

EVENING AND WEEKEND PROGRAMS

Spring/Summer (May-Aug) 2019: Register online, by phone or in person.

Calgary Northwest—CARMA HOUSE: 1404 Home Rd NW (403-521-5292)

MONDAYS

Exercise and Educate (<i>drop-in; PAR-Q+ required</i>) 6:30-7:30pm	May 6 - Aug 19 (<i>no class May 20, Jul 1, Aug 5</i>)
Healthy Steps (<i>PAR-Q+ required</i>) 5:15-6:15pm	May 6 - Aug 19 (<i>no class May 20, Jul 1, Aug 5</i>)
Caregiving Support: Finding Sanctuary (<i>drop-in</i>) 7-9pm	Jun 10

TUESDAYS

Meetup: Living with a cancer that may never go away? 6:30-8:30pm	May 14, Jul 9
Exercise: SIRvivor (Men) (<i>drop-in; PAR-Q+ required</i>) 7:30-8:30pm	May 7 - Aug 20
Yoga: For Wellbeing (Meditative Pace) (<i>drop-in</i>) 5:30-7pm	May 7 - Aug 20
Speaker Panel: Question of Work (<i>public</i>) 7-9pm	May 7
Speaker: Hopes, Dreams and Expectations (<i>public</i>) 7-9pm	May 21
Bird Strolls (<i>first session at Carma, others at parks</i>) 6:30-8:30pm	May 21 - Jun 28
Young Adult Mask Making 6:30-8:30pm	Jun 4, 11, 18

WEDNESDAYS

Young Adult Bootcamp (<i>drop-in; PAR-Q+ required</i>) 7:45-8:30pm	May 1 - Jul 31
Exercise and Educate (<i>drop-in; PAR-Q+ required</i>) 6:30-7:30pm	May 8 - Aug 21
Speaker: Legal & Employment Matters (<i>public</i>) 7-9pm	May 15
Men's Group (<i>drop-in</i>) 7-9pm	May 22, Jun 26, Jul 24, Aug 21
Speaker: Transitioning Through Phases Q&A (<i>public</i>) 7-9pm	May 29

THURSDAYS

Moves in Rhythm (<i>PAR-Q+ required</i>) 6-7pm	May 9 - Aug 22
Young Adult Yoga (<i>drop-in</i>) 7:15-8:15pm	May 9 - Aug 22
Speaker: Medical Marijuana (<i>public</i>) 7-8:30pm	May 16
Speaker: Transforming Stress with Qigong (<i>public</i>) 7-8:30pm	May 30
Speaker: Importance of Hope (<i>public</i>) 7-9pm	Jun 6

FRIDAYS

Young Adult Patio Party 6-10pm	Aug 9
Children's and Parent's Program (<i>kid-friendly</i>) 5:30-7:30pm	May 10 - Jun 28

SATURDAYS

Young Adult Game Night 6-10pm	May 4, Jun 1, Jul 6, Aug 10
Creative Journaling: Getting to Know You 10am-12pm	May 4, 11, 25, Jun 1 (<i>no class May 18</i>)
Drumming (<i>drop-in; kid-friendly</i>) 3-5pm	May 4 - Jun 15 (<i>no class May 18</i>)
Exercise and Educate (<i>drop-in; PAR-Q+ required</i>) 9-10am	May 11 - Aug 24 (<i>no class May 18, Jun 29, Aug 3</i>)
Adventures in Art (<i>kid-friendly; register for each class</i>) 1-3pm	May 25, Jun 22, Jul 6, Aug 24
Yoga: For Families (<i>drop-in; kid-friendly</i>) 1-2:30pm	May 25, Jul 27
For Caregivers Only 10am-2pm	May 25
What's Love Got to do With It? Reiki Workshop 9:30am-12pm	Jun 8
House Music: Jeremy Gignoux Ensemble (<i>kid-friendly</i>) 7-9pm	Jun 8
Summer Solstice BBQ (<i>public</i>) 3-6pm	Jun 22
Kalimba: Meditative Thumb Piano (<i>drop-in; kid-friendly</i>) 3-5pm	Jun 22
Still Life Sketching 10am-4pm	Jul 13
Vision Board 10am-4pm	Jul 20
Dreamcatchers: Indigenous Traditions (<i>kid-friendly</i>) 10am-5pm	Jul 27
Creative Journaling: Intro for 'Newbies' 10am-12pm	Aug 10, 17, 24
Laugh Until it Helps (<i>drop-in; kid-friendly</i>) 10am-12pm	Aug 24

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Calgary South—FOUNTAIN COURT: 120, 704–64 Ave SE (587-747-0260)

MONDAYS

Caregiving Support: Finding Sanctuary (<i>drop-in</i>) 7-9pm	May 13
Speaker: Medicine Wheel Teaching (<i>public</i>) 6:30-8:30pm	Jun 3
Speaker: Burnout in Caregivers (<i>public</i>) 7-9pm	Jun 10
Speaker: Transforming Stress with Qigong (<i>public</i>) 7-8:30pm	Jun 17
Speaker: Radical Self Love (<i>public</i>) 7-9pm	Jun 24

TUESDAYS

Yoga: For Harmony (Meditative Pace) (<i>drop-in</i>) 7:15-8:30pm	May 7 - Jul 30
Exercise and Educate (<i>drop-in; PAR-Q+ required</i>) 6-7pm	May 7 - Jul 23
Healing Journey 1: Coping with Stress (<i>Tue & Thu</i>) 7-8:30pm	May 14 - 23
Healing Journey 2: Skills for Healing (<i>Tue & Thu</i>) 6:30-8:30pm	Jun 4 - 27
Meetup: Living with a cancer that may never go away? 6:30-8:30pm	Jun 11
Speaker: Creating Peace with Feng Shui (<i>public</i>) 7-9pm	Jul 16

WEDNESDAYS

Creative Journaling: Intro for 'Newbies' 6:30-8:30pm	Jun 5 - 26
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THURSDAYS

Young Adult Bootcamp (<i>drop-in; PAR-Q+ required</i>) 7:15-8pm	May 2 - Jun 27
Chi Journey: Qigong/Tai Chi Blend (<i>drop-in</i>) 6-7pm	May 9 - Jun 13
Healing Journey 1: Coping with Stress (<i>Tue & Thu</i>) 7-8:30pm	May 14 - 23
Men's Group (<i>drop-in</i>) 7-9pm	May 16, Jun 20, Jul 18
Healing Journey 2: Skills for Healing (<i>Tue & Thu</i>) 6:30-8:30pm	Jun 4 - 27

FRIDAYS

House Music: The Project (Blues) (<i>kid-friendly</i>) 7-9pm	May 3
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SATURDAYS

What's Love Got to do With It? Reiki Workshop 12:30-3pm	May 4
Fly Fishing: Beneath the Surface 10-11:30am*	May 4 - Jun 22 (<i>no class May 18</i>)
Yoga: For Families (<i>drop-in; kid-friendly</i>) 11am-12:30pm	May 11, Jul 20
Still Life Sketching 10am-4pm	May 25
Vision Board 10am-4pm	Jun 8
Songwriting Made Easy 12-3pm	Jun 8, 15
Painting in a Day 10am-4pm	Jun 15
Adventures in Art (<i>kid-friendly; register for each class</i>) 1-3pm	Jun 22, Jul 13
Laugh Until it Helps (<i>drop-in; kid-friendly</i>) 10am-12pm	Jun 22
Drumming (<i>drop-in; kid-friendly</i>) 3-5pm	Jul 6, 13, 20, 27

SUNDAYS

Dreamcatchers: Indigenous Traditions (<i>kid-friendly</i>) 10am-5pm	Jul 28
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*see next page for field trip info



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Calgary and Area—OTHER LOCATIONS

TUESDAYS

Meetup: Living with a cancer that may never go away? 6:30-8:30pm Aug 13
Location: Wellness Centre, South Health Campus, 4448 Front St SE, Calgary

WEDNESDAYS

Dinner and Speaker: Medical Marijuana (public) 5:30-8pm May 15
Location: Highwood Memorial Centre, 128-5 Ave W, High River

Speaker: Talking with your Family About Cancer (public) 6-7:30pm May 29
Location: Wellness Centre, South Health Campus, 4448 Front St SE, Calgary

Speaker: What Happens if You Die Without a Will? (public) 6-7:30pm Jun 26
Location: Wellness Centre, South Health Campus, 4448 Front St SE, Calgary

FRIDAYS

Young Adult Kitchen Social 6:15-9pm May 24
Location: Cookbook Co., 722-11 Ave SW

SATURDAYS

Fly Fishing Field Trip 10am-2pm Jul 20
Location: Three Point Creek near Millarville (meet at Fountain Court)

Young Adult Fireworks 6-11pm Aug 17
Location: Elliston Park (meet at 6pm at City Centre Parkade, 10 Ave SW between 4 and 2 St)

SUNDAYS

Young Adult Berry Picking 1-5pm Aug 11
Location: Saskatoon Farm, 80181-338 Ave E, DeWinton