



Village Commons

and East Calgary Programs

SPRING 2026 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

ART CLASSES (55+)

Explore watercolour basics and try new techniques, including unexpected ways to paint. Practice using projections, printouts, and still lifes, and create landscapes, skyscapes, and surprise subjects.

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

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

● Registration required

Register by emailing: MeganR@CaryaCalgary.ca

BABY'S FIRST BITES (6-12 MONTHS)

Join Chef Dan and a facilitator from the Families in Community team to learn how to prepare fresh, homemade purees and soft starter foods designed for babies beginning their food journey.

Thursday, Apr 2 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available ★ Special Event

Register by emailing: Fic@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, Apr 9 - May 28 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: Fic@CaryaCalgary.ca

BITES FOR BUSY TOTS (FAMILIES WITH KIDS 1-3 YEARS)

Join Chef Dan and a Facilitator from the Families in Community team to create nutritious, toddler-friendly snacks that fuel busy bodies and support developing tastes. In this hands-on class, we'll prepare balanced, easy to pack snacks. Childminding available. Sign up for 1 date that suits your schedule.

Fridays, Apr 24 or May 29 | 10:00 am - 11:30 am | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available ★ Special Event

Register by emailing: Fic@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, Mar 25 - Jun 24 | 5:00 pm - 6:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

BUDGET BITES

Adults looking to prepare easy meals at home cook 3 delicious meals using \$30 worth of groceries.

Thursday, May 13 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: DanielSz@CaryaCalgary.ca

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, Apr 16, May 21, Jun 18 | 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, Mar 6-Jun 19 | 1:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

*No session on Apr 3

CHOW AND CHATTER (55+)

Get together with new friends and old, enjoy a meal together and celebrate the magic of community. Registration is required and opens on the first business day of each month. Space is limited, and will close the Friday before the event, or earlier if capacity is reached.

Wednesdays, Apr 22, May 20, Jun 17 | 11:00 pm - 1:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: MeganR@CaryaCalgary.ca

COMMUNI-TEA BOOK EXCHANGE EVENT (18+)

Have a bunch of books sitting around? Looking for something new to read that happens to be free? Join us with your old books in hand and join a community of like minded people! Any books that remain after the event will be donated to a local charity.

Tuesday, May 12 | 5:30 pm - 7:30 pm | Village Commons (610 8 Ave SE)

● Drop-in ★ Special Event

COMMUNI-TEA KNITTING & CROCHET CLUB (18+)

A vibrant weekly club meant for both first-time fabric artists and veterans. Bring your project and chat with out knitters and crocheters, or join us for an introductory lesson!

Tuesdays, Mar 17 - Jun 22 | 2:00 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

COMMUNI-TEA POTS & SUCCULENTS EVENT (18+)

Want to get a head start on spring? Join us for a cozy evening of creativity, connection, and a little bit of greenery. Paint your own clay pot, plant a succulent, and let your creativity grow.

Tuesday, Apr 21 | 5:30 pm - 7:30 pm | Village Commons (610 8 Ave SE)

● Drop-in ★ Special Event

COMMUNI-TEA RECIPE EXCHANGE EVENT CLUB (18+)

Have a bunch of Recipes sitting around? Want to expand your horizons with your culinary experience? Join us on March 17th with your recipes in hand and join a community of like minded people!

Tuesday Mar 17 | 5:30 pm - 7:30 pm | Village Commons (610 8 Ave SE)

● Drop-in ★ Special Event

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, Mar 25 - Jun 24 | 7:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

COPING WITH ANXIETY (18+)

This is an anxiety group that will focus on building practical skills such as cognitive restructuring, exposure strategies, and emotion regulation, with an emphasis on integrating these tools into daily life to strengthen long term coping and resilience.

Tuesdays, May 5 - Jun 23 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@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! Held every 2nd and 4th Wednesday of the month.

Wednesdays, Mar 11 & 25, Apr 8, May 13 & 27, Jun 10 & 24 | 1:00 pm - 3:00 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, Mar 30 - Jun 29 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

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, Mar 25 - Jun 24 | 6:00 pm - 8:00 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, Mar 30 - Jun 22* | 11:00 am - 12:00 pm | Sunalta Community Association (1627 10 Ave SW)

Tuesdays, Mar 31 - Jun 23 | 11:00 am - 12:00 pm | Alexandra Centre – Inglewood (922 9 Ave SE)

Wednesdays, Apr 1 - Jun 24 | 11:00 am - 12:00 pm | Bridgeland Riverside Community Association (917 Centre Ave NE)

Thursdays, Apr 2 - Jun 24 | 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 April 6 or May 18

ENGLISH CONVERSATION CAFE (55+)

Need a safe place to practice English? All levels welcome! Please come and join others just like you! Volunteers will guide participants in simple activities, conversation, and games to help you practice your English.

Mondays, Mar 2-Jun 15 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

*No session on May 18, Jun 1

FRAME BY FRAME: STOP MOTION SERIES (18+)

Participants will be introduced to the core principles of frame-by-frame animation, including frame rate, incremental movement, and visual continuity.

Tuesdays, Apr 30 - May 21 | 6:00 pm – 8:00 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing:

NickolasB@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, Mar 25 - Jun 24 | 6:15 pm - 8:15 pm | Village Commons (610 8 Ave SE)

- Drop-in

INDIGENOUS CULTURE SERIES: BONE & BEAD LANYARD & KEYCHAIN SET (16+ WITH ADULT SUPERVISION)

A one-night creative workshop designed to introduce participants to traditional Indigenous art practices through a guided, hands-on experience with Moonstone Creations.

Tuesday, May 19 | 5:30 pm – 8:30 pm | Village Commons (610 8th Ave SE)

● Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

INDIGENOUS CULTURE SERIES: TRADITIONAL FISH SCALES ART & FOOD (16+ WITH ADULT SUPERVISION)

A one-night, hands-on cultural art experience led by Moonstone Creations. Participants will be guided through the traditional techniques and teachings behind Fish Scale Art while creating their own finished piece to take home. The evening blends artistic practice with storytelling, cultural context, and shared tastings, creating space for learning, reflection, and connection.

Tuesday, Apr 28 | 5:30 pm – 8:30 pm | Village Commons (610 8th Ave SE)

● Registration required

Register by emailing: NickolasB@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, Mar 13, Apr 10, May 8 | 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, Jun 4 - Jun 25 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: Fic@CaryaCalgary.ca

INTRO TO ANXIETY MANAGEMENT - CMHA SERIES (18+)

In Intro to Anxiety Management, participants will begin to understand what causes their body to have an anxiety response. They will also learn about the Sphere of Control and how to consider activators using that tool.

Wednesday, Mar 11 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

INTRO TO BOUNDARIES - CMHA SERIES (18+)

Participants will gain a basic understanding of how boundaries can impact their recovery and relationships in a positive way. Participants will also learn and practice skills that will help them to implement boundaries in their lives.

Wednesday, Mar 4 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

INTRO TO SELF CARE - CMHA SERIES (18+)

Taking care of yourself is not selfish; we all need time-out occasionally. In this course you will learn ways to take time for yourself, build up self-esteem, and maintain healthy boundaries in order to keep yourself mentally and physically well.

Wednesday, Mar 18 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

INTRO TO YOUR THOUGHTS - CMHA SERIES (18+)

In Intro to Your Thoughts, participants will gain an understanding of the ABC Model and how to consider their behaviours through that lens. Participants will also learn and practice skills to help them better manage negative, intrusive thoughts.

Wednesday, Mar 25 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

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

LAYERED STORIES - A MIXED MEDIA SERIES (18+)

Through fun prompts and easy steps, you'll learn how to build characters, shape a story arc, and start writing your own creative pieces with confidence. Perfect for first-time writers or anyone looking to explore storytelling for the very first time.

Tuesdays, Apr 14 – May 15 | 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, Apr 9 - Jun 11 | 9:30 am - 11:00 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+)

An 8-session series designed to help participants gain practical experience with the main keys to successful money management. Free guidance and coaching will be provided to help participants master the basics. This program hopes to attract participants who are willing to commit to all eight sessions to achieve positive change.

Tuesdays, Mar 24 - May 19 | 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, Apr 2 - May 23 | 7:30 pm - 8:30 pm | Virtual (Online via Zoom)

- Registration required

Register by emailing: FinancialWellness@CaryaCalgary.ca

ONE NIGHT CRAFT COURSE SERIES: COMMUNITY CELEBRATION (16+ WITH ADULT SUPERVISION)

A celebration of all art created through art for all, with a community project that will bring all of us into one collective art piece!

Thursday, May 28 | 5:30 pm - 8:30 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

ONE NIGHT CRAFT COURSE SERIES: SCENTS & MEMORIES (12+ WITH ADULT SUPERVISION)

This one-night workshop explores the connection between scent, memory, and emotion through a guided, hands-on experience led by Ana from ol.facto. Participants will learn how scent interacts with the brain before creating a personalized, memory-based fragrance using essential oils. Each attendee leaves with a custom series of scent samples, packaged as a lasting sensory reminder of the experience!

Wednesday, April 8 | 5:30 pm - 8:30 pm | Village Commons (610 8th Ave SE)

- Registration required

Register by emailing: NickolasB@CaryaCalgary.ca

ONE NIGHT CRAFT COURSE SERIES: WAX-CTUALLY FUN! ROLLED CANDLE MAKING (12+ WITH ADULT SUPERVISION)

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)

- Registration required

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, Apr 13 - Jun 15* | 10:00 am - 11:00 am | Sunalta Community Association (1627 10 Ave SW)

Tuesdays, Mar 31 - Jun 2 | 10:00 am - 11:00 am | Alexandra Centre – Inglewood (922 9 Ave SE)

Wednesdays, Apr 1 - Jun 3 | 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 sessions on May 18

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, Mar 3-Jun 23 | 1:00 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

*No session on Jun 2 or 16

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 | Apr 28, May 5, May 12 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: DanielSz@CaryaCalgary.ca

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): 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): 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 - May 1 | 2:00 pm - 4:00 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, Apr 20 - Jun 1 | 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

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. Times are subject to change based on volunteer availability. Please contact Megan Ringness to confirm availability and book a session.

● Registration required

Register by emailing: MeganR@CaryaCalgary.ca

UNPACKING EMOTIONS (18+)

Our emotions shape our thoughts and decisions, so knowing how we feel can help guide us to more meaningful relationships and a better understanding of ourselves and our needs. Our Unpacking Emotions group will focus on understanding the complex human emotions we experience daily and the direction they can bring to our lives.

Wednesdays, Apr 1 - May 20 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

ZUMBA GOLD (55+)

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

Fridays, Mar 6-Jun 19 | 10:00 am - 11:00 am | Village Commons (610 8 Ave SE)

● Drop-in

*No session on Apr 3

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

We offer financial literacy 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. Keep an eye out for occasional one-time financial literacy sessions offered throughout the year.



April

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 5-6 Bollywood Zumba (18+) ● 6-8 Drop-in Night Art (18+) ● 6-8 Leave An Impression! (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	10-11:30 SunTots Drop-In Play ● ● 1:30-2:30 Baby's First Bites ● ● 1-3 Good Grief (18+) ● ● 1-3 RWYAC (55+) ● 2-4 Art Classes (55+) ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio (18+) ● 6-8 SHS: Creative Writing (18+) ●	<p style="text-align: center;">CARYA OFFICE CLOSED</p>
10-12 Drop-In Day Art (18+) ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ●	10-11 PCMG ● ● 1-2:30 Seniors Circle of Friends (55+) ● 11-12 Inglewood Drop-In Play ● ● 1:30-3:30 Money Made Simple (18+) ● 1-3 Building Resilience (18+) ● ● 2-3:30 Communi-tea Knitting & Crochet Club (18+) ●	10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 1-3 Curiosity Cafe (55+) ● 5-6 Bollywood Zumba (18+) ● 5:30-8:30 Scents and Memories (18+) ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 1-3 Good Grief (18+) ● ● 1-3 RWYAC (55+) ● 1:30-2:30 Baby PCMG ● 2-4 Art Classes (55+) ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio (18+) ●	10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ● 4-7 Indoor Market ●
10-11 PCMG ● ● 10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ● ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ●	10-11 PCMG ● ● 1-2:30 Seniors Circle of Friends (55+) ● 11-12 Inglewood Drop-In Play ● ● 1:30-3:30 Money Made Simple (18+) ● 1-3 Building Resilience (18+) ● ● 6-8 Layered Stories: A Mixed Media Series (18+) ●	10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 5-6 Bollywood Zumba (18+) ● 6-8 Budget Bites ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 1-3 Good Grief (18+) ● ● 1-3 RWYAC (55+) ● 1:30-2:30 Baby PCMG ● 2-4 Art Classes (55+) ● 6-8 Clay Studio (18+) ●	10-11 Zumba Gold (55+) ● 10-11:30 Bites For Busy Tots ● ● 1-2 Chair Yoga (55+) ●
10-11 PCMG ● ● 10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ● ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time to Grow ● ●	10-11 PCMG ● ● 1-2:30 Seniors Circle of Friends (55+) ● 11-12 Inglewood Drop-In Play ● ● 1:30-3:30 Money Made Simple (18+) ● 1-3 Building Resilience (18+) ● ● 2-3:30 Communi-tea Knitting (18+) ● 5:30-7:30 Communi-tea Pots (18+) ● 6-8 Layered Stories (18+) ●	10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 11-1 Chow and Chatter (55+) ● 5-6 Bollywood Zumba (18+) ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 1-3 Good Grief (18+) ● ● 1-3 RWYAC (55+) ● 1:30-2:30 Baby PCMG ● 2-4 Art Classes (55+) ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio (18+) ●	10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ●
10-11 PCMG ● ● 10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ● ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time to Grow ● ●	10-11 PCMG ● ● 1-2:30 Seniors Circle of Friends (55+) ● 10-12 Simple Suppers (55+) ● 11-12 Inglewood Drop-In Play ● ● 1-3 Building Resilience (18+) ● ● 1:30-3:30 Money Made Simple (18+) ● 2-3:30 Communi-tea Knitting (18+) ● 5:30-8:30 Traditional Art (18+) ● 6-8 Layered Stories (18+) ●	10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 5-6 Bollywood Zumba (18+) ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 1-3 Good Grief (18+) ● ● 1-3 RWYAC (55+) ● 2-4 Art Classes (55+) ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio (18+) ● 6-8 Frame By Frame (18+) ●	

May

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
				1 10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ●					
10-11 PCMG ● ● 10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ● ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time to Grow ● ●	4	10-11 PCMG ● ● 10-12 Simple Suppers (55+) ● 10-12 Coping With Anxiety (18+) ● 1-2:30 Seniors Circle of Friends (55+) ● 11-12 Inglewood Drop-In Play ● ● 1:30-3:30 Money Made Simple (18+) ● 2-3:30 Communi-tea Knitting (18+) ● 6-8 Layered Stories: A Mixed Media Series (18+) ●	5	10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 5-6 Bollywood Zumba (18+) ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	6	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 1-3 RWYAC (55+) ● 2-4 Art Classes (55+) ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio (18+) ● 6-8 Frame By Frame: Stop Motion Series (18+) ●	7	10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ● 4-7 Indoor Market ●	8
10-11 PCMG ● ● 10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ● ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time to Grow ● ●	11	10-11 PCMG ● ● 10-12 Simple Suppers (55+) ● 1-2:30 Seniors Circle of Friends (55+) ● 10-12 Coping With Anxiety (18+) ● 11-12 Inglewood Drop-In Play ● ● 1:30-3:30 Money Made Simple (18+) ● 2-3:30 Communi-tea Knitting (18+) ● 5:30-7:30 Communi-tea Book Exchange Event (18+) ●	12	10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 1-3 Curiosity Cafe (55+) ● 5-6 Bollywood Zumba (18+) ● 6-8 Budget Bites ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	13	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 2-4 Art Classes (55+) ● 6-8 Clay Studio (18+) ● 6-8 Frame By Frame: Stop Motion Series (18+) ●	14	10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ● 6-8 Budget Bites ●	15
CARYA OFFICE CLOSED	18	10-11 PCMG ● ● 10-11:30 Seniors Circle of Friends (55+) ● 10-12 Coping With Anxiety (18+) ● 11-12 Inglewood Drop-In Play ● ● 1:30-3:30 Money Made Simple (18+) ● 2-3:30 Communi-tea Knitting (18+) ● 5:30-8:30 Bone & Bead Lanyard (18+) ●	19	10-11 PCMG ● ● 10-12 Unpacking Emotions (18+) ● 11-12 Bridgeland Drop-In Play ● ● 11-1 Chow and Chatter (55+) ● 5-6 Bollywood Zumba (18+) ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	20	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 2-4 Art Classes (55+) ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio (18+) ● 6-8 Frame By Frame: Stop Motion Series (18+) ●	21	10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ●	22
10-11 PCMG ● ● 10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ● ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time to Grow ● ●	25	10-11 PCMG ● ● 10-12 Coping With Anxiety (18+) ● 1-2:30 Seniors Circle of Friends (55+) ● 2-3:30 Communi-tea Knitting & Crochet Club (18+) ●	26	10-11 PCMG ● ● 11-12 Bridgeland Drop-In Play ● ● 1-3 Curiosity Cafe (55+) ● 5-6 Bollywood Zumba (18+) ● 6-8 Drop-in Night Art (18+) ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	27	9:30-11:00 LENA Start ● ● 10-11:30 SunTots Drop-In Play ● ● 2-4 Art Classes (55+) ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio (18+) ● 5:30-8:30 Community Celebration (18+) ●	28	10-11 Zumba Gold (55+) ● 10-11:30 Bites For Busy Tots ● ● 1-2 Chair Yoga (55+) ●	29

June

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10-11 PCMG ● ● 1</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>11-12 Sunalta Drop-In Play ● ●</p> <p>1-3 Snack Crew (18+) ●</p> <p>1-3 Time to Grow ● ●</p>	<p>10-11 PCMG ● ● 2</p> <p>10-12 Coping With Anxiety (18+) ●</p> <p>5:30-7:30 Communi-tea Puzzle Exchange Event (18+) ●</p>	<p>10-11 PCMG ● ● 3</p> <p>11-12 Bridgeland Drop-In Play ● ●</p> <p>5-6 Bollywood Zumba (18+) ●</p> <p>6-8 Drop-in Night Art (18+) ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>9:30-11:00 LENA Start ● ● 4</p> <p>10-11:30 SunTots Drop-In Play ● ●</p> <p>1:30-2:30 Infant Massage and Songs ● ●</p> <p>2-4 Art Classes (55+) ●</p> <p>6-8 Clay Studio (18+) ●</p>	<p>10-11 Zumba Gold (55+) ● 5</p> <p>1-2 Chair Yoga (55+) ●</p>
<p>10-11 PCMG ● ● 8</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>11-12 Sunalta Drop-In Play ● ●</p> <p>1-3 English Conversation Café (55+) ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>1-2:30 Seniors Circle of Friends (55+) ● 9</p> <p>10-12 Coping With Anxiety (18+) ●</p> <p>2-3:30 Communi-tea Knitting & Crochet Club (18+) ●</p>	<p>11-12 Bridgeland Drop-In Play ● ● 10</p> <p>1-3 Curiosity Cafe (55+) ●</p> <p>6-8 Drop-in Night Art (18+) ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>9:30-11:00 LENA Start ● ● 11</p> <p>10-11:30 SunTots Drop-In Play ● ●</p> <p>1:30-2:30 Infant Massage and Songs ● ●</p> <p>2-4 Art Classes (55+) ●</p> <p>4:30-6:30 Calgary Rainbow Families ●</p> <p>6-8 Clay Studio (18+) ●</p>	<p>10-11 Zumba Gold (55+) ● 12</p> <p>1-2 Chair Yoga (55+) ●</p>
<p>10-11 PCMG ● ● 15</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>11-12 Sunalta Drop-In Play ● ●</p> <p>1-3 English Conversation Café (55+) ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>10-12 Coping With Anxiety (18+) ● 16</p> <p>2-3:30 Communi-tea Knitting & Crochet Club (18+) ●</p>	<p>11-12 Bridgeland Drop-In Play ● ● 17</p> <p>11-1 Chow and Chatter (55+) ●</p> <p>5-6 Bollywood Zumba (18+) ●</p> <p>6-8 Drop-in Night Art (18+) ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>10-11:30 SunTots Drop-In Play ● ● 18</p> <p>1:30-2:30 Infant Massage and Songs ● ●</p> <p>2-4 Art Classes (55+) ●</p> <p>4:30-6:30 Calgary Rainbow Families ●</p>	<p>10-11 Zumba Gold (55+) ● 19</p> <p>1-2 Chair Yoga (55+) ●</p>
<p>10-12 Drop-In Day Art (18+) ● 22</p> <p>1-3 Snack Crew (18+) ●</p>	<p>1-2:30 Seniors Circle of Friends (55+) ● 23</p> <p>10-12 Coping With Anxiety (18+) ●</p>	<p>11-12 Bridgeland Drop-In Play ● ● 24</p> <p>1-3 Curiosity Cafe (55+) ●</p> <p>5-6 Bollywood Zumba (18+) ●</p> <p>6-8 Drop-in Night Art (18+) ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>10-11:30 SunTots Drop-In Play ● ● 25</p> <p>1:30-2:30 Infant Massage and Songs ● ●</p> <p>4:30-6:30 Calgary Rainbow Families ●</p> <p>6-8 Clay Studio (18+) ●</p>	<p>26</p>
<p>10-12 Drop-In Day Art (18+) ● 29</p> <p>1-3 Snack Crew (18+) ●</p>	<p>30</p>			



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