



Bowness  
Seniors' Centre  
"Where good friends meet"

# November Newsletter

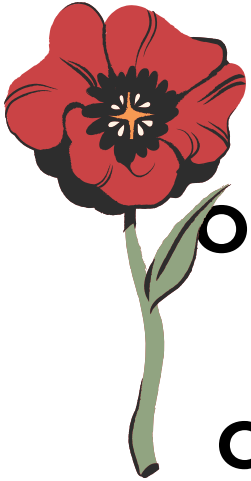


## Where good friends meet

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

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**Sunday November 2 - Daylight Saving Time ends. Remember to turn your clocks back one hour**

**Our Centre is CLOSED On November 11, Remembrance Day.**

**Christmas/Holiday Closures from Dec 15 - Jan 2, 2026. Reopening Jan 5, 2026**

Sunday Nov 2 - Daylight Savings Time ends

Monday, Nov 10 - Fire and Fall Prevention

Monday Nov 10 - Board Meeting

Friday Nov 14 - General Meeting & Lunch

Friday Nov 21 - BINGO - Last Bingo of 2025

Friday Nov 28 - Ears to You Presentation

Saturday & Sunday Nov 29, 30 - Casino

# Calendar



# November 2025

| Monday                                                                                                                                                                                                     | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                           | Thursday                                                                                                                            | Friday                                                            | Saturday                   | Sunday    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------|-----------|
|                                                                                                                                                                                                            |                                                                                                                                                           | -                                                                                                                                                                   |                                                                                                                                     |                                                                   | 1                          | 2         |
| <b>3</b><br><b>Tai Chi Chah</b> 10:00-11:00 am<br><b>Coffee &amp; Conversation</b> 11:00-12:30 pm<br><b>Drop-In Floor Curling</b> 12:45-3:00 pm<br><b>Whist</b> 1:00-3:00 pm<br><b>Zumba</b> 7:00-8:00 pm  | <b>4</b><br><b>Fitness Classes</b> 10:30-11:30 am<br><b>Folk Dancing</b> 1:00-2:00 pm<br><b>Euchre</b> 1:00-3:00 pm<br>Floor Curling League 6:30-9:00 pm  | <b>5</b><br><b>Seated Yoga</b> 10:00-11:00 am<br><b>Line Dancing</b> 11:30-12:30 pm<br><b>Intermediate Bridge</b> 12:45-1:45 pm<br><b>Sing A Long</b> 1:00-2:00 pm  | <b>6</b><br><b>Pool/Billiards</b> 9:00-11:30 am<br><b>Fitness Classes</b> 10:30-11:30 am<br><b>Bridge(Just play)</b> 12:45-3:00 pm  | <b>7</b>                                                          | <b>8</b>                   | <b>9</b>  |
| <b>10</b><br><b>Tai Chi Chah</b> 10:00-11:00 am<br><b>Coffee &amp; Conversation</b> 11:00-12:30 pm<br><b>Drop-In Floor Curling</b> 12:45-3:00 pm<br><b>Whist</b> 1:00-3:00 pm<br><b>Zumba</b> 7:00-8:00 pm | <b>11</b><br> <b>Centre Closed</b><br><b>Remembrance Day</b>             | <b>12</b><br><b>Seated Yoga</b> 10:00-11:00 am<br><b>Line Dancing</b> 11:30-12:30 pm<br><b>Intermediate Bridge</b> 12:45-1:45 pm<br><b>Sing A Long</b> 1:00-2:00 pm | <b>13</b><br><b>Pool/Billiards</b> 9:00-11:30 am<br><b>Fitness Classes</b> 10:30-11:30 am<br><b>Bridge(Just play)</b> 12:45-3:00 pm | <b>14</b><br><b>General Meeting</b><br>1 pm                       | <b>15</b>                  | <b>16</b> |
| <b>17</b><br><b>Tai Chi Chah</b> 10:00-11:00 am<br><b>Coffee &amp; Conversation</b> 11:00-12:30 pm<br><b>Drop-In Floor Curling</b> 12:45-3:00 pm<br><b>Whist</b> 1:00-3:00 pm<br><b>Zumba</b> 7:00-8:00 pm | <b>18</b><br><b>Fitness Classes</b> 10:30-11:30 am<br><b>Folk Dancing</b> 1:00-2:00 pm<br><b>Euchre</b> 1:00-3:00 pm<br>Floor Curling League 6:30-9:00 pm | <b>19</b><br><b>Seated Yoga</b> 10:00-11:00 am<br><b>Line Dancing</b> 11:30-12:30 pm<br><b>Intermediate Bridge</b> 12:45-1:45 pm<br><b>Sing A Long</b> 1:00-2:00 pm | <b>20</b><br><b>Pool/Billiards</b> 9:00-11:30 am<br><b>Fitness Classes</b> 10:30-11:30 am<br><b>Bridge(Just play)</b> 12:45-3:00 pm | <b>21</b><br><b>Bingo 11 - 3</b>                                  | <b>22</b>                  | <b>23</b> |
| <b>24</b><br><b>Tai Chi Chah</b> 10:00-11:00 am<br><b>Coffee &amp; Conversation</b> 11:00-12:30 pm<br><b>Drop-In Floor Curling</b> 12:45-3:00 pm<br><b>Whist</b> 1:00-3:00 pm<br><b>Zumba</b> 7:00-8:00 pm | <b>25</b><br><b>Fitness Classes</b> 10:30-11:30 am<br><b>Folk Dancing</b> 1:00-2:00 pm<br><b>Euchre</b> 1:00-3:00 pm<br>Floor Curling League 6:30-9:00 pm | <b>26</b><br><b>Sing A Long</b> 1:00-2:00 pm                                                                                                                        | <b>27</b><br><b>Pool/Billiards</b> 9:00-11:30 am<br><b>Bridge(Just play)</b> 12:45-3:00 pm                                          | <b>28</b><br><b>Ears to You</b><br><b>Presentation 10 - 11:30</b> | <b>29</b><br><b>Casino</b> | <b>30</b> |

## Important Reminders for December

Week of Dec 1 sign up for Winter classes. Classes will start the week of January 12, 2026

Saturday December 6<sup>th</sup> : Annual Holiday Cookie Challenge

Monday, December 8<sup>th</sup> : Board Meeting

Friday, December 12<sup>th</sup> : Christmas Luncheon

Centre Closed from December 15<sup>th</sup> 2025 until January 2<sup>th</sup> 2026. Centre will reopen on Jan 5, 2026

# Volunteer Opportunities

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## Casino

As you may be aware, Bowness Seniors' Centre is working at the Ace Airport Casino on November 29<sup>th</sup> and 30<sup>th</sup> (Saturday and Sunday) as part of our fundraising activities. If you enjoy the Casino or would like more information about the job descriptions, please contact the Office and we can share some information with you. There are still some positions that need to be filled.

## Bake Sale

We always want to share the talents of our many amazing bakers with the community in general through having periodic bake sales, which is always successful

At the Annual Holiday Cookie Competition, we will be having a bake sale as it is a great draw for the community to come and participate in the Holiday Cookie Competition while stocking up on Christmas treats.

We are asking our talented bakers to contribute to our bake sale. Stay tuned for more information on drop off times.

## Outreach to Members

One activity that BSC does is send birthday cards to members AND phone them on their birthday. This is well received and members appreciate having that personal connection with the Centre.

The Board of Directors would like to expand this personal contact through having a cadre of phone volunteers to contact members on a regular basis (1 - 2 times a month) to share up-to-date information about the Centre and to engage with members who may not be able to attend on a regular basis.

This volunteer activity can be done from home, you would be provided with a list phone numbers, Centre activity/information and you would be able to build a rapport with members over time.

Please contact the Office if you are interested in volunteering for this outreach activity.

## Bingo

The Last Bingo of the year will be on November 21<sup>st</sup> and we will need volunteers to help make it a success. Sign up sheet is outside of the office, or phone and let Bev know you are interested. We have job descriptions to help you identify what you would like to do.





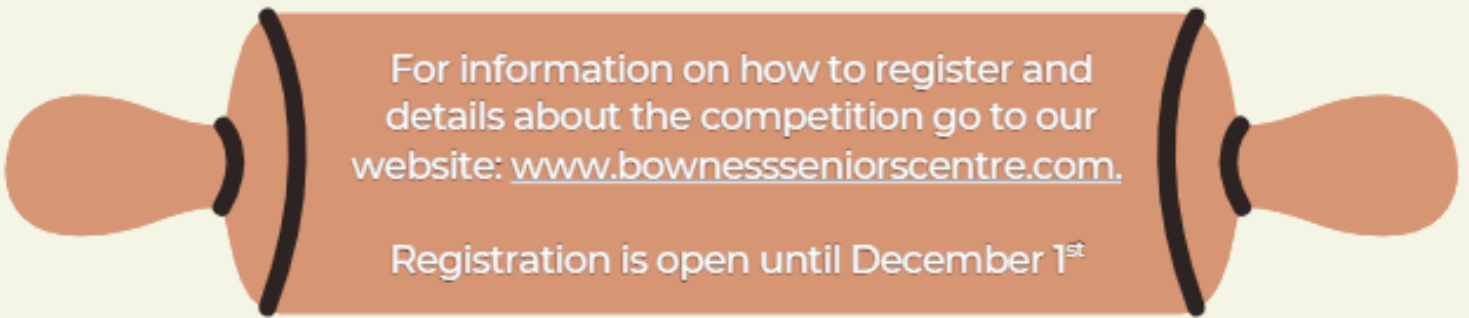
# Bowness Seniors' Centre

# HOLIDAY COOKIE COMPETITION

Our annual cookie competition is back for another year and we want  
your cookies!

**DECEMBER 6TH, 11:00-3:00**

We are pleased to offer 2 categories for both adult and youth amateur bakers.  
We will have a "judged" and a "people's choice" category for each section. Check  
our website for specific details.



For information on how to register and  
details about the competition go to our  
website: [www.bownessseniorscentre.com](http://www.bownessseniorscentre.com).

Registration is open until December 1<sup>st</sup>

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**6422 35<sup>th</sup> AVE NW**  
**403-288-4488**

**<https://bownessseniorscentre.com>**  
**@Friendsofbownessseniorscentre**



The Annual Holiday Cookie Competition is on Saturday December 6.

Practice your best cookies for submission for the Competition.

Come see the Gingerbread Village.

AND we will have a bake sale of wonderful goodies supplied by our  
awesome bakers!

Raffle tickets will go on sale soon - \$3.00 per ticket for 3 holiday  
baskets, worth \$160, \$130 & \$100. Licence #748650

More information to follow



## 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.

On Nov 10 we have a  
presentation Fire & Fall  
Prevention - please sign up for  
this presentation

## Last Bingo of the YEAR! November 21st

Join us on the 21st 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.

Bonanza Progressive Pot will be  
won on November 21.

Current pot is \$317.35 A  
percentage of the bonanza card  
sales on Nov 21 will also be  
added to this pot

## UPCOMING BINGO

6422 35 AVE NW  
(403) 286-4488

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

FOLLOW US ON FACEBOOK  
@FRIENDSOFBOWNESSSENIORS CENTRE



**Join us for our Presentation:**  
Taking Care of Your Hearing Health:  
A Guide to Making Informed  
Decisions

TOPICS TO DISCOVER

- Empower seniors to confidently navigate hearing assessments
- Learn to make informed decisions about your hearing care
- How to recognize red and green flags in hearing care
- How to advocate for the best treatment options



Trish Ehman,  
Registered Hearing Aid Practitioner

**Bowness Seniors  
Centre: In the  
McIntosh room**

**Friday November 28<sup>th</sup>,  
2025 at 10:00AM**



Bowness Seniors' Centre, 6422 35<sup>th</sup> Ave NW Calgary Alberta  
phone: 403 286-4488 email: office@bownessseniorscentre.com

## **ears to you** Mobile Hearing Clinic

Presentation  
on Friday November 28 at  
10 am.

Register with the office at  
403 286-4488 or  
office@bownessseniorscentre.com

## **Help support the Bowness Seniors' Centre**

Buy Raffle  
Tickets for \$3.00 each

3 prize baskets worth  
\$160, \$130 & \$100.

Draw for the Prizes is  
December 6 at 1 pm after the  
judging at the Cookie  
Competition.

Contact the BSC office to  
purchase tickets



# **HOLIDAY COOKIE COMPETITION RAFFLE**

**DRAW DECEMBER 6, 2025  
AT 1 PM AT BSC**

**TICKETS \$3.00 EACH**

### **PRIZES**

HOLIDAY DECOR BASKET VALUE \$160  
WAKE-UP MORNING BASKET VALUE \$130  
FAMILY HOLIDAY BASKET VALUE \$100  
AGLC LICENCE 748650



PROFITS BENEFIT THE  
BOWNESS SENIORS' CENTRE  
6422 35<sup>TH</sup> AVE NW  
CALGARY AB



## November Birthdays

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Joanna Busch

Diane Chalupiak

Sandra Edwards

Terrence Delaney

Mary Funk

Elizabeth Gershkovich

Libby Goodliff

Doug Goodwin

Pamela Head

Marilyn Henders

Laura Hunt

Ming Lee

Diana Lefrancois

Annette Lumb

Allan Malanik

Audrey Noble

Allison North

Ruth Smillie

 **HAPPY**  
**BIRTHDAY**





# Board of Directors

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## **Executive**

- Merrill Coombs President
- Carol Burnstein Vice President
- Kim Olsen Secretary
- Karen McIntosh Treasurer

## **Directors at Large**

- Opal Auchterlonie
- Marilynne Hall
- Sylvianne Greenwood-Plante
- Diana Mele
- Ann Williams

## Update from the Board Meetings

Leaner staffing - BSC now has 5 part time staff, and some of the staff are working decreased hours:

- Peggy Flanigan (Executive Director)
- Bev Petersen (Administration)
- Brian Grewcutt (Maintenance/caretaker)
- Austin Pasemko (Bookkeeper)
- Paige Forrer (Communications/Advertisement)

Enmax Upgrade - Upgrading the amount of electrical power coming into the Centre was needed to support the HVAC system project. The BSC has committed to this project and the tentative date for completion of the upgrade is November 25, 2025.

Come to the General Meeting at 1 pm on Friday Nov 14 to catch up on all the news



# THANK YOU

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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**, Previous Ward 1 City of Calgary
- **Minister Demetrius Nicolaides**, MLA, Calgary Bow
- **Servus Credit Union Crowfoot 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.



On the 11<sup>th</sup> hour of  
the 11<sup>th</sup> day of the 11<sup>th</sup>  
month, we will  
remember.



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

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## CONTACT INFO

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Phone: 403-286-4488

Email: [info@bownessseniorscentre.com](mailto:info@bownessseniorscentre.com)

Address: 6422 35 Ave NW Calgary AB

Website: [www.bownessseniorscentre.com](http://www.bownessseniorscentre.com)

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