



Bowness
Seniors' Centre
"Where good friends meet"

August 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

Wednesday, AUGUST 6th : Coffee and Conversation

Thursday, AUGUST 7th : Kids Serving Lunches

Saturday, AUGUST 9th: Swimming in the Neighbour's Pool

Wednesday, AUGUST 13th : Coffee and Conversation

Friday, AUGUST 15th : Bingo

Wednesday, AUGUST 20th : Coffee and Conversation

Saturday, AUGUST 23rd : BBQ

Wednesday, AUGUST 27th : Coffee and Conversation

2025 August

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



Kids Serving Lunches: August 7th

Come on down on last time 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

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

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 (Adults only)
or
August 9th 10:45-11:45 am (For the whole family)

\$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 @FriendsOfBownessSeniorCentre

Swimming in the Neighbours' Pool: August 9th

One down, One to go! 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

This session is fun for the whole family!



Bingo is back!: August 15th

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. Lunch for \$5 will be served from served from 11:00-12:00



menu

Coffee..... \$0
Conversation..... \$0



Where good friends meet

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

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

UPCOMING BINGO

6422 35 AVE NW
(403) 286-4488

20 JUN	BOWNESS SENIORS' CENTRE
18 JULY	ALL CARD SALES BEGIN AT 11:00
15 AGUST	RUNS FROM 12:00-3:00 .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 /12 CARDS FOR 5\$.
21 NOV	
MORE INFORMATION	bownessseniorscentre.com

FOLLOW US ON FACEBOOK
@FRIENDSOFBOWNESSSENIORSCENTRE

Coffee and Conversation: August 6, August 13, August 20, August 27

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

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

Our BBQ is right around the corner



And we'd love to see you and everyone you know there!
We have a great line of up activities and performances that the
whole family will love!
Grab your food tickets and register now on our website!

OUR BBQ IS BACK

AND BIGGER THAN EVER
WE WANT TO SEE YOU THERE



AUGUST 23rd

11:30-3:00

6422 35 Ave. NW

**\$5 food tickets for
purchase at the event for
your choice of hamburger
or hotdog.
(Menu subject to change)**

<https://bownessseniorscentre.com>
403-286-4488

THANK YOU



What you can expect at our BBQ

Everything at our event is FREE for you to enjoy, with
the exception of your meal ticket, bake sale and
cotton candy/sweets stand

FACE PAINTER
BALLOON TWISTER
LINE DANCING
FOLK DANCING
FLEA TRAINER
YARD GAMES
BEACHBALL VOLLEYBALL
BAKE SALE
Cotton Candy Stand
SHUFFLE BOARD
\$5 MEALS: Hotdog OR Hamburger,
Chip bag, Drink, Salad



Looking Forward



Important dates for September

Tuesday, SEPTEMBER 2: Centre Opens

Monday, SEPTEMBER 8: Board Meeting

Friday, SEPTEMBER 12: General Meeting

Tuesday SEPTEMBER 16: Floor Curling League Meeting

Friday, SEPTEMBER 19: Bingo

Floor Curling League Meeting

September 16th at 1:30pm, Bowness Seniors Centre

This is a **registration and information meeting**, the league
DOES NOT START until October 14th.

Drop In fee will increase from \$2 to \$3 starting September 1st .

This increase is a response to an increase to the cost of living and will help us continue to offering our services to you and our community.

Take a look the awesome programs and activities we are offering this fall

Registration will open shortly, exact dates comming soon

Looking Forward



Fall programs and activities

Prices for members/supermembers and non-members are highlighted beside each program, this is the price for purchasing all ten sessions (our sessions run once a week, for ten weeks) **If you do not wish to purchase all ten, drop in prices are \$10 for members/super-members and \$12.50 for non-members.** (no \$3 drop in additional charge)

All "Drop-In" **ACTIVITIES** require a \$3 drop-in charge when entering the building.

Day	Class Title	Price	Instructor/ Lead	Time	Start Date
Monday	Tai Chi Chih	Members: \$70 Non members: \$120	Joanne	10:00-11:00 am	Sept 8
	Coffee and Conversation	\$3 Drop-In	Dominika	11:00-12:30 pm	Sept 8
	Drop-In Floor Curling	\$3 Drop-In	Sam	12:45-3:00 pm	Sept 15
	Whist	\$3 Drop-In	Diana	1:00-3:00 pm	Sept 8
	Zumba	Members: \$70 Non members: \$120	Doreen	7:00-8:00 pm	Sept 8
Tuesday	Fitness Classes	Members: \$70 Non members: \$120	Danny	9:00-10:00 am	Sept 9
	Folk Dancing	Members: \$70 Non members: \$120	Paulie	1:00-2:00 pm	Sept 9
	Euchre	\$3 Drop-In	Tom	1:00-3:00 pm	Sept 9
	Floor Curling League	\$75 (Covers 25 games)	John	6:45-9:00 pm	Oct 14
Wednesday	Shuffle Board	\$3 Drop-In	Allan	9:00-10:00 am	Sept 10
	Seated Yoga	Members: \$70 Non members: \$120	Joanne	10:00-11:00 am	Sept 10
	Line Dancing	Members: \$70 Non members: \$120	Cathy	11:30-12:30 pm	Sept 10

Looking Forward



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	Intermediate Bridge	Members: \$70 Non members: \$120	Tom	12:45-1:45 pm	Sept 10
	Sing A Long	\$3 Drop-In	Jo	1:00-2:00 pm	Sept 10
Thursday	Pool/Billiards	\$3 Drop-In	Walter	9:00-11:30 am.	Sept 4
	Fitness Classes	Members: \$70 Non members: \$120	Patty	10:30-11:30 am	Sept 11
	Bridge (Just play)	\$3 Drop-In	Tom	12:45-3:00 pm	Sept 11
	Monthly Book Club	\$3 Drop-In	Diane	1:00-2:00 pm	TBD
Friday	Pool/billiards	\$3 Drop-In	Walter	9:00-11:30 am	Sept 5



August Birthdays

Rose GRACE

Linda WHYTE

Karen PETERSEN

Wendy MARTIN

Darlene HALSALL

Dawn DOUTHWAITE

Yvonne HARDY

Joyce METCALFE

Sheila HARVEY

Eva MIEDEMA

Richard BUECHI

Phyllis MUSSIG

John BURNETT

Ashok GARDE

Barbara CADMAN

Tim MOSSING

Marilynne CALVER

Rachel SUTTON

Gloria CARLSON

Gloria MASSIAH

Orest CHALUPIAK

Jo-Anne WUZIUK

Nikki KOHLI

Myrna MCROBERTS

Inez WALKER

Don CASTON

Don WEBER

Leah EAST

**HAPPY
BIRTHDAY**



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. 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.



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 you a great end to your summer. Hope to see you soon!

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

CONTACT INFO

PHONE : 403-286-4488

EMAIL: Info@bownessseniorscentre.com

ADDRESS: 6422 35 AVE NW, Calgary, AB

Give us a follow on Facebook by following this QR code.



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