



Village Commons

and East Calgary Programs

FALL 2025 CATALOGUE



How to Use This Guide

This guide is your way to explore all the programs, supports, and services offered at Village Commons and in the surrounding community.

Inside, you'll find both drop-in and registered programs, as well as ongoing supports and services available year-round through Carya. Each program listing gives you the essentials: the program name, who it's for, a short description, dates and times, and the location. Icons show whether the program is registered or drop-in, if childminding is available, or if there's a fee.

To make it easy to explore, programs are grouped into five sections:

- Learn & Grow – build knowledge, skills, and confidence.
- Move & Thrive – support your physical health and wellbeing.
- Create & Explore – discover, make, and express yourself.
- Connect & Celebrate – gather, share, and build community.
- Support & Wellness – strengthen your mental health and resilience.

The monthly calendars at the back give you a quick at-a-glance view of what's happening each day. The calendars do not include times. They are simply a way to see which programs are running when. For full details, flip back to the program listings.

LEGEND

The legend is here to guide you. Each icon helps you understand how the program runs:

-  Orange Circle = Registration required
-  Green Circle = Childminding available
-  Yellow Star = Special event
-  Blue Circle = Drop-in, no registration needed
-  Purple Dollar Sign = Fee associated

GET IN TOUCH WITH US!

Want to learn more about Village Commons programs and services?
Visit us: 201, 610 8 Avenue S.E., Calgary, Alberta, T2G 0M1
Call: 403-536-6558
Email: AdminVC@CaryaCalgary.ca

VILLAGE COMMONS HOURS:

Monday and Friday: 9:00 am – 4:30 pm
Tuesdays, Wednesdays, and Thursdays: 9:00 am – 9:00 pm
Carya's offices are closed on statutory holidays

Learn and Grow

BABY PARENT-CHILD MOTHER GOOSE (FAMILIES WITH INFANTS 0-12 MONTHS)

Build early attachment through songs, rhymes, and stories in a nurturing space.

Thursdays, Oct 9 - Dec 11 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: Fic@CaryaCalgary.ca

ENGLISH CONVERSATION CAFE (55+)

Practice everyday English through conversation, games, and fun group activities.

Mondays, Sept 8 - Dec 8* | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

*No sessions on Sept 22, Oct 13 or Nov 10.

INFANT MASSAGE AND SONGS (FAMILIES INFANTS 0-6 MONTHS)

Learn massage techniques and how they benefit your baby!

Thursdays, Sept 11 - Oct 2 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: Fic@CaryaCalgary.ca

LENA START (FAMILIES WITH KIDS 0-3)

Support your child's language development using a talk pedometer. Learn how everyday conversations help build strong communication and connection.

Thursdays, Sept 25 - Nov 27 | 9:30 am - 11:00 am | Village Commons (610 8 Ave SE)

● Registration Required ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

PARENT-CHILD MOTHER GOOSE (FAMILIES WITH KIDS 0-3 YEARS)

Share songs, stories, and rhymes that support your child's learning and connection.

Mondays, Sept 8 - Nov 3 | 10:00 am - 11:00 am | Sunalta Community Association (1627 10 Ave SW)

Wednesdays, Oct 8 - Dec 10 | 9:30 am - 10:30 am | Bridgeland Community Association (917 Centre Ave NE)

● Registration Required

Register by emailing: Fic@CaryaCalgary.ca

PARENTING ANXIOUS KIDS (18+)

Learn tools and strategies to help children aged 6–14 manage anxiety and build resilience.

Wednesdays, Sept 24 - Nov 12 | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

PLAY LAB (FAMILIES WITH KIDS 3-5 YEARS)

Explore playful learning with your child and reflect in parent discussion circles.

Mondays, Nov 10 - Dec 8 | 10:00 am - 11:30 am | Sunalta Community Association

● Registration Required

Register by emailing: Fic@CaryaCalgary.ca

RELATIONSHIPS WITH YOUR ADULT CHILDREN (18+)

Navigate changing family dynamics with confidence. Build communication skills and boundaries to support healthy adult relationships.

Thursdays, Oct 30 - Dec 18 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

TAKING CHARGE: YOUR FINANCES YOUR FUTURE (55+)

Explore budgeting, benefits, and planning for the future in this four-week series.

Series 1: Tuesdays, Sept 2 - 23 | 10:00 - 12:00 pm | Village Commons (610 8 Ave SE)

Series 2: Tuesdays, Oct 7 - 28 | 10:00 - 12:00 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

TIME TO GROW (18+)

Build confidence and communication skills in a safe space for adult learners. A supportive series for women ready to return to learning.

Mondays, Sept 15 - Dec 1 | 1:00 pm - 3:00 pm | Women's Centre (39 4 St NE)

● Registration Required ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

FIXING DINNER ON A FIXED INCOME (55+)

A four-part series with tips for meal planning, smart shopping, and budget-friendly cooking. Learn about local food resources, affordable grocery strategies, and simple recipes for one or two.

Tuesdays, Oct 7 - 28 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

Move and Thrive

WEEKLY WANDER (55+)

Join a casual group walk to stay active and connect with others. All paces welcome. Meet at 5th Street Square (by the upside-down church).

Thursdays, Sept 4 - Oct 23 | 10:00 am - 11:00 am | Village Commons (610 8 Ave SE)

● Drop-in

SENIORS CHAIR YOGA (55+)

Enjoy gentle, guided seated movement focused on stretching and mobility.

Fridays* | 1:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

*No sessions on Sept 12, Oct 10 or Nov 21

● Drop-in

COMMUNITY YOGA (18+)

Bring your mat and practice guided movement and mindful breathing. Open to all experience levels. Drop-ins are welcome based on availability.

Tuesdays, Sept 16 - Decs 16 | 7:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration Required \$ Fee associated (\$10 per session)

Register by emailing: NickolasB@CaryaCalgary.ca

ZUMBA GOLD (55+)

Get your blood pumping in this guided, energetic, dance-movement class.

Fridays* | 10:00 am - 11:00 am | Village Commons (610 8 Ave SE)

*No sessions on Oct 10

● Drop-in

BOLLYWOOD ZUMBA (18+)

A fun, family-friendly dance workout for body, mind, and soul. No experience needed.

Wednesdays | 5:00 pm - 6:00 pm | Village Commons (610 8 Ave SE)

● Drop-in ● Childminding Available

EMBODIED JOY YOGA (55+)

A fun, family-friendly dance workout for body, mind, and soul. No experience needed.

Thursdays, Oct 2 - Nov 13 | 4:30 pm - 5:30 pm | Village Commons (610 8 Ave SE)

*No session on Oct 23

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

Support and Wellness

BE KIND TO YOUR MIND (18+)

Build simple mindfulness practices that reduce stress and support your mental well-being.

Mondays, Oct 20 - Dec 1 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

UNPACKING EMOTIONS (18+)

Explore the role emotions play in your life and how to work with them.

Wednesdays, Sept 24 - Nov 12 | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

MAKING ROOM (18+)

A non-judgmental space for people managing clutter, over-collecting, or difficulty letting go.

Thursdays, Sept 11 - Oct 30 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration Required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

5 SENSES MINDFULNESS WORKSHOP (18+)

Explore mindfulness using all five senses to slow down, notice more, and feel more grounded.

Tuesday, Nov 4 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

CMHA RECOVERY COLLEGE WORKSHOP SERIES (18+)

Drop-in sessions focused on sleep, confidence, communication, boundaries, and more.

Thursdays, Sept 4 -25 and Nov 6 - 27 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-In

Connect and Celebrate

CHOW AND CHATTER (55+)

Get together with new friends and old, enjoy a meal together and celebrate the magic of community.
Wednesdays, Sept 17, Nov 19, Dec 10 | 12:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)
Friday, Oct 10 | 12:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

● Registration Required
Register by emailing: MeganR@CaryaCalgary.ca

DROP-IN PLAY AND SONGTIME (FAMILIES WITH KIDS 0-6 YEARS)

A place for families to play, snack, and sing together.
Tuesday, Sept 9 - Dec 16* | 9:30 am - 11:00 am | Village Commons (610 8 Ave SE)
Wednesdays, Sept 17 - Dec 10 | 10:30 am - 11:30 am | Bridgeland Community Association (917 Centre Ave NE)
Thursdays, Sept 18 - Dec 18 | 10:00 am - 11:30 am | Sunalta Community Association (1627 10 Ave SW)
*No drop-in sessions on Sept 30 or Nov 11

● Drop-in

GAME NIGHT GATHERING AT VILLAGE COMMONS (18+)

Play, laugh, and connect at monthly games night with trivia in Oct, classics in Nov, and party games in Dec.
Thursdays, Oct 2 - Dec 18* | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)
*No sessions on Oct 23 and Nov 6

● Drop-in

HAPPY CAFE (18+)

Gather over coffee to explore simple ways to increase happiness and build community.
Wednesdays | 6:15 pm - 8:15 pm | Village Commons (610 8 Ave SE)
● Registration Required
Register by emailing: NickolasB@CaryaCalgary.ca

ENGLISH CONVERSATION CAFE (55+)

Need a safe place to practice English? All levels welcome!
Mondays* | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)
*No sessions on Sept 22, Oct 13, Nov 10

● Drop-in

COMMUNITY CONNECTIONS (ALL AGES)

Curious about Village Commons? Drop in to connect with others, take part in casual activities, and explore all the ways this space can support community.
Fridays, starting October 14* | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)
*No drop-in sessions on Nov 14, 21 and Dec 12, 26

● Drop-in

HOLIDAY HOOPLA (ALL AGES)

Celebrate the season with crafts, music, snacks, and games for all ages.
Friday, Nov 21 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

● Drop-in ★ Special Event

RAINBOW FAMILIES (FAMILIES)

A monthly gathering for LGBTQ2S+ parents and their children to connect and play.
Thursdays, Sept 18, Oct 16, Nov 20, Dec 18 | 4:30 pm - 6:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

VILLAGE COMMONS INDOOR MARKET (ALL AGES)

Shop local, enjoy live music, and support community connections at this monthly market.
Fridays, Oct 10, Nov 14 and Dec 12 | 4:00 pm - 7:00 pm | Village Commons (610 8 Ave SE)

● Drop-in ★ Special Event

Create and Explore

ART OF KINDNESS (18+)

Create meaningful art while exploring kindness and connection through weekly prompts.
Tuesdays, Nov 18 - Dec 16 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)
● Registration Required ● Childminding Available
Register by emailing: Groups@CaryaCalgary.ca

DROP IN ART (18+)

A welcoming space to create your own artwork. Bring your own supplies or use the basic materials provided (available at no cost and are based on availability).
Monday, Sept 15 - Dec 22 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

Create and Explore

WET FELTING: LANDSCAPES AND ABSTRACTION (18+)

Learn the art of wet felting to create soft, textured pieces. No experience needed.

Friday, Sept 12 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

CREATIVE EMBROIDERY: STITCHING WITH STYLE (18+)

Add flair to textiles through stitching. Explore playful embroidery techniques to refresh clothing or craft unique keepsakes.

Friday, Sept 19 | 2:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

REIMAGINING YOUR ART (18+)

Transform unfinished or old artwork into something new. This restorative session focuses on renewal, creativity, and self-expression.

Friday, Sept 26 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

ADULT PAPERMAKING WORKSHOP (18+)

Make handmade paper with botanicals and recycled materials. A creative mix of art and nature.

Friday, Sept 5 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

THE NOSE KNOWS (55+)

Explore how scent connects to memory through guided activities, conversation, and creative reflection.

Tuesdays, Oct 7 - Nov 18* | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

*No session on Nov 11

- Registration Required

Register by emailing: Groups@CaryaCalgary.ca

CREATIVE ART JOURNALING (18+)

Blend words, colour, and texture through art journaling activities that inspire reflection and growth.

Tuesdays, Oct 7 - 28 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

LIGHT WITHIN WORKSHOP SERIES (18+)

Make cozy, light-inspired crafts that brighten your home and spirit during winter.

Tuesdays, Nov 18, 25 and Dec 2 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

VINTAGE CHRISTMAS (18+)

Create nostalgic holiday decorations using timeless, vintage techniques and materials.

Tuesdays, Dec 9 and 16 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

CONFIDENCE THROUGH CREATIVITY (18+)

Try improv, art, and creative challenges in a fun space that builds self-expression and courage.

Wednesdays, Nov 19, 26 and Dec 3, 10, 17 | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

YOUR STORIES WORKSHOP SERIES (18+)

Create your own comic-style story with artist Rachelle Ymay Skilling. Learn simple drawing techniques and bring your personal story to life.

Series 1: Tuesdays and Thursdays, Oct 7 - 30* | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

Series 2: Tuesdays and Thursdays, Nov 4 - 27* | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

Series 3: Tuesdays and Thursdays, Dec 2- 18 | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

*No sessions on Oct 23 and Nov 11

- Registration Required

Register by emailing: NickolasB@CaryaCalgary.ca

Create and Explore

SIP AND SKETCH (18+)

Drop in to sketch, share, and create alongside other artists. Comic lovers welcome.

Wednesdays, Sept 17, Oct 22 and Nov 19 | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

SNACK CREW (18+)

Prepare healthy snacks with our kitchen team while building skills and supporting community.

Tuesdays, Sept 9 - Dec 16* | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

*No drop-in on Oct 14

● Drop-in

COMMUNITY KNEADS (18+)

Bake fresh bread together and build connection through shared stories and recipes.

Wednesdays, Sept 17 - Dec 17 | 1:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

SIMPLE SUPPERS (55+)

Make simple, nutritious meals for one or two in this hands-on cooking workshop.

Wednesday, Sept 17 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

Wednesday, Sept 24, Oct 1, 29, Nov 5, 12 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: DanielSz@CaryaCalgary.ca

FAMILY BUDGET BITES

Parents and kids (12+) team up to cook delicious, affordable meals for just \$30. Learn skills, stretch your budget, and enjoy time together.

Tuesday, Oct 7 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

Wednesday, Nov 19 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

Wednesday, Dec 3 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: DanielSz@CaryaCalgary.ca

GINGERBREAD CHATEAU CLASS (18+)

Learn festive baking and decorating techniques to build a holiday gingerbread masterpiece.

Thursdays, Nov 20 - Dec 11 | 6:30 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration Required \$ Fee associated (\$150 per person for all 4 sessions)

Register by emailing: DanielSz@CaryaCalgary.ca

SENIORS SKETCH CLUB (55+)

Learn drawing techniques and try new subjects in this guided sketch group. Supplies included.

Tuesdays, Sept 9 - 23 | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

SENIORS STORY TELLING (55+)

What is your story? Share memories and life stories through guided oral and written activities.

Tuesdays, Oct 7 - 28* | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

*No session on Oct 14

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

LIGHT IN THE DARKNESS (55+)

Brighten winter with crafts, conversation, and connection in this three-week creative series

Tuesdays, Dec 2 - 16 | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

CANADIAN WOMEN'S HISTORY MONTH: INSPIRING CANADIAN WOMEN (55+)

Celebrate trailblazing women through stories, creativity, and group reflection. Come dressed with a splash of pink and bring someone who inspires you.

Wednesday, Oct 15 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

GRATITUDE PRACTICE FOR SENIORS (55+)

Explore simple gratitude practices and activities while sharing stories and building connection.

Tuesdays, Nov 4 - 25* | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

*No session on Nov 11

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

TALES OF ANIMALS IN WAR (55+)

Explore curious and heroic stories of animals during wartime in this storytelling session.

Wednesday, Nov 5 | 10:00 am - 11:30 am | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: MeganR@CaryaCalgary.ca

CREATING WITH NATURE FOR SENIORS (55+)

Use natural materials to craft meaningful keepsakes. A creative way to connect with nature and each other.

Wednesday, Sept 10 and 24 | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

ARMCHAIR TRAVELER (55+)

Travel through shared stories of hometowns and adventures. Listen in or sign up to present your own.

Wednesdays, Oct 8 - 28 | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

*No sessions on Oct 1 and 15

● Drop-in

SENIORS CARDMAKING (55+)

Try festive cardmaking styles and techniques to create heartfelt gifts.

Wednesday, Dec 3 and 17 | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

SENIORS MUSIC SERIES (55+)

Explore how music holds memories, discover new artists and genres, and build your personal soundtrack.

Wednesdays, Nov 5 - 26* | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

*No session on Nov 19

● Drop-in

Additional Supports and Services

COUNSELLING SERVICES

We offer barrier-free, subsidized counselling for families and older adults, including Family Counselling (children under 24) and Older Adult Counselling (65+). We support individuals and families in managing mental health, improving relationships, or navigating life transitions. For more information, call 403-205-5244 or email Intake@CaryaCalgary.ca

OLDER ADULT OUTREACH SERVICES

The Way In Network (65+)

Outreach workers provide information and referrals for food security, housing, health care, and transportation, help with accessing government benefits, and opportunities to join group activities and workshops. For more information, please call 403-SENIORS (403-736-4677).

In Place Social Prescribing Network (55+)

Connects older adults with limited supports to non-medical community-based resources like mental health and addition supports, financial benefits, transportation, and social connection. Referral from a health care professional required.

Older Adult Stabilization Crisis Outreach Team (55+)

Provides immediate, short-term support in times of crisis, including stabilization, safety planning, and referrals to ongoing supports. Access is through partners such as The Way In Network or Action Table Calgary. Self-referrals are not available.

Elder Abuse Response & Prevention Team (65+)

In partnership with Calgary Police Service, we support older adults experiencing suspected or confirmed abuse by providing safety planning, emotional support, and connections to resources. If you or someone you know may be experiencing elder abuse, please call the Calgary Police Non-Emergency line at 403-266-1234.

Financial Wellness

Helps you build financial confidence and make informed decisions. We offer workshops for adults (18+), financial coaching for older adults (65+), and tax clinics for low-income seniors (65+) or individuals on Income Support or AISH with no dependents.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CARYA OFFICE CLOSED	2 Your Finances, Your Future (55+)	3 Bollywood Zumba (18+) Creating with Nature (55+) Happy Café (18+) Seniors Games (55+)	4 SunTots Drop-in Play Weekly Wander (55+) CMHA Recovery College Series (18+)	5 Zumba Gold (55+) Chair Yoga (55+) A.I.R - Papermaking (18+)
8 English Conversation Café (55+)	9 Art Studio Drop-in Drop-In Play & Songtime Sketch Club (55+) Snack Crew (18+) Your Finances, Your Future (55+)	10 Bollywood Zumba (18+) Creating with Nature (55+) Happy Café (18+) Seniors Games (55+)	11 SunTots Drop-in Play Weekly Wander (55+) CMHA Recovery College Series (18+) Infant Massage & Songs Making Room (18+)	12 Zumba Gold (55+) Chair Yoga (55+) A.I.R - Wet Felting (18+)
15 Drop-In Art (18+) English Conversation Café (55+) Time to Grow (18+)	16 Art Studio Drop-in Drop-In Play & Songtime Community Yoga (18+) \$ Sketch Club (55+) Snack Crew (18+) Your Finances, Your Future (55+)	17 Bollywood Zumba (18+) Bridgeland Drop-In Play Community Kneads (18+) Chow and Chatter (55+) Happy Café (18+) Simple Suppers (55+) Sip & Sketch (18+)	18 SunTots Drop-in Play Weekly Wander (55+) CMHA Recovery College Series (18+) Infant Massage & Songs Making Room (18+) Rainbow Families	19 Zumba Gold (55+) Chair Yoga (55+) A.I.R - Creative Embroidery (18+)
22 Drop-In Art (18+) Time to Grow (18+)	23 Art Studio Drop-in Drop-In Play & Songtime Community Yoga (18+) \$ Sketch Club (55+) Snack Crew (18+) Your Finances, Your Future (55+)	24 Bollywood Zumba (18+) Bridgeland Drop-In Play Community Kneads (18+) Creating with Nature (55+) Happy Café (18+) Parenting Anxious Kids (18+) Seniors Games (55+) Simple Suppers (55+) Unpacking Emotions (18+)	25 SunTots Drop-in Play Weekly Wander (55+) CMHA Recovery College Series (18+) Infant Massage & Songs Making Room (18+) LENA Start	26 Zumba Gold (55+) Chair Yoga (55+) A.I.R - Reimagining Your Art (18+)
29 Drop-In Art (18+) English Conversation Café (55+) Time to Grow (18+)	30 CARYA OFFICE CLOSED			

October

● Drop-in ● Registration Required ● Childminding Available \$ Program Fee Associated ★ Special Event

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Community Kneads (18+) ● 1 Simple Suppers (55+) ● Bollywood Zumba (18+) ● ● Happy Café (18+) ● Unpacking Emotions (18+) ● ● Bridgeland Drop-In Play ● Parenting Anxious Kids (18+) ● ●	SunTots Drop-in Play ● 2 LENA Start ● ● Weekly Wander (55+) ● Making Room (18+) ● ● Infant Massage & Songs ● Game Night Gathering (18+) ● Embodied Joy Yoga (55+) ●	Zumba Gold (55+) ● 3 Chair Yoga (55+) ●
Drop-In Art (18+) ● 6 English Conversation Café (55+) ● Time to Grow (18+) ● ●	Your Finances, Your Future (55+) ● 7 Drop-In Play & Songtime ● Senior Storytelling (55+) ● Snack Crew (18+) ● Fixing Dinner on a Fixed Income (55+) ● Creative Art Journaling (18+) ● Family Budget Bites ● Your Stories Workshop (18+) ● The Nose Knows (55+) ● Community Yoga (18+) ● \$	Bridgeland Drop-In Play ● 8 Armchair Traveller (55+) ● Bollywood Zumba (18+) ● ● Unpacking Emotions (18+) ● ● Happy Café (18+) ● Parenting Anxious Kids (18+) ● ● Community Kneads (18+) ●	LENA Start ● ● 9 Weekly Wander (55+) ● Making Room (18+) ● ● Baby Parent-Child Mother Goose ● Game Night Gathering (18+) ● Your Stories Workshop (18+) ● SunTots Drop-in Play ● Embodied Joy Yoga (55+) ●	Chow and Chatter (55+) ● 10 Indoor Market ● ★
CARYA OFFICE CLOSED 13	Your Finances, Your Future (55+) ● 14 Your Stories Workshop (18+) ● Fixing Dinner on a Fixed Income (55+) ● Creative Art Journaling (18+) ● Drop-In Play & Songtime ● The Nose Knows (55+) ● Community Yoga (18+) ● \$	Bridgeland Drop-In Play ● 15 Bollywood Zumba (18+) ● ● Happy Café (18+) ● Unpacking Emotions (18+) ● ● Parenting Anxious Kids (18+) ● ● Inspiring Canadian Women (55+) ● ● Community Kneads (18+) ●	LENA Start ● ● 16 SunTots Drop-in Play ● Weekly Wander (55+) ● Making Room (18+) ● ● Baby Parent-Child Mother Goose ● Rainbow Families ● Game Night Gathering (18+) ● Your Stories Workshop (18+) ● Embodied Joy Yoga (55+) ●	Zumba Gold (55+) ● 17 Chair Yoga (55+) ● Community Connections ●
Drop-In Art (18+) ● 20 English Conversation Café (55+) ● Time to Grow (18+) ● ● Be Kind to Your Mind (18+) ● ●	Senior Storytelling (55+) ● 21 Snack Crew (18+) ● Your Stories Workshop (18+) ● Fixing Dinner on a Fixed Income (55+) ● Creative Art Journaling (18+) ● Your Finances, Your Future (55+) ● Drop-In Play & Songtime ● The Nose Knows (55+) ● Community Yoga (18+) ● \$	Armchair Traveller (55+) ● 22 Bollywood Zumba (18+) ● ● Sip & Sketch (18+) ● Happy Café (18+) ● Community Kneads (18+) ● Unpacking Emotions (18+) ● ● Parenting Anxious Kids (18+) ● ● Bridgeland Drop-In Play ●	LENA Start ● ● 23 Making Room (18+) ● ● Baby Parent-Child Mother Goose ● SunTots Drop-in Play ● Weekly Wander (55+) ●	Zumba Gold (55+) ● 24 Chair Yoga (55+) ● Community Connections ●
Drop-In Art (18+) ● 27 English Conversation Café (55+) ● Time to Grow (18+) ● ● Be Kind to Your Mind (18+) ● ●	Your Finances, Your Future (55+) ● 28 Drop-In Play & Songtime ● Senior Storytelling (55+) ● Snack Crew (18+) ● Fixing Dinner on a Fixed Income (55+) ● Creative Art Journaling (18+) ● Your Stories Workshop (18+) ● The Nose Knows (55+) ● Community Yoga (18+) ● \$	Armchair Traveller (55+) ● 29 Bollywood Zumba (18+) ● ● Simple Suppers (55+) ● Happy Café (18+) ● Community Kneads (18+) ● Unpacking Emotions (18+) ● ● Parenting Anxious Kids (18+) ● ● Bridgeland Drop-In Play ●	LENA Start ● ● 30 SunTots Drop-in Play ● Making Room (18+) ● ● Baby Parent-Child Mother Goose ● Game Night Gathering (18+) ● Your Stories Workshop (18+) ● Embodied Joy Yoga (55+) ● Relationships With Your Adult Children (18+) ● ●	Zumba Gold (55+) ● 31 Chair Yoga (55+) ● Community Connections ● HALLOWEEN

November



Drop-in



Registration Required



Childminding Available



Program Fee Associated



Special Event

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Drop-In Art (18+)  English Conversation Café (55+)  Time to Grow (18+)   Be Kind to Your Mind (18+)   3	Drop-In Play & Songtime  Snack Crew (18+)  Your Stories Workshop (18+)  5 Senses Mindfulness Workshop (18+)  Community Yoga (18+)   Gratitude Practice for Seniors (55+)  The Nose Knows (55+)  4	Simple Suppers (55+)  Tales of Animals in War (55+)  Senior Music Series (55+)  Bollywood Zumba (18+)   Happy Café (18+)  Unpacking Emotions (18+)   Parenting Anxious Kids (18+)   Bridgeland Drop-In Play  Community Kneads (18+)  5	LENA Start   SunTots Drop-in Play  Baby Parent-Child Mother Goose  CMHA Recovery College Series (18+)  Your Stories Workshop (18+)  Embodied Joy Yoga (55+)  Relationships With Your Adult Children (18+)   6	Zumba Gold (55+)  Chair Yoga (55+)  Community Connections  7
Drop-In Art (18+)  English Conversation Café (55+)  Time to Grow (18+)   Be Kind to Your Mind (18+)   10	11 CARYA OFFICE CLOSED	Simple Suppers (55+)  Senior Music Series (55+)  Bollywood Zumba (18+)   Happy Café (18+)  Unpacking Emotions (18+)   Parenting Anxious Kids (18+)   Bridgeland Drop-In Play  Community Kneads (18+)  12	LENA Start   SunTots Drop-in Play  Baby Parent-Child Mother Goose  CMHA Recovery College Series (18+)  Game Night Gathering (18+)  Your Stories Workshop (18+)  Embodied Joy Yoga (55+)  Relationships With Your Adult Children (18+)   13	Zumba Gold (55+)  Indoor Market   14
Drop-In Art (18+)  English Conversation Café (55+)  Time to Grow (18+)   Be Kind to Your Mind (18+)   PlayLab  17	Drop-In Play & Songtime  Snack Crew (18+)  Art of Kindness (18+)   Gratitude Practice for Seniors (55+)  Light Within Workshop Series (18+)  Your Stories Workshop (18+)  The Nose Knows (55+)  Community Yoga (18+)   18	Chow and Chatter (55+)  Bollywood Zumba (18+)   Happy Café (18+)  Confidence Through Creativity (18+)  Sip & Sketch (18+)  Bridgeland Drop-In Play  Community Kneads (18+)  Family Budget Bites  19	LENA Start   SunTots Drop-in Play  Baby Parent-Child Mother Goose  CMHA Recovery College Series (18+)  Rainbow Families  Game Night Gathering (18+)  Your Stories Workshop (18+)  Gingerbread Chateau (18+)   Embodied Joy Yoga (55+)  Relationships With Your Adult Children (18+)   20	Zumba Gold (55+)  Holiday Hoopla (all ages)   21
Drop-In Art (18+)  English Conversation Café (55+)  Time to Grow (18+)   Be Kind to Your Mind (18+)   PlayLab  24	Drop-In Play & Songtime  Snack Crew (18+)  Art of Kindness (18+)   Gratitude Practice for Seniors (55+)  Light Within Workshop Series (18+)  Your Stories Workshop (18+)  Community Yoga (18+)   25	Senior Music Series (55+)  Bollywood Zumba (18+)   Confidence Through Creativity (18+)  Sip & Sketch (18+)  Happy Café (18+)  Bridgeland Drop-In Play  Community Kneads (18+)  26	LENA Start   SunTots Drop-in Play  Baby Parent-Child Mother Goose  CMHA Recovery College Series (18+)  Game Night Gathering (18+)  Your Stories Workshop (18+)  Gingerbread Chateau (18+)   Embodied Joy Yoga (55+)  Relationships With Your Adult Children (18+)   27	Zumba Gold (55+)  Chair Yoga (55+)  Community Connections  28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Drop-In Art (18+) English Conversation Café (55+) Time to Grow (18+) Be Kind to Your Mind (18+) PlayLab 1	Drop-In Play & Songtime Snack Crew (18+) Art of Kindness (18+) Light Within Workshop Series (18+) Light in the Darkness (55+) Your Stories Workshop (18+) Community Yoga (18+) \$ 2	Bridgeland Drop-In Play Seniors Cardmaking (55+) Bollywood Zumba (18+) Happy Café (18+) Confidence Through Creativity (18+) Family Budget Bites Community Kneads (18+) 3	Baby Parent-Child Mother Goose SunTots Drop-in Play Your Stories Workshop (18+) Game Night Gathering (18+) Gingerbread Chateau (18+) \$ Relationships With Your Adult Children (18+) 4	Zumba Gold (55+) Chair Yoga (55+) Community Connections 5
Drop-In Art (18+) English Conversation Café (55+) PlayLab 8	Drop-In Play & Songtime Snack Crew (18+) Art of Kindness (18+) Light in the Darkness (55+) Vintage Christmas (18+) Your Stories Workshop (18+) Community Yoga (18+) \$ 9	Chow and Chatter (55+) Happy Café (18+) Confidence Through Creativity (18+) Bridgeland Drop-In Play Community Kneads (18+) Bollywood Zumba (18+) 10	Baby Parent-Child Mother Goose SunTots Drop-in Play Your Stories Workshop (18+) Game Night Gathering (18+) Gingerbread Chateau (18+) \$ Relationships With Your Adult Children (18+) 11	Zumba Gold (55+) Chair Yoga (55+) Indoor Market ★ 12
Drop-In Art (18+) English Conversation Café (55+) 15	Drop-In Play & Songtime Snack Crew (18+) Art of Kindness (18+) Light in the Darkness (55+) Vintage Christmas (18+) Your Stories Workshop (18+) Community Yoga (18+) \$ 16	Seniors Cardmaking (55+) Bollywood Zumba (18+) Happy Café (18+) Community Kneads (18+) 17	Rainbow Families Your Stories Workshop (18+) Game Night Gathering (18+) SunTots Drop-in Play Relationships With Your Adult Children (18+) 18	Zumba Gold (55+) Chair Yoga (55+) Community Connections 19
Drop-In Art (18+) English Conversation Café (55+) 22	23	24	25 CARYA OFFICE CLOSED	26 CARYA OFFICE CLOSED
29 CARYA OFFICE CLOSED	30 CARYA OFFICE CLOSED	31 CARYA OFFICE CLOSED	CARYA OFFICE CLOSED	CARYA OFFICE CLOSED



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