



Bowness
Seniors' Centre
"Where good friends meet"

July Newsletter



Where good friends meet

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. 2023 This land is also the home of Métis Nation Region 3.

Dates to Remember



PLEASE NOTE OUR CENTRE IS STILL CLOSED FOR DROP IN ACTIVITIES

Monday, JULY 14: Board Meeting

Thursday, JULY 17: Kids Serving Lunches

Friday, JULY 18: Bingo

Friday, JULY 18: Swimming in the Neighbours Pool

Saturday, JULY 19: Swimming in the Neighbours Pool

Wednesday, JULY 23: Coffee and Conversations STARTS

Thursday, JULY 31: Kids Serving Lunches

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	Closed					
7	8	9	10	11	12	13
Closed						
14	15	16	17	18	19	20
Closed			Kids Serving Lunches	BINGO	Swimming	Closed
21	22	23	24	25	26	27
Closed		Coffee Conversation	Closed			
28	29	30	31			
Closed		Coffee Conversation	Kids Serving Lunches	Closed		



Kids Serving Lunches: July 17th, July 31st

Come on down and let our amazing summer cooking camp kids serve you a homemade lunch for just \$5.

Everything you experience and eat will be made by the kids!

Registration is required and can be done over the phone or on our website



Shhhhhh!

We won't tell that you went...
Swimming in the Neighbours Pool

Join us for a swim in the Silver Springs community pool on
July 18th from 6:15-7:15 pm
or
July 19th 10:45-11:45 am

\$5 entrance price

Spots are limited and registration is required.
Visit our website bownessseniorscentre.com or
give us a call 403-286-4488 to save your spot!



Facebook @Friendsofbownessseniorscentre



EXCITED TO SERVE YOU AGAIN

KIDS SERVING LUNCHES

COME SEE OUR AMAZING COOKING CAMPS IN ACTION BY LETTING OUR KIDS SERVE YOU LUNCH!
EVERYTHING YOU EAT AND EXPERIENCES WILL BE MADE BY THE KIDS THEMSELVES!

PLEASE REGISTER ONLINE ON OUR WEBSITE
[HTTP://BOWNESSSENIORSCENTRE.COM](http://BOWNESSSENIORSCENTRE.COM)
OR GIVE US A CALL
(403) 286-4488

- \$5 FOR LUNCH
- SERVICE STARTS AT 12:00
- MENU IS TBD



Swimming in the Neighbours' pool July 18th, July 19th

Wanting to splash your feet in some water, or do a full cannon ball?

Then come for a swim with us down at the Silver Springs pool!
Enjoy the water for only \$5

There are two sessions available, registration is required and can be done over the phone or online.



Bingo is back! July 18th

Join us on the 18th for your next chance to win BIG!

Card sales being at 11:00, we start calling numbers at 12:00!

Lunch and concession items are available for purchase.

UPCOMING BINGO

6422 35 AVE NW
(403) 286-4488

20 JUN	BOWNESS SENIORS' CENTRE
18 JULY	ALL CARD SALES BEGIN AT 11:00 RUNS FROM 12:00-3:00
15 AGUST	.EARLY BIRD. 1\$ FOR 6 CARD/ 2\$ FOR 9 CARD.
19 SEP	.REGULAR CARD. 3\$ FOR 6 BOOK/ 4\$ FOR A 9 BOOK
17 OCT	.PROGRESSIVE POT. SINGLE CARD FOR 50C
21 NOV	/12 CARDS FOR 5\$.
<p>MORE INFORMATION bownessseniorscentre.com</p>	

FOLLOW US ON FACEBOOK
@FRIENDSOFBOWNESSSENIORSCENTRE

Join us weekly on Wednesdays from 10:30-12:00 for great conversation and some great coffee

Starting on July 23rd
Join us on our first day for a special guest appearance by the Calgary Humane Society

Please register online on our website
<https://bownessseniorscentre.com>
or
(403) 286-4488

Where good friends meet

Coffee and Conversation July 23rd, July 30th

Even though our centre is closed for the summer, we still want to see you!

Join us and all your friends weekly on Wednesdays starting on July 23rd from 10:30-12:00 for some good coffee and great conversations.

Our first session will have a special appearance from a furry friend and the Calgary Humane Society.

Looking Forward



Important dates for August

Thursday, AUGUST 7: Kids Serving Lunches

Monday, AUGUST 11: Board Meeting

Friday, AUGUST 15: Bingo

Saturday, AUGUST 23: BBQ

Monday, AUGUST 25: Registration opens Fall classes ONLINE ONLY

Important dates for September

Tuesday, SEPTEMBER 2: Centre Opens

Monday, SEPTEMBER 8: Board Meeting

Friday, SEPTEMBER 12: General Meeting

Friday, SEPTEMBER 19: Bingo

PRELIMINARY

Fall Class Schedule

All fitness classes are **\$70 for members, \$100 for non-members**

Fitness **drop in** are **\$10 for members, \$12.50 for non-members**

Drop In **floor curling** is only **\$2 for members, \$5 for non-members**

Our sessions run for 10 weeks

MONDAY

- TAI CHI CHIH with Joanne: **10:00 - 11:00**

STARTS: September 8th

TUESDAY

- FITNESS: **TIME TBD, AM class**
- FOLK DANCING: **1:00 - 2:00**

STARTS: September 9th

- FLOOR CURLING league: **6:30 - 8:45**

STARTS: October 14th

WEDNESDAY

- SEATED YOGA with Joanne: **10:00 - 11:00**
- LINE DANCING with Cathy: **11:30 - 12:30**
- INTERMEDIATE BRIGE : **1:00 - 3:00**

STARTS: September 10th

THURSDAY

- FITNESS: **TIME TBD, AM class**

STARTS: September 11th



July Birthdays

Peggy Flanigan	Joyce Cochrane	Donna Zamiski
Sharon Goodwin	Johann Vouri	Walter Kmet
Inga Pollhaus	Betty West	Sylvia Webber
Marlene Rea	Elva Wiebe	Robert Malanchuk
Helen Bright	Bernadette Deeb	Margaret Frazer
Heather Russell	Ivy Williams	Elsie Parent
Sheila Hore	Donald Wilson	Marilynne Hall
Christine Shewfelt	Evelyn Wutke	Starleen Besserer
Laara Campbell	Anne McCowan,	Peter Meyer
Jim Smith	Terri Foster	Nancy Bates
Leslie Smith	Charles Morrison	Irene Bogusky
Margaret Smith	Peggy Nash	Victoria Irala
Louise Clarke	Cheryl Anderson	

HAPPY
BIRTHDAY



THANK YOU

Thank you to all our donors, sponsors, and supporters who help make our centre great!

- **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
- **Bowness Montgomery Law Office** —7939 Bowness RD NW
- **Save On Foods**— 420 Na's Plaza SW
- **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
- **Great Canadian Superstore** —100-3400 69 Street NW Calgary
- **Home Depot Tuscany** —(#7250) 5019 Nose Hill Drive NW
- **Walmart**

Finally a big thank you to all our members who's countless hours of volunteering, donation and support for our centre is truly remarkable.



From everyone at BSC, wishing u a fun
and full end to your summer!
We cant wait to see you in the fall!

Any questions about the information in this edition?
Give us a call.

CONTACT INFO

PHONE : 403-286-4488

EMAIL: Info@bownessseniorscentre.com

ADRESS: 6422 35 AVE NW, Calgary, AB



**Bowness
Seniors' Centre**
"Where good friends meet"