



Bowmont Commons

and West Calgary Programs

SUMMER 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 EXPLORERS - BEGINNER OIL PAINTING

Learn the essentials of oil painting as you explore different techniques of landscape painting. Skies, water, trees, mountains and meadows will all be covered. The projects will use both alla-prima and glazing techniques.

Thursdays, Jul 9 - Aug 13 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: JulieL@CaryaCalgary.ca

ART EXPLORERS - MULTIPLE MEDIUMS

Explore a variety of media, including watercolours, acrylic, collage, pastels, pencils and more. You'll complete guided projects with the class that explore a single medium and "mix" them up (mixed media), and you'll have the opportunity to create your own projects. This class will truly be an exploration!

Fridays, Jul 10 - Aug 21 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: JulieL@CaryaCalgary.ca

BABY PARENT-CHILD MOTHER GOOSE (BABY PCMG) (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. For families with infants 0-12 months.

Tuesdays, Jul 7 - Aug 18 | 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

BUILDING YOUR EMOTIONAL TOOLKIT

In this single-session drop-in workshop, participants will begin building an emotional toolkit by exploring practical strategies to support emotional wellbeing, increase self-awareness, and navigate life's challenges with greater resilience.

Tuesday, Aug 18 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● **Drop-in**

COOK & CHAT

Join us as we cook and enjoy a meal together! You will have an opportunity to learn cooking skills and eat a delicious meal in good company!

Wednesday, Aug 5 | 10:00 am - 1:00 pm | Scouts Hall (8551 Bowness Rd NW)

● **Registration required** ★ **Special Event**

Register by emailing: ElderFriendly@CaryaCalgary.ca

CREATING YOUR END-OF-LIFE BINDER (18+)

If you could use some help with gathering the information that will be needed to settle your final estate, this session can help.

Thursday, Jul 9 | 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● **Drop-in**

DRUM CIRCLE

Let rhythm take over and be a part of the power of drumming, a simple and universally enjoyed artistic expression. No musical experience needed.

Tuesdays, Jul 21 & Aug 11 | 1:30 pm - 3:30 pm | Scouts Hall (8551 Bowness Rd NW)

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

GETTING READY FOR KINDERGARTEN (GRFK)

This session for parents and caregivers will help your child start kindergarten with confidence! Parents and caregivers will learn ways to support their child's school readiness through practical activities to support their child's foundational learning skills.

Two Sessions. Jul 6 & Jul 13 | Bowmont Commons (5000 Bowness Rd NW)

● **Registration required** ● **Childminding Available**

Register by emailing: FIC@CaryaCalgary.ca

HILLHURST DROP-IN PLAY & MINI MOTHER GOOSE

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

Fridays, Jul 10, 24 & Aug 7, 21 | 10:00 am - 11:30 am | Hillhurst Sunnyside Community Association (1320 5 Ave NW)

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

INSIDE SCOOP: CANNING & FERMENTING (55+)

Come share your experiences and have a conversation with others about canning and fermenting! This is an opportunity for everyone to share tips and tricks and learn from others! All levels of canning and pickle-ers welcome!

Thursday, Aug 13 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

- Drop-in

INSIDE SCOOP: GARDENING (55+)

Come share your experiences and have a conversation with others about gardening! This is an opportunity to share any tips and tricks you have and to learn from others! All levels of gardeners welcome!

Tuesday, Jul 14 | 1:30 pm - 3:30 pm | Scouts Hall (8551 Bowness Rd NW)

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

INSIDE SCOOP: THRIFTING (55+)

Come share your experience with others about thrifting! This is an opportunity to talk about all the tips and tricks and best spots to go thrifting in the city! Doesn't matter if you are an experienced thrifter or just getting started - all welcome!

Tuesday, Jul 28 | 1:30 pm - 3:30 pm | Scouts Hall (8551 Bowness Rd NW)

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

MEDITATION

Join us as we learn and try different meditation practices that help us calm our minds and our bodies. This is a great opportunity to learn some meditation techniques and take some time to slow down in the midst of the busy-ness.

Tuesdays, Aug 4 & Aug 25 | 1:30 pm - 3:30 pm | Scouts Hall (8551 Bowness Rd NW)

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

MINDFULNESS WALK

Join us on a mindfulness walk that will help us (re)connect with the natural world around us! On our walk we will practice being in the present moment, noticing the things we might otherwise be too busy to notice. After our walk we will talk about mindfulness and how connecting to our senses benefits our every day lives.

Tuesday, Jul 28 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

- Drop-in

MONEY HABITS, MONEY ATTITUDES

Participants will learn about six types of spending patterns and the good, the bad and the ugly of each.

Thursday, Aug 6 | 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

- Drop-in

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, Jun 2 - Jul 28 | 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, Apr 2- May 23 | 7:30 pm - 8:45 pm | Virtual (Online via Zoom)

- Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

MONTGOMERY DROP-IN PLAY & MINI MOTHER GOOSE

A place for families to connect and play! Drop by anytime for snack, play time and a mini mother goose circle! Suitable for parents and caregivers with children ages 0-6. If the program is outdoors, bring your own blanket for songtime.

Tuesdays, Jul 14 - Aug 18 | 9:30 am - 10:30 am | Montgomery Community Association (5003 16 Ave NW)

- Program is held at a community location

Register by emailing: Fic@CaryaCalgary.ca

MULTIGENERATIONAL BBQ

Connect with your community at our Multigenerational BBQ at the Bowness Scout and Guide Hall! Enjoy a delicious lunch, fun games, and engaging activities for all ages. This event is open to everyone—bring your family, friends, and neighbors for a day of connection and celebration!

Friday, Aug 21 | 11:00 am - 1:00 pm | Scouts Hall (8551 Bowness Rd NW)

● Drop-in ● Program is held at a community location ★ Special event

OUTDOOR MINI MOTHER GOOSE & SNACKS WITH SENIORS (OMMG)

Join us in the backyard garden area at the Scout and Guide Hall for a morning of mother-goose. Afterwards, we will join the Carya Elder Friendly group inside for a shared snack! Bring your own blanket!

Wednesdays, Jul 15, 29 & Aug 12 | 10:00 am - 11:30 am | Scouts Hall (8551 Bowness Rd NW)

● Drop in ● Program is held at a community location

Register by emailing: Fic@CaryaCalgary.ca

RBC PRESENTS: UNDERSTANDING RRSP'S & RIF'S

Please join RBC as they present on RRSP's and RIF's.

Wednesday, Jul 8 | 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

RBC PRESENTS: WILLS & ESTATE PLANNING

Please join RBC as they present on Wills and Estates. Clear instructions for each step in the process of creating a will, and estate planning.

Thursday, Jul 11 | 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

REVIEW. ADJUST. MOVE FORWARD: MONTHLY MONEY MANAGEMENT

Identify the essentials to keep an eye on to avoid money surprises. Participants will receive tips and tools for easy money management.

Thursday, Aug 13 | 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

SAVVY GROCERY SHOPPING (18+)

Learn how to make the most of your food dollars by using workarounds to avoid the strategies stores use to sell more.

Wednesday, Jul 22, 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

SENIORS BENEFITS 101 (18+)

Are you getting all the benefits you are entitled to receive? This session covers the benefits available to seniors from our federal, provincial and municipal governments, shows how to determine your eligibility for each as well as how to apply.

Thursday, Aug 20, 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

SOURCING FREE & LOW-COST FOOD IN CALGARY (18+)

Do you know about the Calgary Food Map and other resources available locally to help you stretch your food dollars?

Wednesday, Jul 15, 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

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, Jul 9 - Aug 27 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

THE POWER OF PLAY

Play isn't just for kids! Come join us for a relaxed and engaging drop-in filled with games, laughter, and connection. Together we'll explore how play can help us unwind, connect with others, and bring a little more joy into everyday life.

Tuesday, Aug 25, 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

- Drop-in

WALK

Join us for a walk around the community! This is a great opportunity to connect and get outdoors!

Mondays, Jul 13 - Aug 21 | 9:30 am - 10:30 am | Bowmont Commons (5000 Bowness Rd NW)

- Drop-in

WELLNESS TRIVIA

Curious about the groups and supports available at Carya? This single-session drop-in offers a fun and low-pressure way to learn more through conversation, teamwork, and a friendly game format. Explore different wellness topics, meet others, and discover programs that may be a good fit for you.

Tuesday, Jul 21 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

- Drop-in

YW WORKSHOP - HEALTHY RELATIONSHIPS 1.0 STAYING COOL IN CONFLICT

Participants will learn to identify how stress and conflict impacts the health of relationships. Join the workshop to learn new approaches to conflict in your life, treat yourself with compassion, and keep your relationships safe and healthy.

Friday, Jul 17 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

- Registration Required

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - HEALTHY RELATIONSHIPS 2.0 GROWING THROUGH CONFLICT

Our 2.0. series is for participants who have already attended our boundaries workshop and would like to explore the topic with more depth, or for those learning about the topic for the first time. Participants will learn about the connection between power dynamics and conflict. They will also explore their personal conflict styles, and the challenges and benefits they present.

Friday, Jul 31 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

- Registration Required

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - HEALTHY RELATIONSHIPS 2.0 GROUNDED & MINDFUL

Our 2.0. series is for participants who have already attended our stress and trauma workshop and would like to explore the topic with more depth, or for those learning about the topic for the first time. Participants will explore stress responses in more detail, as well as the science behind how grounding strategies work.

Friday, Aug 28 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

- Registration Required

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - HEALTHY RELATIONSHIPS 1.0 STRESS, TRAUMA & THE BRAIN

Participants will learn about different kinds of stress, and how toxic stress and trauma can affect our brain, including skills to combat toxic stress. Join the workshop to learn about how to confidently confront stress in your life.

Friday, Aug 21 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

- Registration Required

Register by emailing: Groups@CaryaCalgary.ca

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 addiction 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

We offer financial literacy 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. Keep an eye out for occasional one-time financial literacy sessions offered throughout the year.

June

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>	<p>2</p> <p>1:30-3:30 Money Made Simple ●</p> <p>1:30-3 EOL Binder ●</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>8</p> <p>1:30-3 RBC - RRSP's and RIF's ●</p>	<p>9</p> <p>1:30-3:30 Money Made Simple ●</p>	<p>10</p>	<p>11</p> <p>1:30-3 RBC - Wills & Estate Planning ●</p> <p>1:30-3:30 Tea With Joy (55+) ●</p>	<p>12</p>
<p>15</p>	<p>16</p> <p>1:30-3:30 Money Made Simple ●</p>	<p>17</p>	<p>18</p> <p>1:30-3:30 Tea With Joy (55+) ●</p>	<p>19</p>
<p>22</p>	<p>23</p> <p>1:30-3:30 Money Made Simple ●</p>	<p>24</p>	<p>25</p> <p>1:30-3:30 Tea With Joy (55+) ●</p>	<p>26</p>
<p>29</p>	<p>30</p> <p>1:30-3:30 Money Made Simple ●</p>			

July

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6 10-11:30 GRFK ● ●	7 10-11 Baby PCMG ● ● 1:30-3:30 Money Made Simple ●	8 9:30-11 PCMG ● ● 1:30-3:30 Money Made Simple (18+) ●	9 1-3:30 Beginner Oil Painting ● 1:30-3:30 Tea With Joy (55+) ●	10 10-11:30 Hillhurst Drop-In Play ● ● 10-12 Multiple Mediums ●
13 9:30-11 Montgomery Drop-In Play ● ● 9:30-10:30 Walk ● 10-11:30 GRFK ● ●	14 10-11 Baby PCMG ● ● 10-11:30 Montgomery Drop-In Play ● ● 1-3 Wellness Trivia ● 1:30-3:30 Gardening ● ● 1:30-3:30 Money Made Simple ●	15 9:30-11 PCMG ● ● 1:30-3 Sourcing Food ● 10-11:30 OMMG ● ●	16 1-3:30 Beginner Oil Painting ● 1:30-3:30 Tea With Joy (55+) ●	17 10-12 Multiple Mediums ● 10-11:30 YW Workshop 1.0 ●
20 9:30-10:30 Walk ●	21 10-11 Baby PCMG ● ● 10-11:30 Montgomery Drop-In Play ● ● 1-3 Wellness Trivia ● 1:30-3:30 Drum Circle ● ● 1:30-3:30 Money Made Simple ●	22 9:30-11 PCMG ● ● 1:30-3 Savvy Grocery ●	23 1-3:30 Beginner Oil Painting ● 1:30-3:30 Tea With Joy (55+) ●	24 10-11:30 Hillhurst Drop-In Play ● ● 10-12 Multiple Mediums ●
27 9:30-11 Montgomery Drop-In Play ● ● 9:30-10:30 Walk ●	28 10-11 Baby PCMG ● ● 10-11:30 Montgomery Drop-In Play ● ● 1-3 Mindfulness Walk ● 1:30-3:30 Money Made Simple ● 1:30-3:30 Thrifting ● ●	29 9:30-11 PCMG ● ● 1:30-3:00 Cooking For 1 ●	30 1-3:30 Beginner Oil Painting ● 1:30-3:30 Tea With Joy (55+) ●	31 10-12 Multiple Mediums ● 10-11:30 YW Workshop 2.0 ●

August

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30-10:30 Walk ●</p> <p>9:30-11 Bowness Drop-In Play ● ●</p>	<p>4</p> <p>10-11 Baby PCMG ● ●</p> <p>10-11:30 Montgomery Drop-In Play ● ●</p> <p>1:30-3:30 Meditation ● ●</p>	<p>5</p> <p>10-1 Cook & Chat (55+) ●</p>	<p>6</p> <p>1-3:30 Beginner Oil Painting ●</p> <p>1:30-3 Money Habits ●</p> <p>1:30-3:30 Tea With Joy (55+) ●</p>	<p>7</p> <p>10-11:30 Hillhurst Drop-In Play ● ●</p> <p>10-12 Multiple Mediums ●</p>
<p>10</p> <p>9:30-11 Bowness Drop-In Play ● ●</p> <p>9:30-10:30 Walk ●</p>	<p>11</p> <p>10-11 Baby PCMG ● ●</p> <p>10-11:30 Montgomery Drop-In Play ● ●</p> <p>1:30-3:30 Drum Circle ● ●</p>	<p>12</p>	<p>13</p> <p>1-3:30 Beginner Oil Painting ●</p> <p>1:30-3 Review. Adjust. Move Forward ●</p> <p>1:30-3:30 Tea With Joy (55+) ●</p>	<p>14</p> <p>10-12 Multiple Mediums ●</p>
<p>17</p> <p>9:30-11 Bowness Drop-In Play ● ●</p> <p>9:30-10:30 Walk ●</p>	<p>18</p> <p>10-11 Baby PCMG ● ●</p> <p>10-11:30 Montgomery Drop-In Play ● ●</p> <p>1-3 Building Your Toolkit ●</p> <p>1:30-3:30 Canning & Fermenting ●</p>	<p>19</p>	<p>20</p> <p>1:30-3 Seniors Benefits 101 ●</p> <p>1:30-3:30 Tea With Joy (55+) ●</p>	<p>21</p> <p>11-1 Multigenerational BBQ ● ●</p> <p>10-11:30 Hillhurst Drop-In Play ● ●</p> <p>10-12 Multiple Mediums ●</p> <p>10-11:30 YW Workshop 1.0 ●</p>
<p>24</p> <p>9:30-11 Bowness Drop-In Play ● ●</p> <p>9:30-10:30 Walk ●</p>	<p>25</p> <p>1-3 The Power of Play ●</p> <p>1:30-3:30 Meditation ● ●</p>	<p>26</p>	<p>27</p> <p>1:30-3:30 Tea With Joy (55+) ●</p>	<p>28</p> <p>10-11:30 YW Workshop 2.0 ●</p>
<p>31</p>				



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