

Ideas to enjoy your Life without spending your retirement savings

These are some activities and ways to have a meaningful and enjoyable life gathered at our 'Seniors Moment' session January 20, 2019

Activity and Place	Ideas
Things to Do at Home	<hr/> <p>Listen to your favourite music Watch a good movie with your own popcorn and beverage of choice Used closed captions on tv if you have difficulty hearing Enjoy watching the sunrise or sunset in quiet or with music you love Entertain friends - have a potluck, invite friends for coffee Entertain grandchildren Enjoy your hobbies - art, knitting, woodwork, etc.</p> <hr/>
St. David's United Church	<p>http://www.sduc.ca/ Friendship Club - first Friday of month, February-June and October-December; cost is about \$10/evening Concerts that Brent has organized Learning - Bible studies, Monday night book study Develop musical skills - sing in a choir; play an instrument Volunteer or attend - Muffin Ministry - one Thursday a month - dates posted on website and in newsletter. Other volunteer opportunities to promote social interaction and contribute to something the church is doing Weekly coffee meeting</p> <hr/>
City of Calgary Parks and Recreation	<p>http://www.calgary.ca/CSPS/Recreation/Pages/Recreation-Facilities.aspx# Inexpensive pools to swim in, golf courses to cross country ski, programs, classes...</p> <hr/>
Local Community Associations	<p>Based in local neighbourhoods e.g. Silver Springs, Brentwood, Triwood Offers a variety of programs and classes to participate in Be a volunteer; start programs</p> <hr/>

Activity and Place **Ideas**

Pro Arts Society

<https://www.proartsociety.ca/category/schedule/>

Free noon hour musical presentations

Year round music provided at the Cathedral Church of the Redeemer. Varied musical entertainment lasting 50 minutes by professional musicians or choirs. The church is on the LRT line opposite Olympic Plaza. Free, donation optional. Join the society for \$20 annually and get weekly emails.

Calgary Public Library

<https://calgarylibrary.ca/>

Programs and Services

Look under filter - Programs -held in various library locations; Current offerings include:

- 50+ Lecture Series
- 75 Ways to Save on Household Expenses

Free photocopying of a limited number of copies
Take out books to read - hard and digital copies rather than buying them
Take free courses such as how to use a computer
Attend free presentations at the library
Join a book club; they have book club sets of books (10 copies +)

University of Calgary

<https://conted.ucalgary.ca/public/listProgramAreas.do?method=load>

Continuing Education Center

credit and non-credit programs and courses

Science in the Cinema

<https://cumming.ucalgary.ca/about/events/science-cinema>
link to monthly presentations about science – free at Plaza Theater - with Q & A to follow presentations

Mini Med School- free public education about chronic diseases

Mini med School - <https://www.ucalgary.ca/utoday/issue/2016-03-31/university-calgary-mini-med-school-offers-crash-course-chronic-diseases>

Outdoor Education

Outdoor Education center - outdoor education courses, equipment rental <https://www.ucalgary.ca/outdoorcentre/>

Activity and Place Ideas

**William Watson
Lodge in Peter
Lougheed
Provincial park**

<https://open.alberta.ca/dataset/d2bdfa82-087e-41bd-8c2e-c95f8f316bde/resource/63d774ab-00bf-4480-8d27-1e961aca69fc/download/2007-wwl-brochure.pdf>

Facility in Peter Lougheed park set up primarily for disabled people and secondarily, seniors. Very new 1, 2 and 3 bedroom buildings with kitchens, etc. Brochure describes facility, costs and a phone number for booking. Disabled get priority to book facility with seniors following.

**Confederation
Park 55+ Centre**

<https://yycseniors.com/>
\$30/year membership - lots of courses; activities such as bridge, singing, dancing twice a month - \$10 per time; light lunches

Kerby Center

<https://www.kerbycentre.com>
Programs, courses, day trips in and out of Calgary
Diana James Wellness Center (403 234-6566) provides basic health service as well as foot assessment and care which is especially valuable to anyone with diabetes or circulatory disorders; \$25 membership fee, \$80 for initial assessment and \$30 a session.

Activity and Place Ideas

Entertainment in Calgary

Volunteer to earn free events, discounts,

Seniors discounts

Volunteer at a local theater such as Lunchbox, Theater Calgary, Alberta Theater Projects; allows you to meet others and see the performance for free; several volunteer positions available

Volunteer for events you enjoy, to get a reduced price or payment in kind - Calgary Folk Festival, Calgary Fringe Festival, National Music Centre (Studio Bell); be a Golf Marshall in exchange for free rounds of golf
Attend Canyon Meadow cinema - for shows that are no longer in the main theaters - \$5.00 per person

Buy seniors tickets when going to a movie - at many cinemas
Buy a season's pass to your favourite theater group - less expensive than buying tickets individually
Glenbow Museum - \$12 for seniors; free, first Thursday of the month 5:00-9:00 pm

Storytelling

<http://www.talesalberta.org/>

A non-profit organization promoting the tradition of oral storytelling. Check website for a storyteller near you!

Eating out

Share meals with spouse rather than a full meal each
Eat during "Happy Hours" when drinks and food are reduced in cost; need to check the specific restaurant e.g. Earl's for details

Go out for lunch rather than dinner - lunch is less costly
Weekly coffee or meals with family to stay in touch

Services such as hair and nails

Hairdressers sometimes have 'cheaper days'
Go to a hairdresser who works out of his or her home - cut is about 60% of that found in a salon
Some high schools provide haircuts at lower costs
Nail care - Kerby Center, Nifty Fifties Club

Sharing with others

Share equipment, tools, books, magazines, plants with others so that not everyone needs to buy or have their own 'whatever'

Activity and Place	Ideas
Shopping	At second hand stores, Value Village, Thrift stores, consignment stores
<i>AMA discounts</i>	Shop on seniors days - such as Shoppers Drug Mart
<i>Buying after a specific season</i>	Using AMA membership for discounts - such as ski tickets, movies, park pass, entertainment such as Jubilations dinner theater
<i>In bulk</i>	Buy immediately after a big event or end of season such as Halloween (costumes and candy), fall for summer products, Christmas (decorations, lights), Easter when there are huge discounts e.g. 75-90% of original price; Superstore, Walmart, etc.
<i>Where seniors get discounts</i>	Buy clothes in bulk - like handkerchiefs - share with spouse, each choosing favourite colours
<i>Let them shop for you</i>	Buy coffee at MacDonalds Buy plants at Golden Acres - lower costs for seniors Combine grocery shopping trip with a neighbour who does not drive Shop at stores such as Walmart and Superstore online where they will shop for the groceries and have them ready to be picked up; for a fee, they will deliver the groceries to your house
Reduce shopping	Dig into the back of the closet and create a new look with older clothes Clean out your closet and give away your clothes; keep only what you use and like; donate clothes or earn money at a consignment store
Geocaching	Geocaching' is a walk anywhere in the world on a treasure hunt. Caches are hidden everywhere and with a cheap GPS you can find hundreds in the Calgary area and turn exercise into an adventure. Great to share with Grandchildren. See https://www.geocaching.com/
Learning about technology	Apple stores offer free classes to use their products: photography, emails, ipads, phone computer Calgary Public Library offers free computer courses

Activity and Place	Ideas
Calgary Association of Lifelong Learners (CALL)	https://calgarylifelonglearners.ca/ \$50 annual membership; volunteer based Courses (such as meditation), presentations, interest groups, activities (walking), volunteer opportunities, day trips; book studies
Fitness - walking, hiking, skiing, yoga, dance, etc.	<p>Fitbit - Fitness trackers and nutritional apps on a computer help you maintain a healthy lifestyle. Fitbit.com offers a variety of trackers. Older ones, like Fitbit One and Fitbit Flex are available on Kijiji or Bay at discounted prices < \$100 or you can step up to another more expensive/all bells and whistle model > \$350. Along with the free app MyFitnessPal, available for your phone or iPad, you can sync data effortlessly and cut back on your food intake or step up your walking to maintain a health weight. Also monitors your sleep habits and other features that are useful.</p>
<i>Meet-up groups</i>	<p>Variety of fitness classes offered at local community centers Walking the mall - cheaper than a gym membership, less icy, warmer</p>
<i>Walk in parks on bike pathways</i>	<p>Meetup groups - recreational walking with groups found in www.meetup.com</p>
<i>Hiking and skiing groups</i>	<p>Walk in local parks, along the bike pathways throughout the city; bike routes on maps found at City of Calgary recreation centers</p>
<i>Specific activities at specific organizations</i>	<p>Hiking groups in Calgary website - www.10Hikes.com which provides the names of several hiking groups; e.g. Second Sixties</p>
<i>Seniors discounts at ski hills</i>	<p>Taichi is \$35/month at the Taoist Tai chi Center; go as many times as you like</p>
	<p>Cross-country ski for discount at Canmore Nordic Center</p>
	<p>Seniors Downhill ski discount at most ski hills or through Calgary Seniors Alpine Ski Club; ski for free at Whitefish for 70+ years and older</p>
	<p>Walk outside year round with proper equipment such as book grips; get sunshine in winter to avoid SAD (Seasonal Affective Disorder)</p>
Reward Programs	<p>Use loyalty point programs such as Aeroplan; Canadian Tire; to make purchases</p>

Thanks everyone for your great ideas. Now go out and enjoy a 'cheap thrill'!!