

**LONGVIEW A R C SOCIETY**

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*"Together We Can Do Anything!!"*

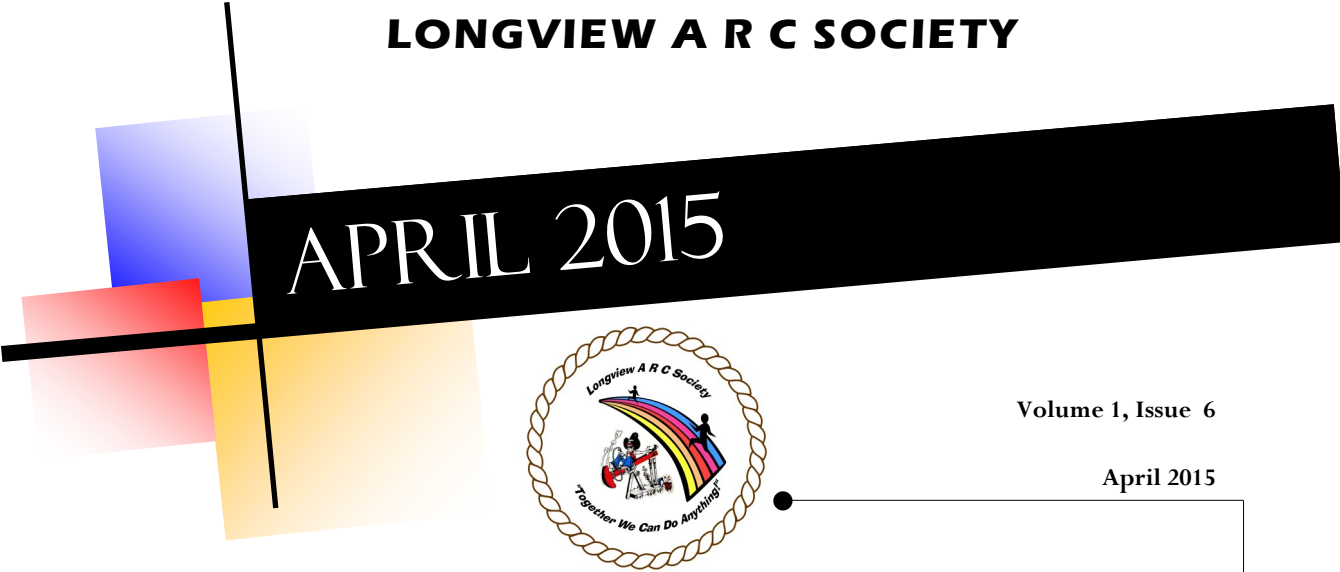
**We Are On The WEB**  
[www.longviewarcsociety.com](http://www.longviewarcsociety.com)

The Longview A R C Society was formed in April, 2011 as a natural progression of the Active Creative Engaged or A.C.E. Communities program. We formed a non-profit society to give us access to a number of lottery funded grants for our "Xtreme Makeover" project which added a new junior/senior playground, 13 pieces of fitness equipment, park amenities, concrete in the rink and a new skate park over the course of 2 years in 2011/2012. We are currently raising funds to construct a walking trail on the west ridge green space. We are dedicated to securing opportunities for Art, Recreation and community bonding like Alberta Culture Days and the community Christmas party. Our present board consists of Michele and Tony Geistlinger, Doris and Harry Lesick, Colette Cote', Dennis Kilburn and Celia Dewane. We always can use help for our many endeavors. We look forward to hearing from you.

# April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 GO ME!! Fitness and Fun 10-11:30 am 6:15-7:15 pm	3	4
5	6	7 GO ME!! Fitness and Fun 10-11:30 am 6:15-7:15 pm	8	9 GO ME!! Fitness and Fun 10-11:30 am 6:15-7:15 pm	10	11
12	13	14 GO ME!! Fitness and Fun 10-11:30 am 6:15-7:15 pm	15	16 GO ME 10 am <b>Senior's Club Open House 6:30-9:00 PM</b>	17	18
19	20	21 GO ME!! Fitness and Fun 10-11:30 am 6:15-7:15 pm	22	23 GO ME!! Fitness and Fun 10-11:30 am 6:15-7:15 pm	24	25
26	27 GO ME!! Fitness and Fun 6:15-7:15 PM	28 GO ME!! Fitness and Fun 10-11:30 am	29	30 GO ME!! Fitness and Fun 10-11:30 am 6:15-7:15 pm		

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Volume 1, Issue 6

April 2015

## LONGVIEW AND AREA SENIORS CLUB OPEN HOUSE THURSDAY, APRIL 16TH

Longview's newly formed Senior's Club is holding an open house at Longview Community Hall on Thursday, April 16th from 6:30 to 9 PM. There will be tasty homemade treats and refreshments and a number of games to play including Shuffleboard, Crib, Cards and Dominos. Folks can sign up for a membership to the club for a one time \$5.00 fee. Members are restricted to age 50 and up. The group conducted a door to door survey of

local seniors to find out what kind of activities would interest them and the list was extensive and interesting. Some of the activities of interest include exercise, card/board games, movie nights, history group, horseshoes, senior informational meetings, social meals, teas and socials, summer day trips, senior's entertainment and many more inventive ideas! This enterprising group of seniors is gearing up to keep our more senior kinder so

busy they won't have time to be bored, depressed or unhealthy due to inactivity. They will be looking for leaders to help with each of these ambitious endeavours as it is too much for them to manage on their own. Please come on out on the 16th, have a snack, (I heard there will be butter tarts, cookies, brownies and more) get some info and play a game or two. The Board will be signing up new members that evening for a one time \$5 fee. See you there!!!

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**Special points of interest:**

- Pathway Planning
- Community Calendar
- Extended GO ME!! Seniors

## FREE FOOD HANDLING COURSE TUESDAY, APRIL 21

Longview and Area Seniors Club is proud to host their first training workshop at Longview Community

Hall on Tuesday, April 21st at 1 PM. The class is free, you just need to register ahead with **Doreen Chisholm** at

403-558-0006 or **Doreen Kirk** at 403-558-3612 They need to let the instructor know the number of participants ahead of time to bring enough materials for the class. *Spots are filling up quickly so don't miss out on this free opportunity.*

# Longview Legacy Walking/Jogging Path

The A R C Society has engaged Chris Jennings of Stantec Consulting Ltd to compile our **CONCEPT DESIGN AND LAYOUT PLAN** for our proposed walking path on the west ridge. We are still waiting to hear back from the CFEP grant but have enough to proceed with Phase 1 of the trail this year. Our start date has yet to be determined but we are aiming at early July to commence construction.

We will need all our able bodied folks to volunteer their assistance for the construction so please watch for a sign up list at the Village office once we have determined the actual dates. We will also put a sign up form

online at our website which is [longviewarcsociety.com](http://longviewarcsociety.com)

The new Longview and Area Seniors Club has generously offered their time to prepare the food for the busy workers and to keep them hydrated as well while they work. We will have a sign up list to help the food preparation for those who want to work with the Seniors.

Our contact at Core Gravel has put a number of samples of the solar pebbles and markers we would like to use in the post to us and we hope they will be here in time to show Council at their April meeting later this month. They are meant merely

to be pathway markers with a design incorporated where there are benches. They will be in muted hues still to be determined and have a lighting level that is very low similar to a glow stick with Glow being the operative word. It is certainly not a bright light like for instance a street light or even a garden solar light. Our local MLA Pat Stier wrote an incredibly supportive letter to the Board that is reviewing our CFEP grant application so much thanks to Pat for his belief in our project.

We have placed a slide power point on our webpage with info and examples for your viewing pleasure.

## GO ME!! COMMUNITY SUPPORT PROGRAM

The Longview A R C Society has successfully ran their GO ME!! Fitness classes for the last 3 years, **always free and fun!**

We are happy to say that we have secured funding to run our program again this year. We offer a variety of movements and have an extensive array of portable exercise equipment to help keep the program interesting and appropriate for the participants needs. Our morning classes are held on Tuesdays and Thursdays at 10 AM to 11:30 AM. In the Longview Community Hall. In the warmer summer months we move to Centennial Park where there is more equipment including In-ground permanent Fitness equipment. This class and Tea time is especially geared to seniors and focused on helping their balance, mobility and strength. There is no age restriction however so anyone focused on those skills is welcome to attend. The idea is to have tea and coffee and some healthy snacks after the class

to both replenish your body and soul as well. You can even come and just watch the class and visit with friends. Our vision is to help people with their fitness goals while reducing the social isolation that tends to come as one ages and loses the mobility of their youth. The long winters we have and lack of gathering spaces all contribute to social isolation. This would be a fun thing for an aging baby boomer to come to and perhaps bring their elder parent along for an outing and visit.

We also offer a faster paced class for adults and families on Tuesdays and Thursdays from 6:15 PM to 7:15 PM also currently at the hall. Once the warmer weather gets here and we are in the Centennial Park it is even more interesting for the kids as they can play in the Smith/Fuller Junior/Senior Play Park while Mom and Dad work out! **Please come on out and join us!**

## Sign up Sheet to Teach or Assist in Teaching Senior Hobbies

See article below for Categories or suggest your own  
Please cut out and drop in box at Village Office

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

### Hobby or Skill Category

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## FEBRUARY SENIOR'S SURVEY PROVIDES MANY CATEGORIES OF INTEREST

Longview and Area Seniors Club conducted a survey to seniors in February with regards to what kinds of activities seniors are interested in. 70 out of 84 surveys were completed. The list is long and varied and we know the club can't organize all of them. They are asking for folks to volunteer their time as teachers for items they are skilled in and are passionate about sharing with others. We have included a sign up sheet if you can help. Please look through this list or add your own skill and drop the form off at Village office for the group to pick up. The best way to dis-

play the categories will be in a list form to follow below.

Category	# Interested
Card/Board Games	36
Quilting	14
Music Group	23
Movie Night	45
Exercise/Walking	45
History Group	30
Horseshoes	34
Hobby Programs	29
Library Outreach	15
Church Activities	14
Shopping for Shut-ins	25
Breakfast/Lunch/Dinners	38

Tea/Coffee Socials	30
Senior's Info Programs	37
Assist with Flowers	21
Summer Day Trips	32
Senior's Entertainment	36
Survey participants also wrote in a number of their own ideas which were not on the survey and will be listed below.	
Yoga, Meals on Wheels, Invite other clubs, Photography, Cycling, Bird Watching, Floor Curling, Darts, Theater Group, Crafts like Leather Work, Lampshade making, Willow Baskets, Pine needles, Knitting and Pool!	