

PARTICIPANT RESOURCES

JANUARY 2018

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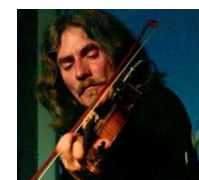
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Mug of Warmth
2-4pm, FREE
Artist Resource Room, SBB
Join us for a cozy mug of hot chocolate or apple cider!
Bring your own mug.

Hot Spots Tour
2-4pm, FREE
Participant Resources
Join us for a short driving tour to the most popular and stunning viewpoints around town. We might even see wildlife!
Sign up in PR.

Open Concert: Fats Kaplin
7:30pm, FREE
Rolston Recital Hall
Join faculty and Banff Musicians in Residence for an evening of musical exploration.



14 15 16 17 18 19 20

Feed your Brain
6-8pm, FREE
Paul D. Fleck Library
Enjoy an engaging evening offering insight into the current creative work of four Banff Centre practicums.

Open Lectures: Torbjorn Rodland
4pm, FREE
JPL 204
Join Dark Arts faculty Torbjorn Rodland for this Visual and Digital Arts talk.

Banff Puppet Theatre Intensive Showing
7:30pm, FREE
Margaret Greenham Theatre
Enjoy work created by the Canadian Academy of Mask and Puppetry in association with the Old Trout Puppet Workshop.

Interpretive Walk: The Mountains, The People, The Stories
1-3pm, \$5
Listen to stories of our First Nations People, the creation of Banff, and early adventurers. Or walk in silence and discover the quietude and inspiration these mountains offer.
Sign up in PR.

Open Concert: Katherine Chi
7:30 pm, FREE
Rolston Recital Hall
Join pianist Katherine Chi and Banff Musicians in Residence for a lively night of music.

21 22 23 24 25 26 27

Lake Louise Ice Magic Festival
10am-5pm, \$5
Come celebrate winter with the Ice Magic Festival. Watch ice carvers sculpt, have a hot chocolate, or relax in the chateau.
Sign up in PR.



Open Lectures: Vikky Alexander
4pm, FREE
JPL 204
Listen and explore themes of capitalism, commodification, fantasy and cultural longing through art.

Artists' Book Showcase
6-8pm, FREE
Library Reading Room
Get an exclusive look at the vast collection of artists' books in the library! Peruse, chat, and be inspired!

Grant Writing Workshop
3-4pm, FREE
Library Reading Room
Come to gather successful grant writing strategies, or hone your grant writing skills.
Sign up in PR.

Drawn To Nature
7pm, FREE
Whyte Museum, 111 Bear St.
Practice your drawing skills while expanding your cultural knowledge. All levels of experience welcome. Register: emma_campbell@banffcentre.ca

28 29 30 31

Sundae Funday!
1-3pm, FREE
Tunnel Mountain Lounge
Drop in for the perfect Sundae treat with sprinkles, whipped cream and more!



Trivia Night
8pm start every Monday at Bruno's, 304 Caribou St.
Test your general knowledge to win \$50 in Bruno Bucks!

Mindfulness
10-10:45am, FREE
Max Bell Rm. 150

Participants' Bonfire
6-8pm, FREE
Behind JPL at the fire pit
Roast hot dogs, veggie dogs & s'mores, share stories & meet new friends!
Sign up in PR.

Mindfulness Sessions:

Join these free weekly sessions and explore scientifically proven methods to increase your energy, happiness, resilience and productivity. Learn how to manage the stress that comes your way with techniques in research based mindfulness, breathing, and practical methods to incorporate into your daily life.



Jan. 11th 2:00-2:00pm Max Bell 150
Jan. 16th 10:00-10:45am Max Bell 150
Jan. 25th 2:00-2:45pm Max Bell 150
Jan. 30th 10:00-10:45am Max Bell 150

Sally Borden Building Main Floor | 403.762.6269 | Participant_Resources@banffcentre.ca
To access our counselling services email Counselling_Services@banffcentre.ca

Events are open to all Arts participants, including artists, practicum, 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.

OPEN
MON 9 a.m. – 5 p.m.
SUN 11 p.m. – 7 p.m.

Closed Saturdays
Closed daily: 12 noon – 1 p.m.
Hours subject to change