











| LOCATIONS   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|---|--|
| <p><b>Bowmont Commons</b><br/>5000 Bowness Rd NW</p> <p><b>Tech Support</b><br/>Contact Elderfriendly@caryacalgary.ca to book an appointment</p>  | <p><b>Bowmont Commons</b><br/><b>Wise and Well</b><br/>1:30 - 3:30pm<br/>Mar 2 - June 22<br/>(No group Mar 30, May 18, June 1)</p>   | <p><b>Scout and Guide Hall</b><br/>8551 Bowness Rd NW<br/><b>Curiosity Cafe</b><br/>1:30 - 3:00pm<br/>Mar 3, Mar 24, Apr 7, Apr 28, May 5, May 26, June 23<br/><b>Dessert Crew</b><br/>1:30-3:30pm<br/>Mar 10, Apr 14, May 12, June 9</p> <p><b>Monthly Gathering Meal!</b><br/>Scout and Guide Hall<br/>Doors open at 12:30pm<br/>Contact Elderfriendly@caryacalgary.ca to register!</p> <p> March 17<br/>April 21<br/>May 19<br/>June 16</p> | <p><b>Bowmont Commons</b><br/>5000 Bowness Rd NW</p> <p><b>Aging With Purpose</b><br/>1:00-3:00pm<br/>March 18 - May 6<br/><b>Registration Required</b><br/>Groups@caryacalgary.ca</p> <p></p> | <p><b>Scout and Guide Hall</b><br/>8551 Bowness Rd NW<br/><b>Zumba Gold</b><br/>9:30-10:30am<br/>Mar 5 - Apr 30<br/><b>Bowmont Commons</b><br/>5000 Bowness Rd NW<br/><b>Tea With Joy</b><br/>1:30-3:30pm<br/>Mar 5 - April 30</p> <p></p> | <p><b>Bowmont Commons</b><br/>5000 Bowness Rd NW</p> <p><br/><b>YWCA Workshop</b><br/><u>Coping Skills Toolkit</u><br/>10:00-11:30am<br/>March 27<br/><b>Registration Required</b><br/>Groups@caryacalgary.ca</p> <p><b>Senior's Week is June 1 - 5!</b><br/><b>Stay tuned for fun events happening at Carya!</b></p> |
| <p><b>Village Commons</b><br/>610 8<sup>th</sup> Ave SE</p> <p><b>Tech Support</b><br/>Contact MeganR@caryacalgary.ca to book an appointment</p>  | <p><b>English Conversation Cafe</b><br/>1:00 - 3:00pm,<br/>March 2 - June 15<br/>(No group on May 18, June 1)</p> <p></p> | <p><b>Seniors Circle of Friends</b><br/>1:00pm - 2:30pm<br/>(No group June 2, June 16)</p> <p></p>   | <p>No programs on Chow &amp; Chatter days</p> <p><b>Drop-in Games 55+ (Resident Led)</b><br/>10:00am - 12:00pm<br/><b>Chess with Rick</b><br/>10:00am - 12:00pm</p> <p><b>Curiosity Cafe 55+</b><br/>Mar 11, Apr 8, May 13, May 27, June 10, June 24<br/>1:00 - 3:00pm</p>        | <p><b>Art Classes 55+</b><br/>2:00 - 4:00pm<br/><u>Series 1 Portrait Making:</u><br/>April 2 - 30<br/><u>Series 2 Still Life:</u><br/>May 7 - 28<br/><u>Series 3 Alternate Materials:</u><br/>June 4 - 18<br/><b>Registration Required</b><br/>Series 2 and 3 registration will prioritize first-time participants.</p>       | <p><b>Drop-in Games 55+ (Resident Led)</b><br/>10:00am - 12:00pm<br/>(No Games April 3rd)</p> <p><b>Zumba Gold (Drop-in)</b><br/>10:00 - 11:00am<br/>(No Zumba April 3, June 26)</p> <p><b>Chair Yoga (Drop-in)</b><br/>1:00-2:00pm<br/>(No Chair Yoga April 3, June 26)</p> <p></p>                                |
| <p><b>Chow &amp; Chatter!</b><br/>12:00pm (Doors open at 11:00am)<br/>Registration opens on the first business day of each month</p> <p>To register: use the QR code on the reverse of this calendar or contact MeganR@caryacalgary.ca</p> <p>March 18<br/>April 22<br/>May 20<br/>June 17</p> <p></p> |  |   | <p><b>Relationships With Your Adult Children</b><br/>1:00 - 3:00pm<br/>March 19 - May 7<br/><b>Registration Required</b><br/>Groups@caryacalgary.ca</p>   |   |  |

## Drop-in Groups

### Curiosity Cafe - Scouts Hall

Join us on the 1<sup>st</sup> and 4<sup>th</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> 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

Instruction provided - participate at your own pace.

### Elder Friendly Communities Team!



Kate

KateH@caryacalgary.ca



Megan

MeganR@caryacalgary.ca



Shannon

ShannonB@caryacalgary.ca



Jeff

JeffreyJ@caryacalgary.ca

## Registered Groups

### Relationships With Your Adult Children - Village Commons

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](mailto:Groups@caryacalgary.ca) (403-619-5371).

### Aging With Purpose - Bowmont Commons

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](mailto: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](mailto:MeganR@caryacalgary.ca) (403-863-7675) or at Bowmont with [Elderfriendly@caryacalgary.ca](mailto:Elderfriendly@caryacalgary.ca) (403-681-6193).

### 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](mailto:MeganR@caryacalgary.ca) (403-863-7675)

### YWCA Workshop : Coping Skills Toolkit - Bowmont Commons

Learn more about everyday stress and realistic coping skills that support healthy relationships. To register email [Groups@caryacalgary.ca](mailto:Groups@caryacalgary.ca) (403-619-5371)

## 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](mailto:MeganR@caryacalgary.ca) (403-863-7675)

**Monthly Meal (Bowness Scout & Guide Hall)** [ElderFriendly@caryacalgary.ca](mailto:ElderFriendly@caryacalgary.ca) (403-619-5371)



For information about our free programs and to register, please contact: [ElderFriendly@caryacalgary.ca](mailto:ElderFriendly@caryacalgary.ca)