

Bowness Seniors' Centre

NEWSLETTER

April 2025



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.

Annual General Meeting

April 11, 2025

***Elections of Directors, President
& Secretary***

Voting for Bylaw updates

Sharing 2024 Financial Audit

***Centre Closed April 28, 2025 for the
Federal Election***



Bowness Seniors Centre

Dates to Remember March—April 2025

April

Fri Apr 4	Seated Beach Ball Volleyball Tournament
Mon Apr 7	Board of Directors meeting
Fri Apr 11	Annual General Meeting
Tues Apr 15	Lunch and Learn—Grandparent scams with CPS
Tues Apr 15	Last day Tuesday Evening Floor Curling League
Fri Apr 18/21	Good Friday/Easter Mon Centre Closed
Fri Apr 25	Bingo
Mon Apr 28	Canadian Election—Centre Closed
Wk of Apr 28	National Volunteer Week

May

Thur May 1	Volunteer Celebration
Sat May 3	Cinco de Mayo Celebration
Mon May 12	Board of Directors meeting
Tues May 13	Lunch and Learn—Hearing clinic
Fri May 16	Bingo
Mon May 19	Victoria Day—Centre Closed
Sat May 31	Garden of Tea Delights—2 seatings

June

Jun 2—8	Seniors' Week
Sat Jun 7	Picnic in the Park
Mon Jun 9	Board of Directors meeting
Fri June 13	General Meeting and Entertainment
Sat June 14	Repair Café
Fri Jun 20	Bingo

Bowness Seniors' Centre

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

Beginner Bridge Lessons

Instructors: Tom Wilcock & Greg Mayan

Wednesdays April 9—June 11, 2025

1:00—3:00 pm

10 lessons *Maximum of 20 participants.*

\$70.00 members/super member/ \$80 non member

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, if the class is not full, a drop in fee per week/lesson is \$10.



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Learn About

Grandparent Scams

presented by

Calgary Police Service

Tuesday April 15 at 12:30 pm

**Bring your own lunch or
pay \$5. for soup & Bun**

No tickets sold at the door

Register at 403 286-4488 or

www.bownessseniorscentre.com

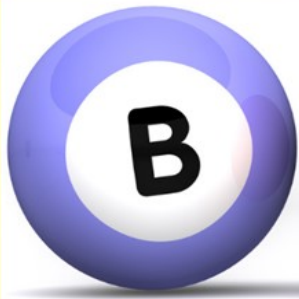
Bowness Seniors' Centre

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Calgary AB T3B2S6



"Where good friends meet"



★ AT BOWNNESS ★ SENIORS CENTRE

FRI, APRIL 24 / 12:00 - 15:00

58 Card sales begin at 11:00 58

REGULAR CARDS (Book of six)

6-up card, \$ 3.00

9-up card, \$4.00

A VARIETY OF GAMES + A PROGRESSIVE POT
LUNCH + CONCESSION ITEMS AVAILABLE

6422 35 Ave. NW. - (403)-286 4488



**Volunteer
Bénévoles
Canada**

National Volunteer Week
April 27 – May 3

La Semaine de l'action bénévole
27 avril – 3 mai

**Bowness Seniors' Centre wants to
acknowledge all of our wonderful Volunteers**

**Come and celebrate on Thursday May 1, 2025
from 1—3**

Enjoy some games and treats.

**Registration for this event starts the
week of April 14, 2025**

More information to come

**VOLUNTEERS LE BÉNÉVOLAT VOLUNTEERS LE BÉNÉVOLAT
MAKE FAIT DES MAKE FAIT DES
WAVES VAGUES WAVES VAGUES**

BOWNESS SENIORS' CENTRE
"WHERE GOOD FRIENDS MEET"

Cinco De Mayo

MUSIC . FOOD . FUN

Saturday | **noon - 3:30 pm** | **\$30 members**
May 3th

6422 35 AVE NW CALGARY, AB T3B1S6
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Come & Enjoy

Cinco De Mayo at the Bowness Seniors' Centre.

Celebrate Mexico's victory over France's occupation. Enjoy Latin music, Mexican Folk Dancers and tasty Mexican food.

If you came last year and enjoyed the Mexican Fiesta, this day is for you.

Who doesn't enjoy the finer things in life?

Save the date for High Tea—Get your fancy clothes & spring hat ready to enjoy tea out of a china tea cup & indulge in sweets.

Pricing & more information will available later in the month.



YOU ARE INVITED TO GARDEN OF TEA DELIGHTS

Saturday Afternoon, May 31
2 sittings: 1 - 2:30 or 2:30 - 4 pm

\$30.00 PER PERSON
\$15.00 FOR UNDER 12 YEARS



BOWNESS SENIORS' CENTRE
"WHERE GOOD FRIENDS MEET"

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WWW.BOWNESSSENIORSCENTRE.COM



Curious about hearing loss?

Join us for our Presentation on Hearing Health!

Tuesday, May 13th, 2025 at 1:00PM

Facility (Calgary) Bowness Seniors Centre



403-970-7201

earstoyou.ca

calgaryadmin@earstoyou.ca



RSVP: Bowness Seniors' Centre

6422 35 Ave NW Calgary AB

(403) 286-4488

www.bownessseniorscentre.com



Where Good Friends Meet

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

UPDATES TO THE BYLAWS.

In 2023, the membership updated the Bylaws. At the yearly review by the Bylaw/Policy & Procedure Committee, a couple of changes were identified to reflect the changes in practice at Bowness Seniors' Centre.

- ⇒ BSC has changed the annual membership renewals syncing from a calendar year to renewals becoming due on the anniversary date of joining the BSC.
- ⇒ Notice for the Annual General Meeting needs to be at the two previous General Meetings.—we no longer have monthly meetings, usually every 2 months except in the summer
- ⇒ Previously we had our General Meetings/Annual General Meeting on the first Friday of the month. In order to have accurate financial data presented at the meeting for the previous month and year to date, it is easier for the bookkeeper to do this with a week lead time.

The specific wording for these items should be ready a month before the meeting and will be circulated at that time.

Once the Bylaws have been approved, they will be submitted to the Alberta Government.

AGM & Election of Board Members

Executive positions which will be elected this year for a 2-year term: President & Secretary.

The five Director positions on the Board will be elected for a one-year term.

Please review the information here, and available at the BSC office, to make an informed decision regarding becoming a candidate. Contact the office for more information

The list of positions and candidates will be posted in the hall outside the office and candidates will be added as they come forward.

Board Member Roles & Responsibilities adopted May 2023 (abbreviated for this publication)

Board members steer the organization towards a sustainable future by adopting sound, ethical, and legal governance and financial management policies, as well as by making sure the association has adequate resources to advance its business and operational objectives.

DUTY OF CARE requires Board members to discharge duties in good faith, and with the care that an ordinarily prudent person would exercise in a like position and circumstances. This would include: Attending Board and Committee meetings, preparing for meetings in advance, reviewing financial reports & other critical information regularly, exercising independent judgment, requesting information needed for decision making, ensure filing requirements are met, acting in good faith when making decisions.

DUTY OF LOYALTY requires Board members to act in the interests of the nonprofit rather than their own personal interests or the interests of some other person or organization. Duty of Loyalty is carried out by: Roles and Responsibilities of Board Members These duties Includes: adhering to the conflict of interest policy & disclosing all conflicts, avoiding the use of the organization's opportunities for personal gain, maintaining confidentiality of information held by the organization.

DUTY OF OBEDIENCE requires Board members to make decisions in accordance with the mission of the organization, to uphold its bylaws, policies & procedures and to act in a way that is consistent with the central goals of the Bowness Seniors' Centre. They ensure compliance with all reporting requirements, examining all legal & governing documents, making decisions within the scope of the mission and law

The President is responsible for ensuring that the Board of Directors and its members are aware of and fulfill their governance responsibilities; comply with applicable laws and bylaws; conduct board business effectively and efficiently; and are accountable for their performance.

The Secretary is crucial to a well-functioning board. The Secretary is the main source of documentation around the Board's decisions. Upholding our legal and liability obligations requires us to keep accurate records of our meetings, discussions that were held and how things were decided

Exercise Classes

Pricing: 2025 Spring session (10 classes):

\$70 BSC/Super Member,

\$100 non-member

Minimum class size to run the course is 10. Maximum class size is 24.

If class is not full, Drop-in may be available —call (403)286-4488 to inquire

Drop In Fee for hour class is \$10 for members/\$12.50 non-members

Class schedule for Spring 2025 10 week session

Mondays March 31—June 23 **10 to 11 am Seated Yoga with Joanne**

(class is canceled on April 7, April 21, May19)

Tuesday March 18—May 20 **10:30—11:30 Be Fit with Patty**

NEW 30 Minute Drop in \$5.00 with Patty 11:45—12:15 MAT MOBILITY

Wednesday April 2—June 11 **10—11 Tai Chi Chih; Joy through**

Movement with Joanne (class is canceled on April 9)

Wednesday March 26—May 28 **11:30—12:30 Line dance with**

Cathy

Thursday March 20—May 22 **10:30—11:30 Be Fit with Patty**

NEW 30 Minute Drop in \$5.00 with Patty 11:45—12:15 MAT MOBILITY



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

Seated Beach Volley Ball

- ◇ **Tournament Friday April 4.**

Billiards

- ◇ Mon, Thursday, Friday. 9—12 noon

Bridge

- ◇ Thursday 12:30—3:00.
- ◇ Beginner bridge lessons Wed. April 9—June 10. Call the office to register

Book Club —

- ◇ meeting the 2nd Thursday of each month at 1 pm

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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April Birthdays

Andrew Auchterlonie
Christine Barlow
Willa Bender
Monica Berhard
Bev Bilben
Catharina Burgher
Don De Cecco
Terrie Coombs
Gloria Dempsey-Barnes
Mrudula Garde
Marlyne Gourley
Judy Hawthorne
Marie Hay
Lois Houghton
Hugh Johanson



Doris Johnson
Janice Johston
Greg Mayan
Paulette McMillan
Diana Mele
Terry Paul
Dolores Rayburn
Jo-anne Regambal
Cliff Rhodes
Sandra Rothery
Steve Sikina
John Trynchuk
Elizabeth Verkerk
April Vyas
Bunny Walker



Bottles and cans cluttering up your house?

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

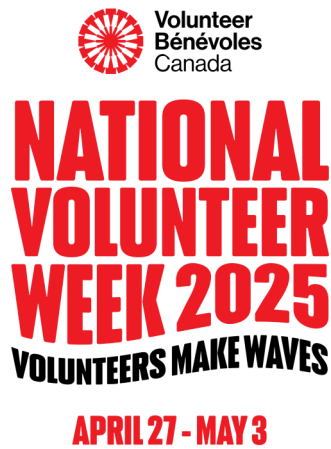


Free 1/2 hour appointments to consult with a local Lawyer

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



Together, we create ripples of change

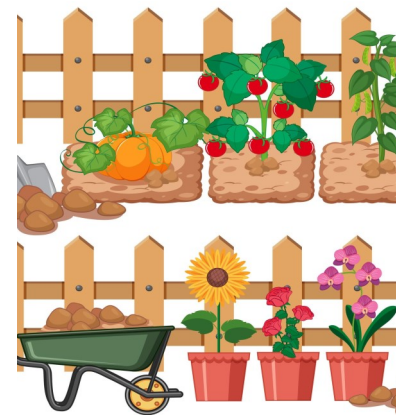
The theme for National Volunteer Week 2025 is **Volunteers Make Waves** highlighting the power, impact and importance of individual and collective volunteer efforts across Canada.

Waves can transform their surroundings with a quiet ripple or a huge wave.

Each volunteer's contribution impacts our community whether big or small; creating momentum to influence and inspire the people around them for positive change.

Can someone volunteer to lead the gardening committee?

Also if you just like gardening (either flowers or vegetables, or shrubs) then please let the office know. Gardening and maintaining our surroundings is not a one person job. If you are interested in being part of our gardening group, please let the office know. We need a group so no one person is over loaded.



Bowness Seniors' Centre is so fortunate in our volunteers—they built the BSC and we want to thank you. Elections for the Directors occurs at the April 11th AGM—do you have a friend or do you want to contribute? Think about standing as a candidate.

We want to gather all of the volunteers who love to cook!



We are planning all of the events for 2025 and would love to have a group of people who love to cook and/or bake help us organize for all of the events for 2025. This can include developing menus within a budget, shopping for the groceries, prepping, and cooking/baking.

Let Bev in the office know if you want to be included in a group or do you have your own group who will take over the meal for a specific event?

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	Bev Petersen
Communication	Karen McIntosh
Event Coordination	Kim Olsen
Funding/Fund Raising	
Gardening	
Maintenance	Richard Buechi
Telephone	Fran Sterling
Nomination Committee	Merrill Coombs, Carol Burnstein,
Volunteers	Bev Petersen

Committees



If you are interested leading or helping with any of the committees listed above, please let the office know. We can share information regarding duties, responsibilities, frequency of meeting/activities, and the activities involved.

For example the By-Law & Policy/Procedure committee, reviews the By-laws every 2 years minimum, although the By-Laws suggest review every 5 years. The process starts a couple of years before 5 years.

The Committee takes direction from the Board of Directors to accommodate changes, for example: changing the timing of meetings, changing the number of Directors, etc. The changes must be in line with the rules set out by the Gov. of Alberta' Societies Act. The Committee submits the proposed changes to the BOD for any fine tuning & a motion to bring the changes to the membership.

Once the changes have been approved by the membership, the changes are submitted to the Alberta Society Regulators to be approved by the government. Once approved the new By-Laws are followed by the Bowness Seniors' Centre.

Policies and Procedures are reviewed on a regular basis and reflect the application of the Bylaws to operational procedures.

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.	
April		1 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility 6:45 Floor Curling	2 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Beginner Bridge 1—3	3 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	4 Beach Volleyball Tournament	5
6	7 Seated Yoga 10— 11 (cancelled) Crafts 11—3 Floor Curling 12:45	8 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility 6:45 Floor Curling	9 Tai Chi Chih Canceled Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1-3	10 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility Book Club 1pm	11 AGM Potluck at noon Meeting 1 pm	12
13	14 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	15 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility 12:30 Lunch & Learn Grandpar- ent scam	16 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1—3	17 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	18 Good Friday Centre closed	19 
20 	21 Easter Monday Centre Closed	22 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	23 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1—3	24 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	25 Bingo Card sales 11:00 Bingo 12:00— 3	26
27	28 Centre Closed Canadian Election	29 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	30 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin bridge 1-3			
National Volunteer Week						



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

Bowness Seniors' Centre

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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.	
May				1 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility Volunteer afternoon	2	3 Cinco De Mayo Noon— 3:30 
4	5 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	6 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	7 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1—3	8 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility Book Club 1 pm	9	10
11	12 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	13 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility Lunch and Learn 1 pm Hearing clinic	14 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1—3	15 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	16 Bingo Card sales 11:00 Bingo 12:00—	17
18 	19 Victoria Day Centre Closed	20 Be Fit 10:30—11:30 11:45—12:15 Mat mobility	21 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1-3	22 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	23	24
25	26 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	27 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	28 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1-3	29 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	30	31 High Tea Noon—3:30

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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 who are too numerous to mention

Thank you to 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 Nicolaidis, 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