



Village Commons, Seniors Space

Winter 2024

Monday	Tuesday	Wednesday	Wednesday	Friday
<p>Chess with Rick 10am - Noon</p> <p>Book Club Older Adults 1pm-3pm</p> <p>Closed February 19th</p>	<p>WALKING GROUP for Older Adults <i>Meet in Reception</i> 9:30 START</p> <p>Seniors Thriving 1pm - 3pm</p>	<p>Connection Free Senior Spaces 10am - 12pm</p> <p>Senior Coffee & Games 10am - 12pm</p> <p>Scrabble Friends 12pm - 2pm</p> <p>One-on-One Technology Help (RP) Wednesday Afternoons Call for Information! 403-536-6558</p> <p>Volunteer Meetings and Opportunities Listed on back page.</p>	<p>Meditation & Mindfulness <i>February 7th & March 6th</i> 3pm - 4pm</p> <p>Sing-Along <i>February 14th</i> 11am - Noon <i>March 13th</i> 3pm - 4pm</p> <p>Chow & Chatter 55+ Monthly Meal <i>February 21st & March 20th</i> 12pm- 2pm</p> <p>Thursday</p>	<p>Games with Rick 10am - Noon</p> <p>Scrabble Friends 10am - Noon</p> <p>Zumba Gold 10am - 11am</p> <p>Chair Yoga 1pm - 2pm</p> <p>Closed March 29th</p> <p>Zumba and Yoga Cancelled February 9th</p>

Do not forget to check out the
“[Community Calendar](#)” to see what “all
ages” sessions are available.

You will find details on:
Artist in Residence
Bollywood Zumba
Drop-in Art
Line Dancing
Bread Market
.... AND MUCH MORE!!!

All groups and opportunities are free, some require registration,
please contact AdminVC@caryacalgary.ca or 403-536-6558
for registered programs or groups!

RP = Registered Program
GRP = Registered Group

MONTHLY EVENTS

Meditation/Mindfulness (Drop-In)

1st Wednesday of the Month

We will learn about the practice and explore guided meditation together.

Sing-along (Drop-In)

2nd Wednesday of Month

Bring your voice and join in the fun. We will be led in songs from many eras.

Chow & Chatter for Older Adults

3rd Wednesday of Month

Monthly community meal with fun activities and entertainment. Cooked and prepared in house by Chef Chris and community volunteers.

DROP-IN MOVEMENT

Weekly Walk for Adults (Resident Led)

Tuesday's 9:30am start

Zumba Gold *Zoom Option Available*

Friday 10am - 11am

Instruction provided - participate at your own pace.

Chair Yoga *Zoom Option Available*

Friday 1pm - 2pm

Instruction provided - participate at your own pace.

Your Facilitators are Sandra Scott at 403-863-7675 or SandraS@caryacalgary.ca and Lauren Mangion at 403-619-5371 or LaurenM@caryacalgary.ca

DROP-IN WITH FACILITATOR

Book Club for Older Adults (Drop-In)

We will read one book a month. Every week we will discuss aspects of the book and dive into topics related to the book. We will choose the books together. Books provided.

Seniors Thriving (Drop-In)

How do we thrive as older adults? A drop-in group for seniors looking for inspiration and ideas to reach greater levels of wellness and well-being in their lives. Fun and engaging conversations guaranteed!

Connection Free (Drop-In)

Come have a coffee with others and join in games, conversation and other activities to connect with others.

RESIDENT LED PROGRAMS

- Chess with Rick – resident led – Monday - 10:00am - 12:00pm
- Scrabble Friends - resident led - Wednesday – 12:00pm – 2:00pm
- Senior Games - resident led - Wednesday – 12:00pm – 2:00pm
- Games with Rick – resident led - Friday – 10:00am – 12:00pm
- Scrabble Friends - resident led - Friday – 10:00am – 12:00pm

VOLUNTEER MEETINGS/OPPORTUNITIES

- Chow & Chatter Committee Meeting, February 7th, 2024, 1:30pm – 2:30pm
- Information Gathering Session: Warm Welcomer – Friendship, February 8th, 2024,
- Volunteer Boost, February 13th, March 12th, 3:30pm - 4:30pm
- Volunteer Orientation, February 21st, 10:30am – 12:00pm
- Brown Bagging February 6th, February 20th 1pm - 3pm
- Brown Bagging March 5th, March 19th 1pm - 3pm

Register by contacting SandraS@caryacalgary.ca or 403-863-7675.