



Village Commons

and East Calgary Programs

WINTER 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.

You will find drop-in and registered programs, along with ongoing supports offered year-round at Carya. Each program listing includes who it is for, what it is about, the date and time, and the location. Icons show if registration is needed, if childminding is available, and if the program is held at Village Commons or another community location.

Programs are listed alphabetically and offer many different kinds of experiences. To help you get a quick sense of what is available, we have grouped them into a few key areas:

- 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.

MONTHLY CALENDARS

The monthly calendars at the back of this guide show what is happening each day. Program times are included and listed in the order they start. Some program names are shortened on the calendars. Full names are listed in the program descriptions. If you see the location icon, the program is held outside Village Commons. For more details, check 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 Circle = Program takes place outside Village Commons

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

AGING WITH PURPOSE (55+)

This eight-week group explores challenges related to aging and what it means to age well. Together, we'll learn how to navigate transitions, shifting health, and purposeful living.

Thursdays, Jan 15 - Mar 5 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: Groups@CaryaCalgary.ca

ART CLASSES (55+)

Join our incredible contracted artists to explore new creative painting techniques. Watch for upcoming classes, and connect with Megan to register for anything that sparks your interest.

Thursdays, Feb 5 - Mar 26 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: MeganR@CaryaCalgary.ca

ART OF EMOTIONAL BALANCE (18+)

Use gentle art-making to explore emotions and build grounding skills. This calming class strengthens self-awareness and supports emotional well-being.

Mondays, Jan 12 - Feb 2 | 1:30 pm - 3:30 pm | Village Commons (610 8th Ave SE)

● Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

BABY PARENT-CHILD MOTHER GOOSE (BABY PCMG) (0-12 MONTHS)

Strengthen the bond between you and your little one and learn songs, rhymes and stories to soothe, teach and play with baby. For families with infants 0-12 months.

Thursdays, Feb 12 - Mar 19 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: Fic@CaryaCalgary.ca

BE KIND TO YOUR MIND (18+)

Mindfulness can reduce stress and increase gratitude, hope, and vitality. Build simple, everyday practices that strengthen patience, presence, and kindness toward yourself.

Thursdays, Jan 15 - Mar 5 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

BEADED PATHWAYS (18+)

Create meaningful beadwork inspired by Indigenous artistry. Explore colour, pattern, and tradition while learning foundational beading techniques.

Tuesdays, Jan 13 - Feb 3 | 1:30 pm - 3:30 pm | Village Commons (610 8th Ave SE)

● Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

BOLLYWOOD ZUMBA (18+)

A high-energy dance fitness class inspired by Bollywood music and movement, led by Payel, who brings fun, rhythm, and positivity to every session. No dance experience required!

Wednesdays, Jan 14 - Mar 25 | 5:00 pm - 6:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

BUILDING RESILIENCE (18+)

Learn alongside others to deepen your understanding of resilience and why it matters. Explore practical tools and conversations that help you navigate challenges and thrive.

Tuesdays, Mar 10 - Apr 28 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

CALGARY RAINBOW FAMILIES (FOR FAMILIES)

A supportive gathering space for LGBTQ2S+ families and allies. Connect, share experiences, and build community through inclusive activities and conversation.

Thursdays, Jan 15, Feb 19, Mar 19 | 4:30 pm - 6:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

CHAIR YOGA (55+)

Pull up a chair and join us for an hour of instructed gentle movement focused on stretching and mobility.

Fridays, Jan 16 - Mar 27 | 1:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CHOW AND CHATTER (55+)

Get together with new friends and old, enjoy a meal together and celebrate the magic of community.

Wednesdays, Jan 21, Feb 18, Mar 18 | 12:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: MeganR@CaryaCalgary.ca

CLAY STUDIO (18+)

An open, hands-on clay session where participants can sculpt, hand-build, and experiment with ceramics. Perfect for all skill levels looking to relax and get creative with their hands.

Thursdays, Jan 15 - Apr 2 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

COMMUNITY YOGA (18+)

A grounding, beginner-friendly yoga class led by Tia, who creates a welcoming space where all bodies and abilities are supported. This class focuses on gentle movement, stretching, and mindfulness.

Wednesdays, Jan 14 - Mar 25 | 7:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CREATE BOLDLY: OIL PAINTING (18+)

Grow your confidence with vibrant oil paints in a supportive, playful space. Learn techniques that help you express ideas with colour, texture, and movement.

Wednesdays, Jan 14 - Feb 4 | 6:00 pm - 8:00 pm | Village Commons (610 8th Ave SE)

● Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

CURIOSITY CAFE (55+)

Are you a curious, lifelong learner? Explore new skills and topics each session - everything from the art of mending to discovering musical artists. You're sure to learn something new!

Wednesdays, Jan 14 - Mar 25 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

DEALING WITH TOUGH STUFF - CMHA SERIES (18+)

We often spend energy reacting to things outside our control. In this bite-size class, you'll learn how to recognize what you can influence and develop skills to keep external stressors from overwhelming you.

Wednesday, Jan 14 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

DROP IN DAY ART (18+)

A relaxed daytime studio space where you can experiment, create, and explore different materials at your own pace. All skill levels are welcome.

Mondays, Jan 12 - Mar 30* | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

*No session on February 16

DROP IN NIGHT ART (18+)

A relaxed evening studio space where you can experiment, create, and explore different materials at your own pace. All skill levels are welcome.

Wednesdays, Jan 14 - Mar 25 | 6:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

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

A place for families to connect and play! Drop by anytime for a snack and some play time. Suitable for parents and caregivers with children ages 0-6

Mondays, Jan 12 - Mar 16* | 11:00 am - 12:00 pm | Sunalta Community Association (1627 10 Ave SW)

Tuesdays, Jan 13 - Mar 17 | 11:00 am - 12:00 pm | Alexandra Centre – Inglewood (922 9 Ave SE)

Wednesdays, Jan 14 - Mar 18 | 11:00 am - 12:00 pm | Bridgeland Riverside Community Association (917 Centre Ave NE)

Thursdays, Jan 15 - Mar 19 | 10:00 am - 11:30 am | Sunalta Community Association (1627 10 Ave SW)

● Drop-in ● Program is held at a community location

*No session on February 16

ENGLISH CONVERSATION CAFE (55+)

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

Mondays, Jan 12 - Mar 30 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

*No session on February 16

FAMILY BUDGET BITES

Parents and kids (12+) team up to cook 3 delicious meals using \$30 worth of groceries.

Thursday, Jan 15 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

Wednesday, Feb 11 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: DanielSz@CaryaCalgary.ca

GOOD GRIEF (18+)

Grief and loss are natural parts of being human. This group offers a supportive space to learn about grief, explore your experiences, and discover tools to care for yourself and others.

Thursdays, Mar 12 - Apr 30 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

HAPPY CAFE (18+)

Led by Carya Resident Adam, this cozy social drop-in offers conversation, connection, and light activities. A welcoming space to meet new people and brighten your week.

Wednesdays, Jan 14 - Mar 25 | 6:15 pm - 8:15 pm | Village Commons (610 8 Ave SE)

● Drop-in

I AM ENOUGH (18+)

Explore, grow, and learn new practices to support your best life. Learn how to build healthy practices for your relationships and grow confidence in who you are and how you communicate.

Tuesdays, Jan 13 - Mar 3 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

INDOOR MARKET (ALL AGES)

A vibrant monthly market featuring local vendors, handmade goods, food, and community artists. A lively place to shop, explore, and support the talented creators in our neighbourhood.

Fridays, Jan 9, Feb 13, Mar 13 | 4:00 pm - 7:00 pm | Village Commons (610 8 Ave SE)

● Drop-in ★ Special Event

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

Learn massage techniques and how they benefit your baby! Open to parents and caregivers with babies from 3 weeks to 6 months.

Thursdays, Jan 15 - Feb 5 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: Fic@CaryaCalgary.ca

LEAVE AN IMPRESSION!- PRINTMAKING (18+)

Explore hands-on printmaking methods such as stamping, lino-style impression, and layered patterns. Create bold, repeatable designs and unique art prints.

Wednesdays, Mar 11 - Apr 1 | 6:00 pm - 8:00 pm | Village Commons (610 8th Ave SE)

● Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

LENA START (FAMILIES WITH KIDS 0-3)

Connect with other parents while learning how everyday interactions support your child’s language and brain development. Gain simple, practical strategies to boost conversations and connection with your little one.

Thursdays, Jan 15 - Mar 19 | 9:30 am - 11:30 am | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Fic@CaryaCalgary.ca

MONEY MADE SIMPLE: GUIDED SUPPORT TO TRACK, PLAN AND THRIVE! (18+)

Build confidence in managing your money with practical tools and guided support. Learn simple ways to track expenses, plan ahead, and strengthen your financial well-being in this eight-session series.

Tuesdays, Jan 13 - Mar 3 | 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: FinancialWellness@CaryaCalgary.ca

"MONEY-SMART KID\$" BOOK CLUB (FOR PARENTS)

Join with other parents in helping your children learn about money! Using Gail Vaz-Oxlade’s book Money-Smart Kid\$ (copies provided) as a starting point, parents will discuss a different chapter each week

Thursdays, Jan 8 - Feb 26 | 7:30 pm - 8:45 pm | Virtual (Online via Zoom)

● Registration required

Register by emailing: FinancialWellness@CaryaCalgary.ca

ONE NIGHT CRAFT COURSE SERIES: WAX-CTUALLY FUN! ROLLED CANDLE MAKING (18+)

A cozy workshop where you craft hand-rolled beeswax candles and beyond! Easy, Creative, and perfect for all ages.

Thursday, March 19 | 5:30 pm - 8:30 pm | Village Commons (610 8th Ave SE)

● Drop-In

ONE NIGHT CRAFT COURSE SERIES: WEARABLE WONDERS- JEWELRY MAKING (18+)

Create your own wearable art using polymer clay beads and other techniques. Leave with a custom piece you designed yourself. Just in time for Valentines Day!

Thursday, February 12 | 5:30 pm - 8:30 pm | Village Commons (610 8th Ave SE)

● Drop-In

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

This mixed age group is a great way to build positive routines with your children through songs, rhymes, and stories. Great for families with toddlers and babies alike.

Mondays, Jan 12 - Mar 16* | 10:00 am - 11:00 am | Sunalta Community Association (1627 10 Ave SW)

Tuesdays, Jan 13 - Mar 17 | 10:00 am - 11:00 am | Alexandra Centre– Inglewood (922 9 Ave SE)

Wednesdays, Jan 14 - Mar 18 | 10:00 am - 11:00 am | Bridgeland Riverside Community Association (917 Centre Ave NE)

● Registration required ● Program is held at a community location

Register by emailing: Fic@CaryaCalgary.ca

*No session on February 16

RELATIONSHIPS WITH YOUR ADULT CHILDREN (RWYAC) (18+)

Explore how family dynamics shift as children become adults. Build communication skills, boundaries, and wellness practices that support healthy relationships during periods of change.

Thursdays, Mar 19 - May 7 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: Groups@CaryaCalgary.ca

SENIORS CIRCLE OF FRIENDS (55+)

Looking to make friends and connect with your community? Join us for casual conversation, guided discussions, and coffee or tea at this welcoming weekly social drop-in.

Tuesdays, Jan 13 - Mar 31 | 10:00 am - 11:30 am | Village Commons (610 8 Ave SE)

- Drop-in

SIMPLE SUPPERS (55+)

Learn to create healthy and nutritious meals in under 15 minutes. This 3 class series will cover 2 recipes per class that focus on chicken, beef and shrimp.

Tuesdays, Jan 27 - Apr 7* | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: DanielSz@CaryaCalgary.ca

*No session on February 16 and March 18

SNACK CREW (18+)

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

Mondays, Jan 12 - Mar 30* | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

*No session on February 16

START HERE SERIES (SHS): ACRYLIC PAINTING (18+)

Learn the basics of acrylic painting in a supportive, beginner-friendly class. Explore colour mixing, brush techniques, and simple approaches to creating a finished piece.

Fridays, Feb 13 - Mar 6 | 2:00 pm - 4:00 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

START HERE SERIES (SHS): CREATIVE WRITING, THE HEROES JOURNEY (18+)

Explore the Hero's Journey, a classic storytelling structure, in this welcoming, beginner-friendly writing class. Learn simple ways to build characters, shape a story arc, and start creating your own pieces with confidence.

Thursdays, Mar 12 - Apr 2 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

START HERE SERIES (SHS): DRAWING (18+)

Build solid drawing basics through fun, fast-paced exercises. This beginner-friendly series helps you develop skills you can use in any creative practice.

Fridays, Jan 16 - Feb 6 | 2:00 pm - 4:00 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

START HERE SERIES (SHS): PASTELS (18+)

Experiment with soft pastels to create rich, blended color and expressive textures. Great for beginners who want to play with colour in a relaxed environment.

Fridays, Mar 13-27 and Monday, Apr 6 | 2:00 pm - 4:00 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

START HERE SERIES (SHS): POETRY (18+)

Discover the joy of creative expression through poetry. Explore different poetic styles, build confidence in your writing, and share your work in a supportive space.

Thursdays, Feb 12 - Mar 5 | 6:00 pm - 8:00 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

START HERE SERIES (SHS): START YOUR SONG (18+)

A beginner-friendly introduction to songwriting. Explore melody, rhythm, lyrics, and the creative process while developing your own original piece.

Tuesdays, Feb 10 - Mar 3 | 6:00 pm - 8:00 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

TIME TO GROW (18+)

Build confidence and strengthen everyday skills in this seven-week group focused on communication, problem-solving, and self-awareness. Explore themes like self-esteem, confidence, and self-compassion to support your growth.

Mondays, Jan 12 - Apr 13 | 1:00 pm - 3:00 pm | Women's Centre (39 4 St NE)

- Registration required
- Program is held at a community location

Register by emailing: Fic@CaryaCalgary.ca

*No session on February 16

TECH SUPPORT (55+)

Need help with your personal tech? Our wonderful tech volunteers can help with navigating smart phones, laptops and tablets, as well as apps like email and Facebook.

Mondays, Jan 12 - Mar 30* | 10 am - 12:00 pm | Village Commons (610 8 Ave SE)

Tuesdays, Jan 13 - Mar 31* | 4:30 pm - 6:30 pm | Village Commons (610 8 Ave SE)

Fridays, Jan 16 - Mar 27 *| 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● **Registration required**

Register by emailing: MeganR@CaryaCalgary.ca

*No session on February 16

*Not included on the monthly calendars as dates and times are subject to change based on volunteer availability.

UNDERSTANDING PROCRASTINATION - CMHA SERIES (18+)

Busy days and growing to-do lists can create stress and lead to procrastination. This course helps you tackle challenges, stop putting things off, and build habits that support feeling organized and productive.

Wednesday, Jan 21 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● **Drop-in**

WANT A BETTER NIGHT - CMHA SERIES (18+)

Sleep plays a big role in how we feel and function each day. This course helps you understand your relationship with sleep and learn strategies to support more restful, consistent nights.

Wednesday, Jan 28 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● **Drop-in**

WET FELTING WITH CECE MARIN (18+)

Explore the magic of transforming wool into colourful, textured art. Learn simple felting techniques while creating unique pieces to take home.

Wednesdays, Feb 11 – Mar 4 | 6:00 pm – 8:00 pm | Village Commons (610 8th Ave SE)

● **Registration required**

Register by emailing: NickolasB@CaryaCalgary.ca

ZUMBA GOLD (55+)

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

Fridays, Jan 16 - Mar 27 | 10:00 am - 11:00 am | Village Commons (610 8 Ave SE)

● **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.



201, 610 8 Avenue S.E.,
Calgary, Alberta, T2G 0M1



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