

Bowmont Elder Friendly Communities

Spring 2024

carya

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Commons Connect <i>Drop In</i> 1:00 - 3:00 Bowmont Commons</p>	<p>Garden'n'Grow <i>Drop In Series</i> April 23 - June 25 10:00 - 12:00 Bowmont Commons</p>	<p>Taste and Try <i>Drop In</i> 12:30 - 2:30 Awaken Church <i>No T&T 3rd wed of the month</i></p>	<p>Let's Move <i>Drop In</i> 10:00 - 11:00 Awaken Church</p>	<p>Tech Support <i>Please Register</i> 9:00 - 11:00 Bowmont Commons</p>
<p>Carya Bowmont Commons 5000 Bowness Rd NW</p> <p>Awaken Church 6508 Bowwood Drive NW</p> <p>Bowness Community Association 7904 43 Ave NW</p>		<p>Community Gathering <i>Please Register</i> 3rd Wednesday of the month 12:30 - 2:30 Bowness Community Association</p>		<p>Walking Group <i>Weekly Drop In</i> 1:00 - 3:00 Contact Kate for location</p>

For Information or to RSVP
Kate Hunter KateH@caryacalgary.ca 403.681.6193

All programs are free - Flip over for program descriptions on reverse

A closer glance at Elder Friendly Bowmont offerings



Commons Connect - Drop In

Come take over Bowmont Commons and connect how you like!
Bring a craft, play a game or join in the conversation of the day.

Mondays at 1 pm at Bowmont Commons

Let's Move - Drop In

Warm up your joints, maintain your strength, work on your balance and increase your physical energy. A gentle movement class where you do not have to break a sweat, but you might crack a smile.

Thursdays at 10 am Awaken Church

Garden'n'Grow - Drop In

Get your hands dirty in the garden and join in this series of conversations around Values that shape and guide us, Strengths that influence how we show up in community and Building Relationships that impact our sense of belonging.

Tuesdays at 10 am Bowmont Commons

Tech Support - Please Register

Learn to use your devices! Bring your phone, laptop, or tablet.
1 on 1 support and teaching.

Contact Kate to book your 1 hour appointment for 9 am or 10 am

Taste and Try - Drop In

Mix up some connection as we play with ingredients, some familiar, some new and try all sorts of things together.

Good conversation is always on the menu.

Every Wednesday except the 3rd of the month at Awaken Church

Walking Group - Drop In

Pick your speed and enjoy the atmosphere of the river and wetlands of Bowmont Park and Dale Hodges Natural area.

All capacities welcome. Fridays, meet up at 1:00 and take off at 1:15

Community Gathering - Please Register

Get together with new friends and old, enjoy a meal together and celebrate the magic of community.

3rd Wednesday of the month at Bowness Community Association

Wellness Collective Groups are also available for older adults to participate in at our Bowmont Location. Please take a look at the Wellness Collective Calendar to see what is being offered this season.



Monday	Tuesday	Wednesday	Thursday	Friday
Book Club 55+ (RP) 1pm-3pm	Mindful Moments 55+ 1pm -2pm	Video Series 55+ <i>A Year on Planet Earth</i> 3pm - 5pm 1st Wednesday Special Date Monday May 6th	New Member Tea & Tour 55+ 10am - 11am Common Space 3	Zumba Gold 10am - 11am
Do not forget to check out the "Community Calendar" to see what "all ages" sessions are available.		Sing-Along 3pm - 4pm 2nd Wednesday	Garden Club 55+ Starting May 23rd Meet in Reception 2:00pm 2:30pm - 3:30pm Program Walking Involved	Chair Yoga 1pm - 2pm
		Chow & Chatter 55+ 12pm - 2pm 3rd Wednesday		No Chair Yoga May 17th
				One-on-One Technology Help for Seniors (RP) Call for Dates and Times 403-536-6558

Senior Resident Led Programs

Pop Up Fusion Movement (RP) 4th Wednesday May 22, June 26 @ 1:30pm - 2:30pm	Walking Group Meet in Reception 9:30am start	ESL Conversation Café 1pm - 3pm 1st, 2nd, 4th Wednesday of the Month	Starting May 8th	Scrabble Friends 10am - Noon
		Senior Games 10am - 12pm		Volunteer Meetings and Opportunities Listed on back page.
		Seniors Games (ESL) 1pm - 3pm	Crochet/Knitting Group 10am - Noon	
		Scrabble Friends 12pm - 2pm 1st, 2nd, 4th Wednesday of the Month	STARTING IN MAY	

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

MONTHLY EVENTS

Video Series 55+ (Drop-In)

1st Wednesday of Month

A Year on Planet Earth

Let us share the together these beautiful videos showcasing our beautiful world. Refreshments included.

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 55+

3rd Wednesday of Month

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

Tickets handed out at 11:30am day of.

MOVEMENT

Fusion Movement (RP) (Resident Led)

Gentle Movement for 55+

May 22, June 26 @ 1:30pm - 2:30pm

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.

WITH FACILITATOR

Book Club 55+ (Registered)

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

Mindful Moment 55+ (Drop-In)

This time is allocated weekly for participants to practice mindful activities. This is a facilitated program.

New Member Tea & Tour 55+ (Drop-In)

High tea style gathering to learn about senior's programs at Village Commons. Come and get to know the space and connect with others. To attend this activity you must be NEW to Carya or bring someone NEW.

Garden Club 55+ (Starting MAY 23rd 2024) (Drop-In)

Together we will manage a community plot. Weekly we will learn about gardening and our environment. At harvest time will share in our hard work.

VOLUNTEER MEETINGS/OPPORTUNITIES

- Volunteer Boost, April 9th, **May 21st**, June 11th **3:00pm - 4:00pm**
- Brown Bagging April 2, 16 1pm - 3pm
- Brown Bagging May 14, 28 1pm - 3pm
- Brown Bagging June 11, 25 1pm - 3pm

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

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