

carya

Elder Friendly Communities

Bowmont Spring 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Commons Connect <i>Drop In</i> 1:00 - 3:00 Bowmont Commons	Garden 'n' Grow <i>Drop In</i> 1:00 - 2:30 May 13, 27 June 10, 24 Bowmont Commons	Taste and Try <i>Drop In</i> 12:30 - 2:30 Awaken Church Monthly Gathering <i>Please Register</i> 12:30-2:30 May 21 BCA Will return in September	Let's Move <i>Drop In</i> 9:30 - 10:30 MCA Tech Support <i>Please Register</i> 12:30 - 2:30 Bowmont Commons	Tech Support <i>Please Register</i> 9:00 - 11:00 Bowmont Commons Walking Group <i>Drop In</i> 1:00 - 3:00 Dale Hodges Park
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		All programs are free of charge		

Seniors Day BBQ
Friday June 6!

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, purple, sans-serif font. The letters are positioned within a white, stylized leaf shape that has a pointed right side and a curved bottom. The leaf shape is set against a background of colorful, overlapping geometric shapes in shades of purple, pink, orange, and green.

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

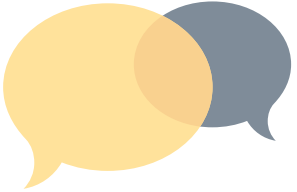


Warm up your joints, maintain your strength, work on your balance and increase your physical energy.
A gentle movement class where you do not have to break a sweat, but you might crack a smile.
Thursdays at Montgomery Community Association

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>English Conversation Café 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>Relationships with your Adult Children (RP) 1pm-3pm May 6 - June 24 Registration Required</p>	<p>Book Club 55+ (RP) 1pm - 3pm Limited Spots Registration Required AdminVC@caryacalgary.ca or 403-536-6558 No Session May 21st</p> <p>Chow & Chatter 55+ May 21st (RP) Registration begins May 1st Food and entertainment 12pm - 2pm</p>	<p>Snack Crew 55+ 10am - 12pm May 8th - Cranberry Walnut Muffins May 22nd - Mini Pizza Rolls</p> 	<p>Zumba Gold 10am - 11am</p> <p>Chair Yoga 1pm - 2pm No class May 9th</p> 
<p>Resident Led 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>

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

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

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 a 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

Join us for our next gathering May 21st

Registration is required. To register, please call Megan at 403-863-7675 or email MeganR@CaryaCalgary.ca

Registration begins May 1st

Entertainment and meal from 12-2pm

PROGRAMS WITH FACILITATOR

English 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+ (Drop-In)

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. Limited seats, registration required.

Registration Required: AdminVC@caryacalgary.ca
or 403-536-6558

May - The Adventurer's Son: A Memoir by Roman Dial



Movie Afternoon at Village Commons

Join us May 16th from 2pm - 4pm for an all ages afternoon movie. Refreshments will be provided and we are looking forward to a fun time together!