

APRIL PUBLIC PROGRAMS

Free & open to the public

APR
3

SONGWRITER SESSION:

JANE ALLEN

Host: Jared Albright

Apr 3 | 6:30-8pm MST | Online

Enjoy a 45 minute musician performance set with a Canadian songwriter. Join in a discussion about music and songwriting, followed by a 30 member open mic.

APR
5

TRANSITIONING THROUGH THE DIFFERENT STAGES OF THE CANCER JOURNEY:

HOW TO HAVE CONVERSATIONS WITH
FRIENDS AND FAMILY

Speakers: Dr. Jackson Wu & Bert Enns

Apr 5 | 6-7:30pm MST | Online

This group discussion is for patients, caregivers and family members who have gone through at least one course of cancer treatment through the cancer centre. We will explore how these changes might be communicated with family members, workplace colleagues and others.

APR
11

DOGS AND HUMAN WELLNESS:

BRING YOUR PET TO ZOOM

Speakers: Ann Campbell & Cheryl Herperger

Apr 11 | 6:30-8pm MST | Online

This presentation will highlight the benefits of the human animal bond in promoting wellness. We will also discuss some studies that illustrate the efficacy in having dogs with people who are going through mental and physical stress.

APR
13

ART SAMPLING:

VIRTUAL ART GALLERY

Host: Kathie MacDuff

Apr 13 | 7-8:30pm MST | Online

Artists will show and describe their work, sharing their motivation, thoughts and the background stories that inspired them. This will be an interactive 'show' where attendees are encouraged to comment and ask questions. Join us for an evening of inspiration, creativity and personal vision.

APR
15

SMUDGING & MEDICINE WHEEL TEACHINGS: INDIGENOUS LEARNING

Speaker: Chantal Chagnon

Apr 15 | 12:30-2pm MST | Carma House

Learn the importance of protocol and how to harvest medicine sustainably, the significance of the Smudge, why we do it, and the story behind it as we Smudge together.

APR
17

BACK TO FUN AND FITNESS WITH FRIENDS

Speaker: Christy Pederson

Apr 17 | 7-8:30pm | Edmonton House

We all know the benefits of exercise, but after cancer treatment it can seem daunting to get moving again. Join us for an information session on overcoming the hurdles of returning to exercise and your favourite activities.

APR
20

HOUSE MUSIC

Doug Baker and Michael Pollock

Apr 20 | 7-8:15pm MST | Online

Whether they're singing a traditional song from the British Isles or a modern song, Called By the Sea brings life to all their music through energetic vocals and engaging instrumentation. They tell fascinating musical stories that will make you tap your feet, sing and laugh along.

OTHER PROGRAMS:

CHOIR

Apr 5, 12, 19, 26 | 1-3pm | Edmonton House

CAMPFIRE CLASSICS

Apr 14 & 21 | 12:30-2pm | Carma House or Randy O'Dell House

TIME WITH CINDY

Apr 4 | 10-11:30am | Online

Apr 13 | 10-11:30am | Carma House

Apr 20 | 10-11:30am | Randy O'Dell House

CANCER CONNECT

Apr 4 | Noon-1:30pm | Red Deer Public Library

Apr 18 | 5-6:30pm | Red Deer Public Library

Apr 21 | 10-11:30am | 500 11 St S, Lethbridge