








LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Bowmont Commons 5000 Bowness Rd NW</p> <p>Tech Support Contact Shannonb@carya calgary.ca to book an appointment</p>	<p>Bowmont Commons Commons Connect 1:30 - 3:30pm <u>No groups in September</u></p> <p>Story Telling Oct 20</p> <p>Gratitude Nov 3 - 24</p> <p>Light in the Darkness Dec 1 - 15</p>	<p>Scout and Guide Hall 8551 Bowness Rd NW</p> <p>Taste and Try 1:30 - 3:30pm, Sept 9 - Dec 16 <i>No group on Sept 30, Oct 14, Oct 28, Nov 11, Nov 18, Nov 25 & Dec 9</i></p> <p>Monthly Gathering! Contact Elderfriendly@caryacalgary.ca to register!</p> <p> October 14 November 18 December 9</p>	<p>Bowmont Commons <u>Wednesday Groups - Registration Required</u> Relationships With Your Adult Children 1:00-3:00pm Sept 3 - Oct 22</p> <p>Taking Charge - Your Finances, Your Future 1:30-3:30pm Sept 3 - Sept 24</p> <p>The Nose Knows (Scent and Memory) 10:00am-12:00pm Oct 8 - Nov 12</p> <p>I Am Enough 1:00-3:00pm Oct 29 - Dec 17</p>	<p>Montgomery Community Association 5003 16 Ave NW</p> <p>Let’s Move 1:30-2:30pm Starts Sept 11 <i>No group on Oct 30</i></p>	<p>Walk 1:30-2:30pm <u>No walk in September</u> Starts Oct 17 <i>No walk Oct 31 & Nov 21</i> <i>Contact Kate for Location</i></p> <p>SPECIAL EVENT: HOLIDAY HOOPLA! A festive event for all ages filled with crafts, activities, and tasty treats!</p> <p>Friday, Nov 21, 2-4pm Village Commons</p>
<p>Village Commons 610 8th Ave SE</p> <p>Tech Support Contact MeganR@carya calgary.ca to book an appointment</p>	<p>English Conversation Cafe 1:00 - 3:00pm, Sept 8- Dec 8 <i>(No group Sept 22, Oct 13 & Nov 10)</i></p> <p></p>	<p>Taking Charge - Your Finances, Your Future 10:00am -12:00pm Sept 2 -23 <i>Registration Required</i></p> <p>Stretching Your Food Dollars 10:00am - 12:00pm Oct 7 - 28 <i>Registration Required</i></p> <p>Registered Series 1:30 - 3:30pm <i>Registration Required per series</i></p> <p>Sketch Club Sept 9, 16, 23</p> <p>Story Telling Oct 7, 21, 28</p> <p>Gratitude Nov 4, 18, 25</p> <p>Light in the Darkness Dec 2, 9, 16</p> <p>The Nose Knows (Scent and Memory) 10:00am - 12:00pm Oct 7- Nov 18 <i>(No Group Nov 11)</i> <i>Registration Required</i></p> <p></p>	<p><i>No programs on Chow & Chatter days</i></p> <p>Seniors Games (Resident Led) 10:00am - 12:00pm</p> <p>Elder Friendly Drop-in <i>Starts September 10</i> 1:30pm - 3:30pm September: Creating with Nature October: Armchair Traveler <i>(No Group Oct 15)</i> November: Music December: Card Making</p> <p>Special Events (Resident Led) to register, contact MeganR@caryacalgary.ca Canadian Women’s History Month 1:00 - 3:00pm, Oct 15</p> <p>Tales of Animals in War 10:00 - 11:30am, Nov 5</p> <p>Chow & Chatter! Contact MeganR@caryacalgary.ca to register!</p> <p> September 17 November 19 December 10</p>	<p>Weekly Wander (Drop-in) 10:00 - 11:00am Sept 4- Oct 23 Meet in 5th Street Square</p> <p>Relationships With Your Adult Children 1:00-3:00pm Oct 30 - Dec 18 <i>Registration Required</i></p> <p>Embodied Joy Yoga 4:30-5:30pm Oct 2 - Nov 27 <i>No class Oct 23</i> <i>Registration Required</i></p>	<p>Scrabble Friends (Resident Led) 10:00am - 12:00pm <i>(No Group Oct 10)</i></p> <p>Zumba (Drop-in) 10:00 - 11:00am <i>No Zumba Oct 10</i></p> <p>Chair Yoga (Drop-in) 1:00-2:00pm <i>No Chair Yoga Sept 12, Oct 10, Nov 21</i></p> <p>Chow & Chatter! Contact MeganR@caryacalgary.ca to register! October 10</p> <p></p>

Registered Groups and Workshops

Registered Series Tuesdays - Village Commons

These groups bring an opportunity to connect, get creative, play and learn something new! Each month dive into a new way of connecting with others and yourself. Each series will be registered separately. Register with MeganR@caryacalgary.ca or 403-863-7675.

The Nose Knows (Scent and Memory)

Smell is powerful. One whiff of a familiar scent can transport us to another time, stir forgotten memories, or simply bring comfort and calm. This unique 6 week program uses the power of scent to explore memory, emotion, identity, and creativity in a supportive group setting. Offered at both Bowmont Commons and Village Commons. Register with MeganR@caryacalgary.ca or 403-863-7675 or Elderfriendly@caryacalgary.ca (403-619-5371).

Embodied Joy Yoga - Village Commons

8-week mat-based course that offers a gentle yet enriching blend of mindful movement, somatic practices, reflective journaling, and yogic philosophy. Designed to nourish body, mind, and spirit, this multifaceted experience supports mobility, inner peace, and a deeper connection to self. Register with MeganR@caryacalgary.ca (403-863-7675).

Relationships With Your Adult Children

Struggling with issues related to your adult children? This group offers education, support and resources! Topics include; Communication, Boundaries and Personal Wellness. Offered at both Bowmont Commons and Village Commons. Register with Groups@caryacalgary.ca (403-619-5371).

Taking Charge - Your Finances, Your Future

Join us for an opportunity to learn and take charge of your finances! Topics include financial assistance and benefits for older adults, tips and tricks for maximizing your income and overcoming challenges, preparing for your future and tapping into your non-monetary riches! Offered at both Bowmont Commons and Village Commons. Register with MeganR@caryacalgary.ca (403-863-7675) or Elderfriendly@caryacalgary.ca (403-619-5371).

I Am Enough - Bowmont Commons

I Am Enough is a group where we will explore themes of courage, compassion worthiness and the power of wholehearted living through guided conversations and directed journaling activities. These workshops are a way for you to explore, grow and learn new practices to live your best life! Through compassion, encouragement and support, we are inspired to author stories of hope. Register with Groups@caryacalgary.ca (403-619-5371).

Monthly Gathering Meal - Scouts and Guide Hall

Get together with new friends and old, enjoy a meal together and celebrate the magic of community. Register with Elderfriendly@caryacalgary.ca (403-619-5371).

Chow and Chatter Meal - Village Commons

Get together with new friends and old, enjoy a meal together and celebrate the magic of community. Registration opens on the 1st of the month; register with MeganR@caryacalgary.ca (403-863-7675).

Tech Support

Learn to use your devices! Bring your phone, laptop, or tablet. 1 on 1 support and teaching. Available at both Bowmont Commons and Village Commons. Register for an appointment at Village Commons with MeganR@caryacalgary.ca (403-863-7675) or at Bowmont with ShannonB@caryacalgary.ca (403-619-5371).

Drop-in Groups

Commons Connect - Bowmont Commons

A place to connect, learn and play! Every month dive into a new way of connecting with others and yourself!

English Conversation Cafe - Village Commons

Need a safe place to practice your English? 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.

Taste & Try- Scouts and Guide Hall

Mix up some connection as we try new things - food, activities and beyond! This is a place to try new things together.

Elder Friendly Wednesday Drop-In - Village Commons

A place to connect and explore monthly themes!

Let’s Move- - Montgomery Community Association

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.

Weekly Wander/Walk - Bowmont Commons and Village Commons

Pick your speed and enjoy the atmosphere of an outdoor walk with old and new friends!

Zumba Gold and Chair Yoga - Village Commons (Zoom Option Available)

Instruction provided - participate at your own pace. Contact MeganR@caryacalgary.ca for Zoom info.

Special Events (Resident-led) - Village Commons

Canadian Women’s History Month: Come hear stories about some of Canada’s incredible women!
Tales of Animals in War: Imagine being a pigeon awarded a medal for bravery in war! Hear this story and more intriguing tales of animals’ contributions during wartimes and peace support missions.

Elder Friendly Communities Team!



Kate

kateh@caryacalgary.ca



Megan

meganr@caryacalgary.ca



Shannon

Shannonb@caryacalgary.ca



Rebecca

rebecca@caryacalgary.ca

FOR INFORMATION ABOUT OUR FREE PROGRAMS AND TO REGISTER, PLEASE CONTACT:
ELDERFRIENDLY@CARYACALGARY.CA