

February 4-10 events and activities

Submitted by Rachel Janzen on Tue, 2019/01/29 - 11:56

Hi Everyone,

The New **Canada Food Guide** is out, and along with it are lots of great, healthy, affordable recipes. Check out <https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes.html> ^[1] to get your fix of fruits & vegetables, protein, and whole grains.

The Glenbow Museum has new exhibits starting February 3- find out more about them at <https://www.glenbow.org/> ^[2] and don't forget that admission to the museum is free the first Thursday evening of every month from 5-9pm. As well, the regular admission price is reduced if you have a Fee Assistance card, and support providers get in for free with an access 2 entertainment card. The Glenbow Museum also regularly has tickets available through the SunLife Financial Arts & Culture Pass that you can find out more about here: <https://calgarylibrary.ca/arts-and-culture-pass/> ^[3]

Special Olympics Alberta Winter Games Start on February 8th with the **opening ceremonies** at Winsport- Markin McPhail Centre (151 Canada Olympic Road SW). Tickets are free, but you will need to register through <https://www.eventbrite.ca/e/special-olympics-alberta-winter-games-opening-ceremonies-tickets-50579927926> ^[4] to attend.

Have you made it out to the **National Music Centre** yet? Check out <https://nmc.ca/exhibitions/> ^[5] for a glimpse into the studios, with 5 floors of both temporary and permanent exhibitions. You can get in for \$9 with a fee assistance card, and the fourth North entrance is ?fully? accessible.

EmpowerMe is a free workshop and program to help people understand and reduce energy consumption in their homes and workplaces. There are regular workshops throughout the city. Along with tips and advice, they also provide free kits to help you save energy if you bring in a copy of your most recent energy bill. These kits contain window wrap, insulation for pipes, and other measures you can take-- even as a renter, to keep your utility bills down. And if you qualify, there are even more supports for you to have an energy efficient home. Upcoming workshops (including February 9th and 10th) can be found here: <https://www.empowermeprogram.com/ab/> ^[6]

FREE:

Feb 6: ?Connecting to the river, connecting to the land? **Winter cycling event** @ Central Library (800 3 St SE) 1:30-4pm. Bring your bike for a winter tour along the Bow River.

<https://www.eventbrite.ca/e/connecting-to-the-river-connecting-to-the-land-public-sign-up-tickets-55285234625?aff=ebdssbdestsearch> ^[7] has everything you need.

Feb 8: Night Market @ Eau Claire Market (200 Barclay Parade SW) 5-11pm. 40+ Local and handmade vendors to visit.

Feb 9: Open House @ SAIT (1301 16 Ave NW) If you are thinking of looking into post secondary or continuing education programs through SAIT, you can learn more at this open house. You can also apply for free at this event, saving you the \$75 application fee. Get all of the info at <https://www.sait.ca/future-students/visit-campus/open-house> [8]

Feb 9 & 10: February Classic II @ Spruce Meadows Get all of the info at https://sprucemeadows.com/tournaments/view_tournament.jsp?id=13 [9]

PAID:

Feb 9: Dive-In Movie @ Southland Leisure Centre (2000 Southland Drive SW) 6:30 pm more info will be coming up on <https://www.facebook.com/SouthlandLeisureCentre/> [10] regular admission will apply

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Links:

[1] <https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes.html>

[2] <https://www.glenbow.org/>

[3] <https://calgarylibrary.ca/arts-and-culture-pass/>

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[9] https://sprucemeadows.com/tournaments/view_tournament.jsp?id=13

[10] <https://www.facebook.com/SouthlandLeisureCentre/>