

Banff Senior Society News

February 2025 • Issue 123



Banff Seniors

Better Together

Banff Senior Citizens Society

* 101 Bear Street * PO Box 2194 * Banff, Alberta * T1L 1B9*

* 403-762-4830 * Banffseniors.ca * e-mail: BanffSeniors@gmail.com

Activities this February

* **Gentle/Functional Fitness** - Mondays 10 – 11 in the Pioneer Room. \$5 per session. Give it a 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** – Duplicate Bridge players are welcome to join every Wednesday from 6:45 – 9:45 pm in the Pioneer Room. \$3 per session. For more information, contact banffseniors@gmail.com.

* **Crafting with Jill** – Wednesday 5th and 19th from 9:30 – 11:30 in the Sunroom.

* **BINGO** – Wednesday 19th - 2 – 3:30 in the d'Entremont Room.

* **Executive Meeting** – Tuesday 18th at 1:30 in the d'Entremont Room. Everyone is welcome to share their ideas for Senior activities.

* **Matinée Monday** – Monday 24th - 2 – 3:00 in the Sunroom. Enjoy a film and popcorn.

* **Book Group** – Tuesday 25th at 10:00 in the Sunroom. Join in the discussion about ???? 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 28th at 2:00 in the Pioneer Room. Celebrate the Seniors born in February while enjoying cake, coffee, 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 to your door.

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. **REMEMBER TO 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 February Calendar

Groundhog Day – Sunday 2nd

Sleigh Ride – Monday 10th. Sign up with Mary B at 403-762-3529 by Feb 3rd. \$33.

Full Moon – Wednesday 12th

Valentine's Day – Friday 14th Treat yourself to some chocolate.

Family Day – Monday 17th

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 with *Audiology Innovations* in Calgary at 587-387-7373. The *Canmore Hearing Centre* also offers hearing tests. Call them at 403-675-7775.

Banff Senior Society February Birthdays

- 1 Catherine Hardie-Wigram
- 2 Trudy Allan
- 3 Anne Ewen
Paul Clinton
- 7 Tammy Korsh
- 9 Jane Gilmar
- 14 Kathy Madill-Scott
Sandra Johnston
- 15 Heinz Odenthal
- 17 Diane Collins
- 22 Blanche Hesse
- 23 Pam Irwin
- 24 Carol Walker
Connie Beatson
- 25 Josee Larose
- 27 Marion Gundry

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 55+ Newsletter

Your guide for active living in Banff

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Dementia and the Healthy Brain Session

What is dementia and how can we reduce our risk factors? Join our session on Wednesday February 26th at 1pm in the Pioneer Room as we gain an understanding of what dementia is and what is going on beneath the surface. We will identify some risk factors for developing the disease and how we can promote a strong and healthy brain throughout aging.

Cochrane Bus Trip

On Monday February 24th the bus will embark on another out of town trip– this time to Cochrane where you can have the opportunity for affordable shopping. Please call the Community Services front desk at 403-762-1251 to sign up, spaces are limited. Cost: \$15

Aquafit at the Sally Borden Pool

NEW dates– Aquafit will now be Mondays and Thursdays from 8:30-9:30am for only \$5 +GST with a Pauw Pass. Is transportation a barrier? Please reach out to Dani at 403-762-1253 for transportation options.

Winter Walk Day

On Wednesday February 5th, get outside and enjoy Winter Walk Day. The fresh mountain air is good for the heart, mind and soul! And did you know you can get a rebate on the purchase of urban crampons, also known as traction devices, footwear ice spikes, and a variety of brand names. \$20 rebate. This rebate is offered Oct. 1st through Mar. 31st at rebates@banff.ca.



Cookie Kitchen

Miss the smell of home baked cookies? Come bake with our cookie experts. Everyone welcome – no registration required. Monday February 24th from 2-4pm. Ingredients, tea and coffee supplied. \$3 donation. Location: Catharine Robb Whyte Building (above library), 101 Bear St.

Falls Prevention

"I have fallen in the past 3 months. I feel unsteady walking or standing. I worry about having a fall." If you answered **yes** to any of these, you may benefit from a consultation with AHS' falls prevention team. They offer: short falls risk screens, comprehensive falls risk assessments, home exercise programs, and group balance sessions. What to expect: assessment completed by a physiotherapist or occupational therapist, identification of your modifiable falls risk factors, recommendations to address your risk factors. Questions? Contact AHS at: 403-679-7320.

Homegrown Art Show: Call for Artists

Each spring Banff Town Hall features and celebrates the amazing work of local artists from the Bow Valley. This community exhibition is aimed at helping young, new and emerging artists share and celebrate their work with friends, families and other community members. The exhibition runs all of March. To learn more and register, visit banff.ca/Homegrown. Apply by February 14th

Volunteer Drivers Program

Already heading to Calgary? Would you like some company and financial contributions for gas? 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.

Monday Seniors' Lunches

Drop in on Monday February 10th to the Pioneer Room at 12pm for a special **\$9.25** lunch. There will be music, conversations, and a hearty meal to fill your belly. Please follow the calendar for the Monday restaurant lunches in community this month and call Dani at 403-762-1253 to **sign up**. Bills may be subject to an auto-gratuity for large groups.

Snuggles, Songs and Stories

Join us for a four week series on Tuesdays from March 11th until April 4th from 10-11am in the Play Space above the library to create precious moments through songs and stories with babies 0 – 12 months. Registration required. Please contact dani.roussy@banff.ca or call 403-762-1253.

CRA and Service Canada Save the Date

Representatives will be available to answer questions on Friday April 11th. Save the date and stay tuned for more information.

Banff Seniors Society

BanffSeniors.ca • BanffSeniors@gmail.com

Box 2194 Banff, AB T1L 1B9 • 403.762.4830

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



February 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
						1 215-345: Pickleball at Banff Elementary School
2	3 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 10-11: Gentle Fitness in the Pioneer Room 12-1: Lunch at Masala 2-4: Tea and Conversation in d'Entremont	4 12-1: Dance Conditioning at Fenlands 3-4: Tai Chi in Pioneer Room	5 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: Tea & Conversation in d'Entremont 645-945: Duplicate Bridge in Pioneer Room	6 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 12-1: Dance Aerobics at Fenlands 3-4: Tai Chi in Pioneer Room	7 930-1130: Indoor Walking at Fenlands 2-4: Tea and Conversation in d'Entremont	8 215-345: Pickleball at Banff Elementary School
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16	17*FAMILY DAY- NO BUS*	18 12-1: Dance Conditioning at Fenlands 130: Seniors Society Executive Meeting in d'Entremont 3-4: Tai Chi in Pioneer Room	19 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 2-330: BINGO & Conversation in d'Entremont 645-945: Duplicate Bridge in Pioneer Room	20 830-930: Aquafit at Sally Borden 9-10: 50+ Fitness at Fenlands 12-1: Dance Aerobics at Fenlands 3-4: Tai Chi in Pioneer Room	21 930-1130: Indoor Walking at Fenlands 2-4: Tea and Conversation in d'Entremont	22 215-345: Pickleball at Banff Elementary School
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***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.

Banff Senior Citizens Society programming in RED

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 Banff-Seniors.ca