

# PARTICIPANT RESOURCES

## JULY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>1</b></p> <p><b>Canada Day</b> 8am-11pm, FREE Downtown Banff Celebrate Canada Day with the Town of Banff and their family friendly events and activities. Don't miss the Parade! <a href="http://www.banff.ca">www.banff.ca</a></p>	<p><b>2</b></p> 		<p><b>4</b></p> <p><b>Open Studios: Banff Clay Revival</b> 4pm, FREE Glyde Hall/JPL Studios <i>Register on Banff Centre Events page.</i></p>		<p><b>6</b></p> <p><b>Banff Canoe Club Canoe Passes</b> Banff Canoe Docks, Wolf St. &amp; Bow Ave. \$15, Participant Resources 1 Hour Pre-paid Canoe Rental Come to Participant Resources during office hours to pick up a canoe pass and enjoy a peaceful way to explore Banff National Park. No reservations required!</p> 	
<p><b>8</b></p> <p><b>Bow River Falls Walk</b> 1-3pm, FREE Participant Resources Come out for a Sunday walk along the Bow River trail to view the Bow Falls up close and personal. <i>Sign up in PR.</i></p>	<p><b>9</b></p> <p><b>Mindfulness: Cultivating Joy</b> 12-1pm, FREE Eric Harvie lawn (PDC 301 if rain) Learn how to consciously create happiness. Build a daily practice of mindfulness and live joyfully.</p>	<b>10</b>	<p><b>11</b></p> <p><b>Bear Aware</b> 6-7pm, FREE 101 Bear St. Join Parks Canada and the Town of Banff to learn about bear and other wildlife safety to protect yourself while you're out and about in Banff National Park.</p>	<p><b>12</b></p> <p><b>Geology Walk and Talk</b> 2:30-3:30pm, FREE Do you know why the trees grow in certain places on mountains? How the mountains were formed? Geologist Jim Olver has the answers! <i>Sign up in PR</i></p>	<b>13</b>	<b>14</b>
<p><b>15</b></p> <p><b>Lake Louise Trip</b> 9am-4pm, \$5 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, go hiking, rent a canoe, and enjoy the scenery. <i>Sign up in PR.</i></p>	<p><b>16</b></p> <p><b>Feed Your Brain: Games Night!</b> 6-8pm, FREE Paul D. Fleck Library and Archives Come out to this evening of fun and games! Enjoy Settlers of Catan, Ticket to Ride, Werewolf, Bananagrams, and many more! Bring snacks to enjoy while you play.</p>	<p><b>17</b></p> <p><b>Mindfulness</b> 10am, FREE Yurt Manage the stress that comes your way with mindfulness techniques, breathing, and practical tools that you can incorporate into your daily life.</p>	<p><b>18</b></p> <p><b>Participants' Bonfire</b> 6-8pm, FREE Behind JPL at the fire pit Roast hot dogs, veggie dogs and s'mores. Share stories and meet new friends! <i>Sign up in PR</i></p>		<p><b>20</b></p> <p><b>Laughter Yoga</b> 12-1pm, FREE Yurt Come try out this complete wellbeing Practice, and take home the immediate mental, physical and emotional benefits. <i>Sign up in PR</i></p>	<p><b>21</b></p> <p><b>Drawn to Nature</b> 10am, FREE Cave and Basin Come out to this popular series of drawing workshops led by staff and artists. Participants of all ages welcome! <i>Register on Banff Centre Events page.</i></p>
<p><b>22</b></p> <p><b>Lake Louise Trip</b> 9am-4pm, \$5 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, go hiking, rent a canoe, and enjoy the scenery. <i>Sign up in PR</i></p>	<p><b>23</b></p> <p><b>Get Crafty: Piñatas</b> 6-8pm, FREE Join this practicum led craft night and learn how to create a piñata for your next celebration! Design and construct your own small piñata to take home. All materials supplied. <i>Sign up in PR.</i></p>	<b>24</b>	<p><b>25</b></p> <p><b>Forest Bathing</b> 1-3pm, \$5 Participant Resources Shinrin-Yoku, or forest bathing, is used extensively in the Japanese healthcare system. Prescribed time in nature reduces stress, and increases creative and overall wellness. <i>Sign up in PR</i></p>	<b>26</b>	<p><b>27</b></p> <p><b>Art Break: If the River Ran Upwards</b> 12-1pm, FREE Walter Phillips Gallery Join Art Break to check out artists' engagements with regions across the Americas that have been sites of industrial activity. <i>Register on Banff Centre Events page.</i></p>	<b>28</b>
<b>29</b>	<p><b>30</b></p> <p><b>Movie under the Stars</b> 8-11:30pm, FREE Gazebo, Central Park Start the night off with some live music. Bring a blanket, cuddle up with some popcorn and settle in for a movie under the stars.</p> 	<b>31</b>	<p><b>Mindfulness Sessions</b> 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. July 3 10-10:45am MB251 July 12 2-2:45pm MB251 July 26 2-2:45pm Yurt July 31 10-10:45am Yurt</p>			

Sally Borden Building Main Floor | 403.762.6269 | [Participant\\_Resources@banffcentre.ca](mailto:Participant_Resources@banffcentre.ca)  
To access our counselling services email [Counselling\\_Services@banffcentre.ca](mailto: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 am – 5 pm  
SUN 11 am– 7 pm

Closed Saturdays  
Hours subject to change