

Bowness Seniors' Centre

NEWSLETTER

February 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

Please contact the office for an information package if you are interested in being a candidate for the Board of Directors



Bowness Seniors Centre

Dates to Remember Feb—April 2025

February 2025

- Sat. Feb 8** Lunar New Year Celebration
(previously Chinese New Year)
- Mon Feb 10** Board of Directors Meeting
- Mon Feb 17** Family Day—Centre Closed
- Fri Feb 21** Bingo Starting

March 2025

- Sat Mar 1** Mardi Gras Celebration
- Mon Mar 10** BOD meeting
- Tues Mar 11** Charcuterie, Conversation & Cards (card making)
- Fri Mar 14** General Meeting
- Fri Mar 21** Bingo
- Fri Mar 28** St Patrick's Day Dance

April

- Fri/Sat Apr 4/5** Seated Beach Ball Volleyball Tournament
- Mon Apr 7** BOD meeting
- Fri Apr 11** Annual General Meeting
- Fri Apr 18/21** Good Friday Easter Mon Centre Closed
- Fri Apr 25** Bingo
- Wk of Apr 28** National Volunteer Week (Watch for Details)
- Sat May 3** Cinque de Mayo Celebration

Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

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

LUNAR

NEW YEAR 2025

BOWNESS SENIOR'S CENTRE
6422 35 AVE NW, CALGARY AB T3B 1S6
FEBRUARY 8TH 12PM-3PM
\$30 PER PERSON

JOIN US IN CELEBRATING LUNAR NEW YEAR!
EXPERIENCE THE FESTIVITIES WITH:

- LION DANCE
- AUTHENTIC TRADITIONAL FOOD
- CULTURAL CRAFTS



REGISTER NOW

SCENICACRESCA.CA | (403)-547-9589



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MARDI GRAS/ CARNAVAL CELEBRATION 2025

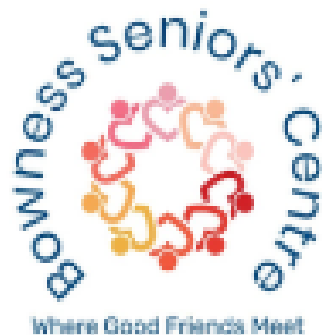


Saturday, March 1st
12:30 - 3 pm



Regular Price: Members \$35, Non Members \$40

Early Bird: Members \$30, Non Members \$35.



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**Early Bird
Ends Feb. 10**



St. Patrick Dinner Dance



Friday March 28

Doors Open at 5, Dinner at 6 pm

Regular Pricing:

Members \$35, Non members \$40

Early Bird pricing before March 10:

Members \$30, Non members \$35

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Bowness Seniors' Centre

Charcuterie, Conversation & Cards

Tuesday, March 11, 2025. 1–3 pm



Make two beautiful greeting card while enjoying great conversation and your own Charcuterie snack

Register before March 7

Limited seating to 15 people

\$7.50 per person

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**BOWNESS
SENIORS' CENTRE**
"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

The Board of Directors of the Bowness Seniors' Centre brought the year end financial statement as well as the budget for 2025 to the General Meeting on January 10, 2025. Thank you for all the members who attended.

The minutes from the Meeting were emailed to the membership the week following the meeting. Included in the emails to the members was the financial report from Peggy Flanigan the Executive Director. This is the report that was presented at the meeting, emailed to members, and posted on the bulletin board outside the office.

Some of BSC successes included: increased membership numbers from 120 to 300 in 2024, We had a number of successful events, more rentals than we had budgeted for last year and we successfully transitioned through 3 book keepers during the audit for 2023!

Unfortunately we were not successful in receiving FCSS funding for 2025/26. Numerous events were canceled due to lack of participation, and we continued to demonstrate a financial loss year over year. Financial rating from the City of Calgary is now rated at 'High Risk'.

The budget which the Board approved identifies an anticipated loss of \$46,770.00.

A motion was passed at the meeting to increase the basic membership fees from \$25.00 to \$35.00 starting January 17, 2025. The Board and the Executive Director will investigate options for drop-in fee pricing and collecting.

A Bingo will be held once a month to increase revenues for the BSC.

Elaine Graham and Christine Barlow have retired from the Board. We now need volunteers to step up for the remainder of the term to assist with normal business. The AGM and Board elections will occur on April 11, 2025

Get Ready for the 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 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 24.

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

Class schedule for winter 2025

Mondays Jan 6—March 24 **10 to 11 am Seated Yoga with Joanne** (class is canceled on Feb 3)

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

Wednesday Jan 8—March 17 **10—11 Tai Chi Chih; *Joy through Movement* with Joanne** (class is canceled on Feb 5)

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**

Feb 5 is Winter Walk Day sponsored by www.shapeab.ca Register and walk outside



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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 Wed. April 9—June 10. Call the office re details

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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February Birthdays

Diana Austman
Jacqueline Butt
Bill Chamberlain
Gillian Crocker
Jackie Der
Sandra Estabrook
Debbie Frulling
Hank Gerritsen
Elaine Graham
Ken Harvard
Joy Hutchinson
Grace Johnston



Joe Kaki
Harry Laycock
Donna Larocque
Jeannette Lievers
Kim Olsen
Margo Pagonis
Ron Parent
Arlie Ring
Julie Thompson
Herbert Verkerk
Marg Weber
Tom Wilcock



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

Volunteers are the fabric of our community.



Like a quilt, every fabric piece, every stitch, every thread contributes to the unique beauty of the pattern.

Each person's contribution, no matter the size, makes a difference.

Bowness Seniors' Centre has thrived for 59 years because people contributed as they were able in time, skills and money.

We would like to acknowledge the contributions of **Terrie and Merv Coombs** in acquiring, planting, and maintaining many of our flower beds and planters over the past years. They have contributed to making the entrance beautiful and welcoming. They have decided to retire from this activity and are giving us time to find new gardeners.



If you are interested in being part of our gardening group, please let the office know.

We would like to acknowledge the contributions of **Elaine Graham** and **Christine Barlow** in their hard work and efforts on the Board of Directors for the Bowness Seniors' Centre. Due to circumstances, both have decided that they needed to step down as Directors.



If you are interested in volunteering for the Board until elections, please let the office know.

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 3 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.	
February						1
2	3 Seated Yoga 10— 11 cancelled Crafts 11—3 Floor Curling 12:45	4 Be Fit 10:30— 11:30	5 Tai Chi Chih 10—11 Cancel Line Dancing 11:30—12:30 Sing A Long 1-2	6 Be Fit 10:30— 11:30	7	8  Lunar New Year 12—3pm
9	10 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	11 Be Fit 10:30— 11:30	12 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	13 Be Fit 10:30— 11:30 Book Club 1pm	14 	15
16	17 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	18 Be Fit 10:30— 11:30	19 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	20 Be Fit 10:30— 11:30	21 Bingo Card sales 12:00 Bingo 12:30—	22
23	24 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	25 Be Fit 10:30— 11:30	26 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	27 Be Fit 10:30— 11:30	28	

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.	
March						1
2	3 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	4 Be Fit 10:30— 11:30 Be Fit 11:45— 12:45	5 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	6 Be Fit 10:30— 11:30	7	8
9	10 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	11 Be Fit 10:30— 11:30 1 - 3 pm Char- cutier, Conversa- tion & Cards 6:45 Floor Curling	12 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	13 Be Fit 10:30— 11:30 Book Club 1 pm	14 Pot Luck noon 12:45 General Meeting	15
16	17 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	18 Be Fit 10:30— 11:30 6:45 Floor Curling	19 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	20 Be Fit 10:30— 11:30	21 Fun Bingo noon	22
23	24 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	25 Be Fit 10:30— 11:30 6:45 Floor Curling	26 Tai Chi Chih 10—11 Line Dancing 11:30—12:30 Sing A Long 1-2	27 Be Fit 10:30— 11:30	28 St Patrick Dinner Dance Doors open 5 Dinner 6 pm	

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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

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