

October 2017

Welcome to the 40th edition of
The Town of Banff's, Banff 55+
Mountain Life, your resource
guide to active living.



CANADA 150

Issue
40

A Monthly Active Living Guide for Banff Residents 55+

Banff 55+ Mountain Life

current topics >>>

Healthy 55+Kitchen

Nutritious, delicious and affordable whole-food cooking classes. We'll try a different menu each session, including a starter, main and dessert that we will sit down and enjoy when we are done. Plus a full meal to take home for another day. Each session includes two classes. In the second class we will cook from what the Good Food Box provides. Cost includes all food and supplies. Instructor Dawn Byford, Holistic Nutritional Consultant. Cost for each Session (2 classes) is \$40.00

Wednesday October 11th and 25th.

Time; 1:30-4:30p.m.

Please register at 403-762-1251 or in person in Community Services at Town Hall.

Taxi Passes

Please remember taxi passes are for medical appointments only and are good for 4 rides a month, that is 2 return trips.

Banff Access Program. Are you eligible?

The Banff Access Program provides a one year card free of charge to the following Banff residents based on the size of your family and income:

1 Person \$32,434

2 People \$40,379

This based on your 2016 income tax, line 150 on your Notice of Assessment.

Town of Banff 50% Discounts are;

Community Classes, winter skate rentals as well as Public skate and shinny drop-in.

Roam Discounts

6 Month local pass (\$10.00 card fee)

Regional transit 50% off

Partner Programs;

Dance for Joy 20% off all classes

Snowtips/Bactrax 20% off all rental and merchandise (excludes sale items)

Banff National Perk 20% off all food and beverage

Sally Borden Fitness Centre 20% of public swim

Banff Dental Care 20% off sonic toothbrushes and heads

artsPlace, Canmore 75% off course and workshops. 50% off screening.

To apply you must provide the following in Community Services;

1. A copy of your 2016 "Notice of Assessment" (AND/OR
2. Provide three current paystubs and proof of employment/residency for 3 months prior to date of application
3. Government issued benefits (i.e. AISH, EI, Disability)

Need Basic Toe Nail Care???

Red Earth Spa at the Caribou Lodge is offering a Senior Special for a 15 minute soak with salts, toe nail clipping and file followed by lotion on your feet and calves. Cost is \$29.00 (plus gratuity). To book an appointment call 403-762-9292 let them know that you are booking for the "Seniors Special".

PLEASE NOTE THE PODIATRIST WILL NO LONGER BE COMING TO BANFF.

Seniors Tai Chi

Tai Chi is being offered for free to Banff Seniors. Everyone is welcome in the Pioneer Room in the Seniors Centre at 2pm on Tuesdays. This program will not lead to learning the complete set, but will concentrate on teaching everyone to the correct way to do the basic movements. Physical limitations will be considered and you will be taught how to get the benefits of Tai Chi without injury. The course will be taught by Jane Mackenzie.

If you are interested in learning all 108 moves, please consider signing up for Jane's Tai Chi at the Fenlands.

Banff Senior Society News

September was an exciting month for the Seniors. We met the candidates in the upcoming election, talking to them over coffee and cookies, listening to their ideas and expressing our concerns. Thanks to all the candidates who have already come and those who will speak to us on Oct 4th and 11th. On Wednesday, Sept 27th, we hosted an Informal Candidate Forum, a first for us, allowing candidates to talk with small groups of voters.

Lunches were enjoyed at several local restaurants, as well as a special Canada 150 Lunch with the Canmore Seniors, hosted by the Rotary Club. Our annual Johnston Canyon lunch was on Sept 25th.

A few of us carpoled to visit the Historic Bar U Ranch. We all learned a lot about ranching in the early days of Alberta and enjoyed the beautiful scenery. We enjoyed two Nature Walks around town. This has been a successful program this year and will continue next summer. We are hoping to have a winter version, snowshoeing close to town on level terrain.

Thanks to all who attended these programs. Please bring us your ideas for other activities. Talk to any of the Executive .

Meet some of the candidates for the upcoming election!

Wednesday October 4th - Chris Wong, John Whalen and Wade Rettie

Wednesday October 11th-, Rob Lillington, Tony Bumbaco and Lorraine Harder will be with us.

Banff Senior Society News

Do you like coffee and tea?

The Banff Senior Society serves coffee and treats for \$1.00 Monday to Friday from 2-4 p.m. in the Lawrence d'Entremont room in the Senior Centre upstairs at 101 Bear St.

Everyone Welcome!

Society Volunteer Opportunities

Please come by for coffee or tea for more information Mon-Friday 1:30-4 p.m.

-Senior Society Membership is available during coffee for \$20.00 per year.

-Board Games the 2nd and 4th Monday of the month 1:30-3p.m. in the games room in the Senior Centre upstairs at 101 Bear St.

-Banff Senior Society Members October Birthdays are;

Larry Gilmar-02

Edna Horyn-05

Margaret Watson- 07

Pete Gurney-10

Werner Kleinitz-12

Paddi Mulloy-14

Betty Hagen-19

Kelly Wilson-20

Joanne Scott-25

Rachel Goulet-27

Ian Mackie-31

The Banff Senior Society Members October Party is on Friday the 27th from 2-4p.m. In the Pioneer Room at the Senior Centre, upstairs at 101 Bear St. Everyone Welcome!

October 2017

Sun Mon Tue Wed Thu Fri Sat

1-		2-Monday Lunch at Melissa's 12p.m. Cost is what you order everyone welcome!	3-Banff Senior Society Tai Chi 2p.m-3p.m. in the Pioneer Room	4-Walking group at the Fenlands 10:30-11:30 you must be registered to attend. For more information call Sharon at 403-762-2990 -Meet 3 of the candidates for the upcoming election from 2-4p.m. in the d'Entremont room.	5-Community Table 12p.m. Join us for lunch every Thursday at 12p.m. cost is by donation	6-Senior Society Crafts in the sunroom at 9:30a.m. -Belkone 1:30-4p.m. in the Sunroom, upstairs at 101 Bear St.	7-
8-	9-Thanksgiving! There will be no bus today. Town Hall will be closed.	10-Banff Senior Society Nature walks, your guides will be Jacques and Jill Beleyne. Meet in the lobby of the Senior Centre at 10a.m. -Banff Senior Society Executive Meeting 1:30p.m. in the Sunroom -Banff Senior Society Tai Chi 2p.m-3p.m. in the Pioneer Room	11-Walking group at the Fenlands 10:30-11:30 you must be registered to attend. For more information call Sharon at 403-762-2990 -Meet 3 of the candidates for the upcoming election from 2-4p.m. in the d'Entremont room. -Healthy Cooking Classes 1:30-4p.m. in the Pioneer Room upstairs at 101 Bear 403-762-1251	12-Drop-in Seniors Fitness 9:30-10:30a.m. in the Pioneer Room Upstairs at 101 Bear St. Please buy your drop in pass at Community Services. Everyone Welcome -Community Table 12p.m. Join us for lunch every Thursday at 12p.m. cost is by donation	13-Big Red Ride history of Banff Bike Tour. 2p.m or 3p.m. there are 3 spots on the bike for each tour, or ride your own bike! Please call 403-762-1251 to register.	14-I.O.D.E Harvest Lunch 11-1:30p.m. cost is \$15.00. This is a lunch you don't want to miss!!! No one is everything delicious, the money that is raised goes right back into our community. -Community Rummage Sale 9a.m.-1p.m. at the Fenlands	
15-	16-Drop-in Seniors Fitness 9:30-10:30a.m. in the Pioneer Room. Upstairs at 101 Bear St. Please buy your drop in pass at Community Services. Everyone Welcome! -66+ flu clinic 1-4p.m. in the Pioneer Room upstairs at 101 Bear St. -Monday Lunch at Banff Park Lodge 12p.m.	17--Banff Senior Society Tai Chi 2p.m-3p.m. in the Pioneer Room	18-Walking group at the Fenlands 10:30-11:30 you must be registered to attend. For more information call Sharon at 403-762-2990 -Ted Talks in the Pioneer Room upstairs at 101 Bear St. 2p.m.-3:30p.m. Everyone Welcome	19-Drop-in Seniors Fitness 9:30-10:30a.m. in the Pioneer Room Upstairs at 101 Bear St. Please buy your drop in pass at Community Services. Everyone Welcome Community Table 12p.m. Join us for lunch every Thursday at 12p.m. cost is by donation	20-		21-
22-	23-Drop-in Seniors Fitness 9:30-10:30a.m. in the Pioneer Room. Upstairs at 101 Bear St. Please buy your drop in pass at Community Services. Everyone Welcome -Monday Lunch 12p.m. in the Pioneer Room upstairs at 101 Bear St. Cost is \$6.00. Everyone welcome.	24--Banff Senior Society Tai Chi 2p.m-3p.m. in the Pioneer Room	25-Walking group at the Fenlands 10:30-11:30 you must be registered to attend. For more information call Sharon at 403-762-2990 -Healthy Cooking Classes 1:30-4p.m. in the Pioneer Room upstairs at 101 Bear Register at 403-762-1251	26-Drop-in Seniors Fitness 9:30-10:30a.m. in the Pioneer Room Upstairs at 101 Bear St. Please buy your drop in pass at Community Services. Everyone Welcome Community Table 12p.m. Join us for lunch every Thursday at 12p.m. cost is by donation	27-Banff Senior Society members Birthday Party in the Pioneer Room 2-4p.m.	28-	
29-	30-Drop-in Seniors Fitness 9:30-10:30a.m. in the Pioneer Room. Upstairs at 101 Bear St. -Monday Lunch at Spaghetti Factory cost is what you order 2p.m.	31-Banff Senior Society Halloween Party in the d'Entremont from 2-4p.m. Prizes for best costumes. -Banff Senior Society Tai Chi 2p.m-3p.m. in the Pioneer Room					