

# PARTICIPANT RESOURCES NOV2017

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05 <b>Daylight Savings</b> Set clocks back one hour before going to bed! 	06	07 <b>Visual &amp; Digital Arts</b> Open Lecture: 4pm, FREE, JPL 204 Join Inherent Design faculty Joar Nango. Nango's work "aims to explore the relationship between architecture, design & visual art, relating to questions on indigenous identity".	08 <b>Postcard From Banff</b> 2-4pm, FREE Participant Resources: Resource Room We'll provide blank cards & art supplies to create your own postcards. Drop in & enjoy a crafty afternoon!	09 <b>Artists' Bonfire</b> 6 - 8pm, 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! Sign up in PR 	10	11
12	13 <b>Participant Resources Closed for Remembrance Day</b> 	14 <b>Forest Therapy</b> 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 creative & overall wellness. Sign up in PR	15 <b>Mug of Warmth</b> 2-4pm FREE Participant Resources: Resource Room. As temperatures drop in the valley, join us for a cozy mug of hot chocolate or apple cider! Bring your own reusable mug.	16	17 <b>Open Concert</b> 7:30pm, FREE The Club. Join Nashville-based Canadian singer-songwriter Linda McRae & participants from the Banff Musicians In Residence program for an evening of musical exploration. 	18
19 <b>Banff Hot Springs</b> Open: 10am-11pm 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	20 	21	22 <b>Hot Spots Tour</b> 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 some wildlife! *Only 5 spots available. Sign up in PR.	23 <b>Open Concert</b> 7:30pm, FREE The Club. Multi-instrumentalist, composer and producer Doug Cox along with the participants from the Banff Musicians In Residence program for an evening of musical exploration.	24 <b>Magazine Launch</b> 7:30pm FREE, Rolston Recital Hall. Join Granta 141 Canada guest editor, Madeleine Thien, for an evening celebrating the launch of the Canada issue.	25
26 <b>Lake Louise Trip</b> 10am-5pm Cost: \$5 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, go hiking & enjoy the scenery! Sign up in PR	27	28 <b>Visual &amp; Digital Arts</b> Open Lecture: 4pm, FREE, JPL 204 Join Curator and Guest Faculty for the Independent Residency Paul O'Neill for this talk where he speaks on his work.	29 <b>Practicum Bowling</b> 7pm, FREE, High Rollers. Practicum program participants are invited to join in an evening of bowling! Pizza & snacks provided. Sign up in PR	30 <b>Geology Walk and Talk</b> 2-3pm FREE, Library Reading Room. Do you know why the trees grow in certain places on the mountains? How the mountains were formed? Resident Geologist Jim Olver has the answers! Sign up in PR		

Sally Borden Building Main Floor | 403.762.6296 | [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 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