

Bowness Seniors' Centre

NEWSLETTER

May 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.





Bowness Seniors Centre

Dates to Remember March—April 2025

May

Sat May 3	Cinco de Mayo Celebration
Mon May 12	Board of Directors meeting
Tues May 13	Lunch and Learn—Hearing Clinic
Tues May 13	Folk Dancing Free Trial RSVP limited spots
Fri May 16	Bingo
Mon May 19	Victoria Day—Centre Closed
Tues May 20	Eye Clinic
Wed May 21	Wine Tasting RSVP limited seating
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

6422 35 Ave NW Calgary T3B1S6

(403) 286-4488 www.bownessseniorscentre.com



BOWNESS SENIORS' CENTRE
"WHERE GOOD FRIENDS MEET"

Cinco De Mayo

MUSIC . FOOD . FUN

Saturday | **noon - 3:30 pm** | **\$20 U 12 \$10**
May 3th

6422 35 AVE NW CALGARY, AB T3B1S6
403-286-4488
www.bownessseniorscentre.com

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?

Get your fancy clothes & spring hat ready to enjoy your tea in a china teacup. indulge in savory & sweet eats while listening to Violin & Piano

RSVP & PrePay



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"

6422 35 AVE NW
403-286-4488
WWW.BOWNESSSENIORSCENTRE.COM

Come and join us for

WINE TASTING

*Spirit Hills crafts one of a kind
award winning flower wines that
share the purity of the foothills of
the Canadian Rocky Mountains
and give our customers exquisite
culinary wine experiences.*

*Food pairings will be provided by
Wellings of Calgary*

DATE: Wednesday May 21

TIME: 1:30 - 3:30 pm.

VENUE: 6422 35 Ave NW

Calgary

RSVP @ 403 286-4488

Limited seating





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

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.

If the class is not full, drop in fee is \$10 per week.

Drop-in fee does not include a manual



Bowness Seniors' Centre

6422 35 Ave. NW

Calgary, AB, T3B 2B7

(403) 286-4488

www.bownessseniorscentre.com

Meet Your Board of Directors

Merrill Coombs President - a member since 2010, I have been a director since 2011, first elected President 2023. Her most recent employment was first Manager of the first Ronald McDonald House. All my working life and volunteerism has involved direct contact with many people, which has served me well as President.

Carol Burnstein Vice President - member since 2019. I started my working life as a member of Royal Canadian Navy! Moved to Calgary in 2011 from a small BC town. The BSC has been such a welcoming place I quickly found myself volunteering and then became a member of the Board.

Kim Olsen Secretary -member since 2023. I worked in various support roles for CBE and Catholic School Board while volunteering with Girl Guides and as Beaver/Cub/Scout Leader in Bowness until 2019 when my focus moved to volunteerism. Volunteering with Ronald McDonald House, Silvera for Seniors, Calgary Public Library, Montgomery Community Association, and now with the Bowness Seniors' Centre,

Karen McIntosh Treasurer - member since 2016, board member since 2022 and now in 2nd year of being Treasurer. I have used skills developed in the health care & as an instructor at SAIT to support communication & organization at BSC.

Directors at Large

Opal Auchterlonie - member since 2015 Board member since 2023. My background in DND & healthcare background while living across Canada. Finally setting in Calgary, AB, enjoy meeting people and getting involved in activities including floor curling, line dancing, and crafts.

Sylvianne Greenwood-Plante -member since 2022 . Previously employed by AHS and U of A as a Health Research Interviewer. I have really appreciated the Keep Fit classes. I believe the Bowness Seniors Centre plays an important role in the City of Calgary

Marilynne Hall - member since 2024 This is my first year on the Board. My maiden name is Walkey and my parents moved the first half of the family to Bowness in 1952 and over time the second half made their appearance to make it a dozen children raised here. Most of my employment time was in family businesses – Greyhound, Cardinal Coach Lines doing office work and driving school buses; then on to a fire extinguisher company and Hallmark Cards. Recently, I resigned from the Board of the condominium in which I live. I was the Chairperson for four years and a Director Emeritus for one year. Current Bowness volunteer memberships are with the Lions Club, Carya, The Historical Society, the Community Association, and Bowness Seniors. I do look forward to the experience of working with the Board.

Diana Mele -member since 2012 and Treasurer from 2013—2023. Bookkeeping background supported my volunteer role at BSC and other volunteer roles in different organizations over the years.

Ann Williams - member since 2017 Retired legal secretary. I am also a member of the Calgary Welsh Society and the Alberta Family Histories Society.



**COMPLEMENTARY
INTRODUCTION TO:**

**Folk
Dancing!**

CLASS IS FULL

**Thursday, May 31st
1:00 - 2:00 pm**

**REGISTER IN ADVANCE AT
WWW.BOWNESSSENIORSCENTRE.COM**

**NO EXPERIENCE
NECESSARY!**



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, April 28, May19)

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

30 Minute Drop in \$5. 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**

30 Minute Drop in \$5 with Patty 11:45—12:15 MAT MOBILITY

Extension of Classes into June for Patty and Cathy has not been confirmed



Bowness Seniors' Centre

6422 35 Ave NW. Calgary AB T3B1S6

403 286-4488

www.bownessseniorscentre.com



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

Seated Beach Volley Ball

◇ Drop in Starting Monday May 26, 2025

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) **last day is May 12**

◇ Tuesday Evening League last day April 16. Restarting Oct 2025

Shuffle Board

◇ Wed 9:30—11:30 a.m.

Sing-A-Long

◇ Wednesday 1—2 pm

Whist

◇ Mondays 1—3

Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

403 286-4488 www.bownessseniorscentre.com



May Birthdays

Cathrine Bertrand
Sheila Betke
Garry Boucher
Carol Callaghan
Marilynn Chaytors
Merrill Coombs
Catherine Corbett
Maria Crawford
Joyce Frame
Janice Friesen
Guy Fortier
Sylvianne Greenwood-Plante
Barry Gutscher
Dolores Herman
Nony Hilborne
Wendie Huddart
Jordan Ivers



Wanda Koeller
Randy Koskinen
Wendy LaMarche
Roger Langois
Barry Leggett
Richard Macmillan
Gordon Blane McKay
James McPherson
Myrna Malanik
Margaret Paisley
Glanda Partent
Libia Phillips
Cecil Rasmusson
Gordon Sunderland
Muriel Taylor
Kelly Tobey
Joyce Trynchuck
Pam Van Vugt



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.

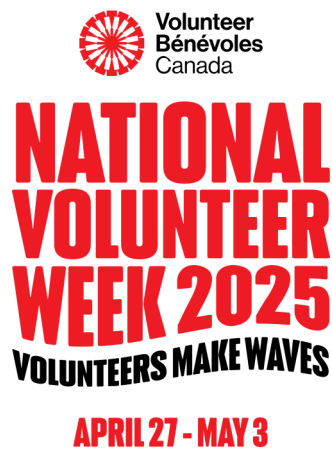


Free 1/2 hour appointments to consult with a local Lawyer

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

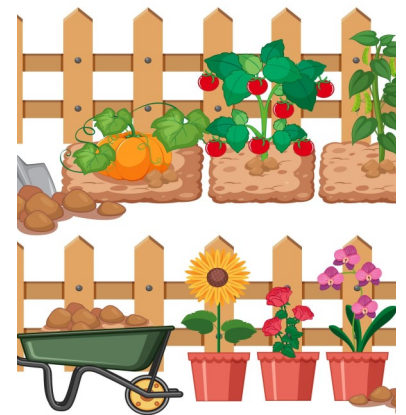
The theme for National Volunteer Week 2025 is **Volunteers Make Waves** highlighting the power, impact and importance of individual and collective volunteer efforts across Canada.

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	Karen McIntosh
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.	
May				1 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	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 1 pm Free Folk Dancing	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— 3	17
18 	19 Victoria Day Centre Closed	20 Be Fit 10:30—11:30 11:45—12:15 Mat mobility Eye Clinic 1 pm	21 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1-3 Wine tasting	22 Be Fit 10:30— 11:30 11:45—12:15 Mat mobility	23	24
25	26 Seated Yoga 10— 11 Crafts 11—3	27	28 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2 Begin Bridge 1-3	29	30	31 Garden of Tea Delights Noon—3:30

Drop In Fees apply to all activities EXCEPT pre-paid class
Bowness Seniors' Centre

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 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