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Bowmont Commons

and West Calgary Programs

FALL 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
- 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

AGING WITH PURPOSE (55+)

This eight-week group explores challenges related to aging and what it means to age well. Together, we'll learn how to navigate transitions, shifting health, and purposeful living.

Tuesdays, Oct 27 - Dec 15 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required

Register by emailing: Groups@CaryaCalgary.ca

ART CONNECTION (55+)

Exploring different mediums of art. Each series will introduce a different instructor and showcase a widerange of art technique to enrich the experience. Please contact facilitator to see which options you would like to join!

Fridays, Oct 9 - Oct 30 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: JefferyJ@CaryaCalgary.ca

ART WITH CHRISTY (55+)

Join Christy in exploring Mindfulness through art. Emphasize expression and witnessing how art can be a powerful medium to explore ourselves and others.

Fridays, Nov 6 - 27 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: JefferyJ@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, Sept 15 - Nov 17 | 9:30 am - 10:30 am | Trellis Society, Bowness Club, 7930 Bowness Rd NW

● Registration required ● Program is held at a community location

Register by emailing: Fic@CaryaCalgary.ca

BALANCE, STRENGTH & FALL PREVENTION (55+)

In collaboration with Aegis homecare. Participants will experience a low impact movement group surrouding building balance, building strength and cultivate confidence moving around without fear. Participants will have opportunities to engage with other peers who are on the same health journey.

Thursdays, Sept 17 - Dec 3 | 1:00 pm - 2:00 pm | Montgomery Community Association (5003 16 Ave NW)

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

BOWNESS DROP-IN PLAY

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.

Mondays, Sept 14 - Dec 14| 9:30 am - 10:30 am | Bowness Community Association (7904 43 Ave NW)

● Program is held at a community location

CHOW AND CHATTER (55+)

Get together with new friends and old, enjoy a meal together and celebrate the magic of community. Registration is required and opens on the first business day of each month. Space is limited, and will close the Friday before the event, or earlier if capacity is reached.

Tuesdays, Sept 15, Oct 20, Nov 17 & Dec 15 | 11:00 am - 1:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required

Register by emailing: MeganR@CaryaCalgary.ca

CREDIT - EVERYTHING YOU NEED TO KNOW

RBC presents information on Everything You Need to Know about (Credit scores, borrowing options, mortgages, and staying financially fit).

Thursday, Oct 29 | 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

DEBT MANAGEMENT SOLUTIONS

Debt management solutions budgeting, consolidation, counselling, and legal insolvency options. Learn about debt relief resources and create your own plan.

Tuesdays, Nov 17 - Dec 8 | 7:00 pm - 8:15 pm | Virtual (Online via Zoom)

● Registration required

Register by emailing: FinancialWellness@CaryaCalgary.ca

DINNER ON A DIME (55+)

Food tastes better when its fun to make! Come try out new simple repices with easy to access ingredients. Co-hosted by our own Chef, come to learn simple tricks to help bring some pizazz to dinners that are easy on your wallet and a snap to recreate at home.

Wednesdays, Oct 21 - Nov 4 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required

Register by emailing: KateH@CaryaCalgary.ca

FIBRE ARTS (55+)

Fibre Arts - Work with your hands, share your knowledge and learn from one another as we play with crocheting and macrame crafts. Make a dish cloth, slippers or a hanging plant holder during our time together.

Wednesdays, Sept 9 - Oct 7 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

GETTING READY FOR LEARNING (GRFL)

Help your child get set for learning with confidence! In this workshop, parents and caregivers will learn ways to support school readiness with practical activities that supports their child's foundational learning skills.

Fridays, Nov 6 - Nov 27 | 1:30 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

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.

Wednesdays, Sept 9 - Nov 4 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

HILLHURST DROP-IN PLAY

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, Oct 9 - Dec 11 | 10:30 am - 11:30 am | Hillhurst Sunnyside Community Association (1320 5 Ave NW)

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

IMPROV & STORYWORK (55+)

Practice your capacity to play, express yourself and work with stories that feel both familiar and new. Story draws us together and can open our eyes anew to the world around us. Practice being serious, silly and everything between together.

Wednesdays, Oct 18 - Dec 9 | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Drop-in

MINDS IN MOTION (18+)

Minds in Motion is a group to support adults living with ADHD. Balancing learning with social connection, the group offers a supportive space to understand ADHD's impact on everyday life better, develop practical skills for managing common challenges, and explore personal strengths. Through discussion, reflection, and shared experiences, participants can build confidence, foster self-compassion, and connect with others navigating similar journeys.

Tuesdays, Oct 27 - Dec 15 | 10:00 am - 12:00 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.

Tuesdays, Sept 15 - Nov 10 | 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: FinancialWellness@CaryaCalgary.ca

MONEY MADE EASY: THE BASICS OF FINANCIAL LITERACY FOR KIDS

A 5-session series designed to help participants gain practical experience with the main keys to Financial literacy. Free guidance and knowledge will be provided to help participants master the basics. This program is in collaboration with Closer to Home with hopes of educating youth to enact and achieve positive change.

Mondays, Oct 19 - Nov 16 | 5:00 pm - 7:00 pm | North Central Family Resource Network (unit 3, 176 Bedford Drive NE, Calgary, AB)

● **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

NON-FINANCIAL ASSETS

Non-Financial Assets - What are they and how do they benefit me.

Wednesday, Oct 14, 10:30 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: FinancialWellness@CaryaCalgary.ca

HABIT LAB (18+)

The Habit Lab is a 5-week interactive workshop focused on understanding habits and learning how to intentionally build the routines and behaviours that matter most to you. Through practical tools, discussion, and skill-building activities, participants will explore how habits are formed, what helps them stick, and how to create realistic strategies for lasting change. Throughout the workshop, you'll have opportunities to apply what you learn to your own personal habit goals in a supportive and engaging environment.

Thursdays, Sept 10 - Oct 8 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

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

Register by emailing: Groups@CaryaCalgary.ca

LENA START (FAMILIES WITH KIDS 0-3)

Connect with other parents while learning how everyday interactions support your child's language and brain development. Gain simple, practical strategies to boost conversations and connection with your little one.

Tuesdays, Oct 6 - Dec 8 | 9:30 am - 11:00 am | Village Commons (610 8 Ave SE)

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

Register by emailing: Fic@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, Sept 24 - Nov 12 | 7:30 pm - 8:45 pm | Virtual (Online via Zoom)

● **Registration Required**

Register by emailing: FinancialWellness@CaryaCalgary.ca

PARENT-CHILD MOTHER GOOSE (PCMG) (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, Oct 9 - Dec 11 | 9:30 am - 10:30 am | Hillhurst Sunnyside Community Association

Wednesdays, Oct 7 - Dec 16 | 9:30 am - 10:30 am | Scout & Guide Hall (8551 Bowness Rd NW)

● Registration required ● Program is held at a community location

Register by emailing: Fic@CaryaCalgary.ca

PARENTING ANXIOUS KIDS

The Parenting Anxious Kids program offers parents and caregivers of children aged 6-14 the tools and resources needed to help their child manage anxiety and build resilience. In this 8-week group, you'll explore how anxiety affects your child and learn the connection between emotions, thoughts, and behaviours. You'll gain strategies to help your child develop confidence, independence, and coping skills while addressing common barriers anxious children face. Through guidance and shared experiences, this program empowers parents and caregivers to foster resilience and emotional well-being in their children.

Thursdays, Oct 15 - Dec 3 | 6:00 pm - 8:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required

Register by emailing: Groups@CaryaCalgary.ca

PARENT CHAT

Join our parent chat group to connect with a supportive community and gain valuable insights into your parenting journey. Share your experiences, both the highs and lows, with others who truly understand, all while enjoying coffee, snacks, and laughter.

Wednesdays, Oct 7 - Dec 16 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

● Registration required ● Program is held at a community location

Register by emailing: Fic@CaryaCalgary.ca

PRACTICAL FRAUD PREVENTION

This session highlights key red flags, provide practical fraud prevention tips and share resources available to anyone affected by scams

Thursday, Oct 22, 1:30 pm - 3:30 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

PRINT MAKING (55+)

Exploring different mediums of Print. Each series will introduce a different instructor and showcase a widerange of art technique to enrich the experience. Please contact facilitator to see which options you would like to join!

Fridays, Sept 11 - Oct 2 | 10:00 am - 12:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration Required

Register by emailing: JefferyJ@CaryaCalgary.ca

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, Nov 12 | 7:30 pm - 8:45 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required

RELATIONSHIPS WITH YOUR ADULT CHILDREN (RWYAC) (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.

Tuesdays, Sept 1 - Oct 20 | | 1:00 pm - 3:00 pm | Bowmont Commons (5000 Bowness Rd NW)

● Registration required

Register by emailing: 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, Sept 10 - Oct 2 & Oct 29 - Dec 3 | 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

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, Sept 17 - Dec 3 | 9:00 am -11:00 am | Bowmont Commons (5000 Bowness Rd NW)

● **Registration required**

Register by emailing: Fic@CaryaCalgary.ca

WALK & GENTLE MOVEMENT (55+)

A gentle walk while we practice positive connection with the land we have the privilege to live on and explore the Bow River in the Dale Hodges Park. We will move indoors to the Lower Community Room in Bowmont Commons once the weather turns below -15. We will continue to participate in gentle and mindful individual powered movements to keep our connection with our own bodies strong throughout the chilly months.

Mondays, Sept 14 - Dec 14 | 9:30 am - 10:30 am | Community locations

● **Drop-in**

YW WORKSHOP - BALANCING YOUR BOUNDARIES

Participants will learn about the interplay between thoughts, feelings and behaviors, challenge language used around emotions, and learn about the Window of Tolerance.

Friday, Oct 16 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - BUILDING YOUR COPING SKILLS TOOLKIT

Participants will learn more about stress in this workshop, focus on everyday stress. The workshop introduces realistic coping skills that support healthy relationships. Join the workshop to learn how to cope in healthy positive ways.

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

● **Registration Required**

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - DRAWING YOUR BOUNDARIES

Participants will learn about how values and boundaries impact the health of a relationship >join the workshop to learn how to set personal boundaries effectively.

Friday, Oct 9 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - CREATE A ROUTINE OF ADAPTIVE COPING

Our 2.0. series is for participants who have already attended our coping skills 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 body before brain coping and tools to access adaptive coping strategies in their daily lives.

Friday, Sept 18 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - EXPLORING EMOTIONS

Participants will learn about the interplay between thoughts, feelings and behaviors, challenge language used around emotions, and learn about the Window of Tolerance.

Friday, Nov 13 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: Groups@CaryaCalgary.ca

YW WORKSHOP - RIDING THE WAVE OF EMOTIONS

Participants will explore how to identify emotions, and learn to "ride the wave" of intense emotions by practicing regulation and grounding techniques.

Friday, Nov 20 | 10:00 am - 11:30 am | Bowmont Commons (5000 Bowness Rd NW)

● **Registration Required**

Register by emailing: Groups@CaryaCalgary.ca

ZUMBA GOLD (55+)

Get your blood pumping in this guided, energetic, dance-movement class. Great music, and even better dance moves!

Fridays, Sept 4 - Dec 11 | 10:00 am - 11:00 am | Scouts Hall (8551 Bowness Rd NW)

● **Drop-in**

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1-3 RWYAC (55+) ●	2	3 10-12 CMHA Series ●	4
6	8 1-3 RWYAC (55+) ●	9 1-3 Fibre Arts (55+) ● 1-3 Good Grief (18+) ● ●	10 10-12 Habit Lab ● 1-3 Tea With Joy (55+) ●	11 10-11:30 YW - Coping Skills ● 6-8 Printmaking (55+) ●
9:30-10:30 Walk (55+) ● 9:30-11 Drop-in Play ●	14 15 9:30-10:30 Baby PCMG ● ● 11-1 Chow and Chatter (55+) ● 1-3 RWYAC (55+) ● 1:30-3:30 Money Made Easy ●	16 1-3 Fibre Arts (55+) ● 1-3 Good Grief (18+) ● ●	17 10-12 Habit Lab ● 1-2 Balance & Strength (55+) ● 1-3 Tea With Joy (55+) ● 1-3 Time To Grow ●	18 10-11:30 YW - Coping Skills 2.0 ● 6-8 Printmaking (55+) ●
9:30-10:30 Walk (55+) ● 9:30-11 Drop-in Play ●	21 22 9:30-10:30 Baby PCMG ● ● 1-3 RWYAC (55+) ● 1:30-3:30 Money Made Easy ●	23 1-3 Fibre Arts (55+) ● 1-3 Good Grief (18+) ● ●	24 10-12 Habit Lab ● 1-2 Balance & Strength (55+) ● 1-3 Tea With Joy (55+) ● 1-3 Time To Grow ● 7:30-8:45 Money Smart ●	25 6-8 Printmaking (55+) ●
9:30-11 Drop-in Play ●	28 29 9:30-10:30 Baby PCMG ● ● 1-3 RWYAC (55+) ● 1:30-3:30 Money Made Easy ●	30 1-3 Fibre Arts (55+) ● 1-3 Good Grief (18+) ● ●		