



Village Commons

and East Calgary Programs

FALL 2026 CATALOGUE

How to Use This Guide

This guide shows the programs, supports, and services available 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

Use the legend to help you understand how each program works. Each icon gives you quick, helpful information:

- | | |
|---|---|
|  Blue Circle = Drop-in, no registration needed |  Orange Circle = Registration required |
|  Green Circle = Childminding available |  Yellow Star = Special event |
|  Purple Circle = Program takes place outside Village Commons | |

GET IN TOUCH

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

Call: 403-536-6558

Email: AdminVC@CaryaCalgary.ca

HOURS OF OPERATION:

Monday and Friday: 9:00 am – 4:30 pm

Tuesdays, Wednesdays, and Thursdays: 9:00 am – 9:00 pm

Hours may change depending on programs running.

Carya's offices are closed on statutory holidays

Ongoing 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 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.

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, Nov 5 - Dec 3 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

BEADED JEWELRY (18+)

Get creative in this fun, hands-on jewelry making class! Participants will learn basic beading techniques while creating their own beaded keychain or a unique pair of earrings. No experience is necessary—all materials are provided, and you'll leave with beautiful handmade accessories.

Sept 18 & 25, Oct 2, 13, 20, 27 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: ClaudiaL@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, Sept 9 - Dec 16 | 6:00 pm - 7:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

*No session Nov 4

BOOK & PUZZLE EXCHANGE

Cozy up and join us for a Book & Puzzle Exchange! Bring along a gently used book or puzzle to swap and discover something new to enjoy. This relaxing social event is a great opportunity to connect with others over hot chocolate and find your next great read or puzzle challenge.

Tuesday, Nov 10 | 5:30 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CARD MAKING SERIES

If you love handmade gifts and thoughtful messages this workshop is perfect for you! In this DIY Card-Making class we will be having a series of workshops leading up to the holiday season where you can make cards for your loved ones that come from the heart.

Nov 3, 10, 17, 24 Dec 1, 8 | 12:00 pm - 2:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

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, Sept 17, Oct 22, Nov 19 & Dec 17 | 4:30 pm - 6:30 pm | Village Commons (610 8 Ave SE)

● Drop-in

CMHA SERIES - BRING COMPASSION INTO YOUR LIFE (18+)

In this course, you'll explore what compassion really means and how practicing it can bring more peace and positivity into your life. Learn practical strategies to be more compassionate toward others and yourself, while also discovering the role of forgiveness in letting go and moving forward. Walk away with tools to build stronger relationships, reduce stress, and create a more fulfilling life.

Thursday, Sept 3 & Nov 19 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CMHA SERIES - COMMUNICATE WITH CONFIDENCE (18+)

Want to express yourself clearly and advocate for yourself? This course will help you build effective communication skills that can make a real difference in your daily life. You'll see how the way you communicate affects both your mental and physical health, learn practical strategies to communicate in more meaningful ways, and explore how body language can strengthen your message. Walk away feeling more confident in how you communicate—at work, with friends, and beyond!

Thursday, Sept 10 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CMHA SERIES - DEALING WITH TOUGH STUFF (18+)

You can spend a lot of time and energy dealing with things out of your control. In this class, you will learn how to determine what level of control you have over external stressors as well as skills you can use to ensure these stressors aren't overwhelming you.

Thursday, Sept 17 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CMHA SERIES - INTRO TO BOUNDARIES (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.

Thursday, Sept 24 & Nov 26 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CMHA SERIES - UNDERSTANDING PROCRASTINATION (18+)

Sometimes it feels like we have a million things to do in a day. This can cause stress and result in procrastination. This course will help you learn how to tackle challenges, stop putting things off, and feel organized and productive each day.

Thursday, Nov 5 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CMHA SERIES - WANT A BETTER NIGHTS SLEEP? (18+)

Our sleep can play a big part in how we act and feel when we're awake. In this course you can develop an improved understanding about your relationship with sleep and learn strategies to help better manage your relationship with sleep.

Thursday, Nov 12 | 10:00 am - 12:00 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, Sept 3 - Dec 11 | 12:00 pm - 1:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

CHRISTMAS TEA & COOKIE DECORATING

Join us for an afternoon of tea and cookie decorating. Suitable for all!

Thursday Dec 14 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

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, Sept 10 - Dec 17 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: ClaudiaL@CaryaCalgary.ca

CIRCLE OF SECURITY

For parents and caregivers who want to develop a stronger relationship with their child. Learn how to better read your child's emotional needs, support their ability to manage emotions, and build self-esteem.

Mondays, Oct 19 - Dec 7 | 9:30 am - 11:30 am | Village Commons (610 8 Ave SE)

● Registration required

COMMUNITY MOVIE NIGHT (HOLIDAY)

Get into the holiday spirit and join us for a guided three-session craft series where you'll create three unique holiday projects. This fun and festive series is a great opportunity to learn new skills, express your creativity, and connect with others. No crafting experience is necessary, and all supplies will be provided.

Tuesday, Dec 15 | 5:30 pm - 8:30 pm | Village Commons (610 8 Ave SE)

● Drop-in ● Childminding Available

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

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

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 begin with a discussion and grounding technique, before learning a new meditative technique that will be practiced as a group. The second part of the class will allow you to mindfully engage in a silent, self-directed, creative activity of your choice. The class will end with an energizing group activity and discussion.

Tuesdays, Sept 22 - Oct 13 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

COMMUNITY YOGA

This accessible yoga program emphasizes gentle movement, stretching, breath awareness, and mindfulness in a supportive community setting. Designed for all bodies and abilities, the class encourages participants to build comfort, flexibility, and grounding practices at their own pace in an inclusive and affirming environment.

Wednesdays, Sept 9 - Dec 16 | 7:00 pm - 8:00 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. 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, Sept 16, Oct 21, Nov 18 & Dec 16 | 11:00 am - 1:00 pm | Village Commons (610 8 Ave SE)

● **Registration required**

Register by emailing: ChowChatter@CaryaCalgary.ca

COOKING FOR ONE: SAVVY SOLUTIONS FOR SOLO SUPPERS

This five-part series introduces practical "hands on" strategies that help participants reduce food waste, save money, simplify meal preparation, and enjoy nutritious homemade meals without spending hours in the kitchen.

Thursdays, Oct 1 - Oct 29 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● **Drop-in**

CRA & SERVICE CANADA CLINIC

Please join RBC as they present on Wills and Estates.

Monday, Sept 14 & Nov 23 | 1:30 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● **Registration required**

Register by emailing: FinancialWellness@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.

Tuesday, Sept 22 | 9:30 am - 10:45 am | Village Commons (610 8 Ave SE)

● **Drop-in**

CURIOSITY CAFE (55+)

Are you a curious, life-long learner? Join us on the 1st and 3rd Wednesday of every month to discover new skills and learn about a different topic each session. From the art of mending, to exploring a musical artist, you are sure to learn something new!

Tuesdays, Oct 27 - Dec 8 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

DEBT MANAGEMENT SOLUTIONS

Debt management solutions budgeting, consolidation, counselling, and legal insolvency options. Learn about debt relief resources and create your own plan.

Tuesdays, Nov 17 - Dec 8 | 7:00 pm - 8:15 pm | Virtual (Online via Zoom)

- Registration required

Register by emailing: FinancialWellness@CaryaCalgary.ca

DIAMOND PAINTING

If you enjoy things that sparkle and like to paint, join us for a workshop that will combine both into one skill at our Diamond Painting workshop! Using special tools and gems we will be creating pieces that will dazzle and impress. Perfect for any level of artist, we can create something that will shine and sparkle together!

Thursday, Sept 24 | 10:00 am - 12:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ClaudiaL@CaryaCalgary.ca

DOT PAINTING (10+)

Want to learn a new style of painting that is easy for beginners? Come to our Dot Painting workshop where our instructor will lead you through the steps of creating a beautiful piece of art that you can take home! Using various tools and methods everyone can learn a new skill in this inclusive and accessible class that is welcome for all ages and skill levels.

Wednesday Nov 25 | 4:00 pm - 6:00 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, Sept 7 - Dec 21 | 10:00 am - 12:00 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, Sept 10 - Dec 10 | 10:30 am - 11:30 am | Sunalta Community Association (1627 10 Ave SW)

Wednesdays, Sept 16 - Dec 9 | 10:30 am - 11:30 am | Bridgeland Riverside Community Association (917 Centre Ave NE)

Tuesdays, Sept 15- Dec 8 | 10:30 am - 11:30 am | Alexandra Centre Society in Inglewood, 922 - 9 Ave SE

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

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, Sept 21 - Dec 14 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

EVERYBODY STRONGER

Want to try strength training and weightlifting but don't know where to start? Join Coach David in his beginner-friendly program that will show you how to get stronger and build muscle using just body weight and minimal equipment. This 6-session series will help build confidence in your body and your confidence in the gym! All supplies are provided just bring yourself, a water bottle, and wear some comfy gym clothes!

Tuesdays, Oct 20, 27, Nov 3, 10, 17, 24 | 4:00 pm - 5:30 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: ClaudiaL@CaryaCalgary.ca

FELT GARLAND CREATIONS

Create a beautiful felt garland to decorate your home for fall or the holidays. This step-by-step craft is suitable for all skill levels, with a variety of colours to choose from so you can make it your own. All materials are provided - just bring your creativity and enjoy a relaxing, social crafting experience.

Wednesday, Sept 23 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: ClaudiaL@CaryaCalgary.ca

FOOD & MOOD

Eating well isn't always easy, especially when we're feeling overwhelmed, stressed, or low on energy. In this series, we'll learn to cook simple, satisfying meals that take the pressure out of cooking on those low-energy days, while exploring the connection between food and mood.

Tuesdays, Sept 22 - Oct 13 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration required ● Childminding Available

Register by emailing: Groups@CaryaCalgary.ca

HALLOWEEN PUMPKIN PAINTING (ALL AGES)

A creative and spooky session where participants will decorate their own small pumpkin and connect with others! This session is perfect for all skill levels and provides a fun opportunity to get creative, celebrate the season, and enjoy time together. All pumpkins and decorating supplies will be provided.

Friday, Oct 30 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: ClaudiaL@CaryaCalgary.ca

HABIT LAB (18+)

The Habit Lab is a 5-week interactive workshop focused on understanding habits and learning how to intentionally build the routines and behaviours that matter most to you. Through practical tools, discussion, and skill-building activities, participants will explore how habits are formed, what helps them stick, and how to create realistic strategies for lasting change. Throughout the workshop, you'll have opportunities to apply what you learn to your own personal habit goals in a supportive and engaging environment.

Wednesdays, Nov 18 - Dec 16 | 10:00 am - 12:00 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, Sept 2 - Dec 16 | 6:15 pm - 8:15 pm | Village Commons (610 8 Ave SE)

- Drop-in

HOLIDAY SHARING: RECIPE & CARD EXCHANGE

Celebrate the holiday season through sharing, creativity, and connection at our Holiday Recipe and Card Exchange! Bring a favourite recipe or exchange holiday cards with fellow participants. Discover new ideas, connect with others, and leave with festive recipes and heartfelt greetings to enjoy throughout the season.

Monday Nov 30 | 5:30 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Drop-in

HOLIDAY CRAFT SERIES

Get into the holiday spirit and join us for a guided three-session craft series where you'll create three unique holiday projects. This fun and festive series is a great opportunity to learn new skills, express your creativity, and connect with others. No crafting experience is necessary, and all supplies will be provided.

Tuesdays, Dec 1, 8 & 15 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ClaudiaL@CaryaCalgary.ca

HOLIDAY MOVIE NIGHT

Get into the holiday spirit and join us for a guided three-session craft series where you'll create three unique holiday projects. This fun and festive series is a great opportunity to learn new skills, express your creativity, and connect with others. No crafting experience is necessary, and all supplies will be provided.

Tuesdays Dec 15 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

- Registration required

Register by emailing: ClaudiaL@CaryaCalgary.ca

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.

Mondays, Oct 19 - Dec 7 | 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, Sept 11 - 4:00 pm - 7:00 pm Oct 23 - 4:00 pm - 7:00 pm, Oct 25 - 1:00 pm - 3:00 pm, Nov 27 - 4:00 pm - 7:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

INFANT MASSAGE & SONGS

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

Thursdays, Sept 10 - Oct 1 | 1:30 pm - 2:30 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: Fic@CaryaCalgary.ca

INVESTING IN CRYPTO Q&A

Crypto has grown in popularity as an investment option. Join the Alberta Securities Commission as we walk through assessing if this investing approach is right for you. Learn the fundamentals to opening a trading account, researching and trading investments and avoiding common DIY investing mistakes.

Thursday, Nov 19, 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

INVESTING IN CRYPTO Q&A

Crypto has grown in popularity as an investment option. Join the Alberta Securities Commission as we walk through assessing if this investing approach is right for you. Learn the fundamentals to opening a trading account, researching and trading investments and avoiding common DIY investing mistakes.

Thursday, Nov 19, 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: FinancialWellness@CaryaCalgary.ca

LET'S TALK ABOUT COMPOST

In partnership with the City of Calgary, join a casual conversation about using your green cart in apartments and townhomes. Ask questions, share your experiences, and help shape resources to make composting easier. City staff will be there to chat and listen. Each participant will receive a free compost kit to take home.

Fridays Sept 4 & Nov 6 | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: ClaudiaL@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, Sept 1 - Dec 22 | 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

LEARN TO DRUM

Join us for a fun, hands-on drum circle in a welcoming and inclusive environment. No experience is needed. Explore a variety of drums, learn simple rhythms and their cultural origins, and make music together while building confidence and connection.

Thursdays, Nov 5, 19, 26, Dec 3, 10, 17 | 7:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: ClaudiaL@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, Sept 24 - Nov 12 | 7:30 pm - 8:45 pm | Virtual (Online via Zoom)

● Registration required

Register by emailing: FinancialWellness@CaryaCalgary.ca

MONEY MADE EASY: THE BASICS OF FINANCIAL LITERACY FOR KIDS

A 5-session series designed to help participants gain practical experience with the main keys to Financial literacy. Free guidance and knowledge will be provided to help participants master the basics. This program is in collaboration with Closer to Home with hopes of educating youth to enact and achieve positive change.

Mondays, Oct 19 - Nov 16 | 5:00 pm - 7:00 pm | North Central Family Resource Network (unit 3, 176 Bedford Drive NE, Calgary, AB)

● Registration required

Register by emailing: FinancialWellness@CaryaCalgary.ca

PAINT YOUR OWN TOTE BAG

Come and join us for this fun customizable tote bag workshop! You can become a bag designer in one day by freestyling or stenciling on a design to your very own tote bag and show off your new creation. In this all-materials-provided class you will learn how to paint on fabrics and get to take home a beautiful customized bag!

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

● Registration Required

Register by emailing: ClaudiaL@CaryaCalgary.ca

MOMMY/DADDY & ME MODELING CLAY WORKSHOP

Looking for a fun way to bond with your kiddo and make new friends? Join us for our Mom and Daddy and Me Modelling Clay workshop where we will be making animals and trinkets of all kinds. Come and create together in an inclusive and welcoming space for families to get together and create fun memories with your little one and leave with small creations that can be taken home with you.

Thursday, Oct 22 | 9:30 am - 11:30 am | Village Commons (610 8 Ave SE)

● Registration Required

Register by emailing: ClaudiaL@CaryaCalgary.ca

PAINT BY NUMBERS WORKSHOP

Come and unwind with us at Carya for our paint by numbers night! Paint and chat with your peers while we listen to music and relax together from anything that may have weighed us down that week. All materials will be provided just bring yourself and good vibes!

Monday, Sept 21 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● **Registration Required**

Register by emailing: ClaudiaL@CaryaCalgary.ca

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.

Thursdays, Oct 20 - Dec 8 | 9:30 am - 10:30 am | Sunalta Community Association (1627 10 Ave SW)

Tuesdays, Sept 15 - Nov 17 | 9:30 am - 10:30 am | Alexandra Centre – Inglewood (922 9 Ave SE)

Wednesdays, Oct 7 - Dec 9 | 9:30 am - 10:30 am | Bridgeland Riverside Community Association (917 Centre Ave NE)

Thursdays, Oct 8 - Dec 10 | 9:30 am - 10:30 am | Bridgeland Riverside Community Association (917 Centre Ave NE) *Baby Parent Child Mother Goose

● **Registration required** ● **Program is held at a community location**

Register by emailing: Fic@CaryaCalgary.ca

PLUSHIE MAKERS WORKSHOP

Make your own stuffed animal or doll in our beginner friendly workshop! Using our stock of fabrics, ribbons, and embellishments, this course will show you how a simple way to design and put together your own stuffed doll with minimal sewing needed. All skill levels are welcome to the class!

Friday, Oct 9, 2:00 pm - 4:00 pm | Village Commons (610 8 Ave SE)

● **Registration Required**

Register by emailing: ClaudiaL@CaryaCalgary.ca

PRACTICAL FRAUD PREVENTION

This session highlights key red flags, provide practical fraud prevention tips and share resources available to anyone affected by scams

Thursday, Sept 17, 1:30 pm - 3:30 pm | Village Commons (610 8 Ave SE)

● **Registration Required**

Register by emailing: FinancialWellness@CaryaCalgary.ca

PRINT TOGETHER: FAMILY PRINTMAKING

Families will explore the creative world of printmaking through beginner-friendly techniques and meaningful projects inspired by family, traditions, and belonging.

Tuesdays, Nov 3, 10, 17 & 24 | 6:00 pm - 8:00 pm | Village Commons (610 8 Ave SE)

● **Registration Required**

Register by emailing: ClaudiaL@CaryaCalgary.ca

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, Sept 10 - Oct 29 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● **Registration required**

Register by emailing: Groups@CaryaCalgary.ca

REMEMBRANCE DAY: REFLECT, REMEMBER & CREATE (12+)

Join us as we honour Remembrance Day with a meaningful community gathering. Listen to a guest speaker share stories and reflections on the importance of remembrance, then create a commemorative painted rock as a personal tribute. This thoughtful event offers an opportunity to reflect, learn, and honour the sacrifices of those who served while connecting with others in our community.

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

● **Registration required**

Register by emailing: ClaudiaL@CaryaCalgary.ca

SEPTEMBER SOCIAL

An intentional gathering to welcome back our Village Commons community after the summer. Enjoy each other's company and reconnect with our community after the summer months with snacks, getting-to-know-you activities and some friendly games.

Wednesday, Sept 23 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● **Drop-in**

SPORT CALGARY TAI CHI

Intro to Tai Chi , in Collaboration with Sport Calgary. You will be introduced to Gentle and slow movement, deep breathing and inner calm. Come join us for a 4-week introduction of mindfulness and calm!

Tuesdays, Oct 6 - 27 | 10:00 am - 11:00 am | Village Commons (610 8 Ave SE)

● **Registration required**

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

STEP BY STEP PAINTING SERIES

Want to try painting but don't know how to start? This workshop is perfectly made for beginners artists who want to learn how to paint. This step-by-step, Bob Ross style course will guide you through different painting techniques, styles, and themes in a easy and fun way in a judgement-free space. Designed for all skill levels and interests, the instructor will be there to encourage and teach you everything you need to know!

Wednesdays, Oct 7, 14, 28 & Nov 4 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Registration required

Register by emailing: ClaudiaL@CaryaCalgary.ca

STORYTELLING (55+)

Join us for personal story sharing and connection. With weekly guided prompts, support, and eager ears, we will laugh together and learn more about our neighbours through the art of storytelling

Wednesdays, Nov 25 - Dec 9 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

TEA & PAINT (55+)

For total beginners and experts alike. Come along to follow weekly painting prompts while enjoying warm tea and conversation in this casual social art group.

Thursdays, Nov 12 - Dec 3 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

TIME TO GROW

Are you looking to return to learning? Have you experienced barriers to learning in the past (eg. cost of courses, learning challenges)? Do you want to develop confidence that will help you achieve your personal goals? You will build skills in problem-solving, decision-making, and communication.

Mondays, Sept 14 - Dec 7 | 1:00 pm - 3:00 pm | Women's Centre of Calgary (39 4 St NE)

● Registration required

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

WHERE IN THE WORLD (55+)

Each week we will "travel" to a new destination, exploring cultural norms, food, traditions, climate, and clothing. Themed snacks and discussion time to share thoughts, questions, and personal stories about each destination

Wednesdays, Oct 7 - Nov 4 | 1:00 pm - 3:00 pm | Village Commons (610 8 Ave SE)

● Drop-in

ZUMBA GOLD (55+)

Get your blood pumping in this guided, energetic, dance-movement class. Great music, and even better dance moves!

Fridays, Sept 4 - Dec 11 | 10:00 am - 11:00 am | Village Commons (610 8 Ave SE)

● Drop-in

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 2-4 Knitting & Crochet Club ● 1-3 Coping With Anxiety (18+) ●	2 6:15-8:15 Happy Café (18+) ● 6:30-8:30 Drop-in Night Art (18+) ●	3 10-12 CMHA Series ●	4 10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 11-12:30 Compost ●
6 10-12 Drop-In Day Art (18+) ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ●	8 1-3 Coping With Anxiety (18+) ● 2-4 Knitting & Crochet Club ●	9 1:30-3 Sourcing Food ● 6:15-8:15 Happy Café (18+) ● 6:30-8:30 Drop-in Night Art (18+) ● 6-7 Bollywood Zumba ● 7-8 Community Yoga (18+) ●	10 10-12 CMHA Series ● 10:30-11:30 Drop-In Play ● ● 1-3 RWYAC (55+) ● 1:30-2:30 Infant Massage ● 6-8 Clay Studio ●	11 10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 4-7 Indoor Market ●
14 10-12 Drop-In Day Art (18+) ● 1:30-3:30 CRA & Service Canada ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ●	15 10:30-11:30 Drop-In Play ● ● 1-3 Coping With Anxiety (18+) ● 2-4 Knitting & Crochet Club ●	16 10:30-11:30 Drop-In Play ● ● 11-1 Chow and Chatter (55+) ● 6:15-8:15 Happy Café (18+) ● 6:30-8:30 Drop-in Night Art (18+) ● 6-7 Bollywood Zumba ● 7-8 Community Yoga (18+) ●	17 10-12 CMHA Series ● 10:30-11:30 Drop-In Play ● ● 1:30-2:30 Infant Massage ● 1-3 RWYAC (55+) ● 1:30-3:30 Practical Fraud Prevention ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio ●	18 10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 2-4 DIY Beaded Jewelry ●
21 9:30-10:30 Walk (55+) ● 10-12 Drop-In Day Art (18+) ● 1-3 English Conversation Café (55+) ● 1-3 Paint By Numbers ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ●	22 10:30-11:30 Drop-In Play ● ● 1-3 Coping With Anxiety (18+) ● 1-3 Creative Mindfulness ● 2-4 Knitting & Crochet Club ● 6-8 Food & Mood (18+) ●	23 10:30-11:30 Drop-In Play ● ● 1-3 September Social ● 6:15-8:15 Happy Café (18+) ● 6-7 Bollywood Zumba ● 7-8 Community Yoga (18+) ●	24 10-12 CMHA Series ● 10-12 Diamond Painting ● 10:30-11:30 Drop-In Play ● ● 1-3 RWYAC (55+) ● 1:30-2:30 Infant Massage ● 6-8 Clay Studio ● 7:30-8:45 Money Smart ●	25 10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 2-4 DIY Beaded Jewelry ●
28 10-12 Drop-In Day Art (18+) ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ●	29 10:30-11:30 Drop-In Play ● ● 1-3 Coping With Anxiety (18+) ● 1-3 Creative Mindfulness ● 2-4 Knitting & Crochet Club ● 6-8 Food & Mood (18+) ●	30 10:30-11:30 Drop-In Play ● ● 6-7 Bollywood Zumba ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●		

October

● Drop-in ● Registration Required ● Childminding Available ● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10:30-11:30 Drop-In Play ● ● 1-3 RWYAC (55+) ● 1:30-3:00 Cooking For 1 ● 1:30-2:30 Infant Massage ● 6-8 Clay Studio ● 7:30-8:45 Money Smart ● 1	10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 2-4 DIY Beaded Jewelry ● 2
10-12 Drop-In Day Art (18+) ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ● 5	10:30-11:30 Drop-In Play ● ● 10-11 Sport Calgary Tai Chi ● 1-3 Creative Mindfulness ● 1-3 Coping With Anxiety (18+) ● 2-4 Knitting & Crochet Club ● 6-8 Food & Mood (18+) ● 6	9:30-10:30 PCMG ● ● 10:30-11:30 Drop-In Play ● ● 1-3 Step By Step Paint ● 1-3 Where In The World ● 6-7 Bollywood Zumba ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ● 7	9:30-10:45 EOL Binder ● 10:30-11:30 Drop-In Play ● ● 1-3 RWYAC (55+) ● 1:30-3:00 Cooking For 1 ● 1:30-2:30 PCMG ● ● 6-8 Clay Studio ● 7:30-8:45 Money Smart ● 8	10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 2-4 Plushie Makers ● 9
10-12 Drop-In Day Art (18+) ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ● 12	10-11 Sport Calgary Tai Chi ● 10:30-11:30 Drop-In Play ● ● 1-3 Coping With Anxiety (18+) ● 1-3 Creative Mindfulness ● 2-4 DIY Beaded Jewelry ● 2-4 Knitting & Crochet Club ● 6-8 Food & Mood (18+) ● 13	9:30-10:30 PCMG ● ● 10:30-11:30 Drop-In Play ● ● 1-3 Step By Step Paint ● 1-3 Where In The World ● 6-7 Bollywood Zumba ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ● 14	10:30-11:30 Drop-In Play ● ● 1-3 RWYAC (55+) ● 1:30-3:00 Cooking For 1 ● 1:30-2:30 PCMG ● ● 6-8 Clay Studio ● 7:30-8:45 Money Smart ● 15	10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 16
9:30-11:30 Circle Of Security ● 10-12 Drop-In Day Art (18+) ● 1-3 I Am Enough (18+) ● ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ● 5-7 Money Made Easy ● 19	10:30-11:30 Drop-In Play ● ● 10-11 Sport Calgary Tai Chi ● 1-3 Coping With Anxiety (18+) ● 1-3 Creative Mindfulness ● 2-4 DIY Beaded Jewelry ● 2-4 Knitting & Crochet Club ● 4-5:30 Everybody Strong ● 20	9:30-10:30 PCMG ● ● 10:30-11:30 Drop-In Play ● ● 11-1 Chow and Chatter (55+) ● 1-3 Step By Step Paint ● 1-3 Where In The World ● 6-7 Bollywood Zumba ● 6:15-8:15 Happy Café (18+) ● 6:30-8:30 Drop-in Night Art (18+) ● 7-8 Community Yoga (18+) ● 21	9:30-11:30 M&D Clay Workshop ● 10:30-11:30 Drop-In Play ● ● 1-3 RWYAC (55+) ● 1:30-2:30 PCMG ● ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio ● 7:30-8:45 Money Smart ● 22	10-11 Zumba Gold (55+) ● 12-1 Chair Yoga (55+) ● 4-7 Indoor Market ● 23
9:30-11:30 Circle Of Security ● 10-12 Drop-In Day Art (18+) ● 11-12 Sunalta Drop-In Play ● ● 1-3 English Conversation Café (55+) ● 1-3 I Am Enough (18+) ● ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ● 5-7 Money Made Easy ● 26	10-11 Sport Calgary Tai Chi ● 10:30-11:30 Drop-In Play ● ● 1-3 Curiosity Cafe ● 2-4 Knitting & Crochet Club ● 2-4 DIY Beaded Jewelry ● 4-5:30 Everybody Strong ● 27	9:30-10:30 PCMG ● ● 10:30-11:30 Drop-In Play ● ● 1-3 Step By Step Paint ● 1-3 Where In The World ● 1:30-3 Food & Mood ● 6-7 Bollywood Zumba ● 6:15-8:15 Happy Café (18+) ● 6:30-8:30 Drop-in Night Art (18+) ● 7-8 Community Yoga (18+) ● 28	9:30-10:30 PCMG ● ● 1-3 RWYAC (55+) ● 10:30-11:30 Drop-In Play ● ● 1:30-2:30 PCMG ● ● 7:30-8:45 Money Smart ● 6-8 Clay Studio ● 7:30-8:45 Money Smart ● 29	10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ● 2-4 Pumpkin Painting ● 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:30 Circle Of Security 2 10-12 Drop-In Day Art (18+) 11-12 Sunalta Drop-In Play 1-3 English Conversation Café (55+) 1-3 I Am Enough (18+) 1-3 Snack Crew (18+) 1-3 Time To Grow 5-7 Money Made Easy	9:30-10:30 PCMG 3 10:30-11:30 Drop-In Play 10-12 Creative Mindfulness 12-2 Card Making Series 1-3 Curiosity Cafe 2-4 Knitting & Crochet Club 4-5:30 Everybody Strong 6-8 Family Printmaking	9:30-10:30 PCMG 4 10:30-11:30 Drop-In Play 1-3 Step By Step Paint 1-3 Where In The World 6-8 Remembrance Reflect 6:15-8:15 Happy Café (18+) 7-8 Community Yoga (18+)	10-12 CMHA Series 5 10:30-11:30 Drop-In Play 1-3 Be Kind To Your Mind 1:30-2:30 PCMG 7-8 Learn To Drum 6-8 Clay Studio 7:30-8:45 Money Smart	10-11 Zumba Gold (55+) 12-1 Chair Yoga (55+) 2-3:30 Compost
9:30-11:30 Circle Of Security 9 10-12 Drop-In Day Art (18+) 11-12 Sunalta Drop-In Play 1-3 English Conversation Café (55+) 1-3 I Am Enough (18+) 1-3 Snack Crew (18+) 1-3 Time To Grow 5-7 Money Made Easy	9:30-10:30 PCMG 10 10:30-11:30 Drop-In Play 10-12 Creative Mindfulness 12-2 Card Making Series 2-4 Knitting & Crochet Club 4-5:30 Everybody Strong 5:30-8 Book & Puzzle Exchange 5:30-8:30 Community Conversations 6-8 Family Printmaking	1:30-3 Review. Adjust. Move Forward 11 6:15-8:15 Happy Café (18+) 6-7 Bollywood Zumba 7-8 Community Yoga (18+)	10-12 CMHA Series 12 10:30-11:30 Drop-In Play 1-3 Be Kind To Your Mind 1-3 Tea & Paint (55+) 1:30-2:30 PCMG 4:30-6:30 Calgary Rainbow Families 6-8 Clay Studio 7:30-8:45 Money Smart	10-11 Zumba Gold (55+) 12-1 Chair Yoga (55+)
9:30-11:30 Circle Of Security 16 10-12 Drop-In Day Art (18+) 11-12 Sunalta Drop-In Play 1-3 I Am Enough (18+) 1-3 English Conversation Café (55+) 1-3 Snack Crew (18+) 1-3 Time To Grow 5-7 Money Made Easy	10:30-11:30 Drop-In Play 17 10-12 Creative Mindfulness 1-3 Curiosity Cafe 12-2 Card Making Series 2-4 Knitting & Crochet Club 4-5:30 Everybody Strong 5:30-8:30 Community Movie Night 7-8:15 Debt Management 6-8 Family Printmaking	9:30-10:30 PCMG 18 10-12 Habit Lab 10:30-11:30 Drop-In Play 11-1 Chow and Chatter (55+) 6-7 Bollywood Zumba 6:15-8:15 Happy Café (18+) 7-8 Community Yoga (18+)	10-12 CMHA Series 19 10:30-11:30 Drop-In Play 1-3 Be Kind To Your Mind 1-3 Tea & Paint (55+) 1:30-3:30 Investing In Crypto 1:30-2:30 PCMG 4:30-6:30 Calgary Rainbow Families 6-8 Clay Studio 7-8 Learn To Drum	10-11 Zumba Gold (55+) 12-1 Chair Yoga (55+)
9:30-11:30 Circle Of Security 23 10-12 Drop-In Day Art (18+) 1-3 Snack Crew (18+) 1-3 English Conversation Café (55+) 1-3 I Am Enough (18+) 1-3 Time To Grow 1:30-3:30 CRA & Service Canada	10:30-11:30 Drop-In Play 24 12-2 Card Making Series 4-5:30 Everybody Strong 7-8:15 Debt Management 6-8 Family Printmaking	9:30-10:30 PCMG 25 10-12 Habit Lab 10:30-11:30 Drop-In Play 4-6 Dot Painting 6-7 Bollywood Zumba	10-12 CMHA Series 26 1-3 Be Kind To Your Mind 10:30-11:30 Drop-In Play 1:30-2:30 PCMG 7-8 Learn To Drum	10-11 Zumba Gold (55+) 12-1 Chair Yoga (55+)
9:30-11:30 Circle Of Security 30 10-12 Drop-In Day Art (18+) 1-3 English Conversation Café (55+) 1-3 I Am Enough (18+) 1-3 Snack Crew (18+) 1-3 Time To Grow 5:30-8 Recipe Sharing				

December

● Drop-in ● Registration Required ● Childminding Available ● Program is held at a community location

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 12-2 Card Making Series ● 2-4 Knitting & Crochet Club ● 6-8 Holiday Craft Series ● 7-8:15 Debt Management ●	2 9:30-10:30 PCMG ● ● 10-12 Habit Lab ● ● 1-3 Storytelling (55+) ● 2-4 Paint Your Tote ● 6-7 Bollywood Zumba ● 6:15-8:15 Happy Café (18+) ● 7-8 Community Yoga (18+) ●	3 1-3 Be Kind To Your Mind ● ● 1-3 Tea & Paint (55+) ● 1:30-2:30 PCMG ● ● 6-8 Clay Studio ● 7-8 Learn To Drum ●	4 10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ●
7 9:30-11:30 Circle Of Security ● 10-12 Drop-In Day Art (18+) ● 1-3 English Conversation Café (55+) ● 1-3 I am Enough (18+) ● ● 1-3 Snack Crew (18+) ●	8 9:30-10:30 PCMG ● ● 10:30-11:30 Drop-In Play ● ● 12-2 Card Making Series ● 1-3 Curiosity Cafe ● 6-8 Holiday Craft Series ● 7-8:15 Debt Management ●	9 9:30-10:30 PCMG ● ● 10-12 Habit Lab ● ● 10:30-11:30 Drop-In Play ● ● 1-3 Storytelling (55+) ● 6-7 Bollywood Zumba ● 7-8 Community Yoga (18+) ●	10 10:30-11:30 Drop-In Play ● ● 1-3 Be Kind To Your Mind ● ● 1:30-2:30 PCMG ● ● 6-8 Clay Studio ● 7-8 Learn To Drum ●	11 10-11 Zumba Gold (55+) ● 1-2 Chair Yoga (55+) ●
14 10-12 Drop-In Day Art (18+) ● 1-3 Christmas Tea & Cookies ● 1-3 English Conversation Café (55+) ● 1-3 Snack Crew (18+) ● 1-3 Time To Grow ●	15 9:30-10:30 PCMG ● ● 6-8 Holiday Craft Series ● 6-8 Holiday Movie Night ●	16 10-12 Habit Lab ● ● 11-1 Chow and Chatter (55+) ● 6-7 Bollywood Zumba ● 7-8 Community Yoga (18+) ●	17 1:30-3:30 DIY Investing ● 4:30-6:30 Calgary Rainbow Families ● 6-8 Clay Studio ● 7-8 Learn To Drum ●	18
21 1-3 Snack Crew (18+) ●	22 2-4 Knitting & Crochet Club ●	23	24	25
28 Carya Offices Closed	29 Carya Offices Closed	30	31	



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