



**Better Every Day** is a publication of The City of Calgary–we're Calgarians serving the city we live in, the city we love, making life better every day.

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Located on the traditional territories of the people of the Treaty 7 region in Southern Alberta, and home to the Métis Nation of Alberta, Region 3, we are situated on land where the Bow and Elbow Rivers meet. The traditional names for this place we know as Calgary are Moh-kins-tsis (Blackfoot), Wicispa Oyade (Stoney Nakoda), Otos-kwunee (Cree) and Guts-ists-i (Tsuut'ina).

CALGARY INCORPORATED AS A TOWN IN 1884

POPULATION ESTIMATE 2022: 1,343,500

**Lowest cost of living** of Canadian cities.

MERCER, 2023

**Seventh most** liveable city in the world.

THE ECONOMIST INTELLIGENCE UNIT, 2023





In 2022, All Sport One Day hosted over 220 sessions with 58 different sports, offered to 5000 participants. This free initiative happens twice in 2023, on June 17 and August 19.



Photos courtesy of Sport Calgary

The way sport is offered and experienced creates the opportunity for positive outcomes. Despite living in a city where a multitude of sports, teams, and organizations can be found, the unfamiliarity of certain sports, negative experiences, and the cost of activities can be a barrier for some Calgarians. Recognizing these challenges faced by some families, Sport Calgary created All Sport One Day in 2009 offering children ages 6 to 17 the opportunity to experience a new sport, in a low-risk and inclusive environment.

"All Sport One Day has become an annual, signature event," says Sport Calgary President and CEO, Olympic Gold medallist, and speedskating record holder, Catriona Le May Doan. "We know that there are financial barriers, confidence barriers, access barriers. We try to break those down by offering new activities in a non-threatening environment, where everyone may be trying a sport for the first time."

The success of All Sport One Day has helped shape All Sport One City, which invites adults of any age or skill level to discover a new sport or revisit a sport they may have once played. As well, All Sport One Community sees local, community, and neighbourhood organizations bringing passionate coaches and instructors to specific locations to engage individuals of all ages in physical activity.



**400** sport organizations

15 million

**85+** types of sport offered

320,000 Calgarians that play sport

17,000<sub>jobs</sub>



#### **DID YOU KNOW?**

- Calgary's first Civic Sport Policy (2005) was the first of its kind in Canada.
- Canadians rank sport second only to families as a highly positive influence in the lives of young people.

(source: The True Sport Report)

"With All Sport One Community, we go in to underrepresented communities and offer sports that may be familiar, like cricket and bhangra, but also new experiences," explains Catriona. "Sometimes we need to break down those barriers of perceptions that a certain sport is for a certain culture and background. If kids want to participate, we can connect them with the Equipment Bank, but it is better if their parents can be familiar with it as well, which happens in these community-based events. It is the most enjoyable when sport can be for the whole family. We need to continue to promote things where you don't need to purchase equipment, and everybody can participate."

Sport Calgary is a civic partner and The City's strategic partner for delivering the Sport for Life Policy, which was created to provide all Calgarians access to participate in sports. Civic partners are The City's largest partners that receive the most significant City investment, which includes annual operating grants.

"I credit Council for recognizing and funding sport as a priority," explains Catriona. "Community sport is present in virtually every community in Canada and is largely supported by communities themselves. In Calgary, Sport Calgary is the conduit - we connect sport organizations with citizens, and citizens with organizations and infrastructure. We offer education and training, like free grant writing workshops, to help sports organizations help themselves. We want Calgarians to be active, but most of all, we want sustainability [in the sport system]."

The Sport for Life Policy is a commitment to Calgarians and focuses on sport opportunities, specifically removing barriers by promoting equitable and quality programming. The Policy also recommends sport leadership to attract major sporting events; develops a framework to support emerging and growth sports; and encourages sport partnerships as shown by the collaboration with Sport Calgary, in building the capacity of local sports organizations.

What's next for Sport Calgary? Catriona is passionate about changing the culture of sport to ensure safe sport experiences for all participants. She believes

Calgary can be a leader in sport that is accessible, inclusive, respectful, and free from all forms of harassment, discrimination, and abuse.

"There is an opportunity to look at community sports and ensure all organizations, teams, and personnel have background checks before they are allowed to operate or access facilities," explains Catriona. "We are trying to put a framework together for organizations dealing with youth; let us help you create a safe environment and teach youth, coaches, and parents to demand, expect, and adhere to safe sport guidelines. This must be a priority. I want to say, 'look what Calgary did' and bring it to other communities across the nation and make this a minimum standard in every city." 🔤



# **WAVES OF FREEDOM**

Disabled sailing navigates the tides of growth

During the 2022, May to September season, DSAA saw:

840 hours in the water

139 youth participants

125 adult participants

15 volunteers

Two Sonars, six Martins and four Dinghies. These 12 impressive vessels make up the adaptive sailing fleet that take to the water over 840 hours per season for the <u>Disabled Sailing Association of Alberta</u> (DSAA). The fleet is maintained and programed by staff and volunteers who are oriented and trained to provide a safe and fun experience to all users of the program.

The DSAA will be celebrating its 30<sup>th</sup> anniversary next year and operates from the Glenmore Reservoir, providing opportunities for individuals with disabilities to take part in the rehabilitative benefits of sailing and experience the independence that comes with the sport.

"We are the only accessible sailing program in all of Alberta, and one of the largest in Canada," says Lindsay Shearer, Business Manager, and the only full-time employee at the DSAA. "People come from all over the province to access this facility. We're trying to tear down all these barriers because this community faces them every single day for every single thing that they do. They should not have to face it for something as simple as recreation, to get out and do something active and independently, and do something fun."

The DSAA relies on grants, donations, and fundraising to hire summer students and to operate and repair the fleet. The City has leased land to the organization since 1994, and continues to provide access to the reservoir, enjoying a longstanding relationship with the association. The City also assists the DSAA in maintaining the accessible docks and with the mooring of their larger boats. Training and mentorship of DSAA staff and volunteers is enhanced through the knowledge shared from The City's Glenmore Sailing School.

Disabled sailing is popular with organizations such as Between Friends, Universal Rehabilitation Service Agency (URSA), autism and cerebral palsy programs, as well as elder care homes, introducing their members to sailing and the therapeutic and rehabilitative aspects associated with leaving their disability on the dock.



"We had a family that was in tears last season when they went out on the water for the first time, because this was the first thing that they could do all together. Sailing is an activity that families can experience together, so a disabled child is not isolated in his or her activities." Lindsay Shearer

"Our main programming comes through our community partners," says Lindsay. "We do some outreach as we find there are some groups who still don't know we exist. Last summer, we started with Alberta Health Services and their day program, their outpatients that are experiencing mental health distress. We want to be inclusive to everybody."

For those sailors who do not have use of their arms or limited movement and strength, an ingenious 'sip 'n puff' system allows the vessel to sail using only the power of their breath through two straws that control the sail and the rudder. These innovative adaptations allow children and adults with physical disabilities to easily manouever vessels on their own, or by using power assisted technology. Boats can be equipped with a joystick similar to those found on power wheelchairs and have multi-adjustable seats that can accommodate any special postural needs. A hoist, which can be fitted into the pontoon, is also available to assist in securely and safely transferring sailors to the boats.

"The number of adaptations we have is quite extensive so participants have that independence," explains Lindsay. "It is also important to note that you do not have to know how to sail. We provide a qualified sailing companion for you if needed. Others are just wanting the sensory experience, who just want to feel the wind and the waves."

For the DSAA's 30<sup>th</sup> Anniversary, Lindsay says they are planning a rebrand to make their name more inclusive, and a large fundraising campaign.

"The need is only growing and we are in difficult spot right now, in desperate need of a new location and a new building," says Lindsay. "It doesn't make sense for us to continue to renovate or repair the existing structure - it is without heat or running water. The truth is that we are just not that accessible. To get to our boatyard the slope is very steep, and we are without washrooms so we use The City's Glenmore Sailing School's facilities. We are hoping to work with our partners to find a solution to having a facility and program that is accessible to all."

Lindsay says the wider sailing community has been extremely supportive and the DSAA looks forward to collaborating more with other sailing schools and clubs.

"The reception and the response from the rest of the sailing community when these boats go out is incredibly welcoming," says Lindsay, "At the sailing school and Glenmore Sailing Club, they have people with disabilities or mobility issues inquiring, who want to take the sailing classes with all of their peers. They can partner with us because we have the accessible boats and equipment, and then they can be out and participating with their peers, not isolated. We're trying to do a lot more in collaboration."



#### **DID YOU KNOW?**

- The Glenmore Reservoir is the only facility in Calgary for sailing, disabled sailing, dragon boat racing, rowing, canoeing, and kayaking.
- The City's Glenmore Sailing School is the largest sailing school in Canada.
- Adaptive sailing first began when then Prime Minster of Britain, Margaret Thatcher, presented Canadian track and field athlete (Paralympic Games), activist, and philanthropist for people with disabilities Rick Hansen with a modified sailboat following his famous Man in Motion World Tour. The boat, aptly called the Iron Lady, enabled Rick to collaborate with the Mayor of Vancouver to create a disabled sailing program so that others could use the boat as well, and inclusive and accessible sailing became a world-wide movement.



Photos courtesy of DSAA

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It is said that good sport can make a great difference. Dr. Tyler White, CEO of Siksika Health understands the value of sport in building community, and the positive impacts sport can have on the Siksika Nation.

Tyler is the founder of the Siksika Nike 7 (SN7), a program which started in 2015 as an innovative idea after he and a team of Siksika youth travelled to Nike's annual N7 Sport Summit in the United States. The N7 sees Indigenous professional athletes come together to inspire youth to lead healthier, happier, and more successful lives.

"After those three days and lots of interaction with their ambassadors, I wondered how we could bring this back to our Nation," says Tyler. "The challenges of suicide, addictions, mental health, violence, intergenerational trauma, and residential schools - we needed to look at a different and creative approach to help us address this. There was nothing like the N7 in Canada so on my second visit I had a conversation with the CEO and we began building this relationship, and then the program with a formal memorandum of understanding with Nike, but operating with our own youth ambassadors."

The cornerstone of the made-in-Siksika SN7 program sees youth-to-youth mentorship with ambassadors as role models in both sport and cultural activities.

"One of the first ambassadors was my nephew, Rilee Many Bears who was an elite runner on an international level," says Tyler. "We started recruiting, and we had interest from First Nations communities from across Alberta and even across the country. It really took off. That first group of SN7 ambassadors were truly committed, invested in this concept, and they also saw the value and the importance of helping other youth through challenging situations.

We had athletes, traditional dancers, folks who are academics, those into the arts."

Tyler says that nearly 65 per cent of the total population of Siksika is under the age of 25, so it was important to create a program that prioritized youth, built capacity, and invested in resources for this age group.

"Our ambassadors were trained to support other youth and took crisis training and are now identified as one of the youth crises teams for Alberta, with communities reaching out to us from across the country," explains Tyler. "With our youth coming in and connecting with other youth and using this foundation of sports, there was something that clicked, something that was very special and there was this trust that was built."

Tyler says that in addition to encouraging local youth, the SN7 ambassadors see an opportunity to educate and inspire others outside the Nation and use their platform to tackle racism and discrimination while using sports as the backdrop to bring about understanding.

"This is a generational opportunity, and an opportunity to really make a difference and an impact in a positive way," says Tyler. "It is such a privilege to lead and develop this program and create a network of friends and partners. We have a larger presence in the city, and I have to acknowledge the support from our good friend Catriona Le May Doan; she and her team at Sport Calgary have been amazing. Her heart and soul and her commitment to sport and

**THE** WHITE GOOSE FLYING REPORT TELLS US TO:

- Celebrate Indigenous
- Enhance athletic
- Deepen policies to
- Establish stable funding,
- Include Indigenous

how sport can make a huge difference inspires our team. Our wonderful youth ambassadors and mentors lead and build on that relationship that we created. I want to acknowledge The City and Council for seeing the value and importance of our work and for reaching out. We are looking forward to the continuation and growth of our relationship and how we can do more to support The City in terms of the work and education we are doing."

As part of the recommendations in The City's White Goose Flying report, The City and its partners are exploring how to incorporate Indigenous content into the design and delivery of recreation and sports programs, services, and facilities. Specifically, The City is looking at the historical contribution of Indigenous athletes in and around Calgary, and recognizing internal practices that could present barriers to participation, or long-term athlete development and growth.

The SN7 has evolved through the years, but remains true to its beginnings with inclusive, peer-to-peer support.

"I am so proud, it is such a beautiful thing to see," says Tyler. "These guys are true leaders, and they are mentoring the next generation of SN7 ambassadors. They are speaking at universities, conferences, and schools; they are business owners, Stampede Indian princesses, and Masters students. And they are making a huge difference in the healthcare system. As this program starts to mature, other communities see the value of taking this approach. We were the first, but it's an opportunity to educate. In our culture our Elders tell us these things happen for a reason. It's a blessing to see the SN7 grow to help with the struggles and the challenges that our youth have today. It is a ray of hope as they inspire and empower our community."





Photos courtesy of SN7

We create safe spaces through mainstream and traditional sports, but it's equally important these younger kids be proud of their culture, be proud of their heritage, be proud of the language.



Originating in England in the 16th century, cricket has evolved into a global phenomenon appealing to millions of fans. Cricket's rich heritage and long-standing tradition contribute significantly to its enduring and growing popularity across the world.

In Calgary, the Calgary and District Cricket League (C&DCL) has a 115-year history, and is one of the largest and oldest leagues in Canada. The league's secretary, Hozaifa Cheema, says that over its longstanding history, the C&DCL has nurtured many athletes - men, women, and youth - who have gone on to complete at both the national and international level.

# "Our roots take us back to 1908 in Riley Park where historically, we played on two pitches," says Hozaifa.

"In the last 15 to 20 years, we've always had players from Calgary on the Canadian National Team. We are really developing our women's program and recently sent a female athlete to represent Canada. We are lucky to have players who have played at a very high level in other countries move to Calgary and are involved in the leagues."

Hozaifa says that up until 2005 the C&DCL stayed relatively small with six teams. He says the league, which is the largest in Calgary, has been growing exponentially over the last 20 years and now counts over 100 teams.

As cricket has grown in Calgary, so has the number of leagues. There are seven additional leagues that hold City permits in Calgary: Calgary Cricket Council Society, Calgary Cricket Board, Calgary Cricket Community Board, Future Stars Cricket Association, South Cricket League, Calgary Sport League, and Western Cricket League. There is also interest in community-based cricket where groups play on their own.

"I think this growth goes hand in hand with the growth of our diverse immigrant community in Calgary," explains Hozaifa. "There is a significant number of players who have grown up in Calgary. But the vast majority of the growth of the game came from newcomers who played in their home countries and move here and are surprised we have such a strong foundation of cricket right here in Calgary."

In Calgary the cricket season runs from May until September, with each team averaging 19 games per season, mostly on weekends. A shorter format of the game allows the league to run games weekday evenings as well.



Recognizing the significant growth in the sport, The City worked with all leagues this year to ensure fair and equitable distribution of permits for cricket fields based on their number of teams. In 2023, The City reoriented two fields to create safer cricket fields for the community and is repairing an existing cricket net while installing new cricket nets in two locations. They are also working with cricket groups to identify sites for future investment. The City's plans include looking for opportunities to increase the number of public cricket amenities available to all leagues.

"Hopefully we can keep growing the game in partnership with The City," says Hozaifa. "It's a process because land doesn't suddenly show up. But we are always willing to compromise to allow more teams into the league. Everyone deserves a chance to play."

"The dream is to have an international quality stadium with flood lights so we can play at night," laughs Hozaifa. "It is very common to play in the evenings in other countries because it is too hot to play during the day in the summer. They play through the night and the fields are used 24 hours a day."

Cricket's popularity is strengthened by its reach, spanning across continents and attracting fans from diverse backgrounds. Countries like India, Pakistan, Australia, England, and the West Indies have traditionally been cricketing powerhouses, but the global appeal has contributed to the inclusivity of the sport, allowing fans from different cultures to connect and share their passion for cricket.

"It was my connections through cricket that I had before moving to Canada that helped me find a home, helped with all the responsibilities of settling into Canada - like getting my health card, and furniture for my first house," explains Mustafa Iqbal, a Pakistani first-class cricketer who played for Lahore for my family has also been established through

Hozaifa adds, "Some of the best friendships I have made in my life have come from the cricket field. In the game, there is time for conversation so you really get to know your team members. We are like a tightknit network, and we create a supportive community for Calgarians and newcomers. We help one another out, whether it is recommending a school, moving furniture or just being social. There is really a sense of belonging and a team for everyone."

and moved to Calgary from Pakistan a year and a half ago. "Best of all I found my first job in Canada through the cricket community. The social group I have found people on my team who are in similar situations."



#### **CRICKET IN CALGARY BY THE NUMBERS:**

- Across Calgary there are roughly 2500 cricketers making up approximately 150 teams that play various formats of the game
- Every year in Calgary there is a marguee tournament that sees international starts represent from Canada, US, and the West Indies
- The first international sporting game between Canada and the US was a cricket match played in 1844

**SEE CRICKET IN ACTION AT INLAND** ATHLETIC PARK.



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to celebrate its 10-year anniversary this year. Across the national and international arena, fans are falling for this exciting team sport.

This year was the first time in history that synchro, at both the Junior and Senior level, was included with all the skating disciplines (singles, pairs, and dance) at the Canadian National Championships. Prior, synchro hosted its own national championships. Figure skating fans and senior figure skaters were inspired by and impressed with the precision, artistry, and athleticism of this misunderstood and underrepresented sport.

Solstice competed at this historic national competition at the Junior level, the only team representing Alberta with 14 athletes. It was the first time in 24 years that Alberta was represented at this level.

"Solstice has always had strong competitive teams at other levels of the sport," says Andrea St. Cyr, head coach and program director. "But to be able to take a Junior team to nationals in this historic year was just incredible; my skaters will have that memory forever. The energy was electric, and the support from the international skating community was simply amazing. Some fans had never seen synchro before, and it is fair to say they were on the edge of their seats."

Andrea is extremely proud of her Junior team's first showing at nationals, who ranked in the middle of the pack, which is admirable for a team in their first year at this competitive level. "The goal is to have synchro compete at the Olympic level with all the other disciplines, and this year we got one step closer," says Andrea.

# Like many sports, having access to the right facility is also critical to success.

"We were so thrilled when The City made the decision to invest and upgrade our home ice surface at <u>Jimmie Condon Arena</u>," explains Andrea. "Prior, the ice size was a bit too small compared to competition ice surfaces so we were always at a bit of a disadvantage. It was serendipitous that the ice surface was upgraded to a standard size in 2022, the same year we decided to take the plunge and form a Junior competitive team. We wouldn't have been as successful without access to this modernized venue."

What began as a dream with two teams, Solstice has grown to nine teams in 10 years and is now affiliated with Calalta Figure Skating Club, the largest club in western Canada. Solstice believes in providing opportunities to aspiring 4-year-olds, just learning to skate, to adults rediscovering the sport that they love. Solstice includes participation across all levels of abilities with the belief that children, teens, and adults should be encouraged to incorporate physical activity and sport into their everyday lives, resulting in countless lifelong benefits.

Andrea credits the inclusive team atmosphere, the speed, difficulty, and incredible precision, as well as the past success of the teams as to why there is a growing interest in synchro.

"Former Solstice skaters have competed on an international level as part of other teams; we know we are doing something right in our training and athlete development," she says. "It will just be a matter of time before Calgary grows a Senior level team, with the dream of the Olympic games."

Solstice is back on the ice for the 2023-2024 season anticipating programming for over 100 skaters, and a Junior team on track for the 2024 Canadian National Skating Championships, which will be held in Calgary in January 2024 at WinSport Arena.

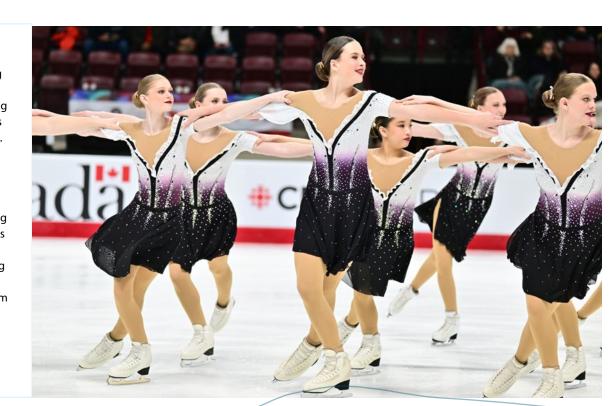


Originally built in 1968 with the addition of a second arena in 1983, the Rose Kohn & Jimmie Condon arenas underwent necessary mechanical, electrical and operational repairs and upgrades to modernize the facility and preserve this well-used community hub.

#### **UPGRADES INCLUDED:**

- Replacement and expansion of the Jimmie Condon arena ice slab to NHL dimensions
- Renovation of existing change rooms to a barrier-free format
- Addition of new public washrooms
- Addition of a multipurpose room and meeting rooms
- Upgrades to the front entrance
- Increased spectator seating
- Integrated energy efficient lighting & equipment

Synchronized skating, or "synchro" is a specialized discipline of figure skating involving groups of eight or more skaters performing intricate group formations and complex maneouvres. The team performs as one unit executing circles, blocks, lines, wheels, and intersections in unison to music while demonstrating quality edges, artistic spins and jumps, power, and flow. Synchronized Skating accommodates skaters at any age and skill level, from beginners to adults.



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# **CALGARY'S EVENT CENTRE BLOCK**

More than an event centre, more than sports. This project is a significant phase of the Culture + Entertainment District in downtown Calgary. The Event Centre Block positions Calgary to be a host city that attracts bigger and more events, and will boost vibrancy and cultural experiences for Calgarians and visitors. The Event Centre, outdoor plaza, restaurants, and retail spaces will enliven the downtown and support community and cultural events, public gatherings, and concerts.

#### **COOL FACTS AND FEATURES:**



#### 10-acre site

Includes downtown's only community rink, with seating for 1,000.



#### 4,750

Full-time jobs created during construction phase (2019 E&Y EIA)



#### 1,500+

Permanent jobs maintained once event centre opens (2019 E&Y EIA)



#### 8,000

Estimated new residents in the C+E District



#### More concerts

Large-scale concerts require two venues (Calgary and Edmonton) to make coming to Alberta viable



#### 4 million sq. ft.

Estimated mixed-use development (homes, retail, hotels) in the C+E District



#### **500+**

Events per year in the C+E District



#### 3 million+

Annual visitors to the C+E District



#### \$3 billion+

Private investment in the Rivers
District/C+E District to date



#### \$500 million

Investment in the BMO Centre Expansion, complementing the event centre's impact on tourism in the city and region



#### 35 years

Calgary Sports and Entertainment Corporation will lease the building, and the agreement guarantees the Calgary Flames will remain in Calgary for 35 years.



EVENT CENTRE



## **N.E. Public Art Initiative**

Seeking input on the creation of public art murals for the pedestrian bridge over Métis Trail.

**Jul 28** 

## **Hanson Ranch Wetland**

Information session sharing the latest updates and future plan to bring this constructed stormwater pond up to regulatory requirements.

Aug 22, 24, 29

# **Symons Valley Centre**

The Symons Valley Master Plan will be developed in three phases on seven acres of City-owned land in Sage Hill. The project will relaunch this fall.

**Until Dec 31** 

# **Walden Fire Station and Library**

The City is moving forward on designing and building this new facility that will include a permanent fire station and a branch of the Calgary Public Library.

Until Dec 31





Special Olympics Canada Winter Games

CALGARY 2024

Jeux d'hiver d'Olympiques spéciaux Canada

Our city will host the nation February 27-March 2, 2024, when over 4,000 athletes, coaches, and officials, along with their family and friends, will gather for the Games. This is a national event for Canadian athletes with an intellectual disability in the pursuit of sports excellence.

An experience of a lifetime for athletes, fans and volunteers!

Over 1,200 Games-time volunteers are needed to help create an experience of a lifetime for these deserving athletes. If you would like to be part of the Volunteer Program *presented by TC Energy*, <u>click here</u>





#### JULY

<u>Inglewood Night Markets</u> Jul – Sep

4<sup>th</sup> Street Night Markets Jul-Sep

**Calgary Folk Music Festival** 

Jul 27-30

**BlackFest** 

until Oct

**Jul 29** 

<u>Calgary International Blues Festival</u> Jul 31-Aug 6

Weekly Pop-up Farm Stands

# SEATTS.

## **AUGUST**

**Taste of Calgary** 

Aug 3-7

**Beltline Urban Mural Project Festival** 

Aug 5-26

**Omatsuri Japanese Festival** 

Aug 11-12

**Franco Festival** 

Aug 12

**Marda Gras Street Festival** 

Aug 13

**Shaw Charity Classic 2022** 

Aug 16-20

GlobalFest

Aug 17-26

**Expo Latino** 

Aug 18-20

**Carifest** 

Aug 19-20

**Sport Calgary All Sport One Day** 

Aug 19

**Chinatown Street Festival** 

Aug 19

**Great Outdoors Comedy Festival** 

Aug 25-27

**Pride Week** 

Aug 26 - Sep 4

# **SEPTEMBER**

**Beat Beethoven** 

Sep 7

**Honens Festival** 

Sep 7-10

**<u>Calgary Corporate Challenge</u>** 

September Games

Sep 9-23

**Beakerhead** 

Sep 14-17

**Gender Equality Week** 

Sep 18

**Calgary International Film Festival** 

Sep 21- Oct 1

National Day for Truth and Reconciliation Orange Shirt Day

Sep 30

**Alberta Culture Days** 

Sep 1 to 30

# **ALL SUMMER**

#### <u>Summer Neighbourhood Nature</u> <u>Challenge</u>

Explore, play, observe and learn about the wonders of nature in your own neighbourhood.

<u>Free community outdoor summer</u> programs

Explore fun, FREE activities for children, youth, adults, and families. These safe, supervised programs are great for making new friends and learning new activities.

**Arts Commons ArtsXpeditions** 

Live concert and performance popups in all quadrants of the city.