



Bowness
Seniors' Centre
"Where good friends meet"

October 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



Our **CENTRE IS CLOSED FROM THE 5th - 13th**
as a early voting centre for the municipal
election and Thanksgiving

Friday, OCTOBER 3rd: Harvest Hootenanny

Saturday, OCTOBER 4th: Greenwood Village
Market (Bake Sale)

Tuesday, OCTOBER 14th: Floor Curling League

Friday, OCTOBER 17th: BINGO

Monday, OCTOBER 20th: Soleful Harmony
presentation

Friday, OCTOBER 24th: Heart to Home
presentation

Monday, OCTOBER 27th: Your Kidney Health
presentation



Dates to Remember

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		1 • Shuffle Board 9:00-10:00 am • Seated Yoga 10:00-11:00 am • Line Dancing 11:30-12:30 pm • Intermediate Bridge 12:45-1:45 pm • Sing A Long 1:00-2:00 pm	2 • Pool/Billiards 9:00-11:30 am • Fitness Classes 10:30-11:30 am • Bridge(Just play) 12:45-3:00 pm	3 • Pool/billiards 9:00-11:30 am	4	5
6	7	8	9	10	11	12
Closed -----						
13	14 • Fitness Classes 9:30-10:30 am • Folk Dancing 1:00-2:00 pm • Euchre 1:00-3:00 pm • Floor Curling League 6:30-9:00 pm	15 • Shuffle Board 9:00-11:00 am • Seated Yoga 10:00-11:00 am • Line Dancing 11:30-12:30 pm • Intermediate Bridge 12:45-1:45 pm • Sing A Long 1:00-2:00 pm	16 • Pool/Billiards 9:00-11:30 am • Fitness Classes 10:30-11:30 am • Bridge(Just play) 12:45-3:00 pm	17 • Pool/billiards 9:00-11:30 am	18	19
20 • Tai Chi Chah 10:00-11:00 am • Coffee and Conversation 11:00-12:30 pm • Drop-In Floor Curling 12:45-3:00 pm • Whist 1:00-3:00 pm • Zumba 7:00-8:00 pm	21 • Fitness Classes 9:30-10:30 am • Folk Dancing 1:00-2:00 pm • Euchre 1:00-3:00 pm • Floor Curling League 6:30-9:00 pm	22 • Shuffle Board 9:00-11:00 am • Seated Yoga 10:00-11:00 am • Line Dancing 11:30-12:30 pm • Intermediate Bridge 12:45-1:45 pm • Sing A Long 1:00-2:00 pm	23 • Pool/Billiards 9:00-11:30 am • Fitness Classes 10:30-11:30 am • Bridge(Just play) 12:45-3:00 pm	24 • Pool/billiards 9:00-11:30 am	25	26
27 • Tai Chi Chah 10:00-11:00 am • Coffee and Conversation 11:00-12:30 pm • Drop-In Floor Curling 12:45-3:00 pm • Whist 1:00-3:00 pm • Zumba 7:00-8:00 pm	28 • Fitness Classes 9:30-10:30 am • Folk Dancing 1:00-2:00 pm • Euchre 1:00-3:00 pm • Floor Curling League 6:30-9:00 pm	29 • Shuffle Board 9:00-11:00 am • Seated Yoga 10:00-11:00 am • Line Dancing 11:30-12:30 pm • Intermediate Bridge 12:45-1:45 pm • Sing A Long 1:00-2:00 pm	30 • Pool/Billiards 9:00-11:30 am • Fitness Classes 10:30-11:30 am • Bridge(Just play) 12:45-3:00 pm	31 • Pool/billiards 9:00-11:30 am		



Important Reminders

Greenwood Village Market

October 4th

The Greenwood Village Market has given us a table for our bake sale! All Baking is welcome and wanted! Please drop off your baking at our centre by 3:00 on Friday the 3rd

Floor Curling League

October 14th

The Floor Curling League is set to start on October 14th at 6:30. We are still looking for players, if you are interested please reach out to the office.

Important dates for November

Monday, NOVEMBER 10th : Board Meeting

Monday, NOVEMBER 10th: Fire and Fall Prevention

Tuesday, NOVEMBER 11th : CLOSED for Remembrance Day

Friday, NOVEMBER 21st: BINGO

Friday, NOVEMBER 28th : Snowflake Dinner Dance

Saturday, NOVEMBER 29th: Casino Night

Sunday, NOVEMBER 30th : Casino Night



Hot Damn! It's the **Harvest Hootenanny**

**OCTOBER 3rd
1:00-4:00 pm**

We are celebrating harvest time with square dancing, music and of course some great food.

Tickets are \$25 for members, \$30 for non-members and can be bought over the phone or through our website

Lunch buffet: stew, bun, harvest vegs, apple cake

**6422 35 AVE NW
403-286-4488**

<https://bownessseniorscentre.com>



@Friendsofbownessseniorscentre





menu

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

Join us weekly on
Mondays from
11:00-12:30 for great
conversation and some
great coffee

Where good
friends meet



Coffee and Conversation Every Monday

Join us and all your friends
weekly on Mondays from 11:00-
12:30 for some good coffee and
great conversations.

Bingo is back! October 17th

Join us on the 17th for your next
chance to win BIG!

Card sales begin 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
15 AUGUST	RUNS FROM 12:00-3:00
12 SEP	.EARLY BIRD. 1\$ FOR 6 CARD/ 2\$ FOR 9 CARD.
17 OCT	.REGULAR CARD. 3\$ FOR 6 BOOK/ 4\$ FOR A 9 BOOK
21 NOV	.PROGRESSIVE POT. SINGLE CARD FOR 50C /12 CARDS FOR 5\$.

MORE INFORMATION

bownessseniorscentre.com

FOLLOW US ON FACEBOOK
@FRIENDSOFBOWNESSSENIORS CENTRE



October Birthdays

Roberta Arneson

Edwin (Eddie) Phillips

Tracy Birrell

Morris Johanson

Fran Sterling

Barbara Colby

Alfred Cripps

Jackie Gay

Shelley Norris

Lorraine Anderson

Margaret Stuart

Jo Heemskerk

Shelly Norris

Terry Tilden

Margaret Meyer

Winnifred Nowlan

 **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 you a
fun filled fall

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

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