



# Free Or Low Cost Things To Do Winter 2017-2018

View our calendar at [banff.ca/events](http://banff.ca/events), The Essential Local's Guide, newspaper event listings, meetup.com and Facebook pages: Free Banff; Banff Canmore Events; BanffLIFE; Volunteer Banff.  
Find a copy of this poster at [www.banff.ca/affordability](http://www.banff.ca/affordability)

## MONDAYS

- Karma Yoga at the Patagonia Store, 94 Banff Ave, 7 p.m. By donation, funds to local charities.
- English Conversation Class at Bow Valley Learning Council 206 -111 Banff Ave (Harmony Lane), 7 – 9 p.m., \$2 punch card.
- Indoor Soccer at Banff High School 330 Banff Ave. (back door Beaver St.), 7:30 – 9:30 p.m. \$5 (\$2.50 Access Card)

## TUESDAYS

- Yoga at Cedar & Sage Holistic Lounge, 220 Bear St., 9 – 10 a.m. By donation.
- Yoga at 101 Bear St., 7 - 8 p.m. (not the 4<sup>th</sup> Tuesday of the month). \$5 (\$2.50 Access Card)
- Badminton at Banff High School 330 Banff Ave. (back door Beaver St.), 7 – 8:30 p.m. \$5 (\$2.50 Access Card)
- Ukulele Jam Nights (guitars welcome) at St. Paul's Church, 298 Banff Ave 7:15 – 8:30 p.m. \$10 (\$5 Access Card)
- Basketball at Banff High School 330 Banff Ave. (back door Beaver St.), 8:30 – 10:30 p.m. \$5 (\$2.50 Access Card) til Dec 22
- Karaoke & bull riding at Wild Bill's 10 p.m. | Rose & Crown free pool | Pump & Tap karaoke | Balkan Greek dancing

## WEDNESDAYS

- Try Yoga at The Fenlands Recreation Centre 100 Mt. Norquay Rd., 8 – 9 a.m. Free.
- Family Storytime at Banff Public Library 101 Bear St., 10-10:30 a.m. and Babies & Ones 11-11:30 a.m. Free.
- TED Talks at 101 Bear St. (upstairs in the Pioneer Room) 2 – 3:30 p.m. (3rd Wednesday of the month) Free.
- Banff Ambassador Program at 101 Bear St., 3:15 – 5 p.m. (some Wednesdays check [www.banfflakelouise.com](http://www.banfflakelouise.com)). Free.
- BanffLIFE Pasta Night at 101 Bear St. (upstairs Pioneer Room), 6 – 8 p.m. \$2. Music Room to participate or listen.
- Indoor Soccer at Banff High School 330 Banff Ave. (back door Beaver St.), 7 – 8 p.m. \$5 (\$2.50 Access Card)
- Volleyball at Banff High School 330 Banff Ave. (back door Beaver St.), 8 – 10 p.m. \$5 (\$2.50 Access Card)
- Games & Trivia Night at Hostelling International (Alpine Centre) 801 Hidden Ridge Way, 9 p.m. Free. Other events too.
- Music Jam (instruments available) Tommy's 10 p.m. | High Rollers \$2 Bowling 9 p.m. | Trivia Brunos 8pm The Beaver 10pm

## THURSDAYS

- Community Table Lunch with buy/trade/donate table & kids zone at 101 Bear St., 12 - 1p.m. Free or by donation.
- MAGIC The Gathering, hotdogs&sandwiches at 101 Bear St. 4 – 9 p.m. Last Thursday of the month. All welcome. Free.
- ESL Writing Clinic at Bow Valley Learning Council 206 -111 Banff Ave (Harmony Lane), 6 - 8 p.m., \$2 punch card.
- Basketball at Banff High School 330 Banff Ave. (back door Beaver St.), 8:30 – 10:30 p.m. \$5 (\$2.50 Access Card) til Dec 22
- Open Mic at The Beaver 10 p.m. | Karaoke at Bruno's 10 p.m. | Trivia at Waldhaus 7 p.m. | Bingo at The Legion 8 p.m.

## FRIDAYS, SATURDAYS AND SUNDAYS

- Friday Yoga at The Fenlands Recreation Centre 100 Mt. Norquay Rd., 12 -1 p.m. \$5 (\$2.50 Access Card)
- Friday & Wednesday Banff Gymnastics Club parent & tots 9:30-10:30 a.m. & school half-days 1:30-3 p.m. ages 7+ \$5/child
- Saturday Motoring Munchkins for 1-3 year olds at Banff Elementary School, 325 Squirrel St., 10 – 11:30 a.m. \$2
- Saturday Yoga with new teachers at Rocky Mountain Yoga Studio, 211 Bear St., 5 – 6:15 p.m. By donation.
- Sunday Lululemon Yoga at Dance for Joy Studio, lower Sundance Mall, 8:30 a.m. Free.
- Last Sunday of the month Public Swim at Banff Centre Sally Borden Pool, 1 – 4 p.m. Free. Sponsored by Town of Banff.
- Sunday BanffLIFE Theatre Collective at 101 Bear St. (upstairs), 7 p.m. Kids need to be with an adult. Free.
- Sunday Women's Basketball at Banff High School 330 Banff Ave. (back door Beaver St.), 7 – 8 p.m. \$5 (\$2.50 Access Card)
- Sunday Dodgeball at Banff High School 330 Banff Ave.(Beaver St. door), 8–10 p.m. \$5 (\$2.50 Access Card)

**ONGOING** BanffFoodRescueFacebook free food Banff Access Card 50% off The Fenlands, classes, transit [www.banff.ca/access](http://www.banff.ca/access)  
Community Café games & colouring boxes at local cafés Community Connections for anyone new to town [www.banff.ca/connections](http://www.banff.ca/connections)  
Parentlink 0–5 yrs stay&play, 101 Bear St. Mon/Tue/Thu a.m. Primary Care Network health programs [bowvalleypcn.ca](http://bowvalleypcn.ca)  
55+Town of Banff shopping bus Mon Wed Fri 403.762.1251 Youth Get Out Program [www.banff.ca/kids](http://www.banff.ca/kids)  
The Fenlands Recreation Centre Public skating, Shiny (Co-ed/ 40+ /Ladies), Learn to Curl – schedule at [banff.ca/fenlands](http://banff.ca/fenlands)



Got a question? We're here to help.  
• Town Hall • [banff.ca/heretohelp](http://banff.ca/heretohelp) •

