

Bowness Seniors' Centre

NEWSLETTER

DECEMBER 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.



The Board of
Directors
& Staff from



Bowness Seniors' Centre
hope that everyone has an
enjoyable holiday season.

Bowness Seniors Centre

Dates to Remember Dec 2024, Jan 2025

December

Mon Dec 9 Board of Directors meeting

Fri Dec 13 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 6 Fitness classes 10-wk session starts

Tues Jan 14 Lunch & Learn—Live Well at Home

Tues Jan 21 Enmax—read your bill & save \$\$

Fri Jan 31 Robbie Burns Dinner & highland dancers

Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

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





BOWNESS SENIORS' CENTRE
INVITES YOU TO OUR

CHRISTMAS

Social

MUSIC . FOOD . GAMES

FRIDAY
DEC 13

12 - 3
PM

\$15.00 MEMBERS
\$20.00 NON
MEMBERS

6422 35 Ave NW Calgary
403 286-4488

www.bownessseniorscentre.com



Holiday Break
at the
Bowness
Seniors' Centre

LAST DAY OPEN : DECEMBER 13, 2024

9 am - 2:30 pm

CLOSED DECEMBER 14 - JAN 5, 2025

**OPEN FOR ALL ACTIVITIES MONDAY
JAN 6, 2025 AT 9 AM**

www.bownessseniorscentre.com

403 286-4488



Celebrate Robert Burns

Friday January 31, 2025

Doors open at 5, Address to the Haggis at 6 pm

Followed by Dinner & Entertainment by Wendy

Wilson's Highland Dance School

Purchase tickets by Jan 24, 2025 at

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

Early Bird prices: Members/Super members \$25, non

member \$30



Bowness Seniors' Centre
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www.bownessseniorscentre.com

Bowness Seniors' Centre has a Facebook page
we update regularly

Follow and Like
Our Facebook Page



Use this QR code to get to our
page:

Friends of Bowness Seniors'
Centre



From the Board of Directors

The Board of Directors of the Bowness Seniors' Centre are actively developing a robust budget and business plan to bring Bowness Seniors' Centre successfully through 2025 and into 2026.

As communicated previously to the members, Bowness Seniors' Centre did not receive any funding allocated by the City through FCSS for the next 2 years.

Over the past couple of years we have been diligently reviewing the contracts that we have in place to make the most out of our resources. This is one of the reasons that we have changed our contracts with our employees from contract to salary and all the employees are now part time. We have also been able to secure a grant which partially pays for the services of our 3rd year SAIT student book keeper.

We have been investigating alternate funding sources and reviewing the pricing at the Bowness Seniors' Centre compared with other senior activity centers in Calgary.

We will be starting Bingo on a regular basis in the new year which will be open to both our members and community at large. Through the sales from the Bingo and concession items, we hope to increase our revenues.

We hope the members think of people/business they know and have contact with who may be open to donating to the BSC. The Office staff and/or the members of the Executive can help you with preparing letters for requests or attending meetings with you.

The BOD will be using the information gleaned from the survey that was available in November to give the BOD and staff some new ideas on what type of activities and events members are more likely to attend and pay for.

The Board of Directors and the Staff of the Bowness Seniors' Centre wish everyone a wonderful Christmas and New Year. We look forward to seeing you

Health and Safety Matters.

Organization for Lunch & Learn for 2025:

Live Well at Home

* Tuesday January 14, 12:30—2 pm

- * Katrina a Registered Nurse & Taimur an Occupational Therapist from Hunzo Group are coming to talk about adaptations or modifications that can be made to improve accessibility in your home so you stay independent longer..
- * The Hunzo group accesses physiotherapist and occupational therapists to make the home assessment and recommendations
- * Make your bathroom safer, improve maneuverability in your kitchen, make flooring modification or improve exterior accessibility
- * They will also discuss assistance/programs available with government funding. .

ENMAX

* Tuesday January 21, 12:30—2 pm

- * We will be bringing in Enmax again regarding reading your bills and how to save money.

We can bring a variety of health services to talk about different issues, including hearing, physiotherapy, vision/eye care, and dental services.

We can also have banking/scam awareness or other topics that interest you.

Give suggestions and/or contacts to Karen to develop a schedule of talks.

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

Exercise Classes

Pricing: 2025 winter session (10 classes):

\$70 BSC/Super Member,

\$100 non-member

In person registration starts December 2 at 9:30 am.

Registration can be done in person, by phone or through the 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.

Drop-in may be available for most classes depending upon the numbers in the class —call (403)286-4488 to inquire once classes have started.

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

How do I know I would like that exercise class? Try out the class by participating in the first class and when you enjoy it, sign up & pay for the 10 week session.

Proposed class schedule for winter 2025

Mondays Jan 6—March 17 10 to 11 am Seated Yoga with Joanne

Tuesday Jan 7—March 11 10:30—11:30 Be Fit with Patty

Wednesday Jan 8—March 12 10—11 Tai Chi Chih; *Joy through Movement* with Joanne

Wednesday Jan 8—March 12 11:30—12:30 Line dance with Cathy

Thursday Jan 9—March 13 10:30—11:30 Be Fit with Patty

Thursday Jan 9—March 13 11:45—12:45 Mobility for Life with Patty



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

Seated Beach Volley Ball

- ◇ Please contact the office if interested.

Billiards

- ◇ Mon, Thursday, Friday. 9—12 noon

Bridge

- ◇ Thursday 12:30—3:00. Beginner Bridge lessons (10) to start Spring 2025

Book Club —

- ◇ meeting the 2nd Thursday of each month at 1 pm **next meeting Jan. 9**

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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December Birthdays

Lorraine Barton
Steven Brodeur
Richard Calkins
Irma Campbell-Sales
Dianne Clark
Merv Coombs
Sharon Clark
Sheila Clayden
Diane Ewart
Janet Gowdy
Lynn Hladik
Arthur Hill
Marion Landry
Barbara Leggett
Louise Lorenzetti
Gloria Lowry



Karen Matthias
Adriana Matzeit
Patricia McClyment
John McCormick
Werner Mussig
Vern Pauls
Mike Pawlicki
Carol Perkins
Anton Quon
Bridget Rouane
Myrna Sentes
Steven Tidsbury
Evelyne Todd
Andrea Wilkinson
Dale Wolff



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 Survey












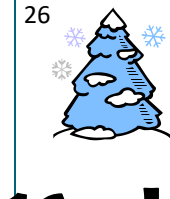






Completed in November. Data analyzed Nov 18, 2024.

64 surveys completed—44 completed online, 20 paper surveys.

The majority of the surveys were completed by people who attended at least once a week. They were in a class or attended for cards. Reasons for not attending included; activities not interesting to the person, health reasons, timing of event not aligning with their schedule.

Activities attended during the day included luncheons, teas, socials, BBQ—the main reason for not attending was 'event did not interest me'

Complete data/results from the survey will be shared in January at the General Meeting on Friday January 10, 2025.

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 Be Fit with Patty 10:30 2—3 Seated Beach Volleyball 6:45 Floor Curling	4 Line Dancing 11:30—12:30 Sing-a long 1—2	5 Be Fit with Patty 10:30	6	7 
8 	9 Crafts 11—3 Floor Curling 12:45	10 6:45 Floor Curling	11 Sing A Long 1:00 - 2:00	12 Book Club 1pm	13 Christmas Social Noon—3 pm	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

Where Good Friends Meet

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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.	
<div style="display: flex; justify-content: space-between;"> 1 2 3 4 </div> <div style="display: flex; justify-content: center; align-items: center; gap: 20px;"> <div style="text-align: center;"> <p>January 2025</p>  <p>coloringpage.eu</p> </div> <div style="text-align: center;"> <p>Centre is closed</p> </div> </div>						
5	6 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	7 Be Fit 10:30— 11:30 12—1 Seated Beach Volleyball 6:45 Floor Curling	8 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	9 Be Fit 10:30— 11:30 Mobility for Life 11:45—12:45 Book Club 1pm	10 General Meeting and Pot Luck	11
12	13 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	14 Be Fit 10:30— 11:30 12:30—1:30 Live Well at home 2—3 Seated Beach Volley ball 6:45 Floor Curling	15 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	16 Be Fit 10:30— 11:30 Mobility for Life 11:45—12:45	17	18
19	20 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	21 Be Fit 10:30— 11:30 12:30—1:30 Enmax 12—1 Seated Beach Volleyball 6:45 Floor Curling	22 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	23 Be Fit 10:30— 11:30 Mobility for Life 11:45—12:45	24	25
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 Robert Burns Dinner Dance	

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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