

September 19th
Registration opens at
8:30 am



Location:
YWCA Community Hub
Address: 1715 17th Ave
SE

PROGRAM INFORMATION

Shepherd's Pie

All age groups

Skills: knife safety, vegetable preparation, browning ground meat, sautéing vegetables, making mashed potatoes, and assembling a casserole.

Allergens: Dairy (butter, milk, cheese if used)

Yoga and Beyond

Ages 20+

Yoga is about presence, breath, and connection. Each class is guided by compassion, discipline, and lived wisdom, welcoming students of all levels to move, heal, and grow at their own pace.

Exploring our Emotions

Ages 13-20

Explore emotions through storytelling and creativity while learning tools for balance, self-expression, and healthy connections.

Personalize your Photo Frame!

Ages 20+

This welcoming, hands-on activity encourages self-expression and storytelling, allowing participants of all abilities to design a meaningful keepsake to take home!

Minestrone Soup

All age groups

Skills: knife safety, chopping vegetables, sautéing aromatics, simmering soup, cooking pasta, measuring ingredients, and balancing flavours.

Allergens: Gluten (GF option available), celery

Move, Groove & Shine

Ages 13-20

Move, groove, and have fun in this energetic hip-hop dance class! Participants will explore rhythmic movement, learn easy-to-follow choreography, and dance to upbeat, current-inspired music.

Deepening Emotional Awareness

Ages 20+

Explore emotions and stress through creativity, mindfulness, and community connection while building self-care and emotional regulation skills.

Origami Box Making

Ages 20+

Turn the colourful wall papers into memorable boxes! Learn fundamental origami art, improve attention to detail and fine motor skills.

Roasted Sweet Potato & Apple Salad

All age groups

Skills: knife safety, roasting vegetables, preparing homemade vinaigrettes, balancing flavours, and safely handling fresh produce

Allergens: pecans/walnuts, mustard, dairy.

Throwin' it Back Old-School

Ages 20+

Get ready to groove in this fun and energetic dance class and explore old-school traditional hip-hop moves, classic-inspired rhythms, and an easy-to-dance choreography!

Savings and Budget

Ages 20+

Unlock the secrets to managing your money with confidence – and have fun doing it!

Slippery Science

Ages 13-20

Discover the fun side of science through hands-on experiments, tricks, and slimy creations. Explore fascinating scientific concepts and make their own slime.

Gingersnap Sandwich Cookies

All age groups

Skills: portion and shape cookies, prepare a cream cheese filling, baking, and assemble sandwich cookies

Allergens: Gluten (GF option available), dairy, eggs.

Fitness Fun

All age groups

Build confidence and have fun staying active in this inclusive fitness class. Participants will use resistance bands and body weight exercises to improve strength, balance, and coordination.

Calgary Humane Society: Careers with Animals

All age groups

Explore career and volunteer opportunities in animal welfare. Learn the many paths available if interested in working with animals.

Tiger Tufting Studio

All age groups

Rug tufting is a textile art that uses a tufting machine to push yarn into cloth to create rugs. Explore this at our upcoming coaster workshop, where you'll get to try rug tufting and create your very own coaster!