



Bowness
Seniors' Centre
"Where good friends meet"

September 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 now open for regular drop
in activities!

Drop-In fee is now \$3

Monday, SEPTEMBER 8th : Board Meeting

Monday, SEPTEMBER 8th: Coffee and Conversation
(Weekly)

Friday, SEPTEMBER 5th : General Meeting

Friday, SEPTEMBER 12th: Acting Your Age

Tuesday, SEPTEMBER 16th : Floor Curling

MEETING Friday, SEPTEMBER 19th : Bingo

September 2025

Sat	Sun	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4 • Pool/billiards 9:00-11:30 am	5 • Pool/billiards 9:00-11:30 am
6	7	8 • Tai Chi Chah 10:00-11:00 am • Coffee and Conversation 11:00-12:30 pm • Whist 1:00-3:00 pm • Zumba 7:00-8:00 pm	9 • Fitness Classes 9:00-10:00 am • Folk Dancing 1:00-2:00 pm • Euchre 1:00-3:00 pm	10 • 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	11 • Pool/Billiards 9:00-11:30 am • Fitness Classes 10:30-11:30 am • Bridge(Just play) 12:45-3:00 pm	12 • Pool/billiards 9:00-11:30 am
13	14	15 • 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	16 • Fitness Classes 9:00-10:00 am • Folk Dancing 1:00-2:00 pm • Euchre 1:00-3:00 pm	17 • 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	18 • Pool/Billiards 9:00-11:30 am • Fitness Classes 10:30-11:30 am • Bridge(Just play) 12:45-3:00 pm	19 • Pool/billiards 9:00-11:30 am • Monthly Bingo 11:00 am-4:00 pm
20	21	22 • 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	23 • Fitness Classes 9:00-10:00 am • Folk Dancing 1:00-2:00 pm • Euchre 1:00-3:00 pm	24 • 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	25 • Pool/Billiards 9:00-11:30 am • Fitness Classes 10:30-11:30 am • Bridge(Just play) 12:45-3:00 pm	26 • Pool/billiards 9:00-11:30 am
27	28	29 • 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	30 • Fitness Classes 9:00-10:00 am • Folk Dancing 1:00-2:00 pm • Euchre 1:00-3:00 pm	/		



NOTICE: OUR CENTRE IS CLOSED FROM
OCTOBER 5th - 11th FOR EARLY VOTING IN THE
MUNICIPAL ELECETION

With our centre opening for another year we are looking for your feedback and input moving forward.

Below is a survey for you to share your thought and ideas for this upcoming year.

Our genreral meeting is September 5th, and is another great opportunity to share your thoughts and hear from us! We look forward to see you there.



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
@FRIENDSOFBOWNESSSENIORS CENTRE

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.

Important Reminders



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.

**Our fall programs are filling up quickly so make sure
you sign up before its too late!**

Looking Forward

Important dates for October

Friday, OCTOBER 3rd : Barn dance

OCTOBER 5TH-11TH : CENTRE IS CLOSED FOR ALL ACTIVITES

Monday, OCTOBER 6th : Board meeting

Monday, OCTOBER 13th : Thanksgiving (Centre Closed)

Friday, OCTOBER 17th : Bingo

Program Chart



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: \$100	Joanne	10:00-11:00 am	Sept 8
	Coffee and Conversation	\$3 Drop-In	Merrill	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: \$100	Doreen	7:00-8:00 pm	Sept 8
Tuesday	Fitness Classes	Members: \$70 Non members: \$100	Danny	9:00-10:00 am	Sept 9
	Folk Dancing	Members: \$70 Non members: \$100	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)	Roberta & Garry.	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: \$100	Joanne	10:00-11:00 am	Sept 10
	Line Dancing	Members: \$70 Non members: \$100	Cathy	11:30-12:30 pm	Sept 10

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	Intermediate Bridge	Members: \$70 Non members: \$100	Tom	12:45-3:00pm	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: \$100	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



September Birthdays

Janice Hart
Paul Godard
David Pettie
Naser Rabbani
Armande Bird
Evelyn Raham
Terry Resch
Elisabeth Buechi
Olive Rynsburger
Donna Schmaus
Yvonne Cameron
Ghan Shyam Sharma
Phyllis Thurm
Tracey West
Jacqueline Hayter
Ruth Lorraine O'Neil

Leonard Corbett
Sharon Cowles
Peggy Laycock
Diane De Cecco
Richard Welsh
Linda Mckay
Frank Mele
Shirley Exner
Christopher Nechka
Judy Steele
Ralph Barnes
Wendy Bannerman
Eileen Billings
Thomas Smith
Glen Eliason
Sandy McCallum
John Andrew Emery

 **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 start to your year

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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