

Kid Friendly

Family time is precious. Kids under the age of 18 are welcome to join you in the programs below. Ask us how to register the kids in your life. For kids under 5, child minding is available. See pg. 2.

Carma House (1404 Home Road NW)

Adventures in Art *(For school-age kids)*

Saturday, Jan. 18 - Pet Rock Painting
Saturday, Feb. 8 - Treasure Box Collage
Saturday, Mar. 28 - Scratch Board Animals
Saturday, Apr. 18 - Watercolour Stamping
all 1:00 - 3:00 pm

Children's and Parents' (or Grandparents, Aunts, Uncles) Program

(For school-age kids) Family meal, connection, information and support (plus FUN).
Thursdays, Jan. 16 - Mar. 5 from 5:30 - 7:30 pm

Drumming *(Drop In)*

Saturdays, Jan. 18 - Feb. 29 *(No class Feb. 15)* from 3:00 - 5:00 pm

House Music: Old Time Guitar, Banjo and Mandolin *(Open to the public)*

Nathan Godfrey and Mike Tod on Friday, Feb. 28 from 7:00 - 9:00 pm

Qi-Joy Movement Workshop: For Families *(For school-age kids)*

Saturday, Apr. 25 from 1:00 - 2:00 pm

Randy O'Dell House (3910 Seton Drive SE)

Adventures in Art *(For school-age kids)*

Saturday, Jan. 25 - Pet Rock Painting
Saturday, Mar. 14 - Scratch Board Animals
all 1:00 - 3:00 pm

Drumming *(Drop In)*

Saturdays, Mar. 14 - Apr. 25 *(No class Apr. 11)* from 3:00 - 5:00 pm

House Music: Twin Fiddles: Barb Haney and Randy Jones *(Open to the public)*

Friday, Mar. 27 from 7:00 - 9:00 pm

House Music: Wild Rose Trio on Clarinet, Cello and Piano

(Open to the public)

Julie Jacques, Mary Hamm,
Liz Tremblay on Friday,
Jan. 31 from 7:00 - 9:00 pm

Kids in the Kitchen: Italiano

Saturday, Feb. 1
from 11:00 am - 12:30 pm

Yoga: For Families *(Drop In)*

(For school-age kids)

Every other Saturday,
Jan. 11 - Mar. 21
from 10:00 - 11:00 am



Young Adult (YA)

For Young Adults 18-39ish years old.

Email: youngadult@wellspringcalgary.ca or Facebook: [YA Wellspring Calgary](#)

Also check out Young Adult Cancer Canada

Email: localifecalgary@youngadultcancer.ca

and Survive and Thrive

Email: danielle@survivethrive.org

Carma House (1404 Home Road NW)

YA Candlelit Yoga

Thursday, Jan. 23 from 7:15 - 8:15 pm

YA HIIT 45 *(Drop In) (PAR-Q+ required)*

Wednesdays, Jan. 8 - Apr. 15 from 7:45 - 8:30 pm

YA Wire Sculptures

Saturdays, Feb. 22, 29, Mar. 7, 14 from 1:00 - 3:00 pm

Randy O'Dell House (3910 Seton Drive SE)

YA Gelli Monoprint

Saturday, Apr. 25 from 10:00 am - 4:00 pm

YA Mindful Movement

Friday, Jan. 17 from 6:30 - 7:30 pm

YA Spring Shindig

Saturday, Mar. 13 from 6:00 - 10:00 pm

Other Locations

YA Beach Fun

Sunday, Mar. 1 from 2:00 - 4:00 pm
The Beach YYC (3030 Portland Street SE)

YA Board Game Cafe

Saturday, Feb. 1 from 6:00 - 10:00 pm
Shoebox Game and Cafe
(509 McKnight Boulevard NE)

YA Climb Night

Saturday, Mar. 7 from 5:30 - 8:00 pm
Calgary Climbing Centre
(10721 West Valley Road SW)

YA Kitchen Social: Greek Foods

Tuesday, Mar. 17 from 6:15 - 9:00 pm
Cookbook Co. (722 - 11 Avenue SW)

YA Ski Day at Mt. Norquay *(Par-Q+ required)*

Ski for fun. Equipment/transportation provided.
Sun., Apr. 5. Meet at Carma House at 7:15 am.

YA Zoolights

Saturday, Jan. 4 from 6:00 - 9:00 pm
Calgary Zoo (1300 Zoo Road NE)



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

Wellspring Member