

Bowness Seniors' Centre

NEWSLETTER

March 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

Have you renewed your Membership?



Bowness Seniors Centre

Dates to Remember March—April 2025

March 2025

Sat Mar 1	Mardi Gras Celebration
Fri Mar 7	General Meeting
Mon Mar 10	BOD meeting
Tues Mar 11	Charcuterie, Conversation & Cards (making)
Fri Mar 21	Bingo
Fri Mar 28	St Patrick's Day Dance

April

Fri Apr 4	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

May

Sat May 3	Cinque de Mayo Celebration
Mon May 12	BOD Meeting
Fri May 16	Bingo
Mon May 19	Victoria Day—Centre Closed
Sat May 31	High Tea

Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

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

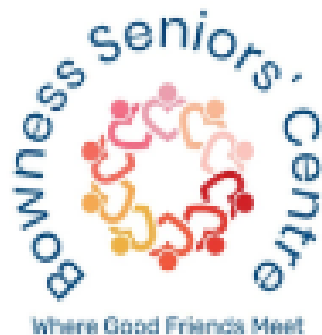


MARDI GRAS/ CARNAVAL CELEBRATION 2025

Saturday, March 1st
12:30 - 3 pm

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

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



6422 35 Ave NW
Calgary AB T3B1S6
(403) 286-4488

office@bownessseniorscentre.com

www.bownessseniorscentre.com

**Early Bird
Ends Feb. 10**

Bowness Seniors' Centre

Charcuterie, Conversation & Cards

Tuesday, March 11, 2025. 1–3 pm



Make two beautiful greeting card while enjoying great conversation & an individual Charcuterie snack

Register before March 7

Limited seating to 15 people

\$7.50 per person

Bowness Seniors' Centre

6422 35 Ave. NW

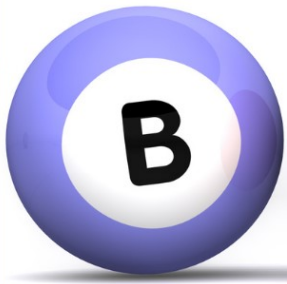
Calgary, AB, T3B1S6

(403) 286-4488

www.bownessseniorscentre.com



**BOWNESS
SENIORS' CENTRE**
"Where good friends meet"



★ AT BOWNESS ★ SENIORS CENTRE

FRI, MAR 21 / 12:00 pm - 3:00 pm

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
CONCESSION ITEMS AVAILABLE

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

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

Bowness Seniors' Centre
6422 35 AVE NW Calgary AB
T3B1S6

(403) 286-4488

www.bownessseniorscentre.com

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.



Bowness Seniors' Centre

6422 35 Ave. NW

Calgary, AB, T3B 2B7

(403) 286-4488

www.bownessseniorscentre.com

Bowness Seniors' Centre has a Facebook page
we update regularly

Follow and Like
Our Facebook Page



Friends of Bowness Seniors' Centre

45 likes • 67 followers



Professional dashboard

Edit

Advertise

Posts About Mentions Reviews Reels Photos More ▾

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 are 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

Class Registration starts March 3. 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

Last Day for Winter 2025 10 week sessions:

Monday March 24 Seated Yoga,

Tuesday March 11 Be Fit,

Wed Tai Chi Chih March 19, Wed Line Dancing March 19,

Thursday Be Fit March 13

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**

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**



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

- ◇ **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 **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

◇

Bowness Seniors' Centre

6422 35 Ave NW Calgary T3B1S6

403 286-4488 www.bownessseniorscentre.com



March Birthdays

Opal Auchterlonie
Olga Barchuk
Georgette Blair
Sylvia Constable
Krista Decarle
Pamela Deliyannides
Tom Douthwaite
Rhiannon Foster
Fred Gratton
Bruice Hagel
Brenda Holdaway
Emilia Klemann
Gail Laws



Daryl Mellafont
Linda Pauls
Gail Peterson
Lucia Precul
Melanie Quinlan
Hugh Rooney
Joseph Roy
Jack Rynsburger
Yaro Skvaril
Kathryn Smith
Tony Tonelli
Lynne Wilson



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.

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.



If you aren't sure you want to be a candidate for the BOD at the April AGM, why not volunteer to be on the Board temporarily to replace Elaine and Christine who retired from the board.

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


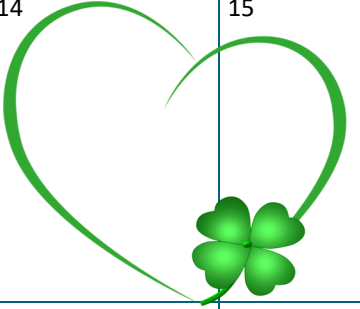
If you are interested leading or helping with any of the committees listed above, please let the office know. We can share information regarding duties, responsibilities, frequency of meeting/activities, and the activities involved.

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.	
March						1 Mardi Gras Celebration 
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 Pot Luck noon 12:45 General Meeting	8
9	10 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	11 Winter 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 Winter Be Fit 10:30—11:30 Book Club 1 pm	14 	15
16	17 Seated Yoga 10— 11 Crafts 11—3 Floor Curling 12:45	18 Spring Be Fit 10:30—11:30 6:45 Floor Curling	19 Winter Tai Chi Chih 10—11 Winter Line Danc- ing 11:30—12:30 Sing A Long 1-2	20 Spring Be Fit 10:30—11:30	21 Fun Bingo noon	22
23	24 Winter Seated Yo- ga 10—11 Crafts 11—3 Floor Curling 12:45	25 Spring Be Fit 10:30—11:30 6:45 Floor Curling	26 Tai Chi Chih 10—11 Spring Line Danc- ing 11:30—12:30 Sing A Long 1-2	27 Spring Be Fit 10:30—11:30	28 St Patrick Dinner Dance Doors open 5 Dinner 6 pm	

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



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 Spring Be Fit 10:30—11:30	2 Spring Tai Chi Chih 10—11 Spring Line Danc- ing 11:30—12:30 Sing A Long 1-2	3 Spring Be Fit 10:30—11:30	4 Beach Volleyball Tournament	5
6	7 Seated Yoga 10— 11 (cancelled) Crafts 11—3 Floor Curling 12:45	8 Spring Be Fit 10:30—11:30	9 Tai Chi Chih 10—11 Can- celed Spring Line Danc- ing 11:30—12:30 Sing A Long 1-2	10 Spring Be Fit 10:30—11:30 Book Club 1pm	11 AGM Potluck at noon Meeting 1 pm	12
13	14 Spring Seated Yoga 10—11 Crafts 11—3 Floor Curling 12:45 Board Meeting noon	15 Spring Be Fit 10:30—11:30	16 Spring Tai Chi Chih 10—11 Spring Line Danc- ing 11:30—12:30 Sing A Long 1-2	17 Spring Be Fit 10:30—11:30	18 Good Friday Centre closed	19 
20 	21 Easter Monday Centre Closed	22 Spring Be Fit 10:30—11:30	23 Spring Tai Chi Chih 10—11 Spring Line Danc- ing 11:30—12:30 Sing A Long 1-2	24 Spring Be Fit 10:30—11:30	25 Bingo Card sales 11:00 Bingo 12:00— 3	26
27	28 Spring Seated Yoga 10—11 Crafts 11—3 Floor Curling 12:45	29 Spring Be Fit 10:30—11:30	30 Spring Tai Chi Chih 10—11 Spring Line Danc- ing 11:30—12:30 Sing A Long 1-2			
National Volunteer Week						

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

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