



Free & Low Cost Things To Do Winter 2019/ 2020

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

Town of Banff Drop-In Sports \$4 - \$6.50 kids/ seniors/ adults & memberships – FREE for Access Program, 0-4 & 80+ years

MONDAYS

- Drop-in 50+ Fitness 9:30 -10:30 a.m. at 101 Bear St.
- Drop-in Public Skate 12 – 1:30 p.m. at The Fenlands
- Drop-in Shinny 16+ 12:30 – 1:45 p.m. at The Fenlands
- FREE Lululemon Run 6:30-8:30p.m. at store, all welcome

- Drop-in Yin Yoga 16+ 7-8 p.m. at 101 Bear St.
- Drop in Pickleball 16+ 7:30-9:30pm at BES
- English Conversation at Banff Library, 5:45 -7:45p.m. \$5
- Beer Club Monday 8 p.m. at Banff Ave Brew Co. \$5

TUESDAYS

FREE Cascade Mall Walking 10–11 a.m. Jan 7 – Mar 31 with Primary Care Network. Clean indoor shoes.

- Drop-in Public Skate 12-1:30 p.m. at The Fenlands
- Drop-in Shinny 12:30-1:45p.m. at The Fenlands
- Drop-in Shinny 40+ 2 - 3:15 p.m. at The Fenlands
- Drop-in Broga 16+ 5:30-6:30 p.m. at 101 Bear St.
- Drop-in Badminton 6:30-8:30 p.m. at Banff Elementary School (BES) 16+ & kids playing with a parent
- Drop-in Go with the Flow Yoga 16+ 5:30-6:20 p.m. & 6:45 - 7:35 p.m. & 7:45 - 9 p.m. at The Fenlands
- Drop-in Basketball 16+ 8:30-10:30 p.m. at BES

- FREE Soups On at Park Church 455 Cougar St. Noon.
- Banff Food Bank at Banff Park Church 455 Cougar St. 11:45 a.m -12:15 p.m.
- FREE Strummers Ukulele & Guitar at St. Paul's Church, Wolf St. door, Beginner 6 - 6:30 p.m., Music Jam & Sing 6:30 – 8 p.m. Donations welcome. Ukuleles available.
- FREE Bow Valley Naturalists Speaker Series 4th Tues of month (not Dec.) 7:30 p.m. at 101 Bear St.
- Music Jam (instruments available) at HI Alpine Centre | Karaoke & Bull Riding at Wild Bill's | Trivia at The Beaver & Waldhaus| Poker at Legion | Free pool at Rose & Crown

WEDNESDAYS

- FREE Drop-in GentleYoga 7:30-8:30a.m. at The Fenlands
- Drop-in Shinny50+ 11:15a.m.–12:15p.m. at The Fenlands
- Drop-in Public Skate 12 - 1:30 p.m. at The Fenlands
- Drop-in Shinny 12:30 -1:45p.m. at The Fenlands
- Drop-In Dance 50+ 1:30 – 2:30 p.m. at 101 Bear St.
- Drop-in Pickleball 16+ 6:30-8:30 p.m. at BES

- Drop in Volleyball 16+ 8:30-10:30 p.m. at BES
- Drop-in Skate & Stroll 10:30-11:30 a.m at Fenlands
- BanffLIFE Pasta Night at 101 Bear St., 6 – 8 p.m. \$2.
- Board Gamers of the Bow Valley 7-11p.m. at the Legion
- Music Jam (instruments available) at Tommy's | \$2 Bowling at High Rollers 9 p.m. | Trivia at Brunos

THURSDAYS

- Drop-in 50+ Fitness 9:30 – 10:30 a.m. at 101 Bear St.
- Drop-in Public Skate 12 - 1:30 p.m. at The Fenlands
- Drop-in Shinny 16+ 12:30 -1:45p.m. at The Fenlands
- Drop-in Shinny 40+ 2 - 3:15 p.m. at The Fenlands
- Drop in Table Tennis/ Badminton13+ 6:30-8:30p.m. BES
- Drop-in Soccer 16+ 8:30 -10:30 p.m. at BES
- Drop in Shinny 16+ 9 – 10 p.m. at The Fenlands
- FREE Storytime 3-5 yrs 10-10:30 a.m. & 0-2 years 11-11:30 a.m. at Library with parent or caregiver.

- Community Lunch 12 - 1p.m. at 101 Bear St. \$3
- FREE MAGIC The Gathering 6 – 9 p.m. last Thurs of the month at 101 Bear St. Cards & instruction provided.
- Community Dinners 5:30 -7 p.m last Thurs of the month at 101 Bear St., Suggested \$4 donation.
- Rockywood Reels film nights Nov 14 & Feb 13 at the Whyte Museum 111 Bear St., \$5 other events whyte.org
- Open Mic at The Beaver | Karaoke at Bruno's | Bingo at The Legion 8 p.m.

FRIDAYS

- Drop-in Public Skate 12 – 11:30 p.m. at Fenlands
- Drop-in Sticks & Pucks 1:45 – 2:45 p.m. & Youth Shinny Age 4+ 3 - 4 p.m on PD ½ day
- FREE Fun Friday! 8-12 yrs 12-2p.m. at Library PD½day.

- FREE Chili Night 6:30 – 10 p.m. at Banff Park Church 455 Cougar St., Play table tennis, pool & games.
- FREE Get Out! Grades 7-12 7-10 p.m. at High School.
- Music & events www.taximike.com & Outlook The Buzz

SATURDAYS

- Once Upon an Alphabet 0-5 years with parent or caregiver 9:30-10:30a.m. at Library

- FREE Library Fun! 3-5 years 1-2 p.m. & 6-8 yrs 3–4 p.m.
- Yoga 5–6:15 p.m. at Rocky Mountain Yoga. By donation.

SUNDAYS

- FREE Yoga 8 -9 a.m. at Lululemon Store
- Motoring Munchkins 1-3 yrs 9:30 a.m.-noon at BES \$2
- Yoga 7-8 p.m. at Patagonia Store. Donations to community

- FREE Last Sunday of the month Public Swim at Banff Centre Sally Borden Pool, 1–4p.m. by Town of Banff.
- FREE Theatre Collective 7 p.m. at 101 Bear St.



In the recent Community Social Assessment we heard feedback & ideas from over 800 residents including more indoor spaces, especially in winter; learning & intellectual opportunities; & community connecting.

COMMUNITY SPACES

Fenlands Recreation Centre 100 Norquay Road, 403.762.1235 Open 8:30 a.m. - 8:30 p.m.

- Public welcome anytime to play, watch, eat or hang
- Drop-in ice sports (see front side) & Curling Club
- Concourse (open area by food concession) ping pong table and fooseball & sports TV & seating
- Kids Play Area (upstairs) under 10 years with parents
- Meeting Rooms - free use non profits 6 times/ year
- Board games at the front desk & free Little Library

Banff Public Library 101 Bear St. 403.762.2661

- FREE membership for books, magazines, audio, computers & internet, kids & adult programs & events, passes to the Whyte Museum
- New in 2020 monthly Book Club, Craft Night, Yoga, Sketching & weekly Games Night

- **The Basement** Youth Drop-In at 214 Banff Ave 3–6p.m. Mon Wed Grades 5/6; Tues Thurs Grades 7/8
- **Parent Link** parent & kid drop-in & programs 0–5 years at 101 Bear St. Mon p.m. Wed & Fri a.m.
- **Banff Centre Sally Borden Recreation Centre** pool, climbing gym, indoor fitness, café etc.
- **Banff Centre Archives & Library** Print & audio materials, working space, all welcome. Food allowed.
- **Cascade Mall** explore the shops or food court.
- **Community Café** some cafés have games available.
- **Museums** The Whyte, Banff Park, Cave & Basin, Buffalo Nations, Walter Phillips Gallery. Free or check locals or Access discounts.
- **Bus rides** around town or to Canmore or Lake Louise. Discounts for Access Program & multi-ride passes.
- **FREE meeting space for non profit groups:** Banff Canmore Community Foundation, Town of Banff The Fenlands & Library. Fee for other groups.
- **Rental meeting spaces:** churches & hotels, Middle Springs Cabin 403.762.1142 & YWCA 403.762.3560

**NEW COMMUNITY SPACE & PROGRAMS
BEING PLANNED FOR 2020!**

LEARNING & PERSONAL INTEREST

Check organization web page or Facebook page

- Banff Ambassador Program National Park & community info session, tour & \$500 value Pass banfflakelouise.com
- Banff Essential Local's Guide classes & Try-Its banff.ca
- Banff Library book talks, presentations, new in 2020 monthly book club & craft night, weekly games night.
- Banff Centre free performances & talks & events, monthly Drawn to Nature Sketching & Feed Your Brain library talks, Book a librarian. banffcentre.ca
- Bow Valley College Banff Campus classes
- Bow Valley Creators Collective video production all levels
- Bow Valley Learning Council English & French Classes.
- Bow Valley Naturalists Speaker Series 4th Tues of month (not Dec.) 7:30p.m. at 101 Bear St. bowvalleynaturalists.org
- Community Helpers training supporting others banff.ca
- Gallery Hop Saurdays banfflakelouise.com/galleryhop
- House of Mem full moon gatherings & spiritual community
- Job Resource Centre workshops & career support
- Primary Care Network health workshops bowvalleypcn.ca
- The Whyte Museum fireside chats, films, speaker series

CONNECTING WITH COMMUNITY

- Community Connections - newcomers or those needing social & resource support banff.ca/connections
- Young Families: Bow Valley Parent Link. Check Facebook
- Youth: The Basement & Get Out banff.ca/kids
- Young Adults: BanffLIFE 18 to 30 years. Check Facebook
- Seniors: Banff Seniors Society 403.762.4830
- Sports & interest groups, churches listed in Bow Valley Resource Directory banff.ca & Facebook pages
- Volunteering: banff.ca/volunteer and on Facebook
- Food gatherings (front page): Tues Soups On, Wed Pasta Night, Thurs Community Lunch & Dinner, Fri Chili Night

CHRISTMAS EVENTS

- Nov 16 Santa Claus Parade 6 p.m. Carol Singing 7- 8 p.m.
- Dec 7 FREE Whyte Christmas 1- 4 p.m. crafts, cookies, carols & Santa visit at Whyte Museum.
- Dec 15 FREE BanffLIFE Christmas dinner 5:30 – 7:30 p.m at 101 Bear St. Donations welcome.
- Dec 25 FREE Christmas Day Pancake breakfast 8 a.m. – 1p.m. at 101 Bear St.

FOOD PROGRAMS (dinners listed on front page)

- **Banff Food Bank** at Banff Park Church 455 Cougar St. Tuesdays at noon.
- **Banff Food Rescue** ensures food stays out of the landfill & goes to Banff residents. Suggested Donation \$2. At Lower Sundance Mall. Dates & times on Facebook.
- **Banff Good Food Box** Fruit & veg purchased from Community Kitchen Program in Calgary \$30 (\$25 for Access Program). banff.ca/register
- **Santas Anonymous** Volunteer run Christmas program for those in need. More info on Facebook.



Free recreation drop-ins & local bus, discounted Community Classes, child care & Regional bus. For qualified low income residents banff.ca/access