



Grandma's Kitchen and Self-Esteem

Seniors Schedule & Locations

April 2023 to March 2024

Multiple Locations in Calgary

Free for immigrant women ages 50 years and over, who are Permanent Residents

Baitun Nur (Ahmeddiya) Mosque

4353 54 Avenue NE, Calgary

10:30 am - 3:30 pm

Last Tuesday of the month

April 25 | May 30 | June 27 | July 25 | August 29
September 26 | October 30 | November 28
January 30 | February 27 | March 26

Calgary Genesis Centre

Lunch Room, 7556 Falconridge Blvd. NE

9:00 am - 1:00 pm

2nd Tuesday of the month

April 11 | May 9 | June 6 | July 11 | August 8
September 12 | October 10 | November 28
December 12 | January 9 | February 13 | March 12

Westminster Presbyterian Church

Presbyterian Church

290 Edgepark Blvd NW, Calgary

1:30 pm - 3:30 pm

1st Friday of the month

April 7 | May 5 | June 2 | July 7 | August 4
September 1 | October 6 | November 3 | December 1
January 5 | February 2 | March 1

Varsity Acres Presbyterian Church

4612 Varsity Dr NW, Calgary

10:30 am - 3:30 pm

2nd and 4th Friday of the month

April 14, 28 | May 12, 26 | June 9, 23 | July 7, 28
August 11, 25 | September 8, 22 | October 13, 27
November 10, 24 | December 8 | January 12, 26
February 9, 23 | March 8, 22

Pineridge Club

6012 Rundlehorn Dr NE, Calgary

10:30 am - 3:30 pm

First Tuesday of the Month

April 4 | May 2 | June 6 | July 4 | August 1
September 5 | October 3 | November 7
December 5 | January 2 | February 6 | March 5

Knox Presbyterian Church

3704 37 Street SW, Calgary

1:00 pm - 4:00 pm

Last Tuesday of the month

April 25 | May 30 | June 27 | July 25 | August 29
September 26 | October 30 | November 28
January 30 | February 27 | March 26

Families Matter Society

#101 239 Midpark Way SE, Calgary

1:00 am - 4:00 pm

Last Tuesday of the month

April 25 | May 30 | June 27 | July 25 | August 29
September 26 | October 30 | November 28
January 30 | February 27 | March 26

Register today! Contact:

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