

EVENING AND WEEKEND PROGRAMS: *Speakers & House Music* - Open to the Public – Free of Charge

Fall 2019 (September – December): Register online, by phone or in person.

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

MONDAYS

Exercise and Educate (*drop-in; PAR-Q+ required*) 6:30-7:30pm Sept. 9 – Dec. 16 (No class Oct. 14)
Healthy Steps (*PAR-Q+ required*) 5:15 - 6:15pm Sept. 16 – Dec. 16 (no class Oct. 14)

TUESDAYS

Yoga: For Wellbeing (Meditative Pace) (*drop-in*) 5:30 - 7:00 pm Sept. 3 – Dec. 17
Exercise: SIRvivor (Men) (*drop-in; PAR-Q+ required*) 7:30 - 8:30pm Sept. 3 – Dec. 17
Meetup: Living with a cancer that may never go away? 6:30 - 8:30pm Sept. 17, Nov. 19
Speaker: Clinical Trials 7:00-9:00 pm Sept. 17
Speaker: Serendipity and Science: D&D of Cancer Treatments 7:00-9:00 Oct. 29
Speaker: Transitioning Through Phases of the Cancer Journey 7:00-9:00pm Nov. 5
Speaker: Cancer and Work 7:00 - 9:00 pm Nov. 26

WEDNESDAYS

Exercise and Educate (*drop-in; PAR-Q+ required*) 6:30-7:30pm Sept. 4 – Dec. 18 (No class Nov 13)
Watercolour: YOU Can Do It 6:30 – 8:30 pm Sept. 4, 11, 25 (No class Sept. 18)
Speaker: Forest Bathing: History, Science and Practice 7:00-8:30 pm Sept. 11
Speaker Panel: Question of Work 7:00 - 9:00 pm Sept. 18
Men’s Group (*drop-in*) 7-9pm Sept. 25, Oct. 23, Nov. 27 (No meeting Dec.)
Speaker: Traditional Indigenous Cultural Knowledge 6:30-8:30 pm Oct. 30
Speaker: The Emergence of Immunotherapy 7:00-9:00 pm Nov 27
Speaker: Burnout, Compassion Fatigue & Stress in Caregivers 7:00-9:00 pm Dec. 11

THURSDAYS

YA Bootcamp (*drop-in; PAR-Q+ required*) 7:15-8:00pm Sept. 5 - Dec. 12
Speaker: Brain Fog: Awareness and Program Overview 7:00-9:00 pm Sept. 12
Moves in Rhythm (*PAR-Q+ required*) 6:00 - 7:00 pm Sept. 19 – Dec. 19
Caregiving Support: Finding Sanctuary (*drop-in*) 7-9pm Sept. 26, Oct. 24, Nov. 28, Dec. 19
Speaker: Legal & Employment 7:00 -9:00 pm Sept. 26
Speaker: Acupuncture for Cancer Related Pain 7:00-9:00 pm Oct. 3
Speaker: Creating a Peaceful Space with Feng Shui 7:00-9:00 pm Dec. 5

FRIDAYS

Speaker: Bridge to Peace Threshold Choir 7:00-9:00 pm` Nov 22
House Music: Christmas Carol Theatre Event (*kid-friendly*) 7:00 -9:00 pm Nov. 29 (*open to the public*)

SATURDAYS

Drumming (*drop-in, kid-friendly*) 3:00-5:00 pm Sept. 7-Oct. 19 (No class Oct. 12)
Exercise and Educate (*PAR-Q+ required*) 9:00-10:00 am Sept. 7-Dec. 14 (No class Oct. 12)
Watercolour: Just for Fun 10:00 am- 12:00 pm Sept. 7, 14, 21
YA Paper Realms 3:15-5:15 pm Sept. 7-28
Adventures in Art (*kid-friendly*) 1:00-3:00 pm Sept. 14, Oct. 5, Nov. 16, Dec. 14
Creative Journaling: Getting to Know You II 10:00 am- 12:00 pm Sept. 28, Oct. 5, 19, 26 (No class Oct. 12)
For Caregivers Only 10:00 am- 2:00 pm Sept. 28
Laugh Until it Helps (*drop-in, kid-friendly*) 10:00 am-12:00 pm` Oct. 26
Holiday Cards 10:00 am-4:00 pm Nov. 2
Inner Smile Workshop 1:00-4:00 pm Nov. 9
Creative Flow 1:00-3:00 pm Nov. 23, 30, Dec. 7, 21 (No class Dec. 14)
Creative Journaling: Intro for ‘Newbies’ 10:00 am- 12:00 pm Dec. 7, 14, 21
YA Holiday Party 6:00-11:00 pm Dec. 14

SUNDAYS

Night Photography 6:30 – 8:30 pm Sept. 2

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Calgary South—RANDY O’DELL: 3910 Seton Drive SE (587-747-0260)

MONDAYS

Speaker: **Living in the Information Age with Cancer** 7:00-9:00 pm Oct. 21

TUESDAYS

Exercise and Educate (*drop-in; PAR-Q+ required*) 6:00 -7:00 pm Oct. 1 – Dec. 17
 Yoga: For Harmony (**Meditative Pace**) (*drop-in*) 7:00 - 8:15 pm Oct. 1 – Dec. 17
 YA Exercise and Educate (*drop-in; PAR-Q+ required*) 7:15 – 8:15 pm Oct. 1 – Dec. 17
 Meetup: **Living with a cancer that may never go away?** 6:30-8:30pm Oct. 15, Dec. 17
 Caregiving Support: **Finding Sanctuary** (*drop-in*) 7:00 -9:00 pm Oct. 15, Nov. 19, Dec. 10
 Digital Storytelling (**Story Session**) 7:00 – 9:00 pm Nov. 12
 Speaker: **Advanced Care Planning** 7:00-9:00 pm Nov. 19

WEDNESDAYS

Speaker: **Sound Practices for Wellness** 7:00-9:00 pm Oct. 30
 Speaker: **Traditional Indigenous Cultural Knowledge** 6:30-8:30 pm Nov. 6

THURSDAYS

Children’s and Parent’s Program (*kid-friendly*) 5:30-7:30pm Oct. 3 – Nov. 21
 Caregiving Support: **Finding Sanctuary** (*drop-in*) 7:00-9:00 pm Oct. 15, Nov. 19, Dec. 10
 Men’s Group (*drop-in*) 7:00 -9:00 pm Oct. 17, Nov. 21, Dec. 19
 Chi Journey: **Qigong/Tai Chi Blend** (*drop-in*) 6:30 - 7:30pm Oct. 24 – Nov. 28
 Speaker: **Legal & Employment Matters** 7:00 -9:00 pm Nov. 7

FRIDAYS

House Music: **Jake Peters: Ukulele, Banjo, Guitar** (*kid-friendly*) 7:00-9:00 pm Oct. 18
 Speaker: **Living Well: Ikigai, Joy and Purpose of Living** 7:00-9:00 pm Oct. 25

SATURDAYS

Speaker: **Fear of Cancer Recurrence-5 Ways to Lessen Anxiety** 7:00-9:00pm Sept 28
 Yoga: **For Families** (*kid-friendly*) 10:00-11:00 am Every other Saturday Oct. 5- Dec. 14
 Adventures in Art (*kid-friendly*) 1:00-3:00 pm Oct. 19, Dec. 7
 Inner Smile Workshop 1:00-4:00 pm Oct. 19
 Living Well with Cancer Retreat 10:00 am- 3:00 pm Oct. 26,27
 Kalimba: **Meditative Thumb Piano** (*drop-in*) 3:00-5:00 pm Oct. 26
 Open Mic Plus 5:30 – 7:00 pm Oct. 26
 YA **Murder Mystery** 7:00 – 10:00 pm Oct. 26
 Drumming (*kid-friendly*) 3:00-5:00 pm Nov. 2-Dec. 7
 Silent Retreat for Creatives 10:00 am- 4:00 pm Nov. 9
 YA **Holiday Crafts** 10:00 am-4:00pm Nov. 16
 Calligraphy: **Versals and Cards** 10:00 am- 4:00 pm Nov. 23
 Digital Storytelling (**Film Making**) 10:00 am- 4:00 pm Nov. 23,24
 Holiday Cards 10:00 am- 4:00 pm Nov. 30

SUNDAYS

Night Photography 6:30 – 8:30 pm Oct. 6

**see next page for field trip info*



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Calgary and Area—OTHER LOCATIONS

MONDAYS

YA Kitchen Social: Ethnic Foods 6:15-9:00 pm Sept. 30
Location: Cookbook Co., 722–11 Ave SW

WEDNESDAYS

Brain Fog: Awareness and Program Overview 5:30-8:30pm Oct 23
Location: Highwood Memorial Centre, 128 – 5th Avenue W, High River

Creating a Peaceful Space with Feng Shui 5:30-8:30pm Nov 20
Location: Highwood Memorial Centre, 128 – 5th Avenue W, High River

YA Board Game Cafe 6-11pm Nov. 20
Location: Hexagon Board Game Café, 200-1140 Kensington Rd. NW

FRIDAYS

YA Escape Room 6:15 – 9:15pm Nov. 15
Location: Trapped, 1139 Kensington Rd. NW

SATURDAYS

Mindful Mountain Hiking (PAR-Q+ required) Full Day 7:30am – 5:30pm Sept. 7, Sept. 21
Location: Elbow Pass and Ptarmigan Cirque (meet at Carma House)