



Free Or Low Cost Things To Do This Winter

Check out our calendar at banff.ca/events, newspaper event listings and Facebook pages:
Free Banff; Banff Canmore Events; BanffLIFE; Bow Valley Parentlink; Volunteer Banff.

MONDAYS

- Community Singing at St. Georges 100 Beaver St., 6:30 - 7:30 p.m. Any age, any ability. Pay what you can.
- Karma Yoga at the Patagonia Store, 94 Banff Ave, 7 p.m. By donation, funds to local charities.
- Soccer 18+ at Banff Community High School 330 Banff Ave., 7:30 – 9:30 p.m. (not Dec 26, Jan 2, Feb 20). \$5

TUESDAYS

- Adult Walking Program at The Fenlands 9:30 - 10:30 a.m. (starts November). Babies welcome in strollers or carriers.
- Community Creations at Banff Public Library, 101 Bear St., 6 – 7:30 p.m. (2nd and 4th Tuesday of the month). Free.
- MISS (Mental Illness Stigma Support) Peer Support Group at Banff Library, 6 - 7:30 p.m. (1st & 3rd Tuesdays from Nov 1st)
- BanffLIFE Yoga 101 Bear St., 7 - 8 p.m. (not the 4th Tuesday of the month). By donation.
- Basketball 18+ at Banff Community High School 330 Banff Ave., 8 – 10 p.m. (not Oct 27 and ends December 21). \$6
- Karaoke & Bull Riding at Wild Bill's 201 Banff Ave., 10 p.m. Free entrance. Line dancing some other evenings.

WEDNESDAYS

- BanffLIFE Yoga at The Fenlands 100 Mt. Norquay Rd., 8 – 9 a.m. By donation.
- Family Storytime at Banff Public Library 101 Bear St., 10-10:30 a.m. and Babies & Ones 11-11:30 a.m Free.
- English Conversation Class at Bow Valley Learning Council 111 Banff Ave.(Harmony Lane), 2-4 p.m. \$5
- TED Talks for 55+ at 101 Bear St. Pioneer Room,, 2 p.m. 3rd Wednesday of the month. Free.
- Banff Ambassador Program at 101 Bear St., 3:15 – 5 p.m. (1st and 3rd Wednesday of the month). Free.
- BanffLIFE Pasta Night at 101 Bear St., 6 – 8 p.m. \$2
- Ping Pong all ages at Banff Royal Canadian Legion 92 Banff Ave., 7 – 9 p.m. \$2
- Volleyball 18+ at Banff Community High School, 8 – 10 p.m. (not Oct 27, Dec 28, Jan 4). \$5
- High Rollers Bowling and DJ at 110 Banff Ave, after 9 p.m. Free.
- Music Jam night at Banff International Hostel 801 Hidden Ridge Way, evenings. Instruments available. Free.

THURSDAYS

- Community Table lunch, buy/trade/donate table, kids zone at 101 Bear St., noon-1p.m. Free or by donation.
- Basketball 18+ at Banff Community High School 330 Banff Ave., 8 – 10 p.m. (until end of December). \$6
- Music Jam night at Tommy's Neighbourhood Pub 120 Banff Ave, 10:30 p.m. Instruments available. Free entrance.

FRIDAYS

- Get Out for youth grades 7 to 10 at Banff Community High School Gym, 7-10 p.m. Free

SATURDAYS AND SUNDAYS

- Motoring Munchkins toddler free play at Banff Elementary School Gym, Saturday 10 - 11:30 a.m. \$2
- Super Saturdays Monthly at Banff Public Library 101 Bear St., 10:30 - 11:30 a.m. 4-7 years, 1:30 - 2:30 p.m. 8-12 years. Free.
- Yoga with new yoga teachers at Rocky Mountain Yoga Studio, 211 Bear St., Saturday 5 – 6:15 p.m. By donation.
- Lululemon Yoga at Dance for Joy Studio, lower Sundance Mall, Sunday 8:30 a.m. Free
- Public Swim at Banff Centre Sally Borden Pool, 1 – 4 p.m. (last Sunday of the month). Free.
- BanffLIFE Theatre Collective at 101 Bear St., Sunday 5 – 6:30 p.m. Kids need to be with an adult. Free.

ONGOING Calendar at www.event.banfflakelouise.com
Community Café games & colouring box at local cafés
Primary Care Network health programs bowvalleypcn.ca
Community Connections in the Bow Valley opportunities for newcomers & volunteers community.connections@banff.ca

Banff Access Card 50% off classes & more banff.ca/access
Parentlink 0 – 5 years drop-in stay & play at 101 Bear St.
Skating & Shiny at The Fenlands & outdoor rinks



Got a question? We're here to help.
• Town Hall • banff.ca/heretohelp •

