



# Bowmont Commons

and West Calgary Programs

**WINTER 2026 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.

You will find drop-in and registered programs, along with ongoing supports offered year-round at Carya. Each program listing includes who it is for, what it is about, the date and time, and the location. Icons show if registration is needed, if childminding is available, and if the program is held at Bowmont Commons or another community location.

Programs are listed alphabetically and offer many different kinds of experiences. To help you get a quick sense of what is available, we have grouped them into a few key areas:

- **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.

## MONTHLY CALENDARS

The monthly calendars at the back of this guide show what is happening each day. Program times are included and listed in the order they start. Some program names are shortened on the calendars. Full names are listed in the program descriptions. If you see the location icon, the program is held outside Bowmont Commons. For more details, check 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 Circle = Program takes place outside Bowmont Commons	

## 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

## HOURS OF OPERATION:

Monday to Friday: 8:30 am – 4:30 pm

*Carya's offices are closed on statutory holidays*

## ART OF KINDNESS (18+)

Try a new art project each session with prompts that explore how kindness shapes our lives. No experience needed - just a willingness to create in a fun, supportive space.

Fridays, Feb 6 - Mar 27 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd. NW)

● Registration Required   ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

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

Strengthen the bond between you and your little one and learn songs, rhymes and stories to soothe, teach and play with baby.

Tuesdays, Jan 13 - Mar 17 | 9:30 am - 10:30 am | Montgomery Community Association (5003 16 Ave NW)

Tuesdays, Feb 3 - Mar 17 | 1:30 pm - 2:30 pm | Montgomery Community Association (5003 16 Ave NW)

● Registration Required   ● Program is held at a community location

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, their ability to manage emotions, and build self-esteem. 8-week series.

Tuesdays, Jan 27 - Mar 17 | 9:30 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required   ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

## COPING SKILLS TOOLKIT - YW WORKSHOP SERIES (18+)

Learn about everyday stress and practice realistic coping skills you can use right away. Support your well-being and strengthen your relationships with simple, practical tools.

Friday, Mar 27 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd. NW)

● Registration Required

Register by emailing: Groups@CaryaCalgary.ca

## CURIOSITY CAFE (55+)

Are you a curious, lifelong learner? Explore new skills and topics each session - everything from the art of mending to discovering musical artists. You're sure to learn something new!

Tuesdays, Jan 27, Feb 3, 24, Mar 3, 24 and 31 | 1:30 pm - 3:30 pm | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)

● Drop-in   ● Program is held at a community location

## DESSERT CREW (55+)

We will be whipping up the dessert for the following week's Bowmont Monthly Gathering meal. No baking experience required.

Tuesdays, Jan 13, Feb 10, Mar 10 | 1:30 pm - 3:30 pm | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)

● Drop-in   ● Program is held at a community location

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

A place for families to connect and play! Drop by anytime for a snack and some play time. Suitable for parents and caregivers with children ages 0-6

Mondays, Jan 12 - Mar 16\* | 9:30 am - 11:00 am | Bowness Community Association (7904 43 Ave NW)

● Drop-in   ● Program is held at a community location

\*No drop-in sessions on February 16

## GOOD GRIEF (18+)

Grief and loss are natural parts of being human. This group offers a supportive space to learn about grief, explore your experiences, and discover tools to care for yourself and others.

Thursdays, Jan 15 - Mar 5 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd. NW)

● Registration Required   ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

## MONEY MADE SIMPLE: GUIDED SUPPORT TO TRACK, PLAN AND THRIVE! (18+)

Build confidence in managing your money with practical tools and guided support. Learn simple ways to track expenses, plan ahead, and strengthen your financial well-being in this eight-session series.

Wednesdays, Jan 14 - Mar 4 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

## "MONEY-SMART KID\$" BOOK CLUB (FOR PARENTS)

Join with other parents in helping your children learn about money! Using Gail Vaz-Oxlade's book Money-Smart Kid\$ (copies provided) as a starting point, parents will discuss a different chapter each week

Thursdays, Jan 8 - Feb 26 | 7:30 pm - 8:45 pm | Virtual (Online via Zoom)

● Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

### MONTHLY MEAL GATHERING (55+)

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

**Tuesdays, Jan 20, Feb 17, Mar 17 | 12:30 pm - 2:00 pm | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)**

● Registration Required ● Program is held at a community location

Register by emailing: [ElderFriendly@CaryaCalgary.ca](mailto:ElderFriendly@CaryaCalgary.ca)

### PARENT CHAT (PARENTS & CAREGIVERS WITH CHILDREN 2+)

Connect with other parents to share real-life parenting experiences in a supportive, judgment-free space. Suitable for parents with children ages 2+.

**Wednesdays, Jan 14 - Mar 18 | 9:30 am - 11:00 am | Bowmont Commons (5000 Bowness Rd NW)**

● Registration Required ● Childminding Available

Register by emailing: [Fic@CaryaCalgary.ca](mailto:Fic@CaryaCalgary.ca)

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

This mixed age group is a great way to build positive routines with your children through songs, rhymes, and stories. Great for families with toddlers and babies alike.

**Wednesdays, Jan 14 - Mar 18 | 9:30 am - 10:30 am | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)**

● Registration Required ● Program is held at a community location

Register by emailing: [Fic@CaryaCalgary.ca](mailto:Fic@CaryaCalgary.ca)

### PARENTING ANXIOUS KIDS (18+)

This eight-week program helps parents and caregivers support children aged 6–14 in managing anxiety. Learn how anxiety works and gain simple strategies to build confidence and coping skills at home.

**Wednesdays, Jan 28 - Mar 18 | 6:00 pm - 8:00 pm | Bowmont Commons (5000 Bowness Rd. NW)**

● Registration Required ● Childminding Available

Register by emailing: [Groups@CaryaCalgary.ca](mailto:Groups@CaryaCalgary.ca)

### RELATIONSHIPS WITH YOUR ADULT CHILDREN (18+)

Explore how family dynamics shift as children become adults. Build communication skills, boundaries, and wellness practices that support healthy relationships during periods of change.

**Wednesdays, Jan 14 - Mar 4 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd. NW)**

● Registration Required ● Childminding Available

Register by emailing: [Groups@CaryaCalgary.ca](mailto:Groups@CaryaCalgary.ca)

### TEA WITH JOY (55+)

Join Joy for tea or coffee and a relaxed time to connect with new and familiar faces. Bring a craft, game, music, or a story to share, if you would like.

**Thursdays, Jan 15 - Apr 2 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)**

● Drop-in

### TIME TO GROW (18+)

Build confidence and strengthen everyday skills in this seven-week group focused on communication, problem-solving, and self-awareness. Explore themes like self-esteem, confidence, and self-compassion to support your growth.

**Thursdays, Jan 15 - Mar 19 | 9:00 am - 11:00 am | Bowmont Commons (5000 Bowness Rd. NW)**

● Registration Required ● Childminding Available

Register by emailing: [Fic@CaryaCalgary.ca](mailto:Fic@CaryaCalgary.ca)

### UNPACKING EMOTIONS (18+)

Explore the emotions we experience each day and what they reveal about our needs and relationships. Gain insight into how understanding your feelings can guide healthier choices.

**Tuesdays, Jan 13 - Mar 3 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd. NW)**

**Wednesdays, Jan 28 - Mar 18 | 6:00 pm - 8:00 pm | Bowmont Commons (5000 Bowness Rd. NW)**

● Registration Required ● Childminding Available

Register by emailing: [Groups@CaryaCalgary.ca](mailto:Groups@CaryaCalgary.ca)

### STAYING COOL IN CONFLICT - YW WORKSHOP SERIES (18+)

Learn how stress and conflict affect your relationships and discover new ways to respond with care. Build skills that help you stay grounded and keep your connections healthy.

**Friday, Jan 23 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd. NW)**

● Registration Required

Register by emailing: [Groups@CaryaCalgary.ca](mailto:Groups@CaryaCalgary.ca)

### STRESS, TRAUMA & THE BRAIN - YW WORKSHOP SERIES (18+)

Explore how stress and trauma impact the brain and learn simple tools to reduce their effects. Build confidence in navigating stress in your daily life.

**Friday, Feb 27 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd. NW)**

● Registration Required

Register by emailing: [Groups@CaryaCalgary.ca](mailto:Groups@CaryaCalgary.ca)

## WET FELTING POP-UP ART WORKSHOP (55+)

Join professional artist Cece Marin for a one-time, two-hour wet felting workshop. Explore your creativity and try this hands-on art technique.

**Friday, January 16 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)**

- Registration required

Register by emailing: [ElderFriendly@CaryaCalgary.ca](mailto:ElderFriendly@CaryaCalgary.ca)

## WET FELTING ART CLASS (55+)

Join us for a 6-week wet felting class with artist Cece Marin (she/her), a Calgary-based multidisciplinary artist who explores materials and creative techniques.

**Fridays, January 30 - Mar 6 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)**

- Registration required

Register by emailing: [ElderFriendly@CaryaCalgary.ca](mailto:ElderFriendly@CaryaCalgary.ca)

## WISE AND WELL (55+)

Opportunity to connect, meet friends old and new, learn together and take away strategies for wellness in all its forms.

**Mondays, Jan 12 - Mar 30\* | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)**

- Drop-in

\*No session on Feb 16

## ZUMBA GOLD (55+)

Get your blood pumping in this guided, energetic, dance-movement class.

**Thursdays, Jan 15 - Feb 26 | 9:30 am - 10:30 am | Bowness Ratepayers Scout and Guide Hall (8551 Bowness Rd NW)**

- Drop-in
- Program is held at a community location

# 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](mailto: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.



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