

JANUARY PUBLIC PROGRAMS

Free & open to the public

JAN
9

INSPIRING HEARTFELT INTENTIONS

Speaker: Claudia Istvanffy
Jan 9 | 6-7:30pm MST | Online

As we welcome in the new year, take time to cultivate meaningful intentions. Join this mindfulness based, experiential presentation to open to and reflect on your heart's deepest desire.

JAN
13

HOUSE MUSIC:

AL LAMONACA

Jan 13 | 7-8:15pm MST | Online

Al LaMonaca, a Roots, Americana and Bluegrass mainstay of the Calgary music scene for decades has played guitar, banjo and dobro in acoustic bands, duos and trios: Stray Dawgs, Rock Bottom, Hothouse Bluegrass Band (opened for Alison Kraus in Calgary) and Wheatland County (kicked off the very first Edmonton Folk Festival in 1978) to name a few.

JAN
16

UNDERSTANDING LYMPHEDEMA WHAT YOU NEED TO KNOW TO HEAL

Speaker: Susan Bocchinfuso
Jan 16 | 6-7:30pm MST | Online

If you have lymphedema or just want to learn more, we will cover all of the bases. You will leave with a better understanding of what it is, how it is treated and how to help yourself heal.

JAN
23

SONGWRITER SESSION: PERFORMANCE AND OPEN MIC

Guest Musician: Ruth Purves Smith
Host: Jarred Albright
Jan 23 | 6:30-8pm MST | Online

Join the discussion as Jarred interviews one musician each month, taking you on a guided tour that will explore the ups and downs of inspiration, the artistic processes and pressures, and anything and everything else that makes songs, and the people who write them, so wonderful. Listen, learn, and play along!

JAN
25

COME AND LEARN ABOUT THE RESEARCH WE ARE DOING AT WELLSPRING ALBERTA

Speakers: Josh Worley, Dr H M Ashraf Ali, and
Stephanie Durante
Jan 25 | 6:30-8pm MST | Online

Wellspring Alberta is conducting a research study to evaluate the services offered by the organization to its members to help meet their psychosocial needs. Central to this study is to better understand members' experiences and perspectives on program impacts, program delivery methods, challenges for the members, and the effectiveness of Wellspring Alberta as organization in improving perceived quality of life. Come learn about the project and how you can get involved.

JAN
26

QIGONG FOR REDUCING STRESS

Speaker: Diane Smith
Jan 26 | 6:30-8pm MST | Online

Qi Gong is a moving meditation to help sink into the moment while our body circulates internal energy. We use breath, focus and simple, gentle movements to open up our meridians or energy pathways. A few benefits of Qi Gong may be improved sleep, stronger immune system, more focus and energy and can help to calm the mind. This practice can be done sitting or standing and is for all ages and abilities.

OTHER PROGRAMS:

TIME WITH CINDY

Host: Cindy Lang
Jan 3 | 10-11:30am MST | Online
Jan 12 | 10-11:30am | Carma House
Jan 26 | 10-11:30am | Randy O'Dell House

CAMPFIRE CLASSICS

Jan 6, 13, 20 & 27 | 12:30-2pm | Carma House or Randy O'Dell House

CHOIR

Jan 11, 18 & 25 | 1-3pm | Edmonton House