



EVENING AND WEEKEND PROGRAMS

Winter 2020 (January - April): Register online, by phone or in person.

Carma House, 1404 Home Road NW (403-521-5292)

MONDAYS

Exercise and Educate (Drop-in, PAR-Q+ required, no class Feb. 17, Apr. 13) Jan. 6 – Apr. 20 from 6:30-7:30pm
Healthy Steps (PAR-Q+ required, no class Feb. 17, Apr. 13) Jan. 6 – Apr. 20 from 5:15 - 6:15pm
Speaker: Legal and Employment Matters (open to the public) Feb. 3 from 7:00 – 9:00 pm

TUESDAYS

Exercise: SIRvivor (Men) (drop-in; PAR-Q+ required) Jan. 7 – Apr. 21 from 7:30 - 8:30pm
Yoga: For Wellbeing (with iRest Meditation) (drop-in) Jan. 7 – Apr. 21 from 5:30 - 7:00pm
Meetup: Living with cancer that may never go away Jan. 21, Mar. 17 from 6:30 - 8:30pm
Speaker: The Power of Health Data in your Hands (open to the public) Mar. 3 from 6:30 - 8:30pm
Speaker: Transitioning Through Phases of the Cancer Journey (open to the public) Mar. 31 from 6:30 - 8:30pm

WEDNESDAYS

Exercise and Educate (drop-in; PAR-Q+ required) Jan. 8 – Apr. 22 from 6:30 - 7:30pm
Open Art Studio: BYOA (drop in) Jan. 8, Feb. 12, Mar. 11, Apr. 8 from 6:30 – 8:30pm
YA HIIT 45 (drop-in; PAR-Q+ required) Jan. 8 – Apr. 15 from 7:45 – 8:30pm
Speaker: CRA Outreach: Disability Tax Credit, Medical Expenses, Registered Disability Savings Plan (open to the public) Jan. 8 from 6:30 – 8:30
Men's Group (drop-in) Jan. 22, Feb. 26, Mar. 25, Apr. 22 from 7:00 – 9:00pm
Speaker: Managing Cancer Related Pain (open to the public) Jan. 29 from 6:30-8:30
Speaker: Chemo Induced Peripheral Neuropathy (open to the public) Feb. 12 from 6:30- 8:30
Speaker: Understanding and Managing Cancer Related Fatigue (open to the public) Feb. 26 from 6:30 – 8:30pm
Speaker: The Body Speaks the Truth: Transforming Body Image in Cancer Care (open to the public) Mar. 11 from 6:30 – 8:30pm
Speaker: Medical Assistance in Dying: Is it an option for me? (open to the public) Apr. 22 from 6:30 - 8:30pm

THURSDAYS

Moves in Rhythm (PAR-Q+ required) Jan. 9 – Apr. 23 from 6:00 - 7:00pm
Caregiving Support: Finding Sanctuary (drop-in) Jan. 23 Feb. 27, Mar. 26, Apr. 23 from 7:00 - 9:00pm
YA Candlelit Yoga Jan. 23 from 7:15 – 8:15pm

FRIDAYS

House Music: Old Time Guitar, Banjo and Mandolin (kid-friendly, open to public) Feb. 28 from 7:00 – 9:00pm

SATURDAYS

Exercise and Educate (PAR-Q+ required, No class Feb. 15, Apr. 11) Jan. 11 – Apr. 25 from 9:00-10:00am
Vision Board Jan. 11 from 10:00-4:00pm
Drumming (drop-in, kid-friendly, no class Feb. 15) Jan. 18 – Feb. 29 from 3:00-5:00pm



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For Caregivers Only

Adventures in Art (school age kids)

Artist Trading Cards

Creative Journaling: Serendipity

Jan. 18 from 10:00 am-2:00pm

Jan. 18, Feb. 8, Mar. 28, Apr. 18 from 1:00-3:00pm

Jan. 18 & 25, Feb.1 from 10:00am – 12:00pm

Feb. 8, 22, 29, Mar. 7 from 10:00am- 12:00pm

SATURDAYS

YA Wire Sculptures

Healing Touch Workshop

Watercolour: Beginner's Brush

Creative Journaling: Intro for 'Newbies'

Qi-Joy Movement Workshop for families (school age kids)

Feb. 22 & 29, Mar. 7 & 14 from 1:00 – 3:00pm

Mar. 7 from 1:00 – 4:00pm

Mar. 14, 21, 28 from 10:00am- 12:00pm

Apr. 4, 18, 25 from 10:00am- 12:00pm

Apr. 25 from 1:00 – 2:00pm



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Randy O'Dell House, 3910 Seton Drive SE (587-747-0260)

MONDAYS

Speaker: Exploring the Many Types of Loss and How it Impacts your Grief Mar. 9 from 6:30 – 8:30pm
(open to the public)

TUESDAYS

Yoga: For Harmony (with sound) (drop-in)

Jan. 7 – Apr. 28 from 7:15 – 8:30pm

Exercise and Educate (drop-in; PAR-Q+ required)

Jan. 7 – Apr. 21 from 6:00 – 7:00 pm

Caregiving Support: Finding Sanctuary (drop-in)

Jan. 21, Feb. 18, Mar. 17, Apr. 21 from 7:00 – 9:00

pm

Speaker: The Power of Positivity (open to the public)

Apr. 7 from 6:30 – 8:30pm

Meetup: Living with cancer that may never go away

Feb 18, Apr 21 from 6:30 – 8:30pm

WEDNESDAYS

Watercolour: From Small to Big

Apr. 1, 8, 15, 22 from 6:30 – 8:30pm

Speaker: Forest Bathing: The History, Science and Practice (open to the public)

Apr. 8 from 6:30 – 8:30pm

THURSDAYS

Men's Group (drop-in)

Jan. 16, Feb. 20, Mar. 19, Apr. 16 from 7:00 –

9:00pm

Speaker: Palliative Care: Another Layer of Support (open to the public)

Feb. 6 from 6:30 – 8:30pm

Speaker: CRA Outreach: Disability Tax Credit, Medical Expenses,

Feb. 20 from 6:30 – 8:30pm

Registered Disability Savings Plan (open to the public)

Guitar Basics

Mar. 5 – Apr. 9 from 6:30 – 7:30pm

Speaker: Legal and Employment Matters (open to the public)

Mar. 12 from 7:00 – 9:00pm

FRIDAYS

YA Mindful Moment

Jan. 17 from 6:30 – 7:30pm

House Music: Wild Rose Trio on Clarinet, Cello & Piano (kid-friendly)

Jan. 31 from 7:00-9:00pm

Bridge to Peace Threshold Choir (open to the public)

Mar. 20 from 6:30 – 8:30pm

House Music: Twin Fiddles: Barb Hanley & Randy Jones (open to the public)

Mar. 27 from 7:00 – 9:00pm

SATURDAYS

Yoga: For Families (Drop-in, school age kids, every other Saturday)

Jan. 11 – Mar. 21 10:00 – 11:00am

Artshop: Vision Board

Jan. 18 from 10:00am – 4:00pm

Adventures in Art: Pet Rock Painting (school age kids)

Jan. 25 from 1:00-3:00pm



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Kids in the Kitchen: Italiano	Feb. 1 from 11:00am – 12:30pm
Healing Touch Workshop	Feb. 8 from 1:00 – 4:00pm
Artshop: Photography Basics	Feb. 29 from 10:00am – 4:00pm
iRest Retreat	Feb. 29 from 9:30am – 3:30pm
YA Spring Shindig	Mar. 13 from 6:00 – 10:00pm
Drumming (drop-in, kid-friendly) 5:00pm	Mar. 14 – Apr. 25 (no class Apr. 11) from 3:00 -
Adventures in Art: Scratch Board Animals (school age kids)	Mar. 14 from 1:00 -3:00pm
Open Mic Plus (open to the public)	Apr. 25 from 3:00 – 7:00pm
YA Gelli Monoprint	Apr. 25 from 10:00am – 4:00pm



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Calgary and Area—OTHER LOCATIONS

MONDAYS

The Many Languages of Stress

L. Deborah Sword, PhD

Location: South Health Campus Wellness Centre, 4448 Front Street SE

Feb 10 from 6:30-8:00pm

TUESDAYS

YA Kitchen Social: Greek Foods

Location: Cookbook Co., 722-11 Ave SW

Mar 17 from 6:15-9:00pm

WEDNESDAYS

Understanding and Managing Cancer-Related Fatigue (dinner + speaker)

Rosie Twomey, PhD

Location: Highwood Memorial Centre, 128 - 5th Avenue W, High River

Mar 11 from 5:30-8:30pm

Burnout, Compassion, Fatigue and Secondary Traumatic Stress in Caregivers

(dinner + speaker)

Dr. Cathy Carter-Snell, PhD, Rn, SANE-A

Location: Highwood Memorial Centre, 128 - 5th Avenue W, High River

Apr 29 from 5:30-8:30pm

SATURDAYS

YA Board Game Cafe

Location: Shoebox Game and Café, 509 McKnight Blvd. NE

Feb 1 from 6:00 - 10:00pm

YA Climb Night

Location: Calgary Climbing Centre, 10721 West Valley Rd. SW

Mar 7 from 5:30 - 8:00pm

YA Zoolights

Location: Calgary Zoo, 1300 Zoo Rd. NE

Jan 4 from 6:00 - 9:00pm

SUNDAYS

YA Beach Fun

Location: The Beach YYC, 3030 Portland St. SE

Mar 1 from 2:00 - 4:00pm

YA Ski Day at Mt Norquay (Par-Q+ required, equipment/transportation provided)

Location: Mt Norquay, meet at Carma House at 7:15am

Apr 5 from 7:15 - 4:00pm

Ski Day at Mt Norquay (Par-Q+ required, equipment/transportation provided)

Location: Mt Norquay, meet at Carma House at 7:15am

Apr 5 from 7:15 - 4:00pm