

March 2024

carya

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-12:00: <ul style="list-style-type: none"> Drop-In Art 1:00-3:00: <ul style="list-style-type: none"> Book Club for Older Adults <u>March 18th</u> 4:00-6:00 Death Café	9:30-10:30: <ul style="list-style-type: none"> Walking group 1:00-2:30: <ul style="list-style-type: none"> Drop-In Play 1:00-3:00: <ul style="list-style-type: none"> Seniors Thriving 4:00-5:00: <ul style="list-style-type: none"> Line Dancing 4:30-5:30: <ul style="list-style-type: none"> Artist in Residence Workshop 	10:00-12:00: <ul style="list-style-type: none"> Connection Free Chess with Rick Scrabble Friends 12:00-2:00: *NEW* <ul style="list-style-type: none"> Financial Literacy Workshop 5:00-6:00: <ul style="list-style-type: none"> Bollywood Zumba 6:30-8:30: <ul style="list-style-type: none"> Happy Café <u>March 6th</u> 12:00-1:30 Engaging Vulnerable Persons 3:00-4:00 Intro to Meditation	10:00-12:00 <ul style="list-style-type: none"> Time For You 1:00-3:00 *NEW* <ul style="list-style-type: none"> Be Kind to your Mind <u>March 7th</u> 4:30-6:30 Rainbow Families <u>March 21st</u> 6:00-7:30 Engaging Vulnerable Persons	10:00-11:00: <ul style="list-style-type: none"> Zumba Gold 10:00-12:00: <ul style="list-style-type: none"> Games with Rick Scrabble Friends 10:00-11:00: <ul style="list-style-type: none"> Artist in Residence open studio time 1:00-2:00 <ul style="list-style-type: none"> Chair Yoga  Closed: March 29th

SPECIAL EVENTS

Bingo!

Monday March 11th 3:00-4:00

- Join us for an afternoon of Bingo. Hosted by our Friends at TC Energy! **Prizes Available!**

Sing-A-Long

Wednesday Mar. 13th, 3:00-4:00

Bring your voice and join in the fun.
We will be led in songs from many years

Senior's Chow & Chatter

Wednesday March 20th 12:00-2:00

- Enjoy a community Meal and get to know some new people! Limited Space- Tickets available @ 11:30

Bread Market

Wednesday March 13th 1:00-3:00

- Come pick from a variety of free bread products. available while supplies last!

Carya's Culinary Showcase *NEW*

Thursday March 21st 4:00-6:00

See reverse for more details!
Registration Required

Art Workshop- Weaving Stories

Tuesday March 26th 10:00-12:00

Open to All (including families and children!). Painting and embroidering with the colours they like the most.



403-536-6558

Village Commons



#210, 610 8 Avenue SE

Wellness Collective Groups

Carya's groups are FREE and take place at locations around Calgary.

At Carya there are two kinds of groups;

- Groups for Wellbeing
- Groups for Connection.

Joining a group is easy, Scan the QR code below or Visit CaryaCalgary.ca; click on the group you are interested in for additional details and how to register.

New Groups will be starting this April!

Visit our Website for up-to-date information on our future group offerings



ARTIST IN RESIDENCE PROGRAM:

Please register by calling 403-536-6558 or email AdminVC@CaryaCalgary.ca

NEW! Be Kind to your Mind

Starting March 14th!

An 8 week series in which we will learn practices to help us be kind to our mind. We will learn skills for attention, habit building, awareness, acceptance, motivation, and compassion.

For more information or to register, email; Groups@CaryaCalgary.ca

NEW! Financial Literacy Workshop

Join us and our friends from United for Literacy for this FREE program. Learn about spending plans, banking basics, borrowing money, ways to save and smart shopping! Open to all adults (ages 18+).

NEW! Culinary Showcase

Join us and the team from Italiano Please! who will be sharing the art of gnocchi! Learn the secrets of making this simple, yet not easy food, in two styles: one made with potatoes and served with tomato basil sauce and one made with semolina flour and oven-baked.

For more information or to register, email; AdminVC@CaryaCalgary.ca

Featuring: Nastassia Mihalicz

Learn how to create illustrations for children's books! This class will walk you through how to design characters and backgrounds for children's books, how to brainstorm and storyboard ideas. This workshop series will culminate in a class collaboration, with each student illustrating pages for a children's book that will be showcased at Village Commons.