

Bowness Seniors' Centre

NEWSLETTER

August 2024



Contact us at:

6422 35 Avenue NW

Calgary, AB T3B 1S6

403 286-4488

office@bownessseniorscentre.com

www.bownessseniorscentre.com

Office Hours:

Monday to Thursday

9:00 am - 3:45 pm

Friday 9:00 am - 3:00 pm

The Bowness Seniors' Centre acknowledges that the land we live, work, and play on is the traditional territory of the Blackfoot Confederacy, including the

Siksika, Kainai, and Piikani Nations. It is also the traditional territory of Treaty 7 signatories, including the Tsuut'ina Nation, and the Îyâxe Nakoda, Bearspaw, Chiniki, and Wesley First Nations.

This land is also the home of Métis Nation Region 3.

INDEX for Newsletter

Page	Item
2	Dates to Remember
3	August 17 Annual BBQ
4	Lawn Bowling Poster
5	September General Meeting
6	Floor Curling starting in September poster
7	Facebook information
8	Stampede parade—our participation
9	The Board—updates
10	Health Matters - types of clinics/presentations
11	Rationale for increasing exercise registration
12	Exercise Classes starting in Sept
13	Meet our exercise instructors
14	Activities - Specific activity groups
15	Bridge classes in September
16	Coffee donations and Book Club
17	August birthdays/recycling bottles/ lawyer consults
18	Committees and Volunteers
19-23	Monthly calendars
24	Thank you to our supporters.

Bowness Seniors' Centre will be closed

August 26 to Sept 6 for cleaning and floor waxing

Bowness Seniors Centre

Dates to Remember August & September 2024

August

- Mon Aug 5** **Heritage Day—Centre Closed**
Tour de Bowness Street Festival
- Mon Aug 12** Registration for Exercise classes opens
- Sat Aug 17** Annual BBQ and Fun day
- Aug 26 - Sept 6** **Centre Closed for Cleaning & Maintenance**

September

- Week of Sept 9—13** **Centre open**
Exercise classes start
Regular activities start
- Mon Sept 9— 1 pm** Floor Curling Business Meeting
- Tues Sept 10** Board of Directors Meeting
- Fri Sept 13** General Meeting 12:45 after potluck at **noon**
- Fri Sept 27** Apple Harvest Dinner Dance
- Mon Sept 30** **National Day of Truth & Reconciliation**

Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

(403) 286-4488 [website](#)



Lots of activities!

**Join Us
At Bowness Seniors' Centre**

Annual Summer

B B B Q



\$ 5 per person

**KIDS
U-12
FREE**

Saturday 17 August

11:30 - 3:30

6422 35 Ave NW

403 - 286 - 4488



**And a
Bake Table**



Bowness Seniors' Centre

6422 35 Ave NW

Calgary AB T3B1S6

403 286-4488

Website: www.bownessseniorscentre.com



SEASON
REGISTRATION

\$25

REGISTRATION
PROMOTION
FIRST 5 NEW
PEOPLE TO LAWN
BOWLING WILL
RECEIVE FREE
REGISTRATION

BOWNESS SENIORS' CENTRE LAWN BOWLING

SATURDAYS 4 - 6 PM

OUR DEDICATED CORE
OF LAWN BOWLERS
ARE HAPPY TO HELP
YOU LEARN TO PLAY.

DROP-IN \$5 MEMBERS
\$10.00 NON-MEMBERS

**Bowness
Seniors' Centre**

**6422 35 Ave NW
(403) 288-4488**



General Meeting

Sept 13, 2024

Potluck at Noon

Followed by

Meeting at 12:45

Financial Updates

**Activity Plans for the
year**

**For the Potluck, bring a dish for 6 people or
pay \$12.00 at the door.**

Floor Curling is starting again in September!

Mark your Calendar!

Monday, September 9 at 1 pm
General Business Meeting for
Floor Curling business for the
2024—2025 season.



Monday Drop In starts September 16 at 12:45

Tuesday Evening League starts October 15 at 6:45



General Business Meeting

Monday, September 9 at 1 pm
in the McIntosh Room.

Please come to help shape the
decisions for the upcoming
floor curling season.

Discussion will include Tues-
day Evening League registra-
tion fees, Drop in fees, method
for setting up teams, etc.

Bowness Seniors' Centre has a Facebook page
we will update regularly

Follow and Like
Our Facebook Page



Friends of Bowness Seniors' Centre

19 likes • 23 followers



Advertise

Manage

Edit

Posts About Mentions Reviews Followers Photos More

Use this QR code to get to our
page:

Friends of Bowness Seniors'
Centre



Bowness Stampede Parade

A great time was had by everyone who participated or watched the Annual Bowness Stampede Parade.

The Bowness Seniors' Centre was well represented in the Parade. Thanks to member Paul Godard, who lent us his convertible.

Riding in the car were Merrill Coombs (Pres.), Carol Burnstein (VP), Garry Arneson, with driver Paul Godard.

Morris Johannsen and his Daughter followed in a decorated golf cart.

Walkers (who walked the entire length of the parade) included Opal & Andrew Auchlertonie, Jo Heemskerck, Terrie Coombs, Hally (Terrie & Merv's granddaughter), Victoria Slany and a wonderful Bow Crescent resident who assisted our walkers/riders during set up.



Yahoo
podsy
Yahoo
podsy



From the Board of Directors

The following are your Board Members for 2024/2025

President Merrill Coombs (in the second year of her 2-year term)

Vice President: Carol Burnstein (elected for a 2 year term)

Treasurer Karen McIntosh (elected for a 2-year term)

Secretary Kim Olsen (one-year left on 2-year term)

Directors: all are elected for a one-year term. Opal Aucherlonie, Christine Barlow, Elaine Graham and Diana Mele .

Unfortunately Shannon Eresman has stepped back from being on the Board of Directors. We will organize/appoint a member to this position by the September General Meeting.

New look in the office.

As part of the transition from paper to computer/online, we have been reviewing and eliminating redundant paper copies. We are putting a majority of our information into computer files. We have kept historically important paper documents.

As we have been completing this, we are eliminating some of the filing cabinets that we have. If you have a deep desire for 4 drawer filing cabinet, please let the office know. So far we only have emptied one cabinet with letter size drawers, but may have a cabinet with legal size drawers in the future.

Along with eliminating some of the furniture, we will be reorganizing the office to improve customer service at the window and effective use in the office.

Due to personal issues, Gwen Delos Santos has had to step back from the book keeper's job with us, we wish her well in the future. We have been able to hire a new person who will fulfill that position, Austin Pasemko. Please say hello when you see him.

Health Matters.

Health Literacy

As mentioned earlier in the newsletter 2 talks were provided in June to support health literacy for seniors. These were: **Vaccines for Seniors &**

Vitamins and Nutrition for Seniors

Hearing

Trish Ehman Registered Hearing Aid Practitioner has presented at a Lunch and Learn and has had 2 appointment clinics organized at the BSC. **If you wish us to book a clinic day in the coming months, please let the office know and we can contact Trish to organize a day. .**

Dental

Patricia Cruz RDH from [Patricia's Mobile Hygiene](#) has a mobile wheelchair accessible van. Patricia can come to BSC regularly for dental cleaning (and other services like X-rays) appointments if there is interest. Or you can call her to come to your home for the appointment. Check out her [website](#) or call for an appointment (403) 465-1552

Dentures

Kenneth Moore from Moore Denture Clinic in Bowness .

Vision and Glasses

If there is interest, we can book a day with Blink Eyewear & Optometry for glasses check and vision testing.

If you would like to have a specific health care specialist come to speak in a "Lunch and Learn" session, please let the office know.

Exercise Classes

Over the summer the Bowness Seniors' Centre's staff analyzed our pricing, taking into consideration increased costs to operate BSC & comparing pricing to other senior activity centers.

As you can see from the table below our pricing continues to be lower than most centers.

	Seated Yoga		Line Dance		Tai chi		Fitness	
	M	NM	M	NM	M	NM	M	NM
<i>Bowness Seniors Centre</i>	\$ 5.00	\$ 7.00	\$ 5.00	\$ 7.00	\$ 5.00	\$ 7.00	\$ 5.00	\$ 7.00
Confederation Park 55+	\$ 9.50	\$ 12.42	\$ 12.00	\$ 15.50	\$ 14.25	\$ 16.75	\$ 9.50	\$ 13.00
FLC Seniors Club	\$ 9.00		\$ 7.70		\$ 8.00			
Ogden 50+								
Unison Kerby	\$ 7.00	\$ 10.00						
Greater Forest Lawn			\$ 8.33	\$ 10.00	\$ 8.33	\$ 10.00		
Parkdale nifty 50+	\$ 15.00		\$ 11.67		\$ 11.11		\$ 9.00	
Bow cliff seniors			\$ 10.00	\$ 12.50				
YMCA							\$ 10.75	
Vecova	\$ 12.00						\$ 10.00	

Offering activities at a break-even price was not as much of a financial issue when BSC had grants/funding from FCSS , but at this time BSC will need to increase our price for exercise registration.

As of Sept 2024—10 classes: \$70 for BSC/Super Member, \$100 non-member

Classes will begin the week of September 9th, 2024.

Once the sessions start & if there's room, drop in will be available.

Drop In Fee: \$10.00 for members and \$12.50 for non-members

Bowness Seniors' Centre
6422 35 Ave NW. Calgary AB T3B1S6
403 286-4488

Exercise Classes

As of Sept 2024—10 classes: \$70 for BSC/Super Member, \$100 non-member

Classes will begin the week of September 9th, 2024.

Sign up during the week of August 12 or August 19. Registration can be done in person, by phone or on the website: www.bownessseniorscentre.com

Minimum class size to run the course is 10. Maximum class size is 25. If classes fill & waiting list is large enough, we will talk to the instructors regarding the possibility of running an additional class—NOT GUARENTEED

Once the sessions start & if there's room, drop in will be available.

Drop In Fee: \$10.00 for members and \$12.50 for non-members

Fall Sessions that have been confirmed as of July 29. These may be updated in August if not enough people are event

Mondays Sept 9—Dec 2 **10 to 11 am Seated Yoga with Joanne**, no classes Sept 30, Oct 14, Nov 11

Tuesday Sept 10—Nov 12 **10:30—11:30 Be Fit with Patty**

Tuesday Sept 10—Nov 12 **11:45—12:45 Mobility for Life with Patty**

Wednesday Sept 11—Nov 20 **10—11 Tai Chi Chih; *Joy through Movement* with Joanne** no class on Oct 2

Wednesday Sept 11—Nov 13 **11:30—12:30 Line dance with Cathy**

Thursday Sept 12—Nov 14 **10:30—11:30 Be Fit with Patty**

Thursday Sept 12—Nov 14 **10:30—11:30 Mobility for Life with Patty**

Make your health a Priority. Participating in a range of physical activities lowers your risk for a number of health problems while being enjoyable. It also improves mental well-being, social interaction, bone health, cognition, quality of life and physical function.

Bowness Seniors' Centre

6422 35 Ave NW. Calgary AB T3B1S6

403 286-4488

Our Instructors

Joanne Clarkson brings knowledge from many years of practice and learning with a number of masters in North America and India.

The BSC is fortunate Joanne has agreed to teach **Seated Yoga** again and will offer **T'ai Chi Chih** this year.

A little about T'AI CHI CHIH "JOY THRU MOVEMENT"

WHAT ARE THE GREAT SECRETS OF LIFE?

Perhaps there are few of them.

Probably none is more important than the knowledge of how to circulate and balance the intrinsic energy, the vital force of the body, known as CHI in Chinese.

The rewards in Good Health, Wisdom, Serenity and Longevity are great for the one who learns the ancient principles and applies them in a modern way.

Please join us Wednesday mornings for an hour of "Joy Thru Movement" The practice can be done sitting or standing and no experience is necessary as we explore ancient wisdom traditions together!

YOU ARE WELCOME HERE

Patty Clark is a popular fitness instructor and has a loyal following at BSC.

Patty has taught many different types of exercise classes in Calgary and surrounding area. Her breadth of knowledge includes different types of fitness and exercise environments—she has led swimming and water based classes, flexibility/stretching, fitness with and without equipment. .



Cathy Gerritsen is a wonderful teacher, sharing her love of dancing.

The classes are fun and reflect the time of year and special songs. You may also be part of the demonstrations that this group provides at some of the BSC events and they have demonstrated their skills at the Colonel Belcher Health Care Centre and other locations. Come to the BBQ and see how much fun it is and you can learn some dances yourself!



Activities— charge for drop in \$2 members and \$5 non members

Some of the activities will be suspended during August & 1st week of Sept.

Billiards

- ◇ Mon, Thursday, Friday. 9—12 noon

Bridge

- ◇ Thursday 12:30—3:00.

Book Club —

- ◇ meeting the 2nd Thursday of each month at 1 pm **next meeting Sept 12**

Crafts

- ◇ Mon 11.00am *Drop In, Bring lunch, a project, or make event decorations.*

CRIB & Euchre

- ◇ Tues at 12.45—3:00 pm .

Darts

- ◇ Tuesday 1 pm time slot available, 2 boards. No players at this time—do we have anyone interested in getting some teams together for the fall?

Floor Curling

- ◇ **Starts September** Monday 12:45 Drop In Tuesday Evening League Play

Lawn Bowling (only playing on Sat. now, this may change with demand)

- ◇ **Saturday** 4—6 pm Register for the season \$25.00 or \$2.00 drop in

Shuffle Board

- ◇ Wed 9:30—11:30 a.m.

Sing-A-Long

- ◇ Wednesday 1—2 pm starting **September 11**

Whist

- ◇ Mondays 1—3

Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

403 286-4488



Intermediate Bridge Lessons

Instructors: Tom Wilcock & Greg Mayan

Wednesdays September 18 till Nov 13, 2024

1:00—3:00 pm

10 lessons

Maximum of 20 participants.

\$65.00 for the 10 session

Price includes a manual, skilled supervision and assistance while playing pre-set hands with time to practice.

Each week the emphasis will be on different aspects of the game. Participants will learn the best way to bid, play and defend hands and then have time to hone their new skills on pre-dealt hands.

Based on availability, a drop in fee per week/lesson is \$10.



Bowness Seniors' Centre

6422 35 Ave. NW

Calgary, AB, T3B 2B7

(403) 286-4488

www.bownessseniorscentre.com

Coffee

We have been very fortunate that the Bowness Seniors' Centre has not had to buy any coffee since we reopens after COVID closures. This was thanks to the donations of many cans of ground coffee by our very generous members.

Our stash is dwindling!

We would appreciate more donations of cans/containers of ground coffee (real or decaf)

If we receive enough donations, we can continue to offer coffee at no charge.



Bowness Seniors' Book Club News



The Book Club has a maximum number of 10 in the group.. We are restricted by the number of books the Book Club can take out from the library at one time.

If you are interested in reading some really good books (and some not so good!) and engage in interesting and informative discussions, we would love to have you join our group.

We meet the 2nd Thursday of the month at 1 pm in the Board room. Last meeting was June 13 and we will re-start September 12

If you are interested, please leave your name and phone number at the office and Shiela Harvey or Anne Williams from the book club will be in touch with you.

There is no charge to be part of the group other than the \$2.00 drop in fee.

August Birthdays

Graceyna Bindos

Richard Buechi

Elizabeth Buechi

John Burnett

Marilynne Cal

Gloria Carlson

Orest Chalupiak

Dawn Douthwaite

Christianne Franziska

Rose Grace

Askok Garde

Darlene Halsall

Yvonne Hardy

Malcolm Harrison



Jo Heemskerk

Gloria Massiah

Eva Miedema

Tim Mossing

Grace Murdoch

Phyllis Mussig

Carol Ritco

Ellen Slaughter

Harry Sorensen

Valerie Simon

Rachel Sutton

Inez Walker

Don Weber

Linda Whyte



Bottles and cans cluttering up your house?

Solve your problem by donating them to the Bowness Seniors' Centre. Bring the bottles/cans in a bag or box & we take them to be recycled.



Free 1/2 hour appointments to consult with a local Lawyer

Lawyers Amina Muhammad or Anthony Merah from the Bowness Montgomery Law Office come to the Bowness Seniors' Centre for a free 1/2 hour consultation to assist our Seniors in suggestions or information in drawing up Wills, Power of Attorney, and other similar Legal concerns.

The 1/2 hour consultation sessions are on the last Tuesday of every month from 11:00 to 12:30 p.m. If you wish to talk to a lawyer, please call the BCS office at 403 286-4488 for a booking.

The BSC wants to give a big thank you to the lawyers from the Bowness Montgomery Law office in their support of our Seniors and the BSC

Committees

It is the responsibility of each Director on the Board to Chair a volunteer committee which support the smooth functioning of the Bowness Seniors Centre and events for the membership.

We will be reorganizing some of the committees to reflect the new members on the Board of Directors.

Committee	Chair/committee members
By-Law & Policy/Procedure	Carol Burnstein, Fran Sterling, Karen McIntosh
Crafts & Decoration	Carol Burnstein, seconded Janet Gowdy
Cooking	Elaine Graham & Bev Petersen Co Chair
Communication	Karen McIntosh
Funding/Fund Raising	Elaine Graham
Gardening	Merv Coombs
Maintenance	Richard Buechi
Marketing	
Telephone	Fran Sterling
Nomination Committee	Merrill Coombs, Carol Burnstein, Fran Sterling
Volunteers	Bev Petersen

If you were lucky enough to sample the Test Kitchen on July 17 or July 31. you enjoyed home made soups (chicken vegetable, carrot squash cream soup, tomato basil) , cheddar chive buttermilk biscuits, broccoli cranberry almond with a dill dressing, nectarine apple crisp with vanilla ice cream.



It was wonderful. Each participant was able to order their choice of soup, and it was delivered by the campers. The campers ranged in age from 6—13. The camp leaders were from the Scenic Acre Community Association.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Whist 1:00 - 3:00 Billiards a.m.	Crib & Euchre 12:45—3:00	Shuffle Brd. 9:30—11:30	Bridge 12:30 Billiards a.m.	Billiards a.m.	Lawn Bowling 4—6
August				1	2	3
4	5 Tour De Bowness Street Festival Centre Closed for Heritage Day Holiday	6	7	8	9	10
11	12 Registration opens for Exercise Classes	13	14	15	16	17 Annual BBQ 11:30—3:00
18	19	20	21	22	23	24
25	Centre is closed August 26 until Sept 7 Activities & classes start week of Sept 9					
	26	27	28	29	30	31

Drop In Fees apply to all activities EXCEPT pre-paid classes or events

Bowness Seniors' Centre

Where Good Friends Meet

6422 35 Ave. NW Calgary AB T3B1S6

(403) 286-4488 www.bownessseniorscentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Whist 1:00 - 3:00 Billiards a.m.	Darts 1 pm Crib & Euchre 12:45—3:00	Shuffle Brd. 9:30—11:30	Bridge 12:30— 3:00 Billiards a.m.	Billiards a.m.	Lawn Bowling 4—6
September 2 1	Centre is closed August 26 until Sept 7 Activities & classes start week of Sept 9					
8	9 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	10 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45 Board Meeting noon	11 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	12 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45 Book Club 1pm	13 General Meeting & Potluck 12 noon	14
15	16 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	17 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	18 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	19 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	20	21
22	23 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	24 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	25 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	26 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	27 Harvest Apple Dinner Dance	28 
29	30 Seated Yoga 10— 11 Cancelled Crafts 11—3 Floor Curling 12:45	:				


Drop In Fees apply to all activities EXCEPT pre-paid classes or events

Bowness Seniors' Centre

6422 35 Ave. NW Calgary AB T3B1S6

Where Good Friends Meet

(403) 286-4488 www.bownessseniorscentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Whist 1:00 - 3:00 Billiards a.m.	Darts 1 pm Crib & Euchre 12:45—3:00	Shuffle Brd. 9:30—11:30	Bridge 12:30— 3:00 Billiards a.m.	Billiards a.m.	
October		1 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45 Board Meeting noon	2 Tai Chi Chih 10—11 Cancel Line Dancing 11:30—12:30 Bridge Lessons Sing A Long 1:00 - 2:00	3 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	4	5
6	7 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	8 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	9 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	10 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45 Book Club 1pm	11	12
13	14 Thanks Giving Holiday Centre Closed	15 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	16 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	17 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	18	19
20	21 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	22 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	23 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	24 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45	25 Octoberfest Dinner Dance	26
27	28 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	29 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45 Board Meeting noon	30 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	31 Be Fit 10:30— 11:30 Mobility for Life 12:45—1:45		



Drop In Fees apply to all activities EXCEPT pre-paid classes or events

Bowness Seniors' Centre




Where Good Friends Meet

6422 35 Ave. NW Calgary AB T3B1S6

(403) 286-4488 www.bownessseniorscentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Whist 1:00 - 3:00 Billiards a.m.	Darts 1 pm Crib & Euchre 12:45—3:00	Shuffle Brd. 9:30—11:30	Bridge 12:30— 3:00 Billiards a.m.	Billiards a.m.	
November					1 General Meeting & Potluck 12 noon	2
3	4 Seated Yoga 10—11 Crafts 11—3 Floor Curling 12:45	5 Fitness 10:30—11:30	6 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	7 Fitness 10:30—11:30	8	9
10	11 Centre Closed Remembrance Day 	12 Fitness 10:30—11:30	13 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1:00 - 2:00	14 Fitness 10:30—11:30 Book Club 1pm	15	16
17	18 Seated Yoga 10—11 Crafts 11—3 Floor Curling 12:45	19	20 Sing A Long 1:00 - 2:00	21	22 Snow flake Dinner Dance 	23
24	25 Seated Yoga 10—11 Crafts 11—3 Floor Curling 12:45	25	27 Sing A Long 1:00 - 2:00	28	29	30 Holiday Cooke Challenge

Drop In Fees apply to all activities EXCEPT pre-paid classes or events
Bowness Seniors' Centre | 6422 35 Ave. NW Calgary AB T3B1S6
Where Good Friends Meet | (403) 286-4488 www.bownessseniorscentre.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Whist 1:00 - 3:00 Billiards a.m.	Darts 1 pm Crib & Euchre 12:45—3:00	Shuffle Brd. 9:30—11:30	Bridge 12:30— 3:00 Billiards a.m.	Billiards a.m.	
December 2 1		3 Board Meeting Noon	4	5	6	7
8	9 Crafts 11—3 Floor Curling 12:45	10	11 Sing A Long 1:00 - 2:00	12 Book Club 1pm	13	14
15	16 Crafts 11—3 Floor Curling 12:45	17	18 Sing A Long 1:00 - 2:00	19	20	21
22	23 	24	25 Merry Christmas	26 	27	28
29	30	31				

Drop In Fees apply to all activities EXCEPT pre-paid classes or events

Bowness Seniors' Centre

Where Good Friends Meet

6422 35 Ave. NW Calgary AB T3B1S6

(403) 286-4488 www.bownessseniorscentre.com

Thank you to our Donors, Sponsors & Supporters

Thanks to everyone who donates to the Bowness Seniors' Centre. We gratefully accept donations small and large. Each donation helps us give our members & seniors in the community, the resources that are needed.

Thank you to our generous members & outside organizations that support us. .

Sunnyside Dental—825-540-3515 3412 69 Street NW Calgary

Bowmont Masonic Hall—Alberta Chapter #1 R.A.M.

Councilor Sonya Sharp, Ward 1 City of Calgary

Honorable Ron Liepert, MP, Calgary Signal Hill

Minister Demetrius Nicolaides, MLA, Calgary Bow

Servus Credit Union Bowness Branch

Bowness Community Association

Simon House Recovery Centre

Irish Cultural Society of Calgary 6452 35 Ave NW www.calgaryics.ca

Bowness Montgomery Law Office 7939 Bowness RD NW 403-571-7755

Save On Foods 420 Na's Plaza SW 587-231-1912

Bowness Lions Located at Bow Commons 8551 Bowness Rd NW

Royal Canadian Legion Bowness 238 138 Bowness Centre NW

Wellings of Calgary 120 Na'a Dr SW, Calgary AB <https://www.wellingsofcalgary.com/>

Great Canadian Superstore

Home Depot

Bowness Lions