud father of three and grandfather of eight. Len retired from Imperial Oil on December 31, 1982 after 37 years service. Every year he writes to Imperial Oil and every year Imperial Oil donates money to Len's pet project, Varsity Cares.

Len's volunteer background is so extensive, so unselfish that this writer is humbled. Mr. Reeves was:

- A volunteer with the Royal Canadian Navy Volunteers from 1942 to 1945
- The Treasurer of Varsity Acres Church from 1982 to 1999
- A lecturer to schools on Armistice Day giving talks on Navy veterans and experiences in the North Atlantic and D-Day
- A key player in the publishing of a book called "Love and Joy", the 30 year history of his church
- Active in going to schools to show slides of the Canadian Arctic to children and seniors groups
- The Charter Chairperson of Varsity Cares, a group of seniors in Varsity that meets twice a month. Len still sets up the agendas, organizes guest speakers, has run two conferences and supplies the cookies every month.

- The recipient of a 2005 Centennial Medal, Alberta's highest volunteer award
- And still is a member of Calgary's Seniors Police Advisory Committee
- The head of a retired men's club at his church for 18 years.
- And still drives the elderly to church every Sunday, visits the sick at home or in the hospital
- A volunteer with the University of Calgary in their Social Work Faculty
- A member of the federal government's Seniors' Advisory Council that met via closed circuit telecast
- And still writes an article for the Varsity Newsletter every month now since 2004 and recently his articles have become part of the Alliance for Active Aging newsletters

Len Reeves is an inspiration to people of all ages. He is a model of how retirement just doesn't have to be a time to slow down, but rather enrich the world around you. Thank you Len, the rest of us will **try to keep up with you** as we strive to follow your example.



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13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.

**Alliance for Active Aging  
Signature Events Calendar  
2009–2010**

<b>Date / Time</b>	<b>Signature Event Description</b>	<b>Location</b>	<b>Price</b>
<b>Saturday, November 14, 2009</b>  TBA	<b>Fall Fashion Event</b> – Come with your friends and enjoy an afternoon of refreshments, holiday fashions and see what’s happening in make-up, jewellery, and more! Get your tickets early as seating is limited!	Edgemont Community Association 33 Edgevalley Circle (403) 239-1211	Complimentary to all members  \$5 Non Members at door
<b>Wednesday, December 9, 2009</b>  1-3 p.m.	<b>Christmas Tea and Social for Seniors (55+)</b> – Spend the afternoon enjoying tea or coffee, sweets and student entertainment.	Dalhousie Community Association 5432 Dalhart Road (403) 286-2555	All members and escorts are complimentary.  \$5 NM door
<b>Wednesday, January 20, 2010</b>  11:30-2 p.m.	<b>Pot Luck Luncheon</b> – Enjoy visiting with old friends and get to know new members while enjoying a potluck luncheon.  Following lunch Seniors-a-GOGO will present " <i>The Viva Vintage Monologues: Making It Up As We Go Along</i> ".	Montgomery Community Association 5003 -16 Ave NW (403) 247-3116	Complimentary to all members [Don't forget to bring a luncheon dish to feed four (4)].
<b>Saturday, March 13, 2010</b>  5-9:30 p.m.	<b>Calgary Idol</b> – Amateur Talent Content during a 3 course dinner featuring Alberta Beef. 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
<b>Saturday, April 17, 2010</b>  4-7 p.m.	<b>An Evening of Art and Wine</b> – 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
<b>Saturday, June 12, 2010</b>  1-3 p.m.	<b>Mix and Mingle</b> – 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**