

# CALGARY 55 PLUS GAMES ASSOCIATION



## 2025

QUARTERLY NEWSLETTER  
SPRING 2025 EDITION

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## CONTACT US:

**Phone:** 825-747-5501

**Address:**

3512 5 Ave NW, Calgary, AB T2N 0V7

**Email:** [cal55plusmembership@gmail.com](mailto:cal55plusmembership@gmail.com)

**Website:**

[www.calgary55plus.ca](http://www.calgary55plus.ca)

**Office Hours:**

Monday to Friday | 9:00AM - 4:00PM



WELCOME TO CALGARY 55 PLUS...



## About us:

The Calgary 55 plus Games Association is a vibrant community for Calgarians aged 55 and older, offering opportunities to play, compete, and stay active through a variety of sports, games, and cultural activities. Whether you're into sports or table games, there's something for everyone!

## Why Join?

- Boost your self-esteem and well-being
- Continue your hobbies and passions
- Qualify for Alberta 55 plus Provincial Games
- Volunteer opportunities within Calgary 55 Plus
- Sport and liability insurance for events

## Call for Volunteers:

CALGARY 55 PLUS NEEDS YOUR HELP!

### ACTIVITY COORDINATOR

(approximately 20 hours per event)

- Works closely with appropriate Activity Director-Summer or Winter.
- Receive calls from interested members when activities are advertised.
- Obtains the set of rules from the appropriate Activity Director.

### DIRECTOR AT LARGE

(approximately 4 hours per month)

- Attendance at meetings
- Monitor Board policies
- Participate in the development of organizational plan and annual review

### COMITTEES

- Finance Committee
- Publicity Committee
- Activities Comittee

Contact us if you are interested:

**EMAIL: [PRESIDENT@CALGARY55PLUS.CA](mailto:PRESIDENT@CALGARY55PLUS.CA)**

# Letter from the

# P R E S I D E N T



## Greetings Calgary 55 plus Members,

Trust this message finds you safe and warm. It's been quite a winter! Your Board has been very busy these past few months. As you recall, when we last chatted it was announced that the Alberta 55 plus Provincial Summer Games were awarded to Leduc for August 21-24, 2025). Sadly, there were no bidders for the Winter Provincial Games. I'm pleased to report that we have come up with a solution that assures us we will have a full compliment of competitors for the 2026 Games in Leduc. After much debate we are announcing our activities have been reformatted. The majority of them will now be held in one location renamed the Alberta 55 plus Provincial Games: a compilation of both summer and winter activities.

Nine of the remaining activities will now be held separately, with announcements for each published as they are scheduled. This new format will not only provide an excellent experience for our members at one major location, but it also allows us to send a full component of Alberta 55 plus members to the Canada Games. Leduc is now holding the summer games under this new format. A big thank you to Leduc for their understanding and willingness to pivot to the new format.

The Super membership is active and growing. The number of Community Centers belonging has increased to 14. For an only \$15 annually this provides you access to all their facilities with the same benefits that their members enjoy. As you are aware, Calgary 55plus stages up to 30 activities on an annual basis. Each activity is held once each year, leading to Provincial and Canada Games. The Super Membership members stage many of the same activities along with many others. Super members can attend all of our events but if they want to compete in our Provincial qualifiers, they have to purchase the Alberta 55 plus membership. Our goal, as always, is to provide our Calgary members a wider opportunity to meet new friends, try different activities, and continue to be active members in our community.

The Calgary 55plus AGM is scheduled for March 26, 2025, once again at the Forest Lawn Legion. **We need your help!**

Thank you for your continued support. I look forward to seeing you all soon.

Don Everett

# IT'S TIME TO RENEW YOUR 2025 MEMBERSHIP!

DON'T MISS OUT ON ALL THE EXCITING EVENTS AND BENEFITS! CONTACT US TODAY TO RENEW YOUR MEMBERSHIP FOR 2025.



## HEATHER BOMACK

Heather joined Calgary 55+ in October 2024. Our President, Don Everett, introduced Heather to us, as she was on the Executive Committee at the Kensington Legion as First Vice President.

Her decision to join us was her love of sports, and the many years of Public Service jobs. Her favorite was B.C. Ferries because she “got to meet people from all over the world”, she said.

Heather has 1 son and 4 grandsons. Her interests are many and has played most sport events. “No real favorite” she says, and loves to go to the movies. Popcorn is a must!!!! Heather has a great sense of humor and is very approachable.



## RICK STARBUCK

A bit about myself - I am a retired veteran who also worked at the Foothills Hospital and a truck driver after that. I am married with 3 grown children and two grand children. I joined Calgary 55 plus in 2012 because as soon as I retired I started looking for something to keep me busy as I am an active person and enjoy trying new things. I have participated in Scrabble, cribbage, snooker, 8ball, softball, bocce ball, bowling, golf, cornhole, darts, swimming, floor curling and floor shuffleboard. I have spent 3 years on the executive as the bowling coordinator and I enjoy the activities provided and the wonderful people who participate!



# INVITATION



TO OUR ANNUAL GENERAL MEETING



## DETAILS:

**Date:** Wednesday, March 26, 2025

**Time:** 10:30am

**Location:** Forest Lawn Legion

Please let us know if you plan to attend by March 21, 2025. by email at [cal55plusmembership@gmail.com](mailto:cal55plusmembership@gmail.com)

We look forward to seeing you there!

## Important Notice:

As our Annual General Meeting (AGM) quickly approaches, we want to remind everyone how important your attendance is! This is a great opportunity to catch up on the latest updates, get involved in our community, and have your voice heard.

**To make sure we have everything ready for you, please take a moment to RSVP for the AGM. We'll be providing a delicious lunch, and there will be some exciting door prizes you won't want to miss!**



## Calling For Volunteers!

### How to Get Involved:

If you're interested in volunteering, for our activities please contact us at [cal55plusmembership@pdnf.org](mailto:cal55plusmembership@pdnf.org)



# Help Us Make Our Biggest Fundraiser a Success!

We're gearing up for the biggest fundraiser of the year, and we need YOU to help make it a success! Join us at the **Elbow River Casino** on **March 28th** and **29th** for an exciting and rewarding opportunity to support our community. Contact Gertie Collins at [ggrandmacollins@gmail.com](mailto:ggrandmacollins@gmail.com) or call 403-273-3955.

**Your time and energy will directly contribute to the success of our efforts, and we can't do it without you.**

# CORNHOLE



## CALGARY 55 PLUS

55+ & 70+ OPEN PAIRS

**MARCH 22, 2025**

**10:30AM**

AT PARKDALE NIFTY FIFTIES

(3512 5 AVE NW)

**REGISTRATION DEADLINE:**

March 15, 2025

Lunch Included!

**TO REGISTER CONTACT:**

Heather Bomak

☎ 1-250-300-5488

✉ [cornhole@calgary55plus.ca](mailto:cornhole@calgary55plus.ca)

2025 ALBERTA 55 PLUS GAMES ASSOCIATION MEMBERSHIP REQUIRED

CALL 825-747-5501 TO PURCHASE YOURS NOW!

SUPER MEMBERS WELCOME!

# 2024 ZONE MEDAL WINNERS

September to December

## Bowling:

- **55+ Women:**

**Gold** – Dee Bremner

- **75+ Women:**

**Gold** – Gloria Spielman, **Silver** – Maureen Belway, **Bronze** – Lorraine Hanchar

- **65+ Men:**

**Gold** – Ed MacLeod

- **75+ Men:**

**Gold** – Alec Fleming, **Silver** – Frank Murray, **Bronze** – Moe Roy

- **85+ Men:**

**Gold** – Ernie Hanchar, **Silver** – Larry Craig

### Team Events

- **55+ Team:**

**Gold** – Al Roberts, Orly Argoto, Rick Starcuk

- **65+ Team:**

**Gold** – Carol Kyle, Reme Hipolito, Gloria Becker, Ron Hornby, Aura Felipe,  
**Silver** – Keith Thomson, Judy Thomson, Karen Bynoe, Bob Tracz, Tess Principe

- **75+ Team:**

**Gold** – Bill Schwalm, David Lodhar, Hazen Koopman, Manny Lumapas, Carmelita Monroy

## 8 Ball Pool

- **55+ Women: Gold** – Laura Filipek
- **65+ Women: Gold** – Pamela Lee
- **55+ Men: Gold** – Robert Murray, **Silver** – Stefan Yaremkowycz, **Bronze** – Gordon Sloan
- **65+ Men: Gold** – Maurice Lakness, **Silver** – John Pawluk, **Bronze** – John Culhane
- **75+ Mens: Gold** – Wayne Rico, **Silver** – Stewart Leslie, **Bronze** – Gordon Sloan

## Snooker

- **55+ Open: Gold** – Darcy Fulton, **Silver** – Rodney Yim, **Bronze** – Warren Saffel
- **70+ Open: Gold** – Bill Cormylo, **Silver** – Bill Gunning, **Bronze** – Maurice Lakness

## Euchre

- **55+ Open: Gold** – Gerry Kruhlak, Betty Kruhlak, **Silver** – Gail Ennis, Sally McAllorum, **Bronze** – Barb Shelvey, Brenda Smith

## Stirling Curling

- **55+ Open: Gold** – Don Jorgensen/John Carlson, **Silver** – Ian Ferguson, Judy Yorke, **Bronze** – Murray Young, Ken Kalynchuck

## Duplicate Bridge

- **55+ Open: Gold** – Phylis Turm, Amber Whittaker, **Silver** – Don Wilson, Ashok Schgal, **Bronze** – Judy Appleton, Cliff Rhodes

## Darts

- **55+ Women: Gold** – Lynn Gooding, **Silver** – Louise Shade, **Bronze** – Teena Provost
- **65+ Women: Gold** – Jan Hunter-Everett, **Silver** – Heather Bomak, **Bronze** – Dianne Pelland
- **65+ Men: Gold** – Bobby Clark,
- **75+ Men: Gold** – Don Everett, **Silver** – John Downey



# EVENT HIGHLIGHTS: MEMBERS MAKING MEMORIES

THESE PHOTOS CAPTURE MORE THAN JUST SMILES—THEY REFLECT THE DEDICATION, CAMARADERIE, AND PASSION THAT OUR MEMBERS BRING TO EVERY EVENT.



Calgary 55 plus Games and the....

# Super Membership

Over 700 Super Members in 2025

## What is the Super Membership?



Super Membership is a new initiative aimed at connecting Calgary's 50+ community by providing access to a network of clubs offering a variety of social, recreational, and educational opportunities. It's a one-stop platform that links all of Calgary's 50+ clubs, making it easier than ever to discover the incredible resources, services, and activities available to seniors.

**For just \$15 above your Centre's regular membership fee, you can become an exclusive Super Member and enjoy a wide range of benefits across Calgary's Seniors' Activity Centres. Super Members gain access to various clubs across the city, including:**

Bow Cliff Seniors, Bowness Seniors, Confederation Park 55+ Activity Centre, Good Companions 50 Plus, Greater Forest Lawn 55+ Society, Kensington Legion, Ogden 50+ Activity Centre, Parkdale Nifty 50's Seniors Association, Rainbow Elders Society, Calgary Seniors Acting Lab Society, SW 55+ Connect Society, Unison at Kerby Centre, West Hillhurst Go Getters.

## How to join?

Becoming a Super Member is easy! Simply pay \$15 on top of your regular membership fee, and you'll instantly gain access to all the participating clubs and their offerings. Contact us for your membership – or for more information!

 [supermembership@pdfn.org](mailto:supermembership@pdfn.org)  
 [www.supermembership.ca](http://www.supermembership.ca)

# IMPORTANT

## Information

### TO ALL MEMBERS:

#### CALGARY 55 PLUS MEMBERS

To take part in any games or tournaments, your Alberta 55 Plus membership must be active. Many of our upcoming events serve as provincial qualifiers. If you win, you'll have the exciting opportunity to represent Calgary at the provincial games in Leduc—and potentially even Alberta at the Nationals! Be sure to look for the events marked with a star(\*), as they are the official qualifiers.

#### SUPER MEMBERSHIP

If you're aiming to qualify for the provincials as a Super Member but don't currently have a Calgary 55 Plus membership, a \$40 annual fee to the Alberta 55 Plus Games Association must be paid before the event. However, if you're simply looking to join us for fun and not interested in qualifying for the provincials, you're still welcome to participate in our events with your current Super Member membership.

#### SAVE THE DATE...

Alberta 55 plus AGM is May 5, 2025 at the Red Deer Resort and Casino - More Information to come!

# MARCH - JUNE ACTIVITES

## GOLF

Event: (M&W 55+, 70+) Callaway

Low Net & Low Gross (55+, 60+, 65+, 70+, 75+, 80+, 85+)

Low Net Must Provide Handicap

Date & Location: Jun. 16, 8:00 @ Heather Glen GC

Registration Deadline: Jun. 9

Coordinator: Ken Kalynchuk, 403-975-1124, [golf@calgary55plus.ca](mailto:golf@calgary55plus.ca)

## CORNHOLE: \*

- Event: (55+, 70+) Open Pairs
- Date: Mar. 22, 10:30 am
- Location: Parkdale Nifty 50's, 3512 5 Ave NW
- Registration Deadline: Mar. 15
- Coordinator: Heather Bomak, 1-250-300-5488, [cornhole@calgary55plus.ca](mailto:cornhole@calgary55plus.ca)

## DUPLICATE BRIDGE: \*

- Event: (55+) Open Pairs
- Date: Apr. 19, 12:30 pm
- Location: Parkdale Nifty 50's, 3512 5 Ave NW
- Registration Deadline: Apr. 12
- Coordinator: Tom Wilcock, 403-460-8241, [cbridge@calgary55plus.ca](mailto:cbridge@calgary55plus.ca)



## HOW IT WORKS:

If you're interested in any of the activities offered by Calgary 55 Plus, please reach out to the listed coordinator to register your spot and then confirm your membership is current. For any questions, feel free to contact us at 825-747-5501.

# MARCH - JUNE ACTIVITES

## **DARTS: \***

- Event: (M&W 55+, 65+, 75+) Singles & Mixed Doubles
- Date: May 31, 9:00 am
- Location: Forest Lawn Legion #275, 755 40 Street SE
- Registration Deadline: May 20
- Coordinator: Dianne Pelland, 403-999-4616,  
darts@calgary55plus.ca

## **FLOOR SHUFFLEBOARD 55+: \***

- Event: (55+) Open Pairs
- Date: Apr. 5, 10:30 am
- Location: Thornview Seniors,  
5600 Centre St. N
- Registration Deadline: Mar. 31
- Coordinator: Dan Guglielmin,  
403-289-0352,  
flrshuffle@calgary55plus.ca

## **FLOOR SHUFFLEBOARD 70+: \***

- Event: (70+) Open Pairs
- Date: Apr. 12, 10:30 am
- Location: Thornview Seniors,  
5600 Centre St. N
- Registration Deadline: Apr. 7
- Coordinator: Dan Guglielmin,  
403-289-0352,  
flrshuffle@calgary55plus.ca



## **BOCCE: \***

- Event: Open Team of 4 (55+, 70+)
- Date & Location: Jun. 14, 10:30 am @  
Thornview Seniors, 5600 Centre St. N
- Registration Deadline: Jun. 7
- Coordinator: Dan Guglielmin, 403-289-0352,  
bocce@calgary55plus.ca

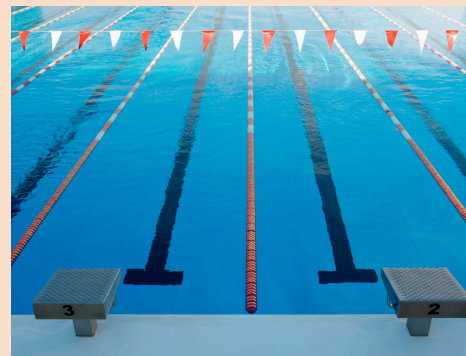
# MARCH - JUNE ACTIVITES

## **EUCHRE: \***

- Event: (55+) Open Pairs
- Date: Apr. 15, 10:30 am
- Location: Horton Road Legion #285, 9202 Horton Rd. SW
- Registration Deadline: Apr. 9
- Coordinator: Analda Hamelin, 403-383-1282,  
euchre@calgary55plus.ca

## **SWIMMING:**

- Event: (M&W 55+, 60+, 65+, 70+, 75+, 80+, 85+) 50m, 100m Back, Breast, Free
- 50m Butterfly, 100m IM
- Event: (M&W 55+) 2x100 Time Predicted, 2x200 Time Predicted
- Date: Apr. 29, 8:30 am
- Location: MNP Sport Centre, 2225 MacLeod Trail SE
- Registration Deadline: Apr. 23
- Coordinator: Andrea Gammack, 403-238-3419,  
swimming@calgary55plus.ca



# MARCH - JUNE ACTIVITES

## **MILITARY WHIST: \***

- Event: (55+) Open Team of 4
- Date: Apr. 7, 10:00 am
- Location: Marlborough Park Hall, 6021 Madigan Dr. NE
- Registration Deadline: Apr. 1
- Coordinator: Barbara Shelvey, 403-803-3012, whist@calgary55plus.ca

## **PICKLEBALL: \***

- Event: M, W & MIX 55+, 60+, 65+, 70+, 75+) Doubles 2.5 (2.0-2.99), 3.0 (3.0-3.49), 3.5 (3.5-3.99), 4.0+
- Date: TBD
- Location: TBD
- Coordinator: TBD

## **TENNIS: \***

- Event: (M, W & MIX 55+, 60+, 65+, 70+, 75+) Doubles
- Date: TBD
- Location: Rosedale Tennis Club, 901 11 Ave NW
- Coordinator: Don Herman, 403-230-5599, tennis@calgary55plus.ca

## **TRACK & FIELD: \***

- Event: (M&W 55+, 60+, 65+, 70+, 75+, 80+, 85+) 50, 100, 200, 800, 1500, 3000m Races, Discus, Javelin, Long Jump, Shot Put, Triple Jump
- Event: (M&W 55+) 400m, 1000m, Predicted Walk
- Date & Location: June 6, 10:00 am @ Glenmore Athletic Park, 5300 19 St SW
- Coordinator: Don Everett, 403-852-5402, track@calgary55plus.ca

# MARCH - JUNE ACTIVITES

## **POOL SNOOKER 55+:\***

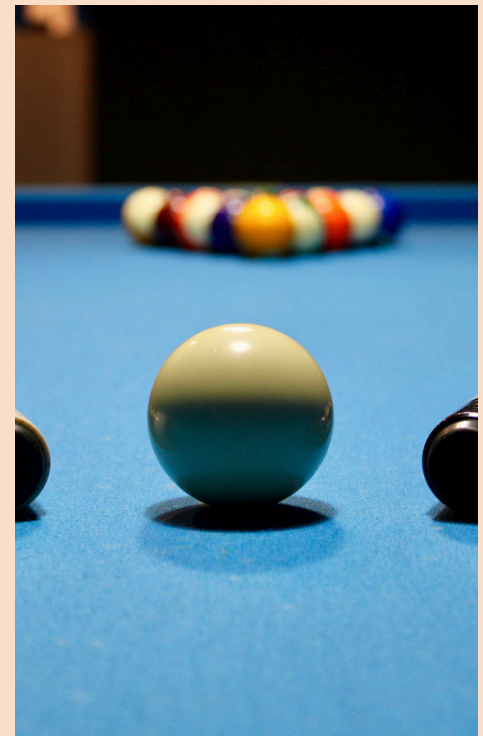
- Event: (M&W 55+) Singles
- Date: April 22, 10:30am
- Location: Thornview Seniors, 5600 Centre St. N
- Registration Deadline: Apr. 16
- Coordinator: Garth Border, 403-616-2322  
snooker@calgary55plus.ca

## **POOL SNOOKER 70+:\***

- Event: (M&W 70+) Singles
- Date: April 29, 10:30am
- Location: Thornview Seniors, 5600 Centre St. N
- Registration Deadline: Apr. 23
- Coordinator: Garth Border, 403-616-2322  
snooker@calgary55plus.ca

## **CYCLING:**

- Event: (M&W 55+, 60+, 65+, 70+, 75+, 80+, 85+)
- 10 KM Recreational Timed Race
- 20 KM Competitive Timed Race
- Open Event
- Zone Qualifier Not Necessary





# Calgary 55 plus (Zone3) Golf Tournament

HeatherGlen Golf Course

Monday, June 16, 2025 – Shot Gun Start 8:00 am.

**Rain or Shine**

**55+ & 70+ Men and Women Callaway,**

**OR**

**55+,60+,65+,70+,75+,80+,85+ Men and Women**

**Low Net(must provide handicap) OR Low Gross**

***You must declare your category when registering***

**COST: \$85 includes 18 Holes of Golf, Power Cart and Lunch  
Entry Limited to First 72 Golfers**

**This a qualifying event for the 2025 Provincial Games**

**2025 Alberta 55 plus Membership is required**

**<https://members.alberta55plus.ca/>**

**or call 825-747-5501**

Super Pass Members are welcome, but must be an Alberta 55 plus member before the event to qualify for Provincial Games.

***More Information Call Ken Kalynchuk 403-975-1124***

.....(cut here).....

**GOLF ENTRY FORM – Limited to First 72 Golfers**

**Deadline For Entries June 9th, 2025**

NAME \_\_\_\_\_ Age \_\_\_\_\_ (at Dec 31,2025)

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

*I will Play ( Check one only ) Callaway ( ) Net Est. Handicap ( ) Low Gross ( )*

Fee Enclosed \$ \_\_\_\_\_

**Please make cheque payable to "Calgary 55 plus"**

**Mail to - Calgary 55 plus Golf**

**92 Hawkhill Way NW, Calgary, Alberta, T3G 2V2**



# Newsletters Update

*mm*  
**We've Gone Paperless!**

As you may have noticed, our organization has transitioned to sending the newsletter via email!

This change gives us the flexibility to include more information and potentially send out additional newsletters throughout the year.

**If you would prefer to receive a paper copy, please don't hesitate to reach out, and we'd be happy to mail one to you!**