

Bowmont Commons

and West Calgary Programs

FALL 2025 CATALOGUE



How to Use This Guide

This guide is your way to explore all the programs, supports, and services offered at Bowmont Commons and in the surrounding community.

Inside, you'll find both drop-in and registered programs, as well as ongoing supports and services available year-round through Carya. Each program listing gives you the essentials: the program name, who it's for, a short description, dates and times, and the location. Icons show whether the program is registered or drop-in, if childminding is available, or if there's a fee.






To make it easy to explore, programs are grouped into five sections:

- Learn & Grow – build knowledge, skills, and confidence.
- Move & Thrive – support your physical health and wellbeing.
- Create & Explore – discover, make, and express yourself.
- Connect & Celebrate – gather, share, and build community.
- Support & Wellness – strengthen your mental health and resilience.

The monthly calendars at the back give you a quick at-a-glance view of what's happening each day. The calendars do not include times. They are simply a way to see which programs are running when. For full details, flip back to the program listings.

LEGEND

The legend is here to guide you. Each icon helps you understand how the program runs:

-  Orange Circle = Registration required
-  Green Circle = Childminding available
-  Yellow Star = Special event
-  Blue Circle = Drop-in, no registration needed
-  Purple Dollar Sign = Fee associated

GET IN TOUCH WITH US!

Want to learn more about Bowmont Commons programs and services?
Visit us: 5000 Bowness Road NW, Calgary, AB, T2B 0B9
Call: 403-286-1811
Email: BowmontAdmin@CaryaCalgary.ca

BOWMONT COMMONS HOURS:

Monday to Friday: 8:30 am – 4:30 pm
Carya's offices are closed on statutory holidays

Learn and Grow

BABY PARENT-CHILD MOTHER GOOSE (FAMILIES WITH INFANTS 0-12 MONTHS)

Build early attachment through songs, rhymes, and stories in a nurturing space.

Tuesdays, Sept 9 - Nov 18* | 9:30 am - 10:30 am | Montgomery Community Association (5003 16 Ave NW)

*No sessions on Sept 30 and Nov 11

● Registration Required

Register by emailing: Fic@CaryaCalgary.ca

CIRCLE OF SECURITY (PARENTS & CAREGIVERS WITH CHILDREN 0-6 YEARS)

Build stronger bonds with your child by learning to support their emotional needs and self-esteem. 8-week series.

Tuesdays, Sept 9 - Nov 4* | 9:30 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

*No session on Sept 30

● Registration Required ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

INFANT MASSAGE AND SONGS (FAMILIES INFANTS 0-6 MONTHS)

Learn massage techniques and how they benefit your baby!

Tuesdays, Nov 25 - Dec 16 | 9:30 am - 10:30 am | Montgomery Community Association (5003 16 Ave NW)

● Registration Required

Register by emailing: Fic@CaryaCalgary.ca

PARENT-CHILD MOTHER GOOSE (FAMILIES WITH KIDS 0-3 YEARS)

Share songs, stories, and rhymes that support your child's learning and connection.

Wednesdays, Oct 8 - Dec 10 | 9:30 am - 10:30 am | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)

● Registration Required

Register by emailing: Fic@CaryaCalgary.ca

PARENT CHAT (PARENTS & CAREGIVERS WITH CHILDREN 0-6 YEARS)

Connect with other parents to share real-life parenting experiences in a supportive, judgment-free space.

Wednesdays, Sept 24 - Dec 10 | 9:30 am - 11:00 am | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

RELATIONSHIPS WITH YOUR ADULT CHILDREN (18+)

Navigate changing family dynamics with confidence. Build communication skills and boundaries to support healthy adult relationships.

Wednesdays, Sept 3 - October 22 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

TAKING CHARGE: YOUR FINANCES YOUR FUTURE (55+)

Explore budgeting, benefits, and planning for the future in this four-week series.

Wednesdays, Sept 3 - 24 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: ElderFriendly@CaryaCalgary.ca

TIME TO GROW (18+)

Build confidence and communication skills in a safe space for adult learners. A supportive series for women ready to return to learning.

Thursdays, Sept 18 - Dec 4 | 9:00 am - 11:00 am | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

Move and Thrive

LETS MOVE (55+)

Join a fun, low-impact movement class that supports strength, balance, and energy at your own pace.

Thursdays* | 1:30 pm - 2:30 pm | Montgomery Community Association (5003 16 Ave NW)

*No session on Oct 30

● Drop-in

WEEKLY WANDER (55+)

Join a casual group walk to stay active and connect with others. All paces welcome.

Fridays, Oct 17 - Dec 19* | 1:30 pm - 2:30 pm | Bowmont Commons (5000 Bowness Rd NW)

*No walk on Oct 31 and Nov 21

● Drop-in

Support and Wellness

BE KIND TO YOUR MIND (18+)

Build simple mindfulness practices that reduce stress and support your mental well-being.

Tuesdays, Sept 9 - Nov 4* | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

*No session on Sept 30

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

UNPACKING EMOTIONS (18+)

Explore the role emotions play in your life and how to work with them.

Tuesdays, Sept 9 - Nov 4* | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

*No session on Sept 30

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

MAKING ROOM (18+)

A non-judgmental space for people managing clutter, over-collecting, or difficulty letting go.

Thursdays, Sept 4 - Oct 23 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

I AM ENOUGH (18+)

Explore self-worth, courage, and compassion through guided conversations and reflective journaling.

Wednesdays, Oct 29 - Dec 17 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

BUILDING RESILIENCE (18+)

Learn tools to strengthen resilience and well-being through guided content and group conversation.

Thursdays, Oct 30 - Dec 18 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

Connect and Celebrate

DROP-IN PLAY (FAMILIES WITH KIDS 0-6 YEARS)

A place for families to play, snack, and sing together.

Mondays, Sept 8 - Dec 15* | 9:30 am - 11:00 am | Bowness Community Association (7904 43 Ave NW)

*No drop-in sessions on Oct 13

● Drop-in ● Childminding Available

COMMONS CONNECT (55+)

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

Mondays, Oct 6 - Dec 15 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

MONTHLY MEAL GATHERING (55+)

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

Tuesdays, Oct 14, Nov 18, and Dec 9 | 12:00 pm - 2:30 pm | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)

● Registration Required

Register by emailing: ElderFriendly@CaryaCalgary.ca

Create and Explore

SENIORS STORY TELLING (55+)

What is your story? Share memories and life stories through guided oral and written activities.

Monday, Oct 20 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

LIGHT IN THE DARKNESS (55+)

Brighten winter with crafts, conversation, and connection in this three-week creative series

Mondays, Dec 1 -15 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

GRATITUDE PRACTICE FOR SENIORS (55+)

Explore simple gratitude practices and activities while sharing stories and building connection.

Mondays, Nov 3 - 24* | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

TASTE AND TRY (55+)

Connect with others while exploring new foods, activities, and experiences in a fun, welcoming space.

Tuesdays, Sept 9 - Dec 16* | 1:30 pm - 3:30 pm | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)

*No sessions on Sept 30, Oct 14 and 28, Nov 11 and 18, and Dec 9

● Drop-in

THE NOSE KNOWS (55+)

Explore how scent connects to memory through guided activities, conversation, and creative reflection.

Wednesdays, Oct 8 - Nov 12 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Additional Supports and Services

COUNSELLING SERVICES

We offer barrier-free, subsidized counselling for families and older adults, including Family Counselling (children under 24) and Older Adult Counselling (65+). We support individuals and families in managing mental health, improving relationships, or navigating life transitions. For more information, call 403-205-5244 or email Intake@CaryaCalgary.ca

OLDER ADULT OUTREACH SERVICES

The Way In Network (65+)

Outreach workers provide information and referrals for food security, housing, health care, and transportation, help with accessing government benefits, and opportunities to join group activities and workshops. For more information, please call 403-SENIORS (403-736-4677).

In Place Social Prescribing Network (55+)

Connects older adults with limited supports to non-medical community-based resources like mental health and addition supports, financial benefits, transportation, and social connection. Referral from a health care professional required.

Older Adult Stabilization Crisis Outreach Team (55+)

Provides immediate, short-term support in times of crisis, including stabilization, safety planning, and referrals to ongoing supports. Access is through partners such as The Way In Network or Action Table Calgary. Self-referrals are not available.

Elder Abuse Response & Prevention Team (65+)

In partnership with Calgary Police Service, we support older adults experiencing suspected or confirmed abuse by providing safety planning, emotional support, and connections to resources. If you or someone you know may be experiencing elder abuse, please call the Calgary Police Non-Emergency line at 403-266-1234.

Financial Wellness

Helps you build financial confidence and make informed decisions. We offer workshops for adults (18+), financial coaching for older adults (65+), and tax clinics for low-income seniors (65+) or individuals on Income Support or AISH with no dependents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Parent Chat <div><div></div><div></div></div> <div>Relationships With Your Adult Children (18+) <div><div></div><div></div></div></div> <div>1</div>	Time to Grow (18+) <div><div></div><div></div></div> <div>Let's Move (55+) <div><div></div></div></div> <div>Making Room (18+) <div><div></div><div></div></div></div> <div>2</div>	3
Drop-In Play <div><div></div></div> <div>6</div>	Taste and Try (55+) <div><div></div></div> <div>Baby Parent-Child Mother Goose <div><div></div></div></div> <div>Circle of Security (18+) <div><div></div><div></div></div></div> <div>Be Kind to Your Mind (18+) <div><div></div><div></div></div></div> <div>Unpacking Emotions (18+) <div><div></div><div></div></div></div> <div>7</div>	Parent Chat <div><div></div><div></div></div> <div>Relationships With Your Adult Children (18+) <div><div></div><div></div></div></div> <div>Parent-Child Mother Goose <div><div></div></div></div> <div>The Nose Knows (55+) <div><div></div></div></div> <div>8</div>	Time to Grow (18+) <div><div></div><div></div></div> <div>Let's Move (55+) <div><div></div></div></div> <div>Making Room (18+) <div><div></div><div></div></div></div> <div>9</div>	10
<div>CARYA OFFICE CLOSED</div> <div>13</div>	Monthly Meal Gathering (55+) <div><div></div></div> <div>Baby Parent-Child Mother Goose <div><div></div></div></div> <div>Circle of Security (18+) <div><div></div><div></div></div></div> <div>Be Kind to Your Mind (18+) <div><div></div><div></div></div></div> <div>Unpacking Emotions (18+) <div><div></div><div></div></div></div> <div>14</div>	Parent Chat <div><div></div><div></div></div> <div>Relationships With Your Adult Children (18+) <div><div></div><div></div></div></div> <div>Parent-Child Mother Goose <div><div></div></div></div> <div>The Nose Knows (55+) <div><div></div></div></div> <div>15</div>	Time to Grow (18+) <div><div></div><div></div></div> <div>Let's Move (55+) <div><div></div></div></div> <div>Making Room (18+) <div><div></div><div></div></div></div> <div>16</div>	Weekly Wander (55+) <div><div></div></div> <div>17</div>
Drop-In Play <div><div></div></div> <div>Commons Connect (55+) <div><div></div></div></div> <div>Seniors Storytelling (55+) <div><div></div></div></div> <div>20</div>	Taste and Try (55+) <div><div></div></div> <div>Baby Parent-Child Mother Goose <div><div></div></div></div> <div>Circle of Security (18+) <div><div></div><div></div></div></div> <div>Be Kind to Your Mind (18+) <div><div></div><div></div></div></div> <div>Unpacking Emotions (18+) <div><div></div><div></div></div></div> <div>21</div>	Parent Chat <div><div></div><div></div></div> <div>Relationships With Your Adult Children (18+) <div><div></div><div></div></div></div> <div>Parent-Child Mother Goose <div><div></div></div></div> <div>The Nose Knows (55+) <div><div></div></div></div> <div>22</div>	Time to Grow (18+) <div><div></div><div></div></div> <div>Let's Move (55+) <div><div></div></div></div> <div>Making Room (18+) <div><div></div><div></div></div></div> <div>23</div>	Weekly Wander (55+) <div><div></div></div> <div>24</div>
Drop-In Play <div><div></div></div> <div>Commons Connect (55+) <div><div></div></div></div> <div>27</div>	Baby Parent-Child Mother Goose <div><div></div></div> <div>Circle of Security (18+) <div><div></div><div></div></div></div> <div>Be Kind to Your Mind (18+) <div><div></div><div></div></div></div> <div>Unpacking Emotions (18+) <div><div></div><div></div></div></div> <div>28</div>	Parent Chat <div><div></div><div></div></div> <div>Relationships With Your Adult Children (18+) <div><div></div><div></div></div></div> <div>Parent-Child Mother Goose <div><div></div></div></div> <div>The Nose Knows (55+) <div><div></div></div></div> <div>29</div>	Time to Grow (18+) <div><div></div><div></div></div> <div>Building Resilience (18+) <div><div></div><div></div></div></div> <div>30</div>	31 <div>HALLOWEEN</div>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Drop-In Play <div></div>3</div> <div>Commons Connect (55+) <div></div></div> <div>Gratitude Practice for Seniors (55+) <div></div></div>	<div>Taste and Try (55+) <div></div>4</div> <div>Baby Parent-Child Mother Goose <div></div></div> <div>Circle of Security (18+) <div></div><div></div></div> <div>Be Kind to Your Mind (18+) <div></div><div></div></div> <div>Unpacking Emotions (18+) <div></div><div></div></div>	<div>Parent-Child Mother Goose <div></div>5</div> <div>Parent Chat <div></div><div></div></div> <div>I am Enough (18+) <div></div><div></div></div> <div>The Nose Knows (55+) <div></div></div>	<div>Time to Grow (18+) <div></div><div></div>6</div> <div>Let's Move (55+) <div></div></div> <div>Building Resilience (18+) <div></div><div></div></div>	<div>Weekly Wander (55+) <div></div>7</div>
<div>Drop-In Play <div></div>10</div> <div>Commons Connect (55+) <div></div></div> <div>Gratitude Practice for Seniors (55+) <div></div></div>	<div>11</div> <div>CARYA OFFICE CLOSED</div>	<div>Parent-Child Mother Goose <div></div>12</div> <div>Parent Chat <div></div><div></div></div> <div>I am Enough (18+) <div></div><div></div></div> <div>The Nose Knows (55+) <div></div></div>	<div>Time to Grow (18+) <div></div><div></div>13</div> <div>Let's Move (55+) <div></div></div> <div>Building Resilience (18+) <div></div><div></div></div>	<div>Weekly Wander (55+) <div></div>14</div>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Drop-In Play <div></div></div> <div>Commons Connect (55+) <div></div></div> <div>Light in the Darkness (55+) <div></div></div> <div>1</div>	<div>Taste and Try (55+) <div></div></div> <div>Infant Massage & Songs <div></div></div> <div>2</div>	<div>Parent-Child Mother Goose <div></div></div> <div>Parent Chat <div></div><div></div></div> <div>I am Enough (18+) <div></div><div></div></div> <div>3</div>	<div>Time to Grow (18+) <div></div><div></div></div> <div>Let's Move (55+) <div></div></div> <div>Building Resilience (18+) <div></div><div></div></div> <div>4</div>	<div>Weekly Wander (55+) <div></div></div> <div>5</div>
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