Carya's Elder Friendly Communities — Winter 2026

LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bowmont Commons 5000 Bowness Rd NW **Tech Support** Contact Shannonb@caryacalgary.ca to book an appointment	**Bowmont Commons** **Wise and Well** 1:30 - 3:30pm Jan 12 - Mar 30 *(No group on Stat holidays)*	**Scout and Guide Hall** *8551 Bowness Rd NW* **Curiosity Cafe** 1:30 - 3:00pm Jan 27, Feb 3, Feb 24, Mar 3, Mar 24, Mar 31 **Dessert Crew** 1:30-3:30pm Jan 13, Feb 10, March 10 **Monthly Gathering Meal!** *Scout and Guide Hall* **Doors open at 12:30pm** Contact Elderfriendly@caryacalgary.ca to register! **January 20** **February 17** **March 17**	**Bowmont Commons** *5000 Bowness Rd NW* **Relationships With Your Adult Children** 1:00-3:00pm January 14 - March 4 *Registration Required* **Aging With Purpose** 1:00-3:00pm March 18 - May 6 *Registration Required*	**Scout and Guide Hall** *8551 Bowness Rd NW* **Zumba Gold** 9:30-10:30am Jan 15 - Feb 26 **Bowmont Commons** *5000 Bowness Rd NW* **Tea With Joy** 1:30-3:30pm Jan 15 - Apr 2	**Bowmont Commons** *5000 Bowness Rd NW* **Art Workshop** 10:00am - 12:00pm Jan 16 *Registration Required* **Art Class (Wet Felting)** 10:00am - 12:00pm Jan 30 - March 6 *Registration Required*
Village Commons 610 8tgh Ave SE **Tech Support** *Contact MeganR@caryacalgary.ca to book an appointment*	**English Conversation Cafe** 1:00 - 3:00pm, Jan 12 - Mar 30 *(No group on February 16th)*	**Seniors Circle of Friends** 10:00am - 11:30am	*No programs on Chow & Chatter days* **Seniors Games (Resident Led)** 10:00am - 12:00pm **Curiosity Cafe 55+** *2nd and 4th Wednesday of each month* 1:00 - 3:00pm **Chow & Chatter!** *12:00pm (Doors open at 11:00am)* *Registration opens on the first business day of each month* To register: use the QR code on the reverse of this calendar or contact MeganR@caryacalgary.ca **January 21** **February 18** **March 18**	**Art Classes 55+** 2:00 - 4:00pm February 5 - 26 March 5 - 26 *Registration Required* **Aging With Purpose** 1:00 - 3:00pm January 15 - March 5 *Registration Required* **Relationships With Your Adult Children** 1:00 - 3:00pm March 19 - May 7 *Registration Required*	**Scrabble Friends (Resident Led)** 10:00am - 12:00pm **Zumba (Drop-in)** 10:00 - 11:00am *No Zumba April 3rd* **Chair Yoga (Drop-in)** 1:00-2:00pm *No Chair Yoga April 3rd*

Drop-in Groups

Curiosity Cafe - Scouts Hall
Join us on the 1st and 4th Tuesday of each month to explore a new topic or skill! From handcrafts to different travel destinations and music genres, you are sure to learn something new!

Curiosity Cafe - Village Commons
Join us on the 2nd and 4th Wednesday of each month to explore a new topic or skill! From handcrafts to different travel destinations and music genres, you are sure to learn something new!

Dessert Crew - Scouts Hall
We will be whipping up the dessert for the following week's Bowmont Monthly Gathering meal. This is a great opportunity to flex your collaboration muscles and be a part of making some Gathering magic come to life. Whether you can bake with your eyes closed and your hands tied behind your back or don't usually venture to try a new recipe, you are welcome!

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.

Seniors Circle of Friends - Village Commons
Looking to connect with others in your neighbourhood? Want to make some new friends or learn more about the ones you've already got? Join us for casual conversation, guided discussions, and storytelling prompts in this weekly drop-in gathering.

Tea with Joy (Resident Led) - Bowmont Commons
Come along and join Joy for an afternoon tea/coffee! You're welcome to bring a craft you enjoy, a game to share, a favourite artist or song, or even a story or memory. Come meet a friend—or make a new one!

Wise & Well - Bowmont Commons
Drop-in program for seniors that creates a space to connect, share, and learn together. A place to build meaningful connections, enjoy a sense of community, and explore themes of wellness. Keep an eye out in the monthly newsletter for the months themes or special topics.

Zumba Gold- Scouts Hall
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.

Zumba Gold and Chair Yoga - Village Commons (Zoom Option Available)
Instruction provided - participate at your own pace. Contact MeganR@caryacalgary.ca for Zoom info.

Monthly Gatherings (Chow & Chatter/Monthly Meal)

Get together with new friends and old, enjoy a meal together and celebrate the magic of community. Registration opens on the first business day of each month. Register using the QR code or by contacting:

Chow & Chatter (Village Commons) MeganR@caryacalgary.ca (403-863-7675)
Monthly Meal (Bowness Scout & Guide Hall) ElderFriendly@caryacalgary.ca (403-619-5371)

Registered Groups

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).

Aging With Purpose
An 8-week group for older adults designed to improve your understanding of various challenges related to aging and what it means to 'age well'. The transition to retirement, changing physical health and adjusting to the needs of aging can cause stress in our lives. Together we will learn about what living purposeful life looks like in the midst of transition. Offered at both Bowmont Commons and Village Commons. Register with Groups@caryacalgary.ca (403-619-5371).

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).

Art Classes 55+ - Village Commons
Join one of our talented professional artists to learn new techniques and skills in these 4-part workshops at Village Commons. To register, contact MeganR@caryacalgary.ca (403-863-7675)

Art Workshop- Bowmont Commons
Join Cece Marin (professional artist) for a one off workshop to learn about wet felting! In this two hour workshop you will explore creativity and get to try wet felting. . To register, contact ElderFriendly@caryacalgary.ca (403-619-5371)

Art Class (Wet Felting) - Bowmont Commons
Join us for a 6-week wet felting class! Cece Marin (she/her) is a second generation German-Canadian multidisciplinary artist based in Calgary/Moh'kinsstis. Her practice is rooted in exploration of materials and techniques, where experimentation becomes the pathway through which new imaginative possibilities surface. To register, contact ElderFriendly@caryacalgary.ca (403-619-5371).

Elder Friendly Communities Team!

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For information about our free programs and to register, please contact: ElderFriendly@caryacalgary.ca