

# Free & Low Cost Things To Do - Summer 2018

Calendar [banff.ca/events](http://banff.ca/events) | Essential Local's Guide | newspaper event info | [meetup.com](https://www.meetup.com)  
Facebook: FreeBanff; CanmoreBanffEvents; BanffLIFE; VolunteerBanff | Poster at [.banff.ca/affordability](http://banff.ca/affordability)

## MONDAYS

- Adult Shinny 12-1:15p.m. July 16-Aug & Roller Skating 6-8p.m. June-Aug at The Fenlands, \$6.50/ Membership/FREE Access Card.
- Crafternoons at Banff Public Library, 1 – 4 p.m. Bring your craft project in progress & share with new friends. FREE.
- Touch Football at the Banff Recreation Grounds, 6:30 – 8:30 p.m. in June \$6.50/ Membership discounts/ FREE Access Card.
- Karma Yoga at the Patagonia Store, 94 Banff Ave, 7 p.m. (July & August Thursday mornings) By donation, funds to charities.
- English Conversation Class at Bow Valley Learning Council 206-11 Banff Ave (Harmony Lane), 7 – 9 p.m., \$2 (FREE July & Aug).
- Movies Under The Stars at Central Park, music then movie when it's dark, 8 p.m. to late, July 30 – August 27. FREE.

## TUESDAYS

- Youth Shinny at The Fenlands 100 Mt. Norquay Rd., 12-1:15p.m., July 16–Aug, Membership discounts/ FREE Access Card.
- Tunnel Mountain Hike at Town Hall, 110 Bear St., 2 - 4 p.m. Register by noon Monday 403.762.1251 Age 14+. FREE.
- Yoga at 101 Bear St., 7 - 8 p.m. (not the 4<sup>th</sup> Tuesday of the month). \$6.50/ Membership discounts/ FREE Access Card.
- Peer Support (Mental Illness Stigma Support) last Tues of the month, Meditation Room Bison Courtyard, 7p.m. June-Sept. FREE.
- Karaoke & bull riding at Wild Bill's 10 p.m. | free pool at Rose&Crown | Karaoke at Pump&Tap | Greek dancing at The Balkan.

## WEDNESDAYS

- Gentle Yoga at The Fenlands Recreation Centre 100 Mt. Norquay Rd., 8 – 9 a.m. FREE.
- Stroller Walks starting at Banff Town Hall, 110 Bear St., 9:30 – 11 a.m. All ages. FREE.
- Banff Farmers Market at Central Park, 10 a.m. – 6 p.m. Starts May 23.
- Storytime at Banff Public Library 101 Bear St., Preschool 2 - 6 years 10 -10:30 a.m. & Babies 0-2 years 11-11:30 a.m. FREE.
- Adult Shinny 12-1:15p.m. July 16-Aug & Roller Skating 6-8p.m. June-Aug at The Fenlands, \$6.50/ Membership/FREE Access Card.
- DJ in the Park at Central Park games & activities, family friendly, 6 – 8 p.m., July & August. FREE. Pay for BBQ.
- Music Jam Tommy's 10p.m. | High Rollers \$2 Bowling 9p.m. | Trivia Brunos 8p.m. Hostelling International 9p.m. The Beaver 10p.m.

## THURSDAYS

- Community Table Lunch with kids zone at 101 Bear St., 12 - 1p.m. Soup, salad, bread. \$2. Food Rescue distribution point.
- Big Red Ride multi-person bike 1:30 – 2:30 p.m. at Town Hall (Tues at Cascade House), June-Sept Pre-register at 403.675.3000.
- MAGIC The Gathering trading card game at 101 Bear St., 5 – 9 p.m. Last Thursday of the month. All welcome. FREE.
- Community Dinner & Potluck at 101 Bear St., 5:30–7 p.m. Last Thursday of the month. Suggested donation \$3 or a shared dish.
- Trivia at Waldhaus 7 p.m. | Bingo at The Legion 8 p.m. | Open Mic at The Beaver 10 p.m. | Karaoke at Bruno's 10 p.m.

## FRIDAYS, SATURDAYS AND SUNDAYS

- Friday Vinyasa Yoga at The Fenlands 100 Mt. Norquay Rd., 12 -1 p.m. \$6.50/ Membership discounts/ FREE Access Card.
- Friday Parent & Tot 9:30-10:30a.m. & Thurs Kids 6+ 5-6:30 p.m. at Banff Gymnastics Club \$6/child Acro yoga & adult sessions.
- Friday Adult Roller Skating 7-9 p.m. & Ice Skating 12-1:15p.m. & Sunday 10-12 p.m. at The Fenlands June - Aug. Prices as above.
- Friday Beef Chili Night at Banff Park Church at 455 Cougar St., 6:30 p.m. fueseball, pool, table tennis, games, movies. FREE.
- Saturday Yoga with new teachers at Rocky Mountain Yoga Studio, 211 Bear St., 5 – 6:15 p.m. By donation.
- Saturday & Sunday Parks Pop-up Puppet Theatre corner of Banff Ave/ Buffalo St., every 30 mins 1:30 - 4p.m. July & Aug. FREE.
- Saturday Parks Canada Banfftastic Show sketches & songs at Central Park, 7 – 8 p.m., Jul 7 – Sept 1. All ages. FREE.
- Sunday Lululemon Yoga at Dance for Joy Studio, lower Sundance Mall, 8:30 a.m. FREE.
- 3<sup>rd</sup> Sunday of the month Into The Wild Family Nature Walks, ages 2 – 5, 9 a.m. - 12 p.m., \$5. Register at 403.762.1251.
- Sunday Roller Skating at The Fenlands 100 Mt. Norquay Rd., 12-2 p.m. June – Aug. \$6.50/ Memberships/ FREE Access Card.
- Last Sunday of the month Public Swim at Banff Centre Sally Borden Pool, 1 – 4 p.m. Sponsored by Town of Banff. FREE.
- Sunday Cinema at Banff Public Library 101 Bear St., 1:30 - 3:30 p.m. All welcome. Bring your own snacks. FREE.
- Sunday Ultimate Frisbee at the Recreation Grounds, 6:30 – 8:30 p.m. in June Age 16+ \$6.50/ Memberships/ FREE Access Card.
- Sunday Banff Theatre Collective at 101 Bear St. (upstairs), 7 p.m. Age 18+. FREE.

**ONGOING** Banff Food Rescue on Facebook - FREE food  
Picnic sites, basketball, skatepark, tennis etc. [banff.ca/recreation](http://banff.ca/recreation)  
Parentlink 0–5 yrs stay&play, 101 Bear St. Mon/Tue/Thu a.m.  
55+Town of Banff shopping bus Mon/Wed/ Fri 403.762.1251  
Primary Care Network health programs [bowvalleypcn.ca](http://bowvalleypcn.ca) FREE  
Banff Ambassador Program [www.banfflakelouise.com](http://www.banfflakelouise.com) FREE

Banff Access Program free transit & sports, discount childcare [banff.ca/access](http://banff.ca/access)  
Banff Library sport equipment lending, tech help, drawing, bookclub etc. FREE  
Immigrant & TFW support [banff.ca/settlement](http://banff.ca/settlement) Town Hall, 110 Bear St. FREE  
Bus \$20 Calgary, \$10 Lake Louise, \$5 Johnston Canyon (return fare) [pc.gc.ca](http://pc.gc.ca)  
Rundle United Thrift Store 104 Banff Ave Tues/Thurs 2-5pm Wed/Fri 5-8pm  
Bike & trail maps at Banff Visitor Info Centre at 224 Banff Ave, 403.762.1550