

Banff Senior Citizens Society
101 Bear Street (above the Library)

**Banff Seniors
Better Together**

Banff Senior Citizens Society Activities this January

- * **Gentle/Functional Fitness** - Mon 10–11 in Pioneer Room. \$5/session. Try for free.
- * **Tai Chi** – Tuesdays and Thursdays 3 – 4 in the Pioneer Room.
- * **Banff Singalong Strings** - Wednesdays 10:30 – 11:30. Bring along your voice, enthusiasm, and/or instrument. Words and music are provided.
- * **Duplicate Bridge** – Bridge players can join every Wednesday from 6:45 – 9:45 pm in Pioneer Room. \$3/session. For more information, contact banffseniors@gmail.com.
- * **Crafting with Jill** – Wednesday 15th from 9:30 – 11:30 in the Sunroom.
- * **BINGO** – Wednesday 15th - 2 – 3:30 in the d'Entremont Room.
- * **Matinée Monday** – Monday 20th - 2 – 3:00 in the Sunroom. Enjoy afternoon tea or coffee (**\$1**) AND a film and popcorn in the Sunroom. As this is a new thing, we will start with one of **The Great Courses** on **World Heritage Sites**. Based on interest, we will offer monthly movies or videos that are seasonally relevant.
- * **Executive Meeting** – Tuesday 21st at 1:30 in the d'Entremont Room. Everyone is welcome to share their ideas on how best to engage all the Seniors in Banff.
- * **Book Group** – Tuesday 28th at 10:00 in the Sunroom. Join in the discussion about *Solito* by Javier Zamora. Everyone welcome.
- * **Coffee/Tea/Cookies/Games, and Conversation** - Every Monday, Wednesday, and Friday, except holidays from 2 – 4 in the d'Entremont Room. Cost: \$1.
- * **Seniors Birthday Party** – Friday 31st at 2pm in Pioneer Room. Celebrate Seniors born in December & January while enjoying cake, tea, and a guest presentation.
- * **Origin Meals** – Order Friday meals from *Origin* in Canmore by calling Mary B. at 403-762-3529. **\$15** per meal. The menu is posted on the Senior's bulletin boards. If you are unable to pick up your meals at the Seniors Centre, they will be delivered.

Town of Banff Activities and Events for 55+

- * **Lunches** – Join the Seniors every Monday (except stat holidays) for lunch. Check the calendar in the middle of this newsletter for details on where to meet. **PLEASE SIGN UP by calling Dani at 403-762-1253.**
- * **Drop-in Indoor Walking** - Wed 1:30 – 3:30 and Fri 9:30 – 11:30 at the Fenlands.
- * **Drop-in Class schedule at the Fenlands, Elementary School, and Sally Borden Pool:** <https://banff.ca/calendar.aspx?CID=26&mobile=OFF>

More Dates to Add to Your January Calendar

- New Year's Day** – January 1st
- Full Moon** – Monday 13th
- Lunar (Chinese) New Year** – January 29th. It's the year of the Snake.

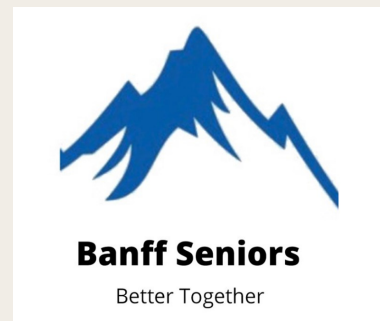
Do you have difficulty touching your toes? If so, you may need help with foot care. Mari will come to your home to give you a pedicure. Call her at 403-763-8313 to make an appointment.

Pardon me? Say again? What? Huh? If your family and friends are tired of repeating themselves or if you find you are missing details of conversations, you may need a hearing test. Make an appointment by calling *Audiology Innovations* in Calgary at 587-387-7373 or The *Canmore Hearing Centre* at 403-675-7775.

Banff Senior Society January Birthdays

- 1 Barbara Buchmann
- 2 Gerry Goulet
- 4 Sharon Clinton
- 6 Marion Walls
- 7 Wilena Waechter
- 8 Jay Anderson
- 9 Chris MacDonald
- 10 Jessie Adams
- 13 Emily Chisholm
- 17 Luisa Kohler
- 18 Marion Berchold
- 24 Sharon Standish
- 28 Jess Harding
- 29 Mary Bryson

THANK YOU to **Evelyn's Coffee Bar** for supplying us with coffee, to the **Wildflour Café Bakery** for the magnificent and delicious birthday cakes, and to **IGA** for the gorgeous flowers that brighten our birthday parties.



To Join the Banff Seniors Society, fill out a membership form available during Monday, Wednesday, Friday afternoon coffee times. **Everyone** 55+ is welcome. \$20/year. April 1 to March 30.

Banff Seniors Society

BanffSeniors.ca • BanffSeniors@gmail.com
Box 2194 Banff, AB T1L 1B9 • 403.762.4830

Banff 55+ Newsletter

Your guide for active living in Banff

January 2025 • Issue 122

Mountain Madness

This legendary local relay race will take you and your team of five on the adventure of a lifetime! The race starts with a downhill ski from the top of Mt. Norquay and then picks up in the Recreation Grounds with running, ice skating, classic cross-country skiing and snowshoeing segments. Friends and fans will be there to cheer on participants of all ages and skill levels. But, it's not just about racing, teams will also be competing for the wackiest team name and best costumes with an awards presentation after the race. Open to all abilities. Senior 55+ team cost \$75+GST. Race day is Friday, February 7, 2025 from 1 – 3 p.m. Register online at Banff.ca/mountainmadness.

Snow Days Winter Festival

From January 17th– February 5th, Banff and Lake Louise come alive with the vibrant Snow Days celebration. The streets of downtown Banff transform into a winter wonderland, showcasing larger-than-life snow sculptures, while Lake Louise dazzles with its stunning ice sculptures during Ice Magic. The thrill of skijoring electrifies the atmosphere, with excited onlookers lining Banff Avenue to catch the action. Please visit banfflakelouise.com/events/snowdays for more information.

Food Programs for Residents

Free or by Donation

Banff Food Rescue - a volunteer driven organization helping with food rescue and food security. facebook.com/banfffoodrescue. \$10 suggested donation

Banff Food Bank - The Banff Food Bank provides food to individuals and families in need. Located at 455 Cougar Street. banff.food.bank@gmail.com. Open Tuesdays: 12-1

Community Table - Enjoy soup, salad, fruit, tea and coffee. Wednesdays from 12-1 in the Pioneer Room, 101 Bear Street. \$3 suggested donation

Soup's On - Tuesdays, 12-1, Banff Park Church, 455 Cougar Street. Enjoy a free bowl of soup in the company of others.

Free Little Pantry at the Banff Public Library - A community supported initiative. Take what you need, leave what you can. Learn more from the Banff Public Library.

Bow Valley Food Alliance - Visit the Bow Valley Food Alliance for the most up-to-date food supports available Bow Valley-wide, from emergency food to low-cost and no-cost options.

Volunteer Drivers Program

Already heading to Calgary a couple times a month? Would you like some company and financial contributions for gas? This program could be for you! We are looking for new volunteers for our Volunteer Drivers Program that help folks get to their out of town, necessary medical appointments. Please visit Banff.ca/seniors for more information or contact dani.roussy@banff.ca.

Community Volunteer Income Tax Program

Are you a numbers person? Do taxes excite you? This may be right up your alley. You can complete as many taxes as you wish over the upcoming tax season and help seniors and low income individuals and families in our community to complete their 2024 taxes. If this interests you, please contact dani.roussy@banff.ca to get started and register with the CRA in the Community Volunteer Income Tax Program. Remember, completing your taxes keeps you up to date in receiving the benefits and credits you are entitled to.

Cookie Kitchen

Miss the smell of home baked cookies? Come bake with our cookie experts. Everyone welcome – no registration required. Monday January 27th from 2-4pm. Ingredients, tea and coffee supplied. \$3 donation. Location: Catharine Robb Whyte Building (above library), 101 Bear St.

Monday Seniors' Lunches

Drop in on Monday January 13th and 27th to the Pioneer Room at 12pm for a special **\$9.25** lunch. Please follow the calendar for the community restaurant lunches this month and call Dani at 403-762-1253 to **sign up**. Bills may be subject to an auto-gratuity for large groups.

A Great Big THANK YOU!

Many thanks to all those involved in brightening the holidays for the older adults in our community. Thank you to the Fairmont Banff Springs Hotel for hosting a fabulous Holiday Tea event and Pursuit for the complimentary bus. Thank you to Santa's Anonymous for the generous gift cards to those in need. And thank you to The Banff Public Library and local children for the special holiday cards for the residents of St. Martha's, Cascade House and Mount Edith. Cheers to all the staff and volunteers that made all of these events (and many more) possible in 2024!

For more information, visit banff.ca/55Plus,
110 Bear Street or call 403.762.1251.



January 2025

For all newsletter submissions contact Dani Roussy, Town of Banff FCSS Seniors Support Coordinator by email at dani.roussy@banff.ca or call 403.762.1253.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31 *New Years Eve* 6: Celebrations in Central Park	1 *New Years Day* NO SENIORS BUS	2 3-4: Tai Chi in Pioneer Room	3 2-4: Tea and Conversation in d'Entremont	4 215-345: Pickleball at Banff Elementary School
5	6 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 10-11: Gentle Fitness in the Pioneer Room 12-1: Lunch at Spaghetti Factory 2-4: Tea and Conversation in d'Entremont	7 12-1: Dance Conditioning at Fenlands 3-4: Tai Chi in Pioneer Room	8 9-10: Yoga for the Wise at Fenlands 1030: Singalong Strings in Pool Room 12-1: Community Table in Pioneer Room 130-330: Indoor Walking at Fenlands 2-4: Tea & Conversation in d'Entremont 645-945: Duplicate Bridge in Pioneer Room	9 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 12-1: Dance Aerobics at Fenlands 3-4: Tai Chi in Pioneer Room	10 930-1130: Indoor Walking at Fenlands 2-4: Tea and Conversation in d'Entremont	11 215-345: Pickleball at Banff Elementary School
12	13 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 10-11: Gentle Fitness in the Pioneer Room 12-1: Lunch in Pioneer Room 2-4: Tea and Conversation in d'Entremont	14 12-1: Dance Conditioning at Fenlands 3-4: Tai Chi in Pioneer Room	15 9-10: Yoga for the Wise at Fenlands 930-1130: Crafting with Jill in Sunroom 1030: Singalong Strings in Pool Room 12-1: Community Table in Pioneer Room 130-330: Indoor Walking at Fenlands 2-4: BINGO & Conversation in d'Entremont 645-945: Duplicate Bridge in Pioneer	16 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 12-1: Dance Aerobics at Fenlands 3-4: Tai Chi in Pioneer Room	17 930-1130: Indoor Walking at Fenlands 2-4: Tea and Conversation in d'Entremont	18 215-345: Pickleball at Banff Elementary School
19	20 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 10-11: Gentle Fitness in the Pioneer Room 12-1: Lunch at Chilis 2-3: Matinee Monday in the Sunroom 2-4: Tea and Conversation in d'Entremont	21 12-1: Dance Conditioning at Fenlands 130: Seniors Society Executive Meeting in d'Entremont 3-4: Tai Chi in Pioneer Room	22 9-10: Yoga for the Wise at Fenlands 1030: Singalong Strings in Pool Room 12-1: Community Table in Pioneer Room 130-330: Indoor Walking at Fenlands 2-4: Tea & Conversation in d'Entremont 645-945: Duplicate Bridge in Pioneer Room	23 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 12-1: Dance Aerobics at Fenlands 3-4: Tai Chi in Pioneer Room	24 930-1130: Indoor Walking at Fenlands 2-4: Tea and Conversation in d'Entremont	25 215-345: Pickleball at Banff Elementary School
26	27 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 10-11: Gentle Fitness in the Pioneer Room 12-1: Lunch in Pioneer Room 2-4: Cookie Kitchen 2-4: Tea and Conversation in d'Entremont	28 10: Book Group in Sunroom 12-1: Dance Conditioning at Fenlands 3-4: Tai Chi in Pioneer Room	29 9-10: Yoga for the Wise at Fenlands 1030: Singalong Strings in Pool Room 12-1: Community Table in Pioneer Room 130-330: Indoor Walking at Fenlands 2-4: Tea & Conversation in d'Entremont 645-945: Duplicate Bridge in Pioneer Room	30 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 12-1: Dance Aerobics at Fenlands 3-4: Tai Chi in Pioneer Room	31 930-1130: Indoor Walking at Fenlands 2-4: Seniors Birthday Party in Pioneer Room	

***Seniors Bus runs Monday, Wednesday and Fridays**

Call 403.762.1251 to book a ride on the Seniors bus

Please note, no bus on statutory holidays.

The Catharine Robb Whyte building is located at 101 Bear Street. Housed upstairs is the Pioneer Room, the d'Entremont Room (Banff Senior Citizen Society), and the Family Resource Network.

Please note that programming is subject to change. For monthly updates please check the Town of Banff's website at www.banff.ca and the Banff Seniors Society website at BanffSeniors.ca