

# Young Adult (YA)

For Young Adults 18-39ish.

Email: [youngadult@wellspringcalgary.ca](mailto:youngadult@wellspringcalgary.ca)

Facebook: [YA Wellspring Calgary](#)

Also check out Young Adult Cancer Canada

Email: [locallifecalgary@youngadultcancer.ca](mailto:locallifecalgary@youngadultcancer.ca)

and Survive & Thrive

Email: [danielle@survivethrive.org](mailto:danielle@survivethrive.org)

## Carma House (1404 Home Rd NW)

**YA Bootcamp (Drop In)** (PAR-Q+ required)

Wednesdays, May 1 - July 31 from 7:45 - 8:30 pm

**YA Game Night**

Saturdays, May 4, June 1, July 6, Aug. 10

6:00 - 10:00 pm

**YA Mask Making**

Tuesdays, June 4, 11, 18 from 6:30 - 8:30 pm

**YA Patio Party**

Friday, Aug. 9 from 6:00 - 10:00 pm

**YA Yoga (Drop In)**

Thursdays, May 9 - Aug. 22 from 7:15 - 8:15 pm

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

**YA Bootcamp (Drop In)** (PAR-Q+ required)

Thursdays, May 2 - June 27 from 7:15 - 8:00 pm

## Other Locations

**YA Berry Picking**

Sunday, Aug. 11 from 1:00 - 5:00 pm

The Saskatoon Farm

(80181 338 Ave E., DeWinton)

**YA Fireworks**

Saturday, Aug. 17 from 6:00 - 11:00 pm

GlobalFest fireworks at Elliston Park. Meet at 6:00 pm sharp outside City Centre Parkade (on 10th Ave. SW between 4th and 2nd Street)

**YA Kitchen Social: 20 Minute Meals**

Friday, May 10 from 6:15 - 9:00 pm

Cookbook Co. (722 - 11 Ave SW)

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*"Being able to come together and socialize  
with other young adults is amazing!"*

Wellspring Member