



LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bowmont Commons 5000 Bowness Rd NW	Bowmont Commons Walk 9:30-11:30am July 13 - August 24 <i>(No group Aug 3)</i> <i>Walk group meets at Dale Hodges Parking Lot</i> 2111 52 St NW	Scout and Guide Hall <i>8551 Bowness Rd NW</i> Drum Circle 1:30-3:30pm July 21 & Aug 11 Creative Mindfulness & Meditation 1:30-3:30pm Aug 4 & Aug 25	Scout and Guide Hall 8551 Bowness Rd NW Little Bites, Big Hearts 10:00 -11:30am July 15, July 29, & Aug 12 <i>Make snacks for one of our family programs</i> Cook and Chat 10:00am - 1:00pm August 5 <i>Registration Required</i> <i>ElderFriendly@caryacalgary.ca</i>	Bowmont Commons 5000 Bowness Rd NW Art Explorers - Art Mediums 1:00-3:00pm July 9 - July 30 Regitration Required <i>ElderFriendly@caryacalgary.ca</i> Tea With Joy 1:30-3:30pm July 9 - August 2	Bowmont Commons <i>5000 Bowness Rd NW</i> Art Explorers - Intro to Water Colour 10:00am - 12:00pm July 10 - July 31 <i>Registration Required</i> <i>ElderFriendly@caryacalgary.ca</i>
		Wellness Collective Drop-Ins! <i>Available at Bowmont Commons</i> 1:00-3:00pm See back for dates and details!			Multigenerational BBQ! <i>Scout and Guide Hall</i> 11:00am - 1:00pm Aug 21 Enjoy a delicious lunch, games and activities for all!
Village Commons 610 8 th Ave SE Tech Support <i>Contact MeganR@carya calgary.ca to book an appointment</i>	Outdoor Adventures 10:00am - 12:00pm July 13 - Aug 24 <i>(No group Aug 3)</i> Snack Crew 1:00-3:00pm July 6 - Aug 31 <i>(No group Aug 3)</i>	Creative Mindfulness & Meditation 1:00 - 3:00pm July 14 - Aug 25 <i>(No group on Aug 4)</i>	Drop-in Games 55+ (Resident Led) 10:00am - 12:00pm Chess with Rick 10:00am - 12:00pm Song & Story Time with Seniors 10:00-11:00am July 15 & Aug 12	Walk and Stretch 10:00-11:30am July 2 - Aug 27 <i>(No group on July 2, Aug 6, Aug 13, Aug 20)</i> Cook and Chat 10:00am - 1:00pm Aug 6 <i>Registration Required</i> <i>ElderFriendly@caryacalgary.ca</i>	Drop-in Games 55+ (Resident Led) 10:00am - 12:00pm <i>(No Games July 3)</i> Zumba Gold (Drop-in) 10:00 - 11:00am Outdoor Weather Permitting <i>(No Zumba June 26, July 3)</i> Chair Yoga (Drop-in) 1:00-2:00pm <i>(No Yoga June 26, July 3)</i>
			Financial Wellness Drop-Ins! <i>Available at Bowmont Commons and Village Commons</i> 1:30-3:00pm See back for dates and details!		



Drop-in Groups

Creative Mindfulness and Meditation - Scouts Hall and Village Commons

In this class you'll be introduced to a variety of mindfulness and grounding practices to discover what works best for you. Join us for grounding techniques, mindfulness techniques, and mindful creativity!

Drum Circle - Scouts Hall

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

Little Bites, Big Hearts - Scouts Hall

Join us at Scouts Hall to make snacks for one of our Families in Community programs! While they are participating in an outdoor song and story time we will makes snacks and then get the opportunity share snack with them after the program.

Outdoor Adventures - Village Commons

Come for a new walking exploration every week to get to know destinations around the community! Every week we will head out to a new destination and have an opportunity to connect while we walk! Please wear appropriate shoes and clothing for the weather and bring some water with you! Let's explore our neighbourhood!

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!

Song and Story Time With Seniors - Village Commons

Join us as we bring seniors and young children ages 0–6 together for a joyful story time and songs.

Walk - Bowmont Commons

Join us for a walk through the Bow River valley and Bowmont Park! This is a great opportunity to connect and get outdoors! Walkers meet at Dale Hodges Parking Lot 2111 52 St NW.

Walk & Stretch - Village Commons

Join us for an opportunity to move your body and connect with others. We will do some light stretching and go for walk around St. Patrick's Island. Meet upstairs in Village Commons.

Zumba Gold & Chair Yoga- Village Commons

Instruction provided - participate at your own pace.

Elder Friendly Communities Team!



Kate
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Megan
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Shannon
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Jeff
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Registered Groups

Art Explorers Intro to Water Colours - Bowmont Commons

Learn the essentials of painting as you explore different techniques of watercolour painting.

Art Explorers : Multiple Mediums - Bowmont Commons

Explore a variety of art media. You'll complete guided projects with the class that explore different mediums with the opportunity to create your own projects. This class will truly be an exploration!

Cook & Chat - Scouts Hall & Village Commons

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!

Tech Support

Learn to use your devices! Bring your phone, laptop, or tablet. 1 on 1 support and teaching. Register for an appointment at Village Commons with MeganR@caryacalgary.ca (403-863-7675) or Elderfriendly@caryacalgary.ca.

Drop - In Wellness Collective

July 21 : Wellness Jeopardy

July 28 : Mindful Walk

August 18 : Emotion Toolkit

August 25 : Power of Play

Questions? Email groups@caryacalgary.ca

Drop - In Financial Wellness

Bowmont Commons

July 8 : RBC Presents - Understanding RRSPs and RIFs

July 15 : Sourcing Free & Low Cost Food

July 22 : Savvy Grocery Shopping

July 29 : Cooking for One on a Budget

Aug 6 : Money Habits/Money Attitudes

Aug 13 : Monthly Money Management

Aug 20 : Seniors Benefits 101

Village Commons

July 2 : Cooking for One on a Budget

July 9 : Creating Your End of Life

Binder

July 16 : RBC Presents - Wills and

Estates Planning

Aug 5 : Money Habits/Money Attitudes

Aug 12 : Monthly Money Management

Questions? Email financialwellness@caryacalgary.ca



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