

Never Been Better! Your page for ideas and articles on 55+ inspired lifestyle choices appears the first Friday of every month in the Sherwood Park News. We invite submissions (will not be returned), suggestions for articles and topics of interest, your club information, events and photos.



Writers Foundation of Strathcona County
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Supporting writers...any age
...any stage of their writing career.

For Inspired Answers: Ask Lea

Dear Lea: There are so many anti-aging creams and serums on the market, it is difficult to figure out what to use. What should I do to help keep my face looking healthy? - Angela

Dear Angela: As women go through menopause high density lipids decrease, which causes skin to thin and become dry and crepey. I spoke with a cosmetics specialist. She said the key to keeping skin healthy as we age, is a proper moisturizing routine. In the morning, first cleanse your skin with a gentle cleanser suited to your skin type. Mature skin in our climate has a tendency to be dry. Moisturize next. Newer technologies and an aging population have created a market for moisturizers for the 55+ woman. These products contain a variety of antioxidants, minerals and humectants to help densify and moisturize the skin. Last, but definitely not least, protect your skin with sunscreen - all year round! Harmful UVA rays penetrate clouds and car windows, accelerating aging skin, brown spots and skin cancer. The SPF15 in your foundation is not enough. This only offers UVB protection and will only help prevent burning. Look for Mexoryl XL or Tinosorb M and Tinosorb S which are stable filters. Repeat the same moisturizing routine at night using the same products, but skip the sunscreen. This simple routine will keep your skin healthy and moisturized. If you are concerned with your eyes, add an eye cream or serum to your routine to provide extra moisture. Gentle exfoliation and hydration masks are also great weekly treatments. As to specific brands, advice from the cosmetics department, and how your skin reacts to a product should guide you in your choice. Since I have sensitive skin, I always inquire if I am able to return a product that irritates my skin - there have been a couple of occasions where I needed to try a second product. - Lea

SHERWOOD PARK 55+ CLUB - FALL PROGRAM

submitted by Grace Hamilton, 55+ Club

The members of the Sherwood Park 55 + Club are finishing up a successful summer of golfing and are anxious to get back into their regular indoor activities at the Activity Centre at 50A Spruce Ave.

A **Welcome Back Toonie Pancake Breakfast** will be held on Tuesday, September 7th at 9:00 am. Members and newcomers are encouraged to attend and enter their name for a free year's membership. The Sherwood Music Makers will provide entertainment, and an orientation session will be provided for those wishing more information. Admission is \$2 each and all those 55 + are welcome!

After a summer break, the monthly Crib Tournament held the third Saturday of each month, will resume on Saturday, September 18th at 1:00 pm. Admission is \$5 at the door and includes lunch. No partners are needed. The general public is invited to participate. Regular crib nights are held for members each Wednesday at 6:30 pm.

An In-House Fun Floor Curling Tournament will be held Monday, September 13th and a Bridge Tournament will be held on Tuesday, September 14th.

The first of the monthly Pot Luck Suppers will be held on Monday, September 20th, to be followed by entertainment, cards, and board games.

For more information on the club, membership or any of these activities, please call (780) 467-8389 or visit us at www.55plusclub.ca



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SEPTEMBER CALENDAR OF EVENTS

See you in September The Park Church Luncheons Information (780) 467-6788
See you in September Singers of Note Call Beth (780) 467-4675 for more info
9th and 23rd Writing Friends Meet, Greet and Write in the company of others who love the written word 10:00 am - 12:00 noon Call Karen (780) 464-6632 www.wfscsherwoodpark.com
7th South Cooking Lake Seniors monthly general meeting - if you are new to the area and would like to meet some great people - call (780) 622-2376 for more information.
7th The 55+ Club welcomes members back with a toonie pancake breakfast - for details see article, this edition.
7th The Writers Circle - explore your word creativity. New members always welcome! Our annual fees include access to our "virtual writer's circle." www.wfscsherwoodpark.com
11th Heritage Bus Tour organized by the Friends of the Strathcona Library. See details in the article, this edition.
18th Gallery Cruise: 25th Anniversary of the Art Society Art Sale - Mural unveiling - Artists at Work - Anniversary Cake - For more information see the article in this edition.
20th Ardrossan Seniors Potluck Supper 55+ invited to monthly supper - bring a dish to share and enjoy an evening among friends. New members always welcome. (780) 922-2258
21st Seniors United Now (SUN) Sherwood Park Chapter will meet at 1:30 pm, Bethel Lutheran Church. Guest speaker - Mayor Cathy Olesen. Members and non-members welcome. SUN Admin office (780) 449-1816 for more information.

EVENTS? Submit by the 15th for the next month

SENIORS CENTRES	
Ardrossan Seniors Centre	(780) 922-2258
Josephburg Seniors Centre	(780) 998-2743
Sherwood Park 55 Plus Club	(780) 467-8389
South Cooking Lake Centre	(790) 662-2376
CONTACTS	
Information & Referral Line	(780) 464-4265
Monday through Friday 8:30 am - 4:30 pm or visit on line at www.ivicstrathcona.org/seniors-referral/	

It's that time of year again...



(photo by Linda J. Pedley)

It's as if you mention the word September, in the dwindling days of August, and the winds begin to blow, kicking up an already Autumn-like fuss. It is the time of year when summer holidays come to an end and kids go back to school. Even if you are past that stage, you cannot escape the feeling of *change in the air*. Those who took a summer hiatus head back to the routine, and *getting back together* provides a great selection of "things to do this fall."

Heritage Bus Tour

Join us on this escorted bus tour and you will visit six different cathedrals and temples in the Edmonton area, from the very simple to the highly ornate. This year's tour in on Saturday, September 11th from 9:00 am - 5:30 pm. The cost is \$60 per person which includes transportation, coffee and muffins, and a dim sum lunch. Pick up your tickets at the Strathcona County Library check-out desk. Call Louis (780) 449-7329 or Cindy (780) 449-5812 for more information, or to reserve your seat on the bus.

Gallery Cruise

Celebrate Alberta Arts Day and the 25th Anniversary of the Art Society of Strathcona County, by joining us on the first *Gallery Cruise*. Tour local Sherwood Park art galleries for special happenings: Hall of Frame, Lakeland Gallery, One Stop Framing, Bookworm, Eileen Raucher Sutton Studios, Café Haven, Smeltzer House, and a mural unveiling, artists at work, anniversary cake and refreshments all at the A.J. Ottewell Arts Centre. *Cruise* with us Saturday, September 18th from 10:00 am - 4:00 pm. For more information call (780) 922-3179 or visit us at www.artstrathcona.com

The WFSC reserves the right to edit for spelling, grammar and length while respecting content. Previously published articles or portions thereof are not accepted. Articles published do not necessarily reflect the views of The WFSC.



NEW Strathcona County Seniors Resource Directory
Your community, your guide

The Seniors Resource Directory provides seniors and their caregivers with information on programs, services and activities available in Strathcona County.

Information is available on topics such as seniors housing, home supports, health services, social and recreational activities, program subsidies, and caregiver supports.

Pick up your copy of today! The directory is available at various locations, including Family and Community Services, seniors' centres, health clinics, the Information and Volunteer Centre and the Strathcona County Library.

For further information: call (780) 464-4044 or visit us at www.strathcona.ca/seniors

Senior's Safety Series

This is the first in a series of senior's presentations offered by Strathcona County Family and Community Services. Watch this page next month for more information on upcoming safety series sessions.

Safety through Physical Design

This session will provide ideas on how you can crime-proof yourself and your physical environment. You will learn how to make your property a less desirable place for criminals to commit crime, through simple changes, while reducing your risk of becoming a victim. Architectural, landscaping, and property maintenance are some of the topics covered in this presentation.

Wednesday, October 6, 1:30 - 3:30 pm
Family and Community Services
2755 Broadmoor Blvd, Sherwood Park (2nd floor above Smitty's Restaurant)
No Charge - Max: 20 people
Call (780) 464-4044 to register

"Love yourself for who and what you are; protect your dreams and develop your talent to the fullest extent."
Joan Benoit Samuelson
submitted by Marlene Lee, WFSC