

# Winter 2010 BOWNESS CLUB



Boys & Girls Clubs  
of Calgary

## Meet Our Staff!

**TBA**—Program Coordinator

**Frances Ferrara**—Sr. Programmer

**Jonathan Caldwell**—Programmer

**Cathy Milloy**—RSG Teacher

**Shelbie Jorgensen**—RSG Teacher's Assistant

**Lindzey Eakins**—RSG Family Worker

**Zoran Popovic**—Part-time

## DATES TO REMEMBER!

**Nov 30** – Winter Programs, Teachers' Convention & Spring Break Day Camps Registration Begins

**Dec 21 – Jan 3** – Club Closed for the Holidays

**Jan 11-16** – Winter Programs Begin!

**Feb 11&12** – Teachers' Convention Day Camps

**Feb 17**—Stampede Recruitment Talk 6—7pm

**March 10**—Stampede Job Skills Workshop 6:30—8:00

**Mar 15-19** Last week of Winter Programs

**Mar 29-April 6**—Spring Break Day camps

## Did You Know?

\* Boys and Girls Clubs of Calgary have been providing programs to children, youth and families for over 70 years!

\* For the safety of your children they should not arrive for their programs any earlier than 15 minutes prior to the start of their program. Staff are not available to supervise them and they will not be allowed in the club.

\* If you are picking your child up, please be on time as we are not able to offer child care.

\* Our club is a "Peanut Aware" club! We cannot guarantee a completely peanut free environment, but do our best to ensure that there are no peanut products at the club. Please be sure that you do not pack any snacks or products that may contain traces of peanuts or peanut butter.

\* Staff do not answer the phones during programs (to better attend to your children).

## CLUB UPDATES

### Licensed Out of School Care

Boys and Girls Clubs of Calgary are excited to announce that we will be offering Licensed Out of School Care at our 6 community clubs in 2010. Having these spaces available to your family will give you the opportunity to secure quality, reliable and affordable after school care for your child Monday – Friday 3:00-6:00pm. The clubs will even be offering care during school professional days. Support in applying for government subsidy to cover this cost of the \$310.00 monthly fee will be available from our staff team. Please speak to club staff if you would like to be put on the Out of School Care interest list to learn more information when the time comes, or if you would like more information around the government subsidy process. We can't wait to offer you and your family this amazing opportunity.

### Stampede Work Experience Program 2010

Come join us to celebrate 38 years of work experience with the Boys and Girls Clubs of Calgary and the Calgary Stampede 2010. Club members who will be 12 and older before July 8, 2010 are eligible to apply for summer employment at the Calgary Stampede through the Boys and Girls Clubs of Calgary. Recruitment and Job Skills workshops are held at the Clubs to relay Stampede information and teach youth about the application process, resume writing and interview techniques. The youth will be able to apply these skills now and in any future job! Please contact Club staff for more information!

**Fundraising** :Each year the Bowness Club is responsible for fundraising \$5,000 through various initiatives: jelly bean dances, chocolate almonds, highway clean up etc. This money goes towards the daily operations of our club and programs. **LET'S REACH THIS GOAL TOGETHER!** If you are interested in helping out, please talk to staff about ways you can help. Our next fundraiser is chocolate almonds and cookbook sales!

### Club Volunteers

The Club would like to send out a huge **THANK YOU** to all of the wonderful volunteers involved in our club and community programs. Bowness Club is always looking for new adult and youth volunteers to get involved; if you are interested please talk to Frances for more information.

## PROGRAM UPDATES

### After School Drop-in

Every Monday, Thursday and Friday from 3:30 to 5:30 is after school drop-in at Bowness. All are welcome to come by on a drop-in basis.

### Jr Basketball

Ever dreamed of being in the NBA? Well we can help you get there with our Jr Basketball program. Learn skills and play against other club teams!

### HIP HOP DANCE PROGRAM

This winter we are pleased to welcome back Georgia Little, one of our exceptional volunteers, who will be offering the Hip Hop Dance class again! Come and learn some hip cool new moves!

### Move, Shake and Drop

So you think you can dance? Come show us your moves, your shake and learn other new hip moves. Instructed by Shawna Easthope.

**\*\*Exclusively for teens\*\***

### Babysitting

Are you interested in babysitting? Please come by and register for the Babysitting Course and get the experience and confidence that you need. Ages 12 and up!

### Teen Great Escapes

So long to boring Saturday afternoons! Hello Survivor! You and your best friend should register for Great Escapes and spend your winter Saturdays on crazy outdoor adventures. Instructed by our very own expert outdoor adventure guide!

**\*\*Exclusively for teens\*\***

### Yoga

Curious about Yoga? Interested in meeting some like minded women and exploring the world of yoga, than this is a yoga program for you!

### Club Events:

Bowness Christmas Party Dec 5, tickets are available at the club, Bowness Library and the Community Centre.

### Teacher's Convention Day camps:

Thurs Feb 11 and Fri Feb 12

### Spring Break Day camps:

Mon Mar 22— Friday March 26

### Bownesians Secret Recipes

**The Bowness Cookbook** is here! Please help support your club and come by to pick up your cookbook, \$10.00 each.



## BOWNESS CLUB

**We are on the web!**

[www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca)

**CONTACT US AT:**

**36, 7930 Bowness Road NW  
Calgary, AB T3B 0H3**

**Phone: 403-571-0517**

**Fax: 403-571-0519**



**Boys & Girls Clubs  
of Calgary**

## STAFF AND VOLUNTEER NEWS

Thank you and goodbye to **Adriana Jedynak**, who has moved on from BGCC. Adriana's spirit, passion and commitment will be missed but we know that BGCC will always be close to her heart.

After 5 years of working for the agency, I am moving on and exploring other opportunities. As this was not an easy decision I had to make I would like to say that it has been a pleasure to work in this vibrant community. I want to thank everyone that has contributed to the club, thanks to all of our donors, devoted volunteers; our youth volunteers; and those who come together at our facility to work on making our community stronger; and most of all, thank you to our children, youth, families who attend the club and make it their own. I will miss the families and staff I've gotten to know at the club. I am proud to have had the privilege to work at the Bowness Boys and Girls Club and as a member of the community I will continue to be involved in making Bowness the best it can be. Perhaps our paths will cross again...

Adriana Jedynak

# PROGRAM SCHEDULE



Boys & Girls Clubs  
of Calgary

## BOWNESS CLUB — Winter 2010

Time:	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Morning/ Lunch</b>	<p><b>Ready, Set, Go</b> Ages 3-4 9:00am- 11:15am Sept- Jun</p>	<p><b>Ready, Set, Go</b> Ages 3-4 9:00am- 11:15am Sept- Jun</p> <p><b>Photography</b> 15 years and up 10:00am - 12:00pm Jan 12 - Mar. 16</p>	<p><b>Ready, Set, Go</b> Ages 3-4 9:00am- 11:15am Sept- Jun</p>	<p><b>Ready, Set, Go</b> Ages 3-4 9:00am- 11:15am Sept- Jun</p>	<p><b>Ready, Set, Go</b> Ages 3-4 9:00am- 11:15am Sept- Jun</p>	
<b>Afternoon</b>	<p><b>Ready, Set, Go</b> Ages 3-4 1:00pm- 3:15pm Sept- Jun</p> <p><b>Drop-In Ranchlands Pick Up *Homework Help, *Kid Power, *Club.com</b> Grades 1 - 6 3:30pm - 5:30pm Jan 11 - Mar. 15</p> <p><b>Jr. Chefs</b> 9-12 years 4:00pm -7:00pm Jan 11 - Mar. 15</p>	<p><b>Homework Help</b> Grades 1 - 6 4:00 pm- 5:30pm Jan 12 - Mar. 16</p> <p><b>Kid Power</b> (Arts &amp; Recreation) 6 - 8 years 4:00pm - 5:30pm Jan 12 - Mar. 16</p>	<p><b>Ready, Set, Go</b> Ages 3-4 1:00pm- 3:15pm Sept- Jun</p> <p><b>Homework Help</b> Grades 1 - 6 4:00pm - 5:30pm Jan 13 - Mar 17</p> <p><b>Move, Shake &amp; Drop (Dance)</b> 13 and up 4:00pm - 5:00pm Jan 13 - Mar 17</p>	<p><b>Drop-In Ranchlands Pick Up *Homework Help, *Around the World *Kid Power</b> 6 - 12years 3:30pm - 5:30pm Jan 13 - Mar 18</p> <p><b>Parent Talk</b> 1:00pm-3:00pm</p> <p><b>Kid Power (Terrace Road Elementary only)</b> 6 - 8 years 3:15pm - 4:45pm Jan 13 - Mar 18</p>	<p><b>Ready, Set, Go</b> Ages 3-4 1:00pm- 3:15pm Sept- Jun</p> <p><b>Drop-In *Homework Help *Kid Fit</b> 6-12years 3:30pm - 5:30pm Jan 14 - March 19</p>	<p><b>Great Escapes</b> 13 and up 1:30pm - 4:00pm Jan 15 - March 20</p>
<b>Evening</b>	<p><b>Radical Science</b> 9 - 12 years 6:30pm - 8:30pm Jan 11 - Mar. 15</p> <p><b>Routes</b> Grade 7 &amp; up 6:00-8:00pm</p> <p><b>Keystone Renfrew Location</b> 15 - 19 years 6:30pm - 8:30pm Jan 11 - Mar. 15</p> <p><b>Create &amp; Connect</b> Family Program 6:00pm - 8:00pm Jan 11 - Mar. 15</p>	<p><b>Jr. Basketball</b> 9 - 12 years 6:30pm - 8:30pm Jan 12 - Mar. 16</p> <p><b>Hip/Hop &amp; Jazz Dance</b> 9-12 years 7:00 -8:00pm Jan 12 - Mar. 16</p> <p><b>Yoga for Women</b> Family Program 6:00pm-7:00pm Jan 12 - Mar. 16</p>	<p><b>360°- Girls</b> (Teen girls group) 13 and up 6:30pm-8:30pm Jan 13 - Mar 17</p>	<p><b>Sr. Floor Hockey</b> 13 and up 6:00pm - 8:30pm Jan 13 - Mar 18</p> <p><b>Babysitting</b> 12 and up 6:30pm - 8:30pm Jan 13 - Mar 18</p>		<p><b>Teen Drop In</b> 13 - up years 6:30pm - 9:30pm Jan 15 - March 20</p>