

Kid Friendly

Family time is precious. Kids under the age of 18 are welcome to join you in the programs below. Kid Friendly programs are drop in for your convenience. Ask us how to register your kids. *See pg. 2.*

Carma House (1404 Home Rd NW)

Adventures in Art

Saturdays, Sept. 15, Oct. 20, Nov. 17
1:00 - 3:00 pm at Carma House NW

Drumming

Saturdays, Sept. 22 - Nov. 3 (*no class Oct. 6*)
1:00 - 3:00 pm at Carma House NW

House Music: Horizon Ridge Multi-Instrumentalists and Singers

Helen Goodchild, Dianne Quinton,
Peter May and Steve Goodchild
Friday, Nov. 2
7:00 - 9:00 pm at Carma House NW

Intergenerational Laughter

Mondays, Oct. 15 - 29
7:00 - 8:00 pm at Carma House NW

Fountain Court (#120, 703 - 64 Ave SE)

Drumming

Fridays, Oct. 12 - Nov. 2
4:30 - 6:15 pm at Fountain Court SE

Halloween Meet & Treat Open House

(Open to the public)
Saturday, Oct. 20
1:30 - 4:00 pm at Fountain Court SE

House Music: Rick Lett - Guitar

Jazz, Folk Standards and Originals in the Mix.
Friday, Oct. 12
7:00 - 9:00 pm at Fountain Court SE

Laugh Until it Helps

Saturday, Nov. 3
10:00 am - 12:00 pm at Fountain Court SE

Yoga: For Families

Tuesdays, Sept. 25 - Dec. 11 (*no class Nov. 13*)
4:30 - 5:30 pm at Fountain Court SE

*"Wellspring is a great place to "belong" to.
It was recommended to me and I have
recommended it to others."*

Wellspring Member