

At Your Community Centre

Winter Programs for Kids

Lego and Robotics Classes

February 7th – March 13th

Brickineers™ Lego ® and VEX IQ Robotics classes enable young learners to "playwork, learnwork and teamwork" together with new friends in a supportive environment. Familiar Lego® toys are transformed into moving robots - and that makes learning and teamwork seem incidental with playing. VEX IQ Robots are easy to build and program leaving energy and time for creative thinking and problem solving.

Contact: brickineers@gmail.com

Playful Drama

Ages 5-7

@ The Bridgeland / Riverside Community Centre

Wednesdays 6:00pm-8:00pm

January – March

Fee \$100 (\$80 Discounted)

Contact: 403.263.0079, ext 100 or visit www.pumphousetheatre.ca

No experience required! This course is an introduction to drama basics, and covers a variety of topics including: character, sharing, movement, theatre games, and introductory vocal/scene work. This is a wonderful way to help your child explore their imagination, learn new skills, and have fun!

The Variety Show

Ages 8 – 12

@ The Bridgeland / Riverside Community Centre

Wednesdays 6:00pm-8:00pm

January - March

Fee: \$225 (\$200 Discounted)

Contact: 403.263.0079, ext 100 or visit www.pumphousetheatre.ca

The Variety Show has entertained audiences for centuries, there's something for everyone! This course includes a diverse offering of exciting performance styles such as: Puppet work, Pantomime, Clowning, Mask work, and more. Participants will learn the basics of these styles and perform a variety show for the final class. All experience levels welcome!

The Camera Loves You with Chantal Perron

Ages 13 – 17

@ The Bridgeland / Riverside Community Centre

Thursdays 6:00pm-8:00pm

January – March

Class Fee: \$300 (\$275 Discounted)

Contact: 403.263.0079, ext 100 or visit www.pumphousetheatre.ca

In this 10 week intensive, we will take you through the technical world of "the camera". Every student will work ON camera with hands-on coaching from Chantal Perron. Chantal offers 15 years of experience, specifically, in the Alberta film industry. Easily one of the provinces top bookers, she works for Casting Directors and agents, and also works as a Stand In on set

Winter Programs for Adults

Morning Spiritual Sumba

A 45 minute class to get in touch with your body, mind, and spirit for the day. A guided warmup, freeform class, then a guided cool down, to beautiful new age spiritual music with a difference. Get in touch with yourself and your life to a great start of the day. Set your intention for the day. Empower yourself. Investment only \$13.00 a class go to my website for tickets www.samariaschakradance.com

Laughter Yoga

2nd and 4th Thursdays 7pm – 8pm

Laughter Yoga (or Laughter Wellness) is a simple yet powerful form of exercise. It combines yoga-based deep breathing, gentle stretching, simulated laughter exercises and playful games and activities. Using no jokes or comedy, a class involves movement and breathing exercises designed to stimulate laughter and cultivate an inner spirit of joy. In addition to feeling great during and after a good laugh, there are plenty of recent scientific studies that show that the old cliché "laughter is the best medicine" rings true.

Laughter helps all systems of the body- the respiratory system, the circulatory and nervous systems, and the endocrine and immune systems.

Recommended \$5 donation

Contact: Sharon 403-998-2560 or www.calgarylaughteryoga.com

Positive Impulse Fitness

Mondays 5:30pm – 6:45pm

Come join us for some group fitness to improve your muscle strength and endurance while using a variety of equipment and fun exercises for all abilities. Price \$75 for the 8 weeks

Contact: www.herestowellness.ca 403-585-5041

MAKE & CREATE Creative Studio

First Wednesday of every month

Contact: makeandcreatestudio.ca

Come try something new, explore various art-making techniques and get creative with MAKE & CREATE STUDIO'S art workshops. We will teach, support and be your personal cheerleaders as you make your own art piece or creation to brighten your home! Check out our workshops for times and locations. Hope to see you there!"

Seniors Afternoon Coffee

Thursdays 1:30pm – 3:00pm

No registration required

Join us for free Tim Horton's coffee, tea, treats and conversation

Vinyasa Flow Yoga

Mondays 7:30pm – 8:30pm

\$15 drop in or \$12.50 per class for full session

Contact: hardytrish@gmail.com

Bike Spin Class

Thursdays 5:15pm – 6:45pm

10 weeks

Contact: spearcegieck@gmail.com

Lead by local triathlon coach. Bring your own bike and trainer.

Toastmasters

Tuesdays 6:00pm – 8:00pm

nlozeron@gmail.com

Highrisers Toastmasters

Thursdays 7pm – 9pm

Contact: smckendrick@shaw.ca

ReCoupling – dynamics of dating, love, sex and relationships

Tuesdays (every second week) 7:30pm – 8:30pm

Contact: www.calgaryrelationshipcoach.com

Join relationship expert Joel Sinclair in our evening meetups as you discover the dynamics underlying all relationships. Learn how to navigate the winding and often confusing and frustrating path of dating, love, sex and relationships and discover what it really is that the opposite sex, and/or your partner truly desires.

If you are single and dating, newly in a relationship, or have even been together for 20 years, this group is for you! Each night we will kick off with a specific aspect of relationships, potentially have some fun interaction, and you will be able to ask all of the burning questions that you may have in a healthy, fun, open forum for discussion.

Overall, this group is about learning and growth and will challenge and enhance your current views on relationships.

Diamond Way Buddhism Meditation class

Tuesdays 7pm – 9pm

Contact: dorothyjpeters@hotmail.com

Suggested donation: \$10

Meditation cushions are available or bring your own

Diamond Way Buddhism offers effective methods to make our lives more meaningful here and now. Practiced in India and Tibet for 2500 years, these authentic teachings of the Buddha are now accessible to the modern world. These highly practical tools fit well with joyful, critically-minded people who wish to unfold mind's full potential. Diamond Way Buddhist meditation centers are places where people get easy access to Buddha's timeless wisdom in a modern context.

Whether you are new to Buddhism or have meditated before, you are welcome to come along and practice with us. Our weekly program offers a short talk on a Buddhist topic followed by a meditation, and a question and answer period. No previous meditation experience is required. We invite everyone interested in learning about and practicing Tibetan Buddhism to join our weekly public meditation.