Carya's Elder Friendly Communities

FALL 2026

LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bowmont Commons 5000 Bowness Rd NW **Montgomery Community Association** 5003 16 Ave NW **Scout and Guide Hall** 8551 Bowness Rd NW **Tech Support** Contact Kateh@caryacalgary.ca to book an appointment	**Bowmont Commons** **Walk/Gentle Movement 55+** 9:30am - 11:30am Sept 14 - Dec 14 (no group Sept 28) Walk meets at Dale Hodges Parking Lot 2111 52 St NW Temperature below -15°C? Meet up at Bowmont Commons for some gentle movement	**Bowmont Commons** **Relationships With Your Adult Children** *Registration required* 1:00pm to 3:00pm Sept 1 - Oct 20 **Aging With Purpose** *Registration required* 1:00pm to 3:00pm Oct 27 - Dec 15 **Chow and Chatter BC** **Scout and Guide Hall** *Registration required* **Doors open at 12:30pm** Contact chowchatter@caryacalgary.ca to register **Sept 15, Oct 20, Nov 17, Dec 15**	**Bowmont Commons** **Fibre Arts 55+** 1:00pm - 3:00pm Sept 9 - Oct 7 (no group Sept 30) **Dinner on a Dime 55+** *Registration required* 1:00pm - 3:00pm Oct 21 - Nov 4 **Improv and Story Work** 1:00pm - 3:00pm Nov 18 - Dec 9	**Montgomery Community Association** **Balance, Strength, and Fall Prevention** *Registration required* 1:00pm -2:00pm Sept 17 - Dec 10 (no group oct 15) **Scout and Guide Hall** **Zumba Gold** 9:30am - 10:30am Sept 3 - Dec 10(No session Oct 29, Nov 5, Nov 12) **Bowmont Commons** **Tea With Joy - Arm Chair Traveller** 1:00pm - 3:00pm Sept 10 - Oct 15 **Bowmont Commons** **Tea With Joy - Senior Circle of Friends** 1:00pm - 3:00pm Oct 29 - Dec 3	**Bowmont Commons** **Print Making 55+** *Registration required* 10:00am - 12:00pm Sept 11 - Oct 2 **Art Connection 55+** *Registration required* 10:00am - 12:00pm Oct 9 - Oct 30 **Art with Christy 55+** *Registration required* 10:00am - 12:00pm Nov 6 - Nov 27
Village Commons 610 8th Ave SE **Tech Support** *Contact MeganR@caryacalgary.ca to book an appointment*	**English Conversation Cafe** 1:00pm - 3:00pm Sept 21 - Dec 14 (No group Oct 12) 	**Creative Mindfulness** 1:00pm - 3:00pm Sept 22 - Oct 13 **Curiosity Cafe** 1:00pm - 3:00pm Oct 27 - Dec 8 **Intro to Tai Chi** 10:00am - 11:00am Oct 6 to Oct 27	*No programs on Chow & Chatter days* **Seniors Games (Resident Led)** 10:00am - 12:00pm **September Social** Sept 23, 1:00pm - 3:00pm **Where in the World** Oct 7 - Nov 4, 1:00pm - 3:00pm **Story Telling** Nov 25 - Dec 9, 1:00pm -3:00pm **Chow & Chatter VC** **Doors open at 11:00am** Contact chowchatter@caryacalgary.ca to register! **Sept 16, Oct 21, Nov 18, Dec 16**	**Relationships With Your Adult Children** *Registration required* 1:00pm - 3:00pm Sept 10 - Oct 22 **Tea and Paint** 1:00pm - 3:00pm Nov 12 - Dec 3	**Scrabble Friends (Resident Led)** 10:00am - 12:00pm **Zumba (Drop-in)** 10:00am - 11:00am Sept 4 - Dec 11 **Chair Yoga (Drop-in)** 1:00pm - 2:00pm Sept 11 - Dec 11 no class Sept. 4 

Drop-in Groups

Dale Hodges Walk/Gentle Movement
Participate in a gentle walk with others while we take time to care for our bodies through movement and positive connection with the land. We will move indoors once the weather turns below -15 C, and continue to participate in gentle and mindful individual powered movements.

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.

Improv and Story Work
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.

Balance, Strength and Fall Prevention
In collaboration with Aegis Homecare, a certified facilitator will be running senior-appropriate programming surrounding balance, mobility, strength, and fall prevention

Zumba Gold
Get your blood pumping in this guided, energetic, dance-movement class. Great music, and even better dance moves! Learn some new moves and improve your coordination and cardio at the same time!

Chair Yoga
Pull up a chair and join us for an hour of instructed gentle movement focused on stretching and mobility. Increase your flexibility and calm your mind.

Tea with Joy - Arm Chair Traveller
Travel through shared stories of hometowns and adventures - listen in or sign up to present your own.

Tea with Joy- Seniors' Circle of Friends
Looking to make some friends and get to know your community better? Join us for some casual conversation, guided discussions, and coffee or tea in this welcoming weekly social drop-in group. Make friends and connect with your community.

English Conversation Cafe - Village Commons
Need a safe place to practice English? All levels welcome! Gain confidence and improve your English while connecting with new people in your community.

Curiosity Cafe
Are you a curious, life-long learner? Join us to discover new skills and learn about a different topic each session. From the art of mending, to exploring a musical artist, you are sure to learn something new! Meet great people and learn something new each session.

September Social
An intentional gathering to welcome back our Village Commons community after the summer. Enjoy each other's company and reconnect with our community after the summer months with snacks, getting-to-know-you activities and some friendly games.

Where in the World?
Each week we will "travel" to a new destination, exploring cultural norms, food, traditions, climate, and clothing. Themed snacks and discussion time to share thoughts, questions, and personal stories about each destination.

Tea & Paint
For total beginners and experts alike. Come along to follow weekly painting prompts while enjoying warm tea and conversation in this casual social art group.

Storytelling
Join us for personal story sharing and connection. With weekly guided prompts, support, and eager ears, we will laugh together and learn more about our neighbours through the art of storytelling.

Creative Mindfulness
In this class you'll be introduced to a variety of mindfulness and grounding practices to discover what works best for you. The class will end with an energizing group activity and discussion.

Resident-led programs
Stop by for games and conversation with other older adults.

Intro to Tai Chi
In collaboration with Sport Calgary. Come join us for a four-week introduction to gentle movement, mindfulness, and calm.

Registered Groups

Chow and Chatter Meal
Get together with new friends and old, enjoy a meal together and celebrate the magic of community. Registration opens on the 1st of the month; register with chowchatter@caryacalgary.ca

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 (403-863-7675) or at Bowmont with KateH@caryacalgary.ca (403-681-6193).

Relationships With Your Adult Children
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 (403-619-5371).

Aging With Purpose 60+
The transition to retirement, changing physical health and adjusting to the needs of aging can cause stress in our lives. In this 8 week group, you will gain tools and understanding to live life more purposefully, more fully enjoy relationships with others, and better manage thoughts and feelings.

Art Classes 55+
Register to learn different art styles and skills from guest facilitators

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 learn simple tricks to help bring some pizazz to dinners that are easy on your wallet and a snap to recreate at home.

Elder Friendly Communities Team!



Kate

kateh @caryacalgary.ca



Megan

meganr @caryacalgary.ca



Shannon

Shannonb @caryacalgary.ca



Jeff

jeffreyj @caryacalgary.ca

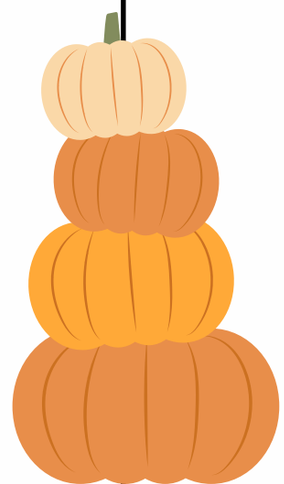
FOR INFORMATION ABOUT OUR FREE PROGRAMS AND TO REGISTER, PLEASE CONTACT: ELDERFRIENDLY@CARYACALGARY.CA

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FREE programs to connect and learn in a welcoming space! Email elderfriendly@caryacalgary.ca or visit www.caryacalgary.ca for more information!

Village Commons Drop-in Groups

English Conversation Cafe - Village Commons
Need a safe place to practice English? All levels welcome! Please come and join others just like you! Volunteers will guide participants in simple activities, conversation, and games to help you practice your English. Gain confidence and improve your English while connecting with new people in your community.

Zumba Gold
Get your blood pumping in this guided, energetic, dance-movement class. Great music, and even better dance moves! Learn some new moves and improve your coordination and cardio at the same time!

Chair Yoga
Pull up a chair and join us for an hour of instructed gentle movement focused on stretching and mobility. Increase your flexibility and calm your mind.

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Curiosity Cafe
Are you a curious, life-long learner? Join us on the 1st and 3rd Wednesday of every month to discover new skills and learn about a different topic each session. From the art of mending, to exploring a musical artist, you are sure to learn something new! Meet great people and learn something new each session.

Creative Mindfulness
In this class you'll be introduced to a variety of mindfulness and grounding practices to discover what works best for you. Each class will begin with a discussion and grounding technique, before learning a new meditative technique that will be practiced as a group. The second part of the class will allow you to mindfully engage in a silent, self-directed, creative activity of your choice, which may include painting, journalling, needlecraft, colouring, reading, puzzles and more! The class will end with an energizing group activity and discussion.

Resident-led programs
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Registered Groups

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Elder Friendly Communities Team!


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