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Triwood Writers



What stories have you lived?

You can become a part of Triwood Writers, already five strong! Join us in the community centre board room from 1:20 to 4:00 pm on the first Tuesday of each month – even in July and August!

This group is designed for individuals who are interested in sharing their personal experiences and memories through the art of writing. Members provide friendly, helpful suggestions to make you become a better writer - take them or leave them! We all learn together. Whether you're a seasoned writer or a novice, our group provides a welcoming environment for all.

Bring your stories told in 500 to 1,500 words. You'll circulate your story by email to our small group a week before each get-together. Then we'll meet to discuss every submission. You'll also get feedback on your writing emailed from each member after each meeting.

It's not a writing course! It's an exploration. It's fun!

Each month through our story sharing, our group dives into collaborative feedback, creating community connections, and personal growth.

Interested? Contact Colleen Tobman at tobman@tobman.ca and try something new!



Confederation Park 55+ Activity Centre

Activity Centre for all adults 18 years of age & older
Located in the Triwood Community Centre



We hope you all are enjoying your summer! We invite you to join us for these upcoming events. Please note that **all events must be registered and paid at least one week prior to the event date and are for those 18 years and over.**

Upcoming Events

TO REGISTER: call 403-289-4780 or visit yycseniors.com/events

- **FALL REGISTRATIONS:** Registrations for Fall are now open. You have until August 26th to register for fitness, dance, art, music, language & special interest classes. yycseniors.com/fall2024
- **Tuesday, Aug 13 - Free Presentation: Canada Pension Plan, Old Age Security and Dental Care.** Presented by Service Canada. Complimentary Tea, Coffee & Snacks. Free: Registration required.
- **Wednesday, Aug 14 - Afternoon Games in the Pub, 12 PM - 3 PM:** Join us for an afternoon of board, card, dominoes or dice games in JT's Clubhouse. \$10 includes 2 slices pizza. Registration required.
- **Thursday, Aug 22 - Free Bread Market for 50+ in Collingwood Room from 12:15 - 1:15 PM.**
- **Wednesday, Aug 28 - Summer Wrap-Up Lunch & Dance, 11:30 AM - 2:30 PM:** Wild Rose Duo will be playing so be sure to wear your dancing shoes! \$15 Members, \$25 Non-Members. Registration required.
- **Tuesday, Sept 10 - Makeup Application for Mature Skin, 10AM - 12PM:** Learn the art of effectively applying makeup to beautifully enhance your mature skin. \$20 Incl all supplies. Registration required.
- **Friday, Sept 13 - Seniors Olympics, 10 AM - 3 PM: Free event for everyone 50+.** Beanbag Toss, Ring Toss, Line Dancing, Drawing Classes, Euchre & Crib. Prizes & Lots of Fun! **MUST REGISTER!** Registration CLOSSES August 30th. \$10 Lunch by pre-purchase only. yycseniors.com/seniorsolympics.
- **Tuesday, Sept 17 - Free Presentation: Planning Your Senior Journey, 10 AM - 12 PM:** Sponsored by Chartwell. Complimentary tea, coffee & snacks. Free: registration required.
- **Friday, Sept 20 - Free Presentation: Cognitive Health (Dementia): 12 PM - 1:30 PM:** Presented by ComForCare. Complimentary tea, coffee & snacks. Free: registration required.
- **Friday, Sept 27 - Welcome Back Lunch, 11:30 AM - 2:30 PM:** Wine Tasting & Charcuterie sponsored by Scenic Acres Retirement Living. \$15 Members, \$25 Non-Members. Registration required.
- **Monday, Sept 30 - Free Presentation, Falls & Fall Prevention in Seniors' Populations, 12 - 1:30 PM:** By InHome Physiotherapy. Complimentary tea, coffee & snacks. Free: registration required.

NOTE: Tickets are non-refundable & non-transferable. Registration required; no tickets at the door. Menu may change without notice.

Email info@yycseniors.com to join our email list!

Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | [FB @CP55AC](https://www.facebook.com/CP55AC)

**JOIN US AND STAY ACTIVE, STAY ENGAGED
AND ENJOY EVERY MOMENT!**



News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

Silent Pride: The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!

Volunteering At Triwood

Looking to complete your volunteer requirements for this school year? Or are you interested in spending your time supporting your local community? Reach out to programs@triwoodcommunity.com to be added to our volunteer list.

Interested in working on volunteer-based projects? Have an idea you'd like your community to consider? Share with us at programs@triwoodcommunity.com.



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How to 'Hold Space' for Someone

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

YOUR CITY OF CALGARY

Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a "Free" label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

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