

PARTICIPANT RESOURCES

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
 <small>Image Credit: www.canoeshop.ca</small>	Banff Canoe Club Canoe Pass Banff Canoe Docks, Wolf St. & Bow Ave. \$15 - 1 Hour Pre-paid Canoe Rental Come to Participant Resources to pick up a canoe pass and enjoy a peaceful way to explore Banff National Park. No reservations required! <i>Only until supplies last.</i>		Open Studio: Behaviour Swarm & Late Spring BAIR 4pm-7pm, FREE Glyde Hall, JPL Studio Discover the art and artistic process of the participants and faculty from these visual arts residencies.	Opera: Silent Light 7:30pm, FREE Margaret Greenham Theatre Enjoy this new Opera based on the film <i>Stellet Licht</i> by Carlos Reygadas, Set within a Mennonite community in northern Mexico. <i>Get tickets at banffentre.ca</i>	Book Launch: Big Secret Book by Denise Clarke 5pm, FREE Library & Archives The <i>Big Secret Book</i> is an invaluable guide on the subject of creativity, no matter the artistic discipline. <i>Register at banffentre.ca</i>	
7	8	9	10	11	12	13
Lake Louise Trip 9am-4pm, \$5 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, and enjoy the scenery. <i>Sign up in PR</i>		Geology Walk and Talk 3-4pm, FREE Library Reading Room 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>		Participants' Bonfire 6:30-8:30pm, FREE Behind JPL at fire pit Come relax by the fire! Roast hot dogs, veggie dogs and s'mores. Share stories and meet new friends. <i>Sign up in PR.</i>	Bodytraffic Dance Performances 7:30pm, FREE Eric Harvie Theatre Discover this world-class contemporary dance company, known internationally for its Los Angeles-grown, contagious vivacity. <i>Get tickets at banffentre.ca</i>	Ensemble Evolution Open Studios 12-3pm, FREE Rolston Recital Hall Enjoy an exciting set of simultaneous performances... and the musical takeover of nearly every space in the Music and Sound building!
14	15	16	17	18	19	20
	DJ & Play in the Park 6-8 pm, FREE Central Park Every Monday, come and enjoy the fun, relaxed atmosphere and upbeat tunes. Bring your friends, your smile and joyfully dance the night away!		Drawn to Nature 5:30pm, FREE The Fenlands Come out to this popular series of drawing workshops led by staff and artists. Participants of all ages welcome! <i>Register at banffentre.ca</i>		EQ Participant Quartets Concert 7:30pm, FREE Rolston Recital Hall Hear new and familiar works by some of the world's finest young string quartets and journey through the history of string quartet music.	
21	22	23	24	25	26	27
Guided Hike: Ink Pots via Johnston Canyon 9am-4pm, \$10 Enjoy a hike to mineral springs that bubble into a meadow surrounded by mountains! <i>Sign up in PR</i>	 <small>Image Credit: www.hikebiketavel.com</small>	Visual Arts Lecture Series: Jeanne van Heeswijk 4pm, FREE JPL 204 Join visual artist, curator and lead faculty for Training for the Not Yet, Jeanne van Heeswijk, for this talk.	Forest Bathing 1-3pm, \$5 Participant Resources Shinrin-Yoku, or Forest Bathing, is prescribed time in nature, proven to reduce stress, and increase creative and overall wellness. <i>Sign up in PR</i>			Open Rehearsal: Alberta Ballet Excerpts from Frankenstein 7:30pm, FREE Eric Harvie Theatre See excerpts from Alberta Ballet's latest creation. <i>Register at banffentre.ca</i>
28	29	30	31	Mindfulness: Train Your Brain 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. July 4 th Yurt 12:10-1pm Boost performance with mindful self-awareness July 9 th Yurt 2-2:45pm Be curious not furious with mindfulness July 23 rd Yurt 2-2:45pm Mindful communication practices		
Lake Louise Trip 9am-4pm, \$5 Visit this iconic and beautiful lake in the mountains. Wander through the Chateau, walk around the lake, and enjoy the scenery. <i>Sign up in PR</i>	Movies under the Stars 8pm, Central Park Bring warm blankets, comfortable chairs and good friends to enjoy a great evening under the stars.		Practically Spectacular Door 7pm, show 8pm Cash donation The Club A raw, wild and astounding presentation of a variety of unexpected practicum talents.			

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, practicums, and faculty. Banff Centre staff is 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
TUES-FRI 9 am - 5 pm

Closed Saturdays
Hours subject to change