

# PARTICIPANT RESOURCES

## JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			<b>Mindfulness: Train Your Brain</b> Explore scientifically proven ways to increase your energy, happiness, resilience, and productivity as well as help you manage the stress that comes your way. Everyone welcome; no experience necessary.  Jan 7 <sup>th</sup> MB150 2-2:45pm Mindful New Year Goal Setting Jan 16 <sup>th</sup> MB150 12:10-1pm Simple Mindful Strategies for your Team Jan 21 <sup>st</sup> MB150 2-2:45pm Mindfulness for Difficult Conversations Jan 30 <sup>th</sup> MB150 12:10-1pm Calm, Curious and Compassionate			<b>Drop In Public Skating</b> 1:15-2:15pm, \$6.50 plus skate rental Fenlands Recreation Centre
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
		Open Lecture: <b>Bridget Moser</b> 4:00pm, FREE JPL 204 Come out and listen to Bridget Moser, performance and video artist as well as lead faculty for Emerging Banff Artist in Residence.				
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	Reel Time: <b>It Must Be Heaven</b> 7pm, \$12 Lux Cinema Directed by Elia Suleiman, this film explores themes of exile, nationalism and identity through a series of vignettes.		<b>Banff Puppet Theatre Showing</b> 7:30pm, FREE Margaret Greenham Theatre Be some of the first to see short new works in progress created and developed in this intensive program.	<b>Participants' Bonfire</b> 6:30-8:30pm, FREE Behind JPL at fire pit Come warm up by the fire! Roast hot dogs, veggie dogs and s'mores. Share stories and meet new friends. <i>Sign up in PR</i>	<b>Open Concert: Banff Musicians in Residence</b> 7:30pm, FREE Rolston Recital Hall Join Gurpreet Chana, faculty for Banff Musicians in Residence, for a night of musical exploration.	<b>SnowDays Festival</b> Jan 15-26 <sup>th</sup> , FREE Downtown Banff and Bear St. Check out this vibrant winter festival including snow sculpture exhibitions, unique craft cocktails, and a winter play zone.
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Lake Louise: Ice Magic Festival*</b> 10am-5pm, \$5 Enjoy winter in the Rocky Mountains with the Ice Magic Festival. View elaborate ice sculptures, warm up with a hot chocolate, or relax in the Chateau. <i>Sign up in PR</i>	<b>Cattail Mat Weaving</b> 11:30am-1:30pm, FREE Tunnel Mountain Lounge Learn how to weave a mat from the ordinary and often forgotten cattail. Limited spaces. <i>Sign up in PR</i>		<b>Grant Writing Workshop</b> 2:30-4:30pm, FREE Library Reading Room Come to gather successful grant writing strategies, or hone your skills with our in-house grant writing professional. Limited spaces. <i>Sign up in PR</i>	<b>Practicum Bowling</b> 7-9pm, FREE High Rollers 110 Banff Ave Join us for an evening of pizza and pins! Unwind after a busy holiday season by crushing your friends with your best game of 10 pin. <i>Sign up in PR</i>		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
			<b>Open Reading: Winter Writers Retreat</b> 7:30pm, FREE Bentley Chamber Music Studio Enjoy readings by participants and special guest mentor Anakana Schofield.			

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)

\*Physical activity and nourishment generously supported by Alberta Blue Cross

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  
 SUN 11 am – 7 pm  
 MON 9 am – 7 pm  
 TUE to FRI 9 am – 5 pm

Closed Saturdays  
 Hours subject to change