

Monday

Tuesday

Wednesday

Thursday

Friday

		<p><b>1</b></p> <p>New Years Day <b>Kerby Centre Closed</b></p>	<p><b>2</b></p>	<p><b>3</b></p>
<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p> <p>1:00 pm - 3:00 pm <b>Carya Village Commons</b> (2nd Wednesday of the month)</p>	<p><b>9</b></p> <p>10:30 am - 12:00 pm <b>Knox Presbyterian Church</b> (2nd Thursday of the month)</p>	<p><b>10</b></p>
<p><b>13</b></p>	<p><b>14</b></p> <p>11:00 am - 12:00 pm <b>Parkdale Nifty Fifties</b> (2nd Tuesday of the month)</p>	<p><b>15</b></p>	<p><b>16</b></p> <p>11:00 am - 12:00 pm <b>Bow Cliff Seniors 50+</b> (3rd Thursday of the month)</p>	<p><b>17</b></p>
<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p> <p>1:30 pm - 3:00 pm Bread Market <b>Northminster United</b> <b>@ Highland Park</b> *moving to first week next month</p>	<p><b>23</b></p> <p>12:00 am - 1:15 pm <b>Confederation Park 55+</b> (4th Thursday of the month)</p>	<p><b>24</b></p>
<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>



# Community **Bread Market** Locations

for older adults & seniors 50+

## **Parkdale Nifty Fifty Association**

403-283-0620  
3512 5 Ave NW, Calgary

## **Carya Village Commons**

403-536-6558  
610 8th Ave SE, Calgary

## **Bow Cliff Seniors 50+**

403-246-0390  
3375 Spruce Dr SW, Calgary

## **For more information, contact our Thrive Coordinator at Unison at Kerby Centre**

403-705-3222  
1133 7th Ave SW, Calgary

## **Knox Presbyterian Church**

403-242-1808  
3704 37 Street SW, Calgary

## **Northminster United Church @ Highland Park Community Association**

403-277-0322  
3716 - 2 Street NW, Calgary

## **Confederation Park 55+ Activity Centre @ Triwood Community Centre**

403-289-4780  
2244 Chicoutimi Dr NW, Calgary

# **JANUARY** **2025**

