

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00-12:00:</p> <ul style="list-style-type: none"> Drop-In Art <p>1:00-3:00:</p> <ul style="list-style-type: none"> Book Club for Older Adults <p>April 15th 5:00-6:15 Hula Hooping</p> <p>April 22nd 5:00-6:15 Healthy Relationships Drawing your Boundaries</p>	<p>9:30-10:30:</p> <ul style="list-style-type: none"> Walking group <p>10:00-12:00: *NEW*</p> <ul style="list-style-type: none"> Artist in Residence Workshop Circle of Security <p>1:00-2:00: *NEW*</p> <ul style="list-style-type: none"> Mindful Moments for Older Adults <p>1:00-2:30: *NEW*</p> <ul style="list-style-type: none"> Drop-in Play <p>4:00-5:00:</p> <ul style="list-style-type: none"> Line Dancing <p>April 2nd 10:00-12:00 *NEW* Dementia Conversation Café</p>	<p>10:00-12:00:</p> <ul style="list-style-type: none"> Connection Free Scrabble Friends <p>12:00-2:00:</p> <ul style="list-style-type: none"> Financial Literacy Workshop <p>5:00-6:00:</p> <ul style="list-style-type: none"> Bollywood Zumba <p>6:30-8:30:</p> <ul style="list-style-type: none"> Happy Café <p>April 3rd 12:00-1:30 Engaging Vulnerable Persons</p> <p>3:00-5:00 *NEW* Video series for Older Adults</p>	<p>9:30-10:30 *NEW*</p> <ul style="list-style-type: none"> Parent-Child Mother Goose <p>10:00-12:00 *NEW*</p> <ul style="list-style-type: none"> Art of Kindness New Member Tea (55+) <p>1:30-2:30 *NEW*</p> <ul style="list-style-type: none"> Infant Massage <p>April 4th 4:30-6:30 Rainbow Families</p> <p>April 18th 6:00-7:30 Engaging Vulnerable Persons</p>	<p>9:00-10:00</p> <ul style="list-style-type: none"> Scrabble Friends <p>10:00-11:00:</p> <ul style="list-style-type: none"> Zumba Gold <p>1:00-2:00</p> <ul style="list-style-type: none"> Chair Yoga <p>2:00-4:00 *NEW*</p> <ul style="list-style-type: none"> Artist in Residence Open Studio <p>April 12th 10:00-12:00 Culinary Showcase</p>

SPECIAL EVENTS

Bread Market

Wednesday April 10th 1:00-3:00

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

Sing-A-Long

Wednesday April 10th, 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 April 17th 12:00-2:00

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

Whisk to Wellness

Wednesday April 24th 10:00-12:00

- A 3 part, hands on series. Learn kitchen skills and build overall wellness. **Registration Required**

Fusion Fitness (55+)

Wednesday April 24th 1:30-2:30

- A monthly Gentle movement class for those aged 55+. Space limited, **registration required.**

Art Workshop- Embrace your Emotions

Wednesday April 24th 6:00-8:00

- Painting with our senses- how we think, feel, smell, touch, hear & taste. **Registration required.**



403-536-6558

Village Commons



#210, 610 8 Avenue SE

Spring Artist in Residence

We are pleased to welcome the Spring Artist in Residence at Village Commons, Jamie Lynn Bowen.

Jamie is a Calgary based fibre and textile artist who is also passionate about the environment. She melds these two passions together by focusing on natural and local materials to create her art. Focusing on materials such as wool, cotton and natural dyes that she grows, forages or sources sustainably she creates wearable art as well as fun and functional creations.

She began her journey in fibre arts in 2001 where she immersed herself in classes of knitting, spinning and textiles and then in 2013 began needle felting with her partner and started their joint fibre business The General Bean. In the summer of 2021 Jamie began a journey in natural dyes which now brings all of her passions together. Being able to grow and dye her own supplies has deepened her connection to the art forms. 2022 marks the beginning of her own practice as Dandy Lynn Studio.



NEW! Healthy Relationships

Village Commons is happy to welcome our friends from the YW Calgary who will be hosting 3 workshops this Spring all focused on Healthy Relationships. Topics include;

Drawing your Boundaries, Exploring your Emotions & Healthy Communication

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

NEW! Culinary Showcase

Join us for the second Culinary Showcase on April 12th with Carrole Plourde where participants will enjoy Tea, Bannock and conversations around Indigenous Stories and learnings.

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

NEW! Art Workshop: Embrace your Emotions

Join guest artist Almendra Vergara and take an artistic journey of our senses. "I think, I feel, I smell, I touch, I hear, I taste"

Participants will paint whatever they feel and have discussions on the thought process through the senses. This workshop is great for Families, Adults and Seniors.

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

NEW
Public Hours!



We are happy to announce the return of some evening drop-in hours at Village Commons.

Every Tuesday and Thursday our Common Spaces will remain open and coffee will be on until 8:30 PM.

If you have ideas on programs or activities that you would like to see happening in the evening at Village commons, Please email SamaraK@CaryaCalgary.ca