



**Good Companions
50 Plus**

My name is Mary Anderson. I am representing Good Companions 50 Plus situated in the Killarney district of southwest Calgary. My age is 87 years.

Discovering and joining Good Companions 50 Plus after retiring was the best thing that could have happened to me.

I felt welcomed and comfortable from the very beginning.

When the Club was forced to close during the pandemic, our staff began one hour Zoom sessions every weekday morning that still keep us active and connected today.

I have been able to use my Small Business background in various Board positions, currently as President.

I have participated in the many activities the Club offers: Tai Chi, Yoga, Line Dancing, Square Dancing, exercise classes, the kitchen band, day trips, annual cruises.

I organize and lead the summer walking group, taking 30 or more seniors out every week to explore Calgary's wonderful city parks.

Our Social functions: lunches, suppers and the Pub Nights provide our members with good food and dancing. We seniors love to dance. I assist the staff and other volunteers in the kitchen for these events.

But most of all, I have met many wonderful people, both members and staff. Their friendship and support have enriched my senior years immeasurably.

This is my story but it is also the story of all our members.

**Presented to the Community Development Committee, City of Calgary Council
January 25, 2023**

**2609 19th Avenue SW Calgary, AB T3E 0E9
403-249-6991**

**www.gc50plus.org gc50plus@gmail.com
Charity Reg. #100083171RR0001**

CITY OF CALGARY RECEIVED IN COUNCIL CHAMBER JAN 25 2023 01376 #7.1 ITEM: <u>CD 2023 0004</u> CITY CLERK'S DEPARTMENT
--