



Village Commons

and East Calgary Programs

SUMMER 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

ALBERTA SECURITIES COMMISSION ON DIY INVESTING

Self-directed investing is becoming increasingly popular with new and long-time investors. Join us as we walk through assessing if this investing approach is right for you and the fundamentals to opening a trading account, researching and trading investments and avoiding common DIY investing mistakes.

Thursday, Jun 18, 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

- Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

BABY'S FIRST CRAFT

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.

Wednesday Jul 8 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ShellyR@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, Jul 9 - Aug 13 | 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, Jun 18, Jul 16, Aug 13 | 4:30 pm - 6:30 pm | Village Commons (610 8 Ave SE)

- Drop-in

CARYA COMMUNITY MOVIE NIGHT

A relaxed monthly community gathering where participants can enjoy a featured film, snacks, and social connection in a welcoming and low-pressure atmosphere. Movie selections may include family favourites, classics, seasonal films, or community-requested picks.

Tuesdays, Jul 21, Aug 18 | 5:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

- Drop-in
- Childminding Available

CHAIR YOGA (55+)

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

Fridays, Jul 3 - Aug 28 | 1:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

*No session on Jun 5 or Jun 26

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, Jun 4 - Aug 27 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ShellyR@CaryaCalgary.ca

COMMUNITY CONVERSATIONS (16+)

A monthly speaker and discussion series designed to bring community members together through meaningful, accessible conversations around wellness, creativity, resilience, and shared life experiences. Each session features guest speakers, guided dialogue, and opportunities for reflection and connection in a welcoming environment.

Tuesdays, Jul 14 & Aug 11 | 5:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ShellyR@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, Jun 3 - Aug 26 | 7:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

COMMUNITY PROM NIGHT (16+)

A fun and inclusive alcohol-free dance event designed to celebrate connection, self-expression, and community through music, dancing, refreshments, and themed activities. Participants are encouraged to dress up, have fun, and enjoy a welcoming prom-inspired evening together.

Thursday Aug 27 | 5:00 pm - 8:30 pm | Village Commons (610 8 Ave SE)

- Registration required
- ★ Special event

COOK & CHAT

Join us as we cook and enjoy a meal together! You will have an opportunity to learn cooking skills and eat a delicious meal in good company!

Thursday, Aug 6 | 10:00 am - 1:00 pm | Village Commons (610 8 Ave SE)

- Registration required
- ★ Special Event

Register by emailing: ElderFriendly@CaryaCalgary.ca

COOKING FOR ONE ON A BUDGET (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.

Thursday, Jul 2 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

COLLAGE & VISION BOARD NIGHT

A low-pressure creative event where participants can explore collage-making and vision boards using magazines, art supplies, and found materials. The evening encourages creativity, reflection, and self-expression in a welcoming social environment.

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

- Registration required

Register by emailing: ShellyR@CaryaCalgary.ca

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

CREATING YOUR END-OF-LIFE BINDER (18+)

If you could use some help with gathering the information that will be needed to settle your final estate, this session can help.

Thursday, Jul 9 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

CREATIVE MINDFULNESS (55+)

In this class you'll be introduced to a variety of mindfulness and grounding practices to discover what works best for you. Each class will include a discussion and grounding technique, a new meditative technique, engaging in a silent, self-directed, creative activity of your choice and an energizing group activity and discussion.

Tuesdays, Jul 14 - Aug 25 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

*No session on Aug 4

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, Jun 1 - Aug 31 | 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, Jun 3 - Aug 26 | 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.

Thursdays, Jun 4 - Aug 20 | 10:00 am - 11:30 am | Sunalta Community Association (1627 10 Ave SW)

Thursdays, Jul 9 - Aug 20 | 10:00 am - 11:30 am | Bridgeland Riverside Community Association (917 Centre Ave NE)

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

FOOD & MOOD

Eating well can be hard when we're feeling overwhelmed, stressed, or low on energy. Join us for a relaxed session where we'll make an easy shelf-stable meal together and talk about the relationship between food and mood, practical ways to care for ourselves and stay nourished during difficult times.

Wednesday, Jul 26 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Registration required
- Childminding Available

Register by emailing: FIC@CaryaCalgary.ca

GETTING READY FOR KINDERGARTEN (GRFK)

This session for parents and caregivers will help your child start kindergarten with confidence! Parents and caregivers will learn ways to support their child's school readiness through practical activities to support their child's foundational learning skills.

Two Sessions. Jul & Aug | Village Commons (610 8 Ave SE)

- Registration required
- Childminding Available

Register by emailing: FIC@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, Jun 4 - Aug 20 | 6:15 pm - 8:15 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ShellyR@CaryaCalgary.ca

INSIDE SCOOP: CANNING & FERMENTING (55+)

Come share your experiences and have a conversation with others about canning and fermenting! This is an opportunity for everyone to share tips and tricks and learn from others! All levels of canning and pickle-ers welcome!

Thursday, Aug 13 | 1:00 pm - 3:00 pm | Village Commons (610 8th Ave SE)

- Drop-in

INSIDE SCOOP: GARDENING (55+)

Come share your experiences and have a conversation with others about gardening! This is an opportunity to share any tips and tricks you have and to learn from others! All levels of gardeners welcome!

Thursday, Jul 23 | 1:00 pm - 3:00 pm | Village Commons (610 8th Ave SE)

- Drop-in

INSIDE SCOOP: STAYING FIT (55+)

Come share your experiences and have a conversation with others about all the ways to stay fit and move your body. As we age and our bodies change, the ways that we move our bodies changes to. Come share your tips and tricks and get some tips and tricks from others!

Thursday, Jul 9 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

KITCHEN CREATIONS WITH CHEF DAN

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, Jul 31 & Aug 28 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Registration required
- Childminding Available

Register by emailing: FIC@CaryaCalgary.ca

KNITTING & CROCHET CLUB (16+)

Join us for a vibrant and welcoming weekly gathering designed for both first-time fibre artists and experienced knitters and crocheters alike. Bring your current project, or start one with us and enjoy conversation in a relaxed and supportive community space.

Tuesdays, Jun 2 - 23, Jul 7, 14, 23 & Aug 4 - 25 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

MONEY HABITS, MONEY ATTITUDES

Participants will learn about six types of spending patterns and the good, the bad and the ugly of each.

Wednesday, Aug 5 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

"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

MUG PAINTING

A relaxed creative event where participants can design and personalize their own ceramic mug while enjoying conversation and community connection. No artistic experience is required, making it an accessible and enjoyable night of creativity and self-expression.

Wednesday, Jul 15 | 6:00 pm - 8:00 pm

- Registration required ★ Special Event

Register by emailing: ShellyR@CaryaCalgary.ca

OUTDOOR ADVENTURES (55+)

Come for a new walking exploration every week to get to know destinations around the community! Every week we will head out to a new destination and have an opportunity to connect while we walk! Please wear appropriate shoes and clothing for the weather and bring some water with you! Let's explore our neighbourhood!

Mondays, Jul 13 - Aug 24 | 10:00 am - 12:00 pm | Village Commons (610 8th Ave SE)

- Drop-in

*No session Aug 3

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

RBC PRESENTS: WILLS & ESTATE PLANNING

Please join RBC as they present on Wills and Estates. Clear instructions for each step in the process of creating a will, and estate planning.

Thursday, Jul 16 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

REVIEW. ADJUST. MOVE FORWARD: MONTHLY MONEY MANAGEMENT

Identify the essentials to keep an eye on to avoid money surprises. Participants will receive tips and tools for easy money management.

Wednesday, Aug 12 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

SAVVY GROCERY SHOPPING (18+)

Learn how to make the most of your food dollars by using workarounds to avoid the strategies stores use to sell more.

Wednesday, Jun 24, 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

SENIORS BENEFITS 101 (18+)

Are you getting all the benefits you are entitled to receive? This session covers the benefits available to seniors from our federal, provincial and municipal governments, shows how to determine your eligibility for each as well as how to apply.

Wednesday, Jun 3, 1:00 pm - 3:00 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.

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

- Drop-in

SONG & STORYTIME WITH SENIORS (FAMILIES WITH CHILDREN 0-6)

Join us as we bring seniors and young children ages 0–6 together for a joyful storytime and songs.

Wednesdays, Jul 15 & Aug 12 | 10:00am - 11:00 am | Village Commons (610 8 Ave SE)

- Drop-in

SOURCING FREE & LOW-COST FOOD IN CALGARY (18+)

Do you know about the Calgary Food Map and other resources available locally to help you stretch your food dollars?

Wednesday, Jun 10, 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

SUNCATCHER NIGHT (12+)

A hands-on creative workshop where participants design and create decorative suncatchers using wood, resin, and colourful materials. The event focuses on creativity, experimentation, and community connection in a beginner-friendly environment.

Wednesday, Aug 5, 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ShellyR@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

VILLAGE COMMONS DROP-IN PLAY & MINI MOTHER GOOSE

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

Tuesdays, Jul 14 - Aug 18 | 10:00 am - 11:30 am | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: Fic@CaryaCalgary.ca

WALK & STRETCH (55+)

Get your blood pumping in this guided, energetic, dance-movement class. Hosted outdoors, weather permitting.

Thursdays, Jul 2 - Aug 27 | 10:00 am - 11:30 am | Village Commons (610 8 Ave SE)

- Drop-in

*No session Jun 4, Aug 6, 13, or 20

ZUMBA GOLD (55+)

Get your blood pumping in this guided, energetic, dance-movement class. Hosted outdoors, weather permitting.

Fridays, Jul 3 - Aug 28 | 10:00 am - 11:00 am | Village Commons (610 8 Ave SE)

- Drop-in

*Jun 5 session hosted at Bowmont Commons, No session on Jun 26

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.



June

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>2</p> <p>2-4 Knitting & Crochet Club ●</p>	<p>3</p> <p>1:30-3 Seniors Benefits 101 ●</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>4</p> <p>6-8 Clay Studio ●</p>	<p>5</p>
<p>8</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>1-3 English Conversation Café (55+) ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>9</p> <p>1:30-3:30 Money Made Simple (18+) ●</p>	<p>10</p> <p>1:30-3 Sourcing Food ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>11</p> <p>6-8 Clay Studio ●</p>	<p>12</p>
<p>15</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>16</p> <p>1:30-3:30 Money Made Simple (18+) ●</p>	<p>17</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>18</p> <p>1:30-3:30 DIY Investing ●</p> <p>4:30-6:30 Calgary Rainbow Families ●</p> <p>6-8 Clay Studio ●</p>	<p>19</p>
<p>22</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>23</p> <p>1:30-3:30 Money Made Simple (18+) ●</p> <p>2-4 Knitting & Crochet Club ●</p>	<p>24</p> <p>1:30-3 Savvy Grocery ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>25</p> <p>6-8 Clay Studio ●</p>	<p>26</p>
<p>29</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>30</p> <p>1:30-3:30 Money Made Simple (18+) ●</p>			

July

Drop-in

Registration Required

Childminding Available

Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:15-8:15 Happy Café (18+) 6:30-8:30 Drop-in Night Art (18+)	10-11:30 Walk & Stretch 1:30-3:00 Cooking For 1 6-8 Clay Studio	10-11 Zumba Gold (55+) 1-2 Chair Yoga (55+)
10-12 Drop-In Day Art (18+) ● 1-3 Snack Crew (18+) ●	2-4 Knitting & Crochet Club	1:30-2:30 Baby's First Craft 6-8 Collage & Vision Board 6:15-8:15 Happy Café (18+) 6:30-8:30 Drop-in Night Art (18+) 7-8 Community Yoga (18+)	10-11:30 SunTots Drop-In Play 10-11:30 Bridgeland Drop-In Play 10-11:30 Walk & Stretch 1-3 Be Kind To Your Mind 1-3 Staying Fit 1:30-3 EOL Binder 6-8 Clay Studio	10-11 Zumba Gold (55+) 1-2 Chair Yoga (55+)
10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ●● 10-12 Outdoor Adventures ● 1-3 Snack Crew (18+) ●	10-11:30 VC Drop-In Play 10-12 Creative Mindfulness 11-12 Inglewood Drop-In Play 2-4 Knitting & Crochet Club 5:30-8:30 Community Conversations	10-11 Song & Storytime With Seniors 6-8 Mug Painting 6:15-8:15 Happy Café (18+) 6:30-8:30 Drop-in Night Art (18+) 7-8 Community Yoga (18+)	10-11:30 Bridgeland Drop-In Play 10-11:30 SunTots Drop-In Play 10-11:30 Walk & Stretch 1-3 Be Kind To Your Mind 1:30-3 RBC - Wills & Estate Planning 4:30-6:30 Calgary Rainbow Families 6-8 Clay Studio	10-11 Zumba Gold (55+) 1-2 Chair Yoga (55+) 6-8 Budget Bites
10-11:30 GRFK 10-12 Drop-In Day Art (18+) ● 10-12 Outdoor Adventures ● 1-3 Snack Crew (18+) ●	10-11:30 VC Drop-In Play 10-12 Creative Mindfulness 5:30-8:30 Community Movie Night ●●	6:15-8:15 Happy Café (18+) ● 6:30-8:30 Drop-in Night Art (18+) ● 7-8 Community Yoga (18+) ●	10-11:30 Bridgeland Drop-In Play 10-11:30 Walk & Stretch 1-3 Be Kind To Your Mind ●● 1-3 Gardening ● 6-8 Clay Studio ●	10-11 Zumba Gold (55+) 1-2 Chair Yoga (55+) ●
10-11:30 GRFK ●● 10-11 PCMG ●● 10-12 Drop-In Day Art (18+) ● 10-12 Outdoor Adventures ● 11-12 Sunalta Drop-In Play ●● 1-3 Snack Crew (18+) ●	27 10-11:30 VC Drop-In Play ● 10-12 Creative Mindfulness ● 1-2:30 Seniors Circle of Friends (55+) ● 2-4 Knitting & Crochet Club ●	28 1:30-3 Food & Mood ● 6:15-8:15 Happy Café (18+) ● 6:30-8:30 Drop-in Night Art (18+) ● 7-8 Community Yoga (18+) ●	29 10-11:30 Bridgeland Drop-In Play ●● 10-11:30 SunTots Drop-In Play ●● 10-11:30 Walk & Stretch ● 1-3 Be Kind To Your Mind ●● 6-8 Clay Studio ●	30 10-11 Zumba Gold (55+) ● 10-11:30 Kitchen Creations ●● 1-2 Chair Yoga (55+) ●
				31

August

● Drop-in

● Registration Required

● Childminding Available

● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>10-12 Outdoor Adventures ●</p> <p>11-12 Sunalta Drop-In Play ●●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>4</p> <p>10-11:30 VC Drop-In Play ●</p> <p>10-12 Creative Mindfulness ●</p> <p>2-4 Knitting & Crochet Club ●</p>	<p>5</p> <p>1:30-3 Money Habits ●</p> <p>6-8 Suncatcher Night ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>6</p> <p>10-11:30 Bridgeland Drop-In Play ●●</p> <p>10-11:30 SunTots Drop-In Play ●●</p> <p>10-1 Cook & Chat (55+) ●</p> <p>10-11:30 Walk & Stretch ●</p> <p>1-3 Be Kind To Your Mind ●●</p> <p>6-8 Clay Studio ●</p>	<p>7</p> <p>10-11 Zumba Gold (55+) ●</p> <p>1-2 Chair Yoga (55+) ●</p>
<p>10</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>10-12 Outdoor Adventures ●</p> <p>11-12 Sunalta Drop-In Play ●●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>11</p> <p>10-11:30 VC Drop-In Play ●</p> <p>10-12 Creative Mindfulness ●</p> <p>2-4 Knitting & Crochet Club ●</p> <p>5:30-8:30 Community Conversations ●</p>	<p>12</p> <p>10-11 Song & Storytime With Seniors ●</p> <p>1:30-3 Review. Adjust. Move Forward ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>13</p> <p>10-11:30 Bridgeland Drop-In Play ●●</p> <p>10-11:30 SunTots Drop-In Play ●●</p> <p>10-11:30 Walk & Stretch ●</p> <p>1-3 Be Kind To Your Mind ●●</p> <p>1-3 Canning & Fermenting ●</p> <p>4:30-6:30 Calgary Rainbow Families ●</p> <p>6-8 Clay Studio ●</p>	<p>14</p> <p>10-11 Zumba Gold (55+) ●</p> <p>1-2 Chair Yoga (55+) ●</p>
<p>17</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>10-12 Outdoor Adventures ●</p> <p>11-12 Sunalta Drop-In Play ●●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>18</p> <p>10-11:30 VC Drop-In Play ●</p> <p>10-12 Creative Mindfulness ●</p> <p>2-4 Knitting & Crochet Club ●</p> <p>5:30-8:30 Community Movie Night ●●</p>	<p>19</p> <p>5-6 Bollywood Zumba (18+) ●</p> <p>6:15-8:15 Happy Café (18+) ●</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>20</p> <p>10-11:30 Bridgeland Drop-In Play ●●</p> <p>10-11:30 SunTots Drop-In Play ●●</p> <p>10-11:30 Walk & Stretch ●</p> <p>6-8 Clay Studio ●</p>	<p>21</p> <p>10-11 Zumba Gold (55+) ●</p> <p>1-2 Chair Yoga (55+) ●</p>
<p>24</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>10-12 Outdoor Adventures ●</p> <p>1-3 Snack Crew (18+) ●</p>	<p>25</p> <p>10-12 Creative Mindfulness ●</p> <p>2-4 Knitting & Crochet Club ●</p>	<p>26</p> <p>6:30-8:30 Drop-in Night Art (18+) ●</p> <p>7-8 Community Yoga (18+) ●</p>	<p>27</p> <p>10-11:30 Walk & Stretch ●</p> <p>5-8:30 Community Prom Night ●</p> <p>6-8 Clay Studio ●</p>	<p>28</p> <p>10-11:30 Kitchen Creations ●●</p>
<p>31</p> <p>10-12 Drop-In Day Art (18+) ●</p> <p>1-3 Snack Crew (18+) ●</p>				



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



CaryaCalgary.ca
AdminVC@CaryaCalgary.ca