

Community Wellness Connection Program (CWCP)

January 2024

For More Information Contact:






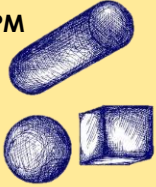






Akshya Boopalan – Program Coordinator

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BOYLEstreet
COMMUNITY SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	<p>9</p> <p>Tai Chi Class with April CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM</p> 	<p>10</p> <p>Dreamcatchers with Donna Robillard CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM</p> 	<p>11</p> <p>Creative Journaling CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM</p> 	<p>12</p> <p>Sewing Repairs Bissell East 10527 96 St 2:00 PM – 4:30 PM</p> 	13	14
15	<p>16</p> <p>Karaoke with Doug CO*LAB 9641 102A Ave NW 2:00 PM – 4:30 PM</p> 	<p>17</p> <p>Drawing Workshop with Nicholas King Bissell East 10527 96 St 2:30 PM – 4:30 PM</p> 	<p>18</p> <p>Card Tournament (Prizes) CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM</p> 	<p>19</p> <p>3-D Printing Small-Items Holder Downtown Library 7 Sir Winston Churchill Square 10:00 AM – 12:00 PM</p> 	20	21
22	<p>23</p> <p>Beading with Donna Robillard Bissell East 10527 96 St 2:00 PM - 4:00 PM</p> 	<p>24</p> <p>Picture Frame Painting CO*LAB 9641 102A Ave NW 2:00 PM – 4:00 PM</p> 	<p>25</p> <p>Outing to Royal Alberta Museum Bissell East 10527 96 St Meet at 1:30 pm - 5:00 pm</p> 	<p>26</p> <p>Jewelry Making w/ Street Prints Artist Downtown Library 7 Sir Winston Churchill Square 2:00 PM – 5:00 PM</p> 	27	28
29	30	31				

EVENTS

All activities NO COST and free to attend.

All community members are eligible to attend.

All supplies are provided.

Light refreshments provided, including tea.

TAI CHI with April

Location:
CO*LAB Belonging Space
9641 102A Ave NW

When:
Tuesday, Jan 09th
2:00 PM – 4:00 PM

Feeling like you need a good stretch but don't want to overdo it?

Join us in learning some gentle Tai Chi that can have a positive effect on your physical, mental, and emotional well-being.

We will learn the history & philosophy of Tai Chi to appreciate the steps much more!



Karaoke with Doug

Location:
CO*LAB
9641 102A Ave NW

When:
Tue, Jan 16th
2:00 PM – 4:30 PM

Unleash your voice with Edmonton's famous singer!



CO*LAB Belonging Space

9641 102A Ave NW

When:
2:00 PM – 4:00 PM

Enjoy various activities that improve your well-being –
Dream catcher making, arts & crafts, and card tournaments.



3D Printing Small-Items Holder

Location:
Stanley Milner
(Downtown) Library

When:
Friday, Jan 19th
10 AM – 12 PM (NOON)

Learn to use computer software to design and make a physical small-items/cigarette holder – all in 2 hours!

Sign up with staff!

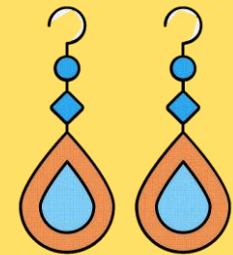


Jewelry Making with Street Prints Artist Collective

Location:
Stanley Milner
(Downtown) Library

When:
Friday, Jan 26th
2:00 PM – 5:00 PM

Join us in making pretty jewelry using clear, plastic beads!



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