





Participant Resources Activities & Events Calendar



October 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
| 1 | 2  | 3 Mindfulness Session Oct 3rd 10am, The Yurt Drop in to this mindfulness session with Trish Huston to increase your energy, happiness, resilience and productivity as well as help you manage the stress that comes your way. | 4 | 5 Hot Spots Tour Oct 5th, 2pm-4pm, Join us for a short driving tour to the most popular and stunning viewpoints around town. We might even see some wildlife! Cost: Free <i>*Only 5 spots available* Sign up in Participant Resources</i> | 6 | 7 |
| 8 | 9 | 10 Mindfulness Session next week on Oct 17th Oct 17th 10am, PDC 103 Drop in to this mindfulness session to increase your energy, happiness, resilience and productivity.  | 11 Postcard From Banff Oct 11th, 2pm-4pm, Participant Resources Office We'll provide blank cards & art supplies to create your own postcards. Drop in and enjoy a crafty afternoon! | 12 Mindfulness Session Oct 12th 2pm , The Yurt . Drop in to this mindfulness session with Trish Huston to increase your energy, happiness, resilience and productivity as well as help you manage the stress that comes your way. | 13 Drawn To Nature Oct 13th, 7pm, Cost: Free Banff Park Museum The Banff Centre presents this very popular series of drawing workshops. Materials will be provided. A great time! Call 403.762.6281 to register | 14 |
| 15 Lake Louise Trip Oct 15th, 10am-5pm Cost: \$5 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, go hiking, sip tea from the teahouse & enjoy the scenery! <i>Sign up in Participant Resources</i> | 22  | 17 Artist Bonfire Oct 17th, 7pm-9pm Cost: Free, behind JPL at the fire pit It's time to have some fun gathering around the fire! Roast hot dogs, veggie dogs & s'mores, share stories & meet new friends! <i>Sign up in PR</i> | 18 Open Studios: Visual & Digital Arts Oct 18th, 4-7pm, Glyde Hall Tour the studios and meet the artists-in-residence from the BAiR program. Complimentary beverages and snacks will be provided. | 20 Forest Therapy Oct. 20th, 1-3pm, Cost: \$5 Shinrin-Yoku, or 'forest bathing', is used extensively in the Japanese healthcare system. Prescribed time in nature, reduces stress and increases creativity and overall wellness. <i>Sign up in PR</i> | 21 | 21 |
| 22 | 23 | 24 | 25 | 26 Mindfulness Session Oct 26th, 2pm, The Yurt Drop in to this mindfulness session with Trish Huston to increase your energy, happiness, resilience and productivity as well as help you manage the stress that comes your way. | 27 | 28 Mountain Art & Craft Sale 11am—7pm Eric Harvie Theatre—Lobby |
| 29 Mountain Art & Craft Sale 11 - am—5:30pm Eric Harvie Theatre—Lobby | 30  | 31 Mindfulness Session Oct 31st 10am, The Yurt Drop in to this mindfulness session with Trish Huston to increase your energy, happiness, resilience and productivity as well as help you manage the stress that comes your way. | | Participant Resources provides complimentary counselling services for participants. To make a confidential appointment with the counsellor, email: counselling_services@banffcentre.ca | | Banff Hot Springs Open: 10am-10pm Relax in the comfort of the hot springs & ease your sore muscles. Get your ticket for only \$5 from the Participant Resources Office. *Choose your own time/day |

Participant Resources

Events are open to all arts participants, including artists, practicum students, and faculty.

Banff Centre staff are welcome if space permits.

To sign up for events, or if you have any questions or concerns, contact Participant Resources.

How to Reach Us

Participant_Resources@banffcentre.ca

(+1) 403-762-6269

Located on the main level of the Sally Borden Building

Open
Mon: 9am - 7pm
Tues: 9am - 5pm
Wed.: 9am - 5pm
Thursday: 9am - 5pm
Friday: 9am - 5pm
Saturday: Closed
Sunday: 2pm - 7pm

Closed daily 12pm-1pm
Hours subject to change

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