



EAST

428-9th Avenue SE

MARCH 2018

■ Weekly events
 ■ Date Specific events
 * Registration required
 ■ Private events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lifespring Church 10:30 AM - 12PM EVERY SUNDAY	Gentle Fitness (Fit2Age) 11:15 AM - 12:15 PM EVERY MONDAY <i>Tracy Rand</i> March 5 carya Meeting (private) 9 - 11 AM Meet with a Social Worker! (drop-in) 1 - 4 PM <i>Joelle Richardson</i> <i>please call 403.269.9888 for further information</i> March 12 Calligraphy for Fun! Making Letters Fabulous 1 - 3 PM EVERY MONDAY <i>Renate Worthington</i> March 19 Meet with a Social Worker! (drop-in) 1 - 4 PM <i>Joelle Richardson</i> <i>please call 403.269.9888 for further information</i>	Arts’ N Ends (Painting) 12:30 - 3:30 PM EVERY TUESDAY <i>Lorrie Warkentin</i> March 6 carya Meeting (private) 9 - 11:30 AM March 13 Tax clinic* 4 - 7 PM Register at carya EAST	Games N’ More 10:30 AM - 12:00 PM EVERY WEDESDAY Community Connects 1:00-3:00 EVERY WEDESDAY <i>Nancy Dick, Social Worker</i> Connect Parent Group 6 - 8 PM EVERY WEDNESDAY March 21 Chow & Chatter 12 - 1:30 PM	Arts’ N Ends (Drawing) 12:30-3:30 EVERY THURSDAY <i>Lorrie Warkentin</i> March 29 EVNA Board Meeting	Zumba Gold 10:30 AM - 11:30 AM EVERY FRIDAY <i>Maaike Seaward</i> Chair Yoga 12:00 - 1:00 PM EVERY FRIDAY <i>Sharon Cavanagh</i> March 16 Brain Awareness Week presentation 1:30 - 3:30 PM	Office Hours: Monday - Friday, 9 AM - 4 PM Please note: Our office will be closed: March 30 - April 2 Brain Awareness Week: March 12 - 18 Please visit caryacalgary.ca/events for more information!