

Bowness Seniors' Centre

NEWSLETTER

November 2024



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 - 3:30 pm

Friday 9:00 am - 2:00 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.

Welcome

Our Mission is to enhance the well being & quality of life for our senior community members by providing a welcoming space for social engagement, support, and enriching experiences.

Our Vision is to be a leader & area hub for health, active aging excellence, where seniors thrive, connect, and age in place with dignity, creating a vibrant and inclusive community for all generations.

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Bowness Seniors Centre

Dates to Remember Nov, Dec 2024, Jan 2025

November

- Mon Nov 4 Board of Directions Meeting
- Fri Nov 8 General Meeting preceded by potluck
- Mon Nov 11 **Remembrance Day Centre closed**
- W & Th Nov 20,21 Mental Health First Aid for Older Adults
- Fri Nov 22 Snowflake Dinner Dance
- Tue Nov 26 Resilience in the Holiday Season 1—3 pm
- Sat Nov 30 Holiday Cookie Competition

December

- Mon Dec 9 Board of Directors meeting
- TBA Christmas Social

In person exercise class sign-up first 2 weeks December

Centre will be closed over the holidays,

Dec 16, 2024—Jan 6 2025

January 2025

- Mon Jan 6 Board of Directors Meeting
- Fri Jan 10 General Meeting and Pot luck
- Week of Jan 12—Exercise/fitness class 10 week session starts.
- Fri Jan 24 Robbie Burns Dinner Dance



Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

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

General Meeting

Monday Nov 8

Pot Luck at Noon

**Followed by meeting
at 12:45**

Membership update

Loss of FCSS funding

Plans going forward

Upcoming events

IN FLANDERS FIELDS

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.

Lt Col John McCrae



Where Good Friends Meet

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office@bownessseniorscentre.com
www.bownessseniorscentre.com



COMING SOON: FREE MENTAL HEALTH FIRST AID SUPPORTING OLDER ADULTS TRAINING

TRAINING DETAILS:

- ✓ Participants must attend a full day of training (8 hr/day)
- ✓ Training will start at 8:30 AM, with two coffee breaks and a lunch break (snacks and coffee will be provided)
- ✓ Mental Health Commission of Canada will issue certificates through email two weeks after completion of training



WHEN: NOV 20-21

WHERE: McIntosh Room at the Bowness
Seniors' Centre. 6422 35 Ave NW Calgary
Alberta

To learn more or register for the training, please reach out to Bowness
Seniors Centre, at 403 286 4488, or info@bownessseniorscentre.com

Bowness Seniors' Centre



Friday November 22, 2024

Doors open at 5 pm & Dinner at 6 pm

Entertainment by the Wildrose Duo

Purchase tickets by Nov 15, 2024 at

BSC office, 403 286-4488 or [website](#)

Members/Super members \$25, non member \$30

No tickets sold at the door

carya

RESILIENCE IN THE HOLIDAY SEASON



Join us for an afternoon of conversation and learning that will equip you with tools to cope with loneliness and sadness throughout the winter months.

We look at topics that are relevant to individuals who find the holiday season difficult and will discuss management skills to lean into this season with awareness and confidence. Topics will include taking care of your mind and emotions, the role of sadness in our lives, and the invitation to create new rituals and rhythms that bring glimmers of light into our days.

TUESDAY NOV 26

1:00 - 3:00 PM

BOWNESS SENIORS CENTRE





REGISTER WITH THE BSC FOR THIS FREE PROGRAM
403.286.4488 / OFFICE@BOWNESSSENIORSCENTRE.COM

JOIN US FOR THE 2ND ANNUAL

Holiday Cookie Competition

30 NOVEMBER, 10 AM - 2 PM
AT BOWNESS SENIORS
CENTRE

Introducing the
Gingerbread House Decoration Challenge

-  Cookie Competition
-  Bake & Cookie Sale
-  Photos with Santa
-  Christmas Raffle

6422 35 Av NW
403 286-4488



Holiday Cookie Challenge Raffle



DRAW ON NOVEMBER 30

\$3.00 per ticket/\$30.00 for a book of 10

Raffle Prizes:

Holiday Entertainment Basket with wine, cheeses, meats, fruits & sweets Value \$300.00

Wake-up Morning Basket with coffee, mugs, tasty treats & a blanket Value \$200.00

Family Holiday Basket with games, hot chocolate, cookies & treats Value \$100.00

Contact the Bowness Seniors' Centre
Office 403 286-4488



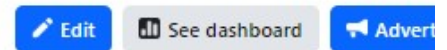
Bowness Seniors' Centre has a Facebook page
we update regularly

Follow and Like
Our Facebook Page



Friends of Bowness Seniors' Centre

36 likes • 52 followers



Use this QR code to get to our
page:

Friends of Bowness Seniors'
Centre



November is Falls Prevention Month

Here is a quick quiz that can identify if you are at risk for falling, this is from the Finding balance website: <https://findingbalancealberta.ca/risk/>

Are you at risk of falling?

Stay Independent
Prevent Falls.

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Answer YES or NO for each statement, then tally your score below.

Have you fallen in the last 6 months?	YES 2	NO 0
Do you use, or have you been advised to use, a cane or walker to get around safely?	YES 2	NO 0
Do you sometimes feel unsteady when you are walking?	YES 1	NO 0
Do you have to steady yourself by holding onto furniture when walking at home?	YES 1	NO 0
Do you worry about falling?	YES 1	NO 0
Do you need to push yourself up with your hands to stand up from a chair?	YES 1	NO 0
Do you have trouble stepping up onto a curb?	YES 1	NO 0
Do you often have to rush to the toilet?	YES 1	NO 0
Have you lost any feeling in your feet?	YES 1	NO 0
Do you take medication to help you sleep or improve your mood?	YES 1	NO 0
Do you take medication that sometimes makes you feel lightheaded or more tired than usual?	YES 1	NO 0
Do you often feel sad or depressed?	YES 1	NO 0
Do you have difficulty avoiding hazards in your path because you don't see well?	YES 1	NO 0
<p>Add up the number of points for each YES answer. If you scored 4 points or more, you may be at risk of falling.</p>	<p>TOTAL SCORE:</p>	

Talk to your healthcare provider or doctor for more information.

Email: info@findingbalancealberta.ca
Phone: 780.492.6019
Website: www.findingbalancealberta.ca



LOCAL CONTACT INFORMATION:

Funding provided, in whole or in part, by Alberta Health. Provision of funding by Alberta Health does not signify that this project represents the policies or views of Alberta Health. | REV: 04-2023

Rubenstein LZ, Vivrette R, Harter JO, Stevens JA, Kramer BJ. Validating an evidence-based, self-rated fall risk questionnaire (FRQ) for older adults. J Safety Res 2011;42(6):493-499.

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Steps to Prevent a Fall

**MOVE
IMPROVE
REMOVE®**

Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can stay independent and enjoy the fun things in life.

1 MOVE your body

- ▶ Challenge your balance and build strength and flexibility with regular physical activity.
- ▶ Enhance your stability and coordination with activities such as walking, swimming, or Tai Chi.
- ▶ Increase the intensity of your physical activity over time to build stronger muscles.

2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist, and discuss any side effects such as feeling dizzy or sleepy.
- ▶ Have your eye health and hearing checked regularly.
- ▶ Keep up your social activities.
- ▶ Routinely clean your teeth and gums.
- ▶ Eat a nutritious diet and stay hydrated.

3 REMOVE hazards

- ▶ Keep your floors and pathways clutter-free.
- ▶ Install grab bars in the bathroom.
- ▶ Use handrails, and turn on lights on all staircases.
- ▶ Wear non-slip and supportive footwear inside and outside.



From the Board of Directors

As mentioned in the October Newsletter, the Bowness Seniors' Centre application for the FCSS Grant Funding for 1025, 2016 was not approved.

The Board of Directors discussed the implications of the loss of this funding on on-going operations and plans for the BSC.

We will be able to apply for funding again for the 2027 cycle. We need to adopt the evidence-based approach that the FCSS is looking for so when we next apply, we are a partner with objectives aligned with the City of Calgary and can demonstrate the effectiveness of our programs using the City's methodology. We ask all of our members, when you renew your membership, that you completely fill out the data/survey which is attached to your membership form.

The Board met on Oct 21 to develop an effective strategy to meet our capital and operation objective for the next two years while continuing to fulfill our Mission.

The discussions included identifying a working budget for the next two years and how some of those changes may impact our members.

The bottom line is to continue to support our seniors' community. The budget will be fiscally responsible through decreasing expenses and increasing revenues.

The Board is meeting regularly to identify specific actions which would increase revenues while continuing to serve the seniors in our community and the seniors who are members.

The changes would be incorporated to the official budget for 2025 (which we were working on for submission to the City of Calgary) and take effect in the new year.

The actions which are going to be incorporated will be shared with the membership at future General Meetings and through the newsletter/email.

We applied to the Provincial Government for a grant to help pay for the upgrades to the HVAC system at BSC. We have been working with the City of Calgary and the engineering firm Herschfield Morrison to identify the costs and picked the option which made the most sense for BSC so we can move forward next spring/year with these upgrades. More recently the engineers from Herschfield Morrison were at the BSC where they were taking measurements so they could tighten up the quote for the cost of the projected work.

Health Matters.

We are excited to be hosting a 2-day Mental Health First Aid for Older Adults on Nov 20 & 21. Talk to someone in the office to get more information or to sign up. See Page 5 poster

Carya is presenting Resiliency in the Holiday Season on Tuesday Nov 26 from 1—3 pm. RSVP with the office 403 286-4488. See the poster on page 7 for more information.

Organization for Lunch & Learn for 2025:

We are organizing a Nurse & Occupational Therapist from Hunzo Group to come to talk about adaptations to make your home more accessible so you stay independent longer in your own home. Dates to be confirmed.

Although not health related we will be bringing in Enmax again regarding reading your bills and how to save money.

We will be bringing in a variety of health services to talk about different issues, including hearing, physiotherapy, vision/eye care, and dental services. All of these have been here previously and have been well received.

Questions for everyone—if we provided soup (for a price) for the Lunch and Learn talks, would you be more likely to register and come?

Flu Clinic through Medicine Shoppe 199 on Oct 17 was well attended by members and family members. The pharmacist & the pharmacist assistant were able to check with everyone's vaccine status and offered future appointments for other vaccines including the RSV which AHS pays for if over 75.

Exercise Classes

Pricing: 2025 winter session: \$70 BSC/Super Member, \$100 non-member
Classes will start week of January 13, 2025. In person registration first 2 weeks of December 2024. Registration in person, by phone or website:

www.bownessseniorscentre.com

Minimum class size to run the course is 10. Maximum class size is 25 or 30 depending upon the type of class. Class options are similar as Fall classes

Drop-in is available for many classes—call (403)286-4488 to see if it is available for the class you want. .

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

Current classes—last class date is written in purple

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

Wednesday Sept 11—**Dec 4** 10—11 Tai Chi Chih; *Joy through Movement*
with Joanne no class on Oct 2 or Nov 20

Wednesday Sept 11—**Dec 4** NO CLASS on **Nov 20** 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** 11:45—12:45 Mobility for Life with Patty

November is Fall Prevention Month. An action which can help decrease your fall risk is to be physically active: to build your strength. balance and mobility. Are You At Risk for Falls? —take the quiz on page 11



Bowness Seniors' Centre
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www.bownessseniorscentre.com



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

Seated Beach Volley Ball

- ◇ Tuesday 2—3 pm

Billiards

- ◇ Mon, Thursday, Friday. 9—12 noon

Bridge

- ◇ Thursday 12:30—3:00. Intermediate classes last day Nov 13.

Book Club —

- ◇ meeting the 2nd Thursday of each month at 1 pm **next meeting Oct 10**

Crafts

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

CRIB & Euchre

- ◇ Tues at 12.45—3:00 pm .

Darts

- ◇ 2 boards available, if interested contact the office to schedule a time.

Floor Curling

- ◇ Monday 12:45 Drop In (\$3.00) Tues Evening League starts Oct 15 6:45

Shuffle Board

- ◇ Wed 9:30—11:30 a.m.

Sing-A-Long

- ◇ Wednesday 1—2 pm

Whist

- ◇ Mondays 1—3

◇

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Seated Beach Volley Ball

Come and have some fun on Tuesday Afternoons from 2—3 pm.

A Fun way to work your body.

Safe because you stay seated. Easy because the beach ball is soft on your hands & fingers. Exciting because is the ball going to go over the net?

Drop in fee applies - \$2.00 for members and Super members, \$5.00 for non members. We hope to see you there.



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. Next meeting is Oct 10

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.

November Birthdays

Dale Allbee
Anton Briese
Joanna Busch
Diane Chalupiak
Pauline Davies
Terrence Delaney
Sandra Edwards
Alec Fleming
Mary Funk
Elizabeth Gershkovich
Libby Goodliff
Dough Goodwin
Pamela Head
Sandy Hagel
Marilyn Henders



Marilyn Hennessey
Laura Hunt
Health Hutson
Bernardien Johnston
Ming Lee
Diana Lefrancois
Allan Malanik
Audrey Noble
Allison North
Gerry Raham
Ruth Smillie
Marjorie Taylor
Adrianah Thompson
Mary Valentich
Nancy Richards Wood
Steve Walton



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, Karen McIntosh & vacancy
Crafts & Decoration	Carol Burnstein
Cooking	Elaine Graham & Bev Petersen Co Chair
Communication	Karen McIntosh
Event Coordination	Kim Olsen
Funding/Fund Raising	Elaine Graham
Gardening	Merv Coombs
Maintenance	Richard Buechi
Telephone	Fran Sterling
Nomination Committee	Merrill Coombs, Carol Burnstein, Fran Sterling
Volunteers	Christine Barlow Bev Petersen

Planning events and activities for 2025

The Board of Directors and Staff of the Bowness Seniors' Centre want to ensure that the activities and events that we plan and put time towards are events that YOU would come to. A survey is available in November. The following are the type of questions we will be asking.



The Bowness Seniors' Centre is dedicated to providing the senior community and our members a place to meet, socialize and engage in activities.

What activities (BBQ, dinner dance, social, classes), that are now on our schedule, do you pay to attend?



















What activities (drop-in), that are now on our schedule, do you participate in?

What new activities/classes would you pay to attend and how much are you would you pay?

What new activities would you commit to attending?

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— 3:00 Billiards a.m.	Billiards a.m.	
November					1	2
3	4 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	5 Be Fit 10:30— 11:30 2—3 Seated Beach Volleyball 6:45 Floor Curling	6 Tai Chi Chih cancelled Line Dancing 11:30—12:30 Sing A Long 1-2 Bridge Lessons 1—3	7 Fitness 10:30— 11:30 Mobility for Life 11:45—12:45	8 General Meeting & Potluck 12 noon	9
10	11 Centre Closed Remembrance Day 	12 Be Fit 10:30— 11:30 2—3 Seated Beach Volleyball 6:45 Floor Curling	13 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Bridge Lessons 1—3	14 Fitness 10:30— 11:30 Mobility for Life 11:45—12:45 Book Club 1pm	15	16
17	18 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	19 2—3 Seated Beach Volleyball 6:45 Floor Curling	20 Mental Health First Aid for the Older Popula- tion 8:30—4:30	21 Mental Health First Aid for the Older Popula- tion 8:30—4:30	22 Snowflake Dinner Dance 	23
24	25 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	25 1—3 CARYA Resilience in the Holiday Season 6:45 Floor Curling	27 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long	28	29	30 Holiday Cookie 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.	Crib & Euchre 12:45—3:00	Shuffle Brd. 9:30—11:30	Bridge 12:30— 3:00 Billiards a.m.	Billiards a.m.	
December 1 	2 Seated Yoga Board Meeting Noon	3 2—3 Seated Beach Volleyball 6:45 Floor Curling	4 Tai Chi Chih 10—11	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 	Centre is closed over			20 	21 
22 	23 	24 	25 Merry Christmas	26 	27 	28 
Christmas Holidays Dec 16—Jan 5, 2025						
29 	30 	31 				


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

Bowness Seniors' Centre

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January 2025				Centre is closed		
5	6 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	7 12—1 Seated Beach Volleyball	8 Sing A Long 1-2	9 Book Club 1pm	10 General Meeting and Pot Luck	11
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26	27 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	28 Be Fit 10:30— 11:30 12—1 Seated Beach Volleyball 6:45 Floor Curling	29 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	30 Be Fit 10:30— 11:30 Mobility for Life 11:45—12:45	31	

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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 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 100-3400 69 Street NW Calgary

Home Depot Tuscany (#7250) 5019 Nose Hill Drive NW

Walmart