

# finalthoughts...

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".

## Banff Senior Society Activities – February 2021

These past few months have been difficult with the lockdown and closing of facilities. We are going to try to switch things up a bit, using the computer and outside visits to facilitate social contact.

If you would like to walk with a friend or two, reach out to them and ask, or if you can't think of anyone else who would like to walk, call Mary at 403 762 3529 or email at [jgbuckingham@gmail.com](mailto:jgbuckingham@gmail.com) and I will try to put together small groups.

If you would just like to chat with up to six people, let me know and I can arrange a Zoom call on your computers. It does require each participant to have a computer or one person could phone one other person and it sometimes works when the phone is on 'speaker'. If the first Zoom call is difficult, try again. It is a trick to only have one person talk at a time and takes a little practice.

Fitness classes, dance and yoga are being organized by the Town. These are on Zoom and you can register for free and take part in those that fit into your schedule. Thanks to Sue and Kerri for finding grants to pay for these and organizing the Zoom sessions.

Origin Meals will start up again in early February. These meals arrive frozen on Friday afternoon. You usually thaw them in the fridge for a day then heat in the oven for 40 minutes. They cost \$10 each and are usually well worth the money. They do have to be ordered and paid for a week ahead of time.

**Banff Senior Society News**  
**Banff senior Society**  
**February Birthdays;**  
**Trudy Allen 02**  
**Paul Clinton 03**  
**Tammy Korsh 07**  
**Jane Gilmar 09**  
**Kath Madill Scott 14**  
**Heinz Odenthal 15**  
**Diane Colins 17**  
**Ed Shenher 18**  
**Blanche Hesse 22**  
**Pam Irvin 23**  
**Marion Gundry 27**

## Activities-February Continued

Origin is also inviting us to take part in some of their computer-led classes, art, cooking, etc. email [banffseniors@gmail.com](mailto:banffseniors@gmail.com) and Marilyn will email the activity schedule to you.

It may be a while before our restrictions are lifted because of the new variants of the Covid virus. Do stay as active as you can and reach out to others to combat loneliness. Mary

February 2021

Welcome to the 80th edition of Banff 55+ Life, your resource guide to active living.

Newsletter

The Banff 55+ Life newsletter is available on-line at [www.banff.ca](http://www.banff.ca), click onto Services, under Community Services is Adults 55+. You will find it under "Activities and Events".

Issue  
80

# Banff 55+ Life

current topics >>>

## Town of Banff Online Programs

The Town of Banff is please to offer many FREE online fitness classes for Banff residents. To register for an online class visit [www.banff.ca/register](http://www.banff.ca/register). You do not have to attend all classes in the series that you register for. You will be emailed a ZOOM link prior to the class starting (to the e-mail attached your [Banff.ca/register](http://Banff.ca/register) account. If you have any questions regarding ZOOM or classes please call 403.762.7689.

## Town Of Banff Seniors Bus

The Town of Banff's Seniors bus is still available for grocery and mail pickup on Monday, Wednesday and Friday mornings. Monday clients are able to be driven to the bank. Please contact 403-762-1253 or 403-762-1251 to register.

## COVID-19

As we see COVID-19 cases on the rise in the Province remember we need to continue to take precautions and follow health guidelines to keep you safe.

Wear your mask and remember safe distance of 6 feet/ 2 meters. If you need more masks or help with anything, please do not hesitate to contact me, Sue Smythe Monday-Thursday 403-762-1253.

Banff Town Hall is once again closed to the public until further notice. All staff is working from home with their phone contact remaining the same.

## COVID Vaccine

Phase 1B: February 2021  
Timeline subject to change depending on vaccine supply  
Immunizations will be offered to key populations: **Seniors 75 years of age and over, no matter where they live.**

# February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1-on-line 50+ fitness 9-10a.m To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	2-	3-On-Line Dance conditioning workout 12:05-12:55p.m you must register for on-line classes visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	4-On-line 50+ fitness 10-11a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	5-on-line 50+ yoga 8-9a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	6-
7-	8-on-line 50+ fitness 9-10a.m To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	9-	10-On-Line Dance conditioning workout 12:05-12:55p.m you must register for on-line classes visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	11-On-line 50+ fitness 10-11a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	12-on-line 50+ yoga 8-9a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	13-
14-	15-on-line 50+ fitness 9-10a.m To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	16-Banff Senior Society Executive Meeting 1:30p.m. location to be determined.	17-On-Line Dance conditioning workout 12:05-12:55p.m you must register for on-line classes visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	18-On-line 50+ fitness 10-11a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	19-on-line 50+ yoga 8-9a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	20-
21-	22-on-line 50+ fitness 9-10a.m To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	23-	24-On-Line Dance conditioning workout 12:05-12:55p.m you must register for on-line classes visit <a href="http://www.banff.ca/register">www.banff.ca/register</a> <b>-CPP+OAS Payment today</b>	25-On-line 50+ fitness 10-11a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	26-on-line 50+ yoga 8-9a.m.To register for an online class visit <a href="http://www.banff.ca/register">www.banff.ca/register</a>	27-
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