

Weekly Update

FRIDAY, AUGUST 07, 2026

PBP PALLISER-BAYVIEW-PUMPHILL
COMMUNITY ASSOCIATION



Heritage Park

Your community... Yours to Enjoy!

Heres Whats Happening!

NEW ACTIVITIES:

Chair exercises for seniors

PAGES 10 & 11

Sunday afternoon family movies

PAGES 4 & 5

RETURNING THIS FALL:

Home Alone workshops

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Babysitting courses

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First-Aid Training

COMING SOON:

Interesting speakers

Computer projects

Youth clubs

Looking Ahead...

Our goals are to serve our community, accommodating your SOCIAL - PHYSICAL - INTELLECTUAL needs in a safe and caring environment.

We are constantly looking for new ideas and welcome your suggestions.

If you have a talent that you'd like to share, we'd be delighted to hear about it. Please give me a call.

Norman Bunn 587-899-6616

PBP

**PALLISER-BAYVIEW-PUMPHILL
COMMUNITY ASSOCIATION**

2323 Palliser Road SW

Spend your weekend with us!



Play or Learn
CRIBBAGE

EVERY FRIDAY at 7 PM

**PERHAPS YOU HAVE ANOTHER GAME
YOU'D LIKE TO PLAY? BRING IT ALONG
WITH YOUR SNACKS.**

Saturdays at 10 AM

Cookies and Coffee

**Come for a chat, bring a friend, join our group.
Learn about our activities.**

**PALLISER-BAYVIEW-PUMPHILL
COMMUNITY CENTRE
2323 PALLISER ROAD**

IN OUR BOARDROOM - WEST SIDE ENTRANCE

Your Community... Yours to Enjoy!



Free family movies.

**SUNDAY
AUG 09
2 PM**

It Takes Two

After meeting at a summer camp, orphan Amanda and wealthy Alyssa use their identical looks to play cupid between Alyssa's dad and a caring social worker.

1H 29M

***PARENTAL ACCOMPANIMENT SUGGESTED
OUTSIDE SNACKS ARE WELCOME***

**IN THE
BOARDROOM**

**Palliser-Bayview-Pumphill
COMMUNITY ASSOCIATION
2323 PALLISER DRIVE**



**SUNDAY
AUG 09
2 PM
1H 41M**

It Takes Two

After meeting at a summer camp, orphan Amanda and wealthy Alyssa use their identical looks to play cupid between Alyssa's dad and a caring social worker.

**SUNDAY
AUG 16
2 PM
1H 34M**

Baby Sitter's Club

A team of babysitters launches a day camp over summer break, but complaints from neighbours, misbehaving pets, and teen dramas jeopardize their venture.

**SUNDAY
AUG 23
2 PM
1H 48M**

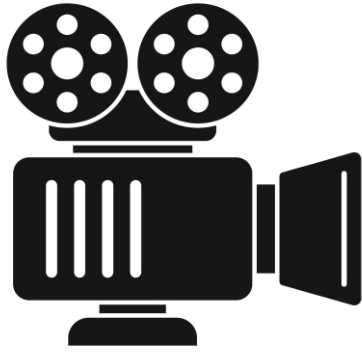
A Dog's Journey

Devoted dog Bailey honours his original owner's request by reincarnating to watch over & guide his granddaughter throughout decades of her life.

**SUNDAY
AUG 30
2 PM
1H 50 M**

Feel the Beat

After blowing a Broadway audition, a self-centred dancer reluctantly returns home and agrees to coach a squad of young hopefuls for a big competition.



*Come for the Friendship
Come for the Show*

SUNDAY MOVIE

**DOORS OPEN 6:30 PM
SHOW STARTS AT 7**

**AUG
09**

1H 26M

Holiday in the Wild

ROMANTIC - KIDS & FAMILY DRAMA

Rob Lowe * Kristin Davis

Stunning South African landscapes in this romantic adventure,
common sense media calls "Wholesome & Enlightening."

*Invite a Friend
Bring your Snacks!*

**IN THE BOARDROOM
2323 PALLISER DRIVE**

**email: normantbunn@gmail.com
Norman Bunn at 587-899-6616**

SUNDAY MOVIES

AUGUST 2026

AUG
09

1H 26M

Holiday in the Wild

ROMANTIC - KIDS & FAMILY DRAMA

Rob Lowe * Kristin Davis

Stunning South African landscapes in this romantic adventure, common sense media calls "Wholesome & Enlightening."

AUG
16

1H 54M

R

RESTRICTED
LANGUAGE
VIOLENCE

The Unforgivable

GRITTY EMOTIONAL DRAMA

Sandra Bullock

Sandra Bullock stars as a woman who is released from prison after serving 20 years, as she looks for the sister she left behind.

AUG
23

1H 39M

A Beautiful Life

SINCERE - EMOTIONAL - INSPIRING

This "Heartfelt Inspirational Journey" about a fisherman-turned-singer made the top 10 film list in its first week.

AUG
30

1H 51M

MAX

EXCITING FAMILY MOVIE

When he's adopted by his former handler's grieving family, a battle-scarred combat dog helps the late soldier's younger brother find a path to healing.

SUBSTITUTIONS MAY BE NECESSARY

Home Alone

Training for Kids Ages 9 - 12

SECOND SESSION

BACK BY POPULAR DEMAND!

This interactive program prepares youth for the all-important responsibilities of being home alone safely. Without skills, this can be an uncomfortable and unsafe situation.

The course is conducted by the professionals from Child Safe Canada. Children receive a workbook, and a certificate upon successful completion.

Children will:

- Understand the responsibilities of being home alone.
- Consider safe choices for all appliances, microwave, stove, oven, toasters, etc.
- Identify hazards within the home and consider appropriate injury prevention.
- Explore responsibilities while home alone, chores, coming and going, answering doors and telephones, handling floods, etc.
- Practice first aid treatments and prevention of burns and cuts.

The children will engage in role playing, discussions, workbook and related games to address each of the course objectives. Each class may be altered to meet the needs of the group.

Returning in September

**Palliser-Bayview-Pumphill Community Hall
2323 Palliser Drive, Calgary**

for information and registration package

Norman Bunn

587-899-6616

pbpcam@pbpcommunity.ca



KIDS
ages
10 to 15

babysitting **COURSE**

WHEN SCHOOL GOES BACK

This is a 7 hour course with
training provided by the professionals from

CHILD SAFE CANADA

COMING IN SEPTEMBER

**PALLISER-BAYVIEW-PUMPHILL
COMMUNITY ASSOCIATION
2323 PALLISER DRIVE SW**

pbpcam@pbpcommunity.ca

for information and pre-registration package

Mobility Problems?

CHAIR EXERCISES

SUNDAYS AT 11 AM
IN OUR BOARDROOM

**NO SKILLS REQUIRED
EASY & SAFE**

THE CARTOON AT THE RIGHT WAS DRAWN IN SECONDS USING
AI (ARTIFICIAL INTELLIGENCE), AFTER JUST 30 SECONDS OF
INSTRUCTION. WANT TO LEARN HOW? STICK WITH US!

COURSE COMING IN THE FALL



PBP Walking Club

BUILD FITNESS STRENGTH STAMINA BALANCE

Come walk with us

WE MEET AT 10 AM
MONDAY - WEDNESDAY - FRIDAY

WEATHER PERMITTING

BY McDONALDS - GLENMORE LANDING

**INFO &
DIRECTIONS**

normantbunn@gmail.com
Norman Bunn 587-899-6616

We have
lots of
NEW
ACTIVITIES!

WHAT DO YOU WANT?

1 NORM IS HERE TO HELP!



Hi, I'm Norm!
I'll show you easy chair exercises to help reduce gout pain, improve movement and keep you feeling your best!

CHAIR EXERCISES CAN HELP:

- ✓ Reduce joint stiffness
- ✓ Improve circulation
- ✓ Maintain strength and flexibility
- ✓ Support balance
- ✓ Lift your mood!

♥ Move gently. Move often. Feel better. 🐾

2 LET'S WARM UP!

Start with these gentle moves.



1. MARCH IN PLACE

Lift one knee up at a time while sitting tall.

Do for 1–2 minutes.

2. SHOULDER ROLLS

Roll your shoulders up, back, down and forward.

Do 5–8 times each direction.



TIP: Move in a comfortable range.
No pain, just gentle movement! 🌿

3 STRONG LEGS, LESS GOUT PAIN

Build strength to support your joints.

1. KNEE EXTENSION

Straighten one leg out in front of you, hold for 2–3 seconds, then lower down.

Do 8–12 times on each leg.



2. HEEL TAP

Tap one heel on the floor in front of you, then switch.

Do for 1–2 minutes.

Stronger muscles = more support for your joints! 🐾

4 HAPPY FEET, HAPPIER YOU!

Gentle movements for your feet and ankles.

1. ANKLE CIRCLES

Lift one foot slightly off the floor and make slow circles with your foot.

Do 5 circles each direction on each foot.



2. TOE LIFTS

Lift your toes up toward you, then press them down.

Do 10–15 times.



Good circulation can help reduce gout flare-ups! ♥

5 BALANCE & CORE FOR EVERYDAY LIFE

These moves help with stability and posture.

1. SEATED SIDE BEND

Reach one arm up and over to the side. Return to center and switch sides.

Do 5–8 times each side.



2. SEATED TWIST

Cross your arms or hold the chair and gently twist your upper body. Switch sides.

Do 5–8 times each side.



Strong core. Better balance. More confidence. 🐾

6 COOL DOWN & TAKE CARE!

Finish strong and look after your joints.

1. DEEP BREATHS

Take a deep breath in through your nose, hold for a moment and breathe out slowly.

Do 3–5 times.



NORM'S DAILY GOUT TIPS

- 💧 Stay hydrated
- 🍏 Eat well
- 👣 Move gently every day
- ☀️ Manage stress
- 💊 Take your medication as prescribed

Great job!

A little movement today can mean less pain tomorrow.

Keep it up—you've got this!



Remember: Every small move makes a big difference! ♥



Always check with your healthcare provider before starting a new exercise program.



Berenefits of Membership

WE HAVE PROGRAMS
AND EVENTS FOR EVERYONE.
KIDS - STUDENTS - ADULTS - SENIORS

We are always planning and introducing new activities for our members. Most of our activities are low-cost, many are free.

Whether you are new to our community, or just want to get out more, we're here for you.

Membership Application

If you want to look us over, drop by for coffee any Saturday at 10 AM. We meet in the boardroom, through the side door.

You could call me on 587-899-6616
or send me an email.
normantbunn@gmail.com

KEEP INFORMED - BECOME A MEMBER
MEMBERSHIP PUTS YOU ON OUR EMAIL LIST
ANNUAL HOUSEHOLD MEMBERSHIP
ONLY \$25 **SENIORS \$10**