

carya

Elder Friendly Communities Bowmont Spring 2025

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</i> 1:00 - 2:30 May 13, 27 June 10, 24 Bowmont Commons</p>	<p>Taste and Try <i>Drop In</i> 12:30 - 2:30 Awaken Church</p> <p>Monthly Gathering <i>Please Register</i> 12:30-2:30 May 21 BCA Will return in September</p>	<p>Let's Move <i>Drop In</i> 9:30 - 10:30 MCA</p> <p>Tech Support <i>Please Register</i> 12:30 - 2:30 Bowmont Commons</p>	<p>Tech Support <i>Please Register</i> 9:00 - 11:00 Bowmont Commons</p> <p>Walking Group <i>Drop In</i> 1:00 - 3:00 Dale Hodges Park</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 403.681.6193

Seniors Day BBQ
Friday June 6!

All programs are free of charge

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 Bowmont Commons

Garden 'n' Grow - Drop In

Get your hands dirty, swap seeds and transplants, and grow pollinator friendly flowers outside in a container garden.
Alternating Tuesdays 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 1 this fall.
Wednesdays at Awaken Church

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 and take off at 1:15.
Fridays at Dale Hodges Natural Area



Village Commons, Seniors Space

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">English Conversation Café</p> <p>Connect with others and practice speaking English in an informal setting 1pm - 3pm</p>	<p>Weekly Wander Join us for a light morning walk 10am-11:30am Meet at reception</p> <p>Snack Crew 55+ (RP) 2pm - 4pm April 8th April 22nd</p> 	<p>Book Club 55+ (RP) 1pm - 3pm Registration Required</p> <p>AdminVC@caryacalgary.ca or 403-536-6558 No Session April 16th</p> <p>Chow & Chatter 55+ April 16 Doors open for tickets at 11am</p> <p>Food and entertainment 12pm - 2pm</p>	<p>Aging With Purpose (RP) 1pm-3pm March 6 - April 24</p> <p>Registration Required: groups@caryacalgary.ca or 403-619-5371</p> 	<p>Zumba Gold 10am - 11am</p> <p>Chair Yoga 1pm - 2pm</p> 
<p>Resident Led</p> <p>Resident Led Sessions Can Be Cancelled for Special Events and Bookings!</p>		<p>Senior Games Chess Scrabble Friends 9am - 12pm</p>	<p>Independent Crochet/Knitting Group 10am - 12pm</p>	<p>Scrabble Friends 10am - 12pm</p>

Do not forget to check out the ["Community Calendar"](#) to see what other sessions Village Commons has available.

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 Wander- Walk for Adults

Join us for some conversation and a relaxed morning walk. Meet at reception at 10am. If it is your first time joining us, please come a few minutes early to sign waiver.

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.

Crochet/Knitting Group

Help yourself to the provided supplies or bring a project you are working on and meet other yarn enthusiasts in our community!

CHOW & CHATTER

April 16th

Tickets available 11am-12pm

Entertainment and meal from 12-2pm

PROGRAMS WITH FACILITATOR

Conversation Café (Drop-In)

Learning English?

Need a safe place to practice?

All levels welcome!

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.

Snack Crew 55+ (Registered)

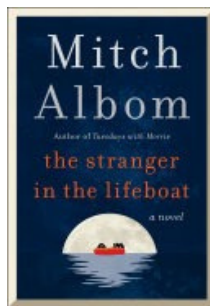
Come join us in cooking together. We make snacks that are used to support programming, groups, events, and hand out to participants through coffee nook. We meet twice a month.

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 or 403-536-6558

April- The Stranger in the Lifeboat by Mitch Albom



**Connect with an Elder Friendly
Facilitator :
Elderfriendly@caryacalgary.ca**