

**carya**

# Elder Friendly Communities

## Bowmont Fall 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Commons Connect</b> <i>Drop In</i> 1:00 - 3:00 Bowmont Commons</p>	<p><b>Aging with Purpose</b> Sept 3 - Oct 22</p> <p><b>Relationships with your Adult Children</b> Oct 29 - Dec 17</p> <p><i>Please Register</i> 10:00 - 12:00 Bowmont Commons</p>	<p><b>Taste and Try</b> <i>Drop In</i> 12:30 - 2:30 Awaken Church</p> <p><b>Monthly Gathering</b> <i>Please Register</i> BCA Sept 18 Oct 16 Nov 20 Dec 18</p>	<p><b>Let's Move</b> <i>Drop In</i> <i>Starting Sept 12</i> 9:30 - 10:30 MCA</p>	<p><b>Tech Support</b> <i>Please Register</i> 9:00 - 11:00 Bowmont Commons</p> <p><b>Walking Group</b> <i>Drop In</i> 1:00 - 3:00 Contact Kate for location</p>

**Carya Bowmont Commons**  
5000 Bowness Rd NW

**Awaken Church**  
6508 Bowwood Drive NW

**Bowness Community Association**  
7904 43 Ave NW

**Montgomery Community Association**  
5003 16 Ave NW

For Information or to RSVP

**Kate Hunter** [KateH@CaryaCalgary.ca](mailto:KateH@CaryaCalgary.ca) 403.681.6193

**All programs are free of charge**

# A closer glance at Elder Friendly Bowmont offerings

The logo for 'carya' is located in the top right corner. It features the word 'carya' in a lowercase, sans-serif font. The letter 'y' is stylized with a long, thin tail that curves upwards and to the right, ending in a small circle. The logo is set against a white, leaf-like shape that is partially overlapping the colorful background.

## **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 Bowmont Commons

## **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.  
Focusing on quick and delicious meals for one this fall.  
Wednesdays at Awaken Church

## **Monthly Gathering - Please Register**

Come one, come all! Get together with friends new and old, enjoy a meal together and celebrate the magic of community.  
3rd Wednesday of the month at Bowness Community Association

## **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 Montgomery Community Association

## **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

## **Walking Group - Drop In**

Enjoy the atmosphere of the river valley in Bowmont Natural Area at a pace and distance that feels good for you. .  
All capacities welcome. Meet up at 1:00 pm and take off at 1:15 pm.  
Fridays at Dale Hodges Natural Area



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ESL</b> <b>Conversation Café</b> 1pm - 3pm</p>	<p><b>One-on-One Technology Help for Seniors (RP)</b> Registration Required: AdminVC@caryacalgary.ca or 403-536-6558</p>	<p><b>Book Club 55+ (RP)</b> 1pm - 3pm Registration Required AdminVC@caryacalgary.ca or 403-536-6558 No session 3rd Wednesday of the month.</p> <p><b>Chow &amp; Chatter</b> 12pm - 2pm Third Wednesday of the Month</p>	<p><b>Garden Club 55+</b> Meet in Reception 10am 10:30am - 11:30am</p> <p><b>GROUP: Relationships With Your Adult Children (RP)</b> September 5th - October 24th</p> <p><b>GROUP: Aging With Purpose (RP)</b> October 31st - December 19th</p> <p>Register for <b>GROUP</b>: groups@caryacalgary.ca or 403-619-5371</p>	<p><b>Zumba Gold</b> 10am - 11am</p> <p><b>Chair Yoga</b> 1pm - 2pm</p>
<p>Do not forget to check out the "<u>Community Calendar</u>" to see what "all ages" sessions are available.</p>				
<p><b>Resident Led</b></p>				
<p><i>Resident Led Session Can Be Cancelled for Special Events and Bookings!</i></p>	<p><b>Walking Group</b> Meet in Reception 9:30am start</p>	<p><b>Senior Games</b> <b>Chess</b> <b>Scrabble Friends</b> 10am - 12pm</p>	<p><b>Crochet/Knitting Group</b> 10am - Noon</p>	<p><b>Scrabble Friends</b> 10am - Noon</p>

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**

## MOVEMENT - Drop-In

**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.

No Zumba July 5th & 12th

**Chair Yoga \*Zoom Option Available\***

**Friday 1pm - 2pm**

Instruction provided - participate at your own pace.

No Zumba July 5th

## GROUPS

**Relationships With Your Adult Children (RP)**

September 5th - October 24th

**Aging With Purpose (RP)**

October 31st - December 19th

Register required: [groups@caryacalgary.ca](mailto:groups@caryacalgary.ca)

or 403-619-5371

## CHOW & CHATTER

Sept 18 - Renew

Oct 16 - Thanksgiving

Nov 20 - Remembrance

Dec 18 - Christmas

**Your Facilitator is Sandra Scott at 403-863-7675 or**

**[SandraS@caryacalgary.ca](mailto:SandraS@caryacalgary.ca)**

## PROGRAMS WITH FACILITATOR

**ESL Conversational Café (Drop-In)**

Learning English? All levels welcome.

Need a safe place to practice?

Please come and join others just like you! Volunteers will lead participants in simple activities, conversation, and/or games to help you practice your English.

**Book Club 55+ (Registered)**

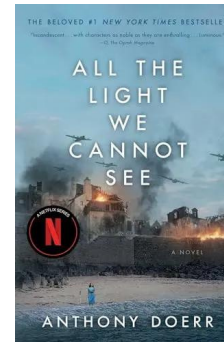
We will read one book a month. Every week we will discuss aspects of the book and dive into topics related to the book. Books provided.

Registration Required: [AdminVC@caryacalgary.ca](mailto:AdminVC@caryacalgary.ca)

or 403-536-6558

**September** - All The Light We Cannot See

**October** - It Ends With Us



**Garden Club 55+ (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.