



FALL & WINTER PROGRAMS

Calgary Laughter Yoga

Second and Fourth Thursdays 7:00pm – 8:00pm

Laughter Yoga 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.

403-998-2560 or www.calgarylaughteryoga.com

Spin Class

Thursdays in Oct. – Dec. 5:15pm – 6:45pm

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

spearcejeck@gmail.com

Toastmasters

Tuesdays 6:00pm – 8:00pm

gail.closson@shaw.ca

Thursdays 7:00pm – 8:00pm

smckendrick@shaw.ca

PiYo Fitness

Sept. 6 – Dec. 14 5:30pm – 6:30pm

Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, and strengthen—all in one workout. It combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. Because you're always in motion, you're burning crazy calories. There are no weights or jumps. You use your body weight. It's low impact, high intensity. Bring your yoga mat!

fannylaitemcoach@gmail.com 403 837 3903

MAKE & CREATE Creative Studio

First Wednesday of every month 7:00pm – 9:00pm

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!"

www.makeandcreatestudio.ca

Diamond Way Buddhism Meditation

Tuesdays 7:00pm – 9:00pm

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.

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.

dorothyjpeters@hotmail.com

Hula Hoop Class

Sept. 27 – Nov. 1 8:00pm – 9:00pm

This class is welcome to all levels of hula hooping, we will be breaking down different aspects of tricks and finding flow in your hoop.

ursaminorhoops@gmail.com

Seniors afternoon coffee

Thursdays 1:30pm – 3:00pm

Join us for free Tim Horton's coffee, tea, treats and conversation. No registration required.

PROGRAMS JUST FOR KIDS



Pumphouse Theatre Classes

PLAYFUL DRAMA

Oct. 6 – Dec. 8 5:00pm-6:00pm

Ages 5-7. No experience required! An introduction to drama basics and a wonderful way for kids to explore their imagination, learn new skills, and have fun!

IMPROV FOR YOUTH!

Oct. 5 – Dec. 4 6:00pm-8:00pm

Ages 8-12. Improv is a great way to have fun and explore while bolstering creativity, adaptability, team work, and confidence. Class lessons include theatresports, character development, story-telling, and many favourite improvisation games. No previous experience is required, just arrive ready to learn, explore and have fun!

IMPROV FOR TEENS!

Oct. 6 – Dec. 8 6:00pm-8:00pm

Ages 13-17. Improv is a great way to have fun and explore while bolstering creativity, adaptability, team work, and confidence. Class lessons include theatresports, character development, story-telling, and many favourite improvisation games. No previous experience is required, just arrive ready to learn, explore and have fun!

www.pumphousetheatre.ca

Brickineers

Oct. 23 – Dec 11 2:00pm – 5:00pm

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.

brickineers@gmail.com

SuperCool After School Program

Sept. 7 – Dec. 16 3:45pm – 5:30pm

A Calgary Afterschool program that focuses on building academic skills and increasing confidence and resiliency through various activities including academic support and tutoring, games, creative arts and craft and life skills training. In Bridgeland-SuperCool After School, children will have an opportunity for meaningful participation where they will learn and engage in proactive teamwork, communication skills, and problem solving skills. They also have opportunities to go on various field trips! This program is open to all elementary school students and is FREE!

Adrena at (403)265-8446 or email at adrena.tan@cccsa.ca

Yoga and Playschool Program

Sept. 6 9:30am – 11:30am

Tuesday and Thursday

A 2-hour class twice a week for children between the ages of 3-6. This class will be a fun and zen way for children to build confidence and comfort in their bodies in a creative nature-based yoga and play program. Children will learn yoga poses, breath work, and mindfulness in a playful way while also building their imagination through open-ended play materials and activities! You can expect your child to be connecting to nature on the rooftop garden, outdoor space, and learning through song and movement.

Diana at (403) 796-9057 or info@SatoriFamilyWellness.com

Calgary is Signing

Sept. 7 9:30am – 10:30am

Before babies can talk, they communicate through facial expressions, body language and gestures. Signing with toddlers has been shown to reduce tantrums and increase early literacy skills. Join us for a weekly mommy & me class filled with music, sign language, books, and fun. You and your little one will look forward to this bonding opportunity every week! We will cover signs related to manners, clothing, transportation, and bedtime routines and we will practice the ABCs and 123s.

www.calgaryissigning.com