



## Saturday, March 1, 2025

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### Me and My Dad

Date and Time: Saturday, March 1 10:00 am - 11:30 am

Address: Suite 225 200 - 4 Ave. S.

Great opportunity for dads, male caregivers and father figures and their children (0-12 yrs) to drop in and play weekly on Saturdays 10:00am-11:30am at Family Centre Downtown. Various centres are set up for children to explore and play.

### LETHBRIDGE MARCH FILM OF THE MONTH - 'Bergers' - FREE!

Date and Time: Saturday, March 1 6:00 pm - 8:00 pm

Address: The Movie Mill, 1710 Mayor Magrath Dr S, Lethbridge, AB T1K 2R5

Don't miss the March film 'Bergers' on Saturday 1 March at 6pm in Lethbridge! FREE, in French with English subtitles! Not to be missed, a beautiful film!

'Bergers' by Sophie Deraspe, adapted from the novel "D'où viens-tu, berger?", this is THE Quebec film of the year, which won Best Canadian Film at TIFF in 2024.

#### SYNOPSIS :

Mathyas, an aspiring writer, leaves his Montreal life as a young advertising executive to become a shepherd in Provence. However, the path to a peaceful life turns out to be fraught with pitfalls. His plans are turned upside down when he meets Élise, a civil servant in search of renewal. Together, they embark on a transhumance, crossing the mountains with a herd in tow. Their adventure leads them to forge a new existence, in a wild and human setting.

Timetable and registration :

SATURDAY 1 MARCH

- Lethbridge - 6pm

Cinema The Movie Mill

Register here: <https://bit.ly/4hQQaMq>

Date and Time: Saturday, March 1 6:30 pm - 11:30 pm

Address: 210075 Township Road 82

McNally Community Centre is hosting a pub night with the Dufferin Street Band playing blues and classic rock . Tickets are \$10 at the door. We are fundraising for a new fire safety system.

## An Explosion of World Dance & Music

Date and Time: Saturday, March 1 7:00 pm - 9:30 pm

Address: Yates Memorial Centre 1002 4 Avenue South

🌍🌟 Celebrate International Women's Day Early! 🌟🌍

What better way to honor a world free of bias, stereotypes, and discrimination than by experiencing An Explosion of World Dance & Music at the Yates on February 28 & March 1?

Join us for a night of diversity, empowerment, and pure joy as the incredible dancers of Ammena Dance Company take the stage—women of all ages, sizes, and abilities, coming together to celebrate movement, culture, and strength.

👉 Grab your girlfriends, make it a night out, and be inspired by a performance that embodies the spirit of International Women's Day. Let's celebrate a world that's diverse, equitable, and inclusive—where differences are not just accepted but celebrated. ✨

🎫 Get your tickets now! Let's fill the Yates with love, energy, and appreciation for the amazing women in our lives.

## Monday, March 3, 2025

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### Play Zone West

Date and Time: Monday, March 3 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.

## Tuesday, March 4, 2025

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### Bacs Sensoriels

Date and Time: Tuesday, March 4 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Les enfants d'age préscolaire pourront explorer différents matériaux et textures dans un cadre ludique qui encourage la découverte et l'apprentissage. Rejoignez-nous pour des matinées enrichissantes et interactives, propices à l'éveil sensoriel des tout-petits

Inscription en ligne : <https://caflethbridge.ca/pages/bacs-sensoriels-2025>

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Preschool aged children will explore different materials and textures in a playful setting that fosters discovery and learning. Join us for enriching and interactive mornings that promote sensory awakening for little ones

Online registration : <https://caflethbridge.ca/en/pages/bacs-sensoriels-2025>

## Play Zone

Date and Time: Tuesday, March 4 3:30 pm - 5:00 pm

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-8 yrs) drop in play program held weekly on Tuesdays 3:30pm-5:00pm at Family Centre Downtown. Various centres are set up for children to explore and play.

## Photofusion

Date and Time: Tuesday, March 4 7:00 pm - 9:00 pm

Address: 230 8 St S

The Lethbridge Photography Club is hosting its annual Photofusion on March 4 & 5 at Casa in the Community Room.

Photofusion is photography shows with music put together by members of the club. Each evening will have different shows.

Doors open at 6:30 with shows beginning at 7pm sharp.

## Wednesday, March 5, 2025

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### Groupe de bébés

Date and Time: Wednesday, March 5 9:00 am - 10:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Rejoignez-nous les mercredis matins pour un moment chaleureux autour d'un café (ou thé), avec des jouets pour les tout-petits. Un espace dédié aux parents pour se connecter, échanger et créer des amitiés précieuses.

Inscription en ligne : <https://caflethbridge.ca/pages/groupe-de-bebes>

Join us wednesday mornings for a warm moment over a cup of coffee (or tea), with toys available for little ones. A dedicated space for parents to connect, share, and build meaningful friendships.

Online registration : <https://caflethbridge.ca/pages/babies-group>

## Play Zone

Date and Time: Wednesday, March 5 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

## Photofusion

Date and Time: Wednesday, March 5 7:00 pm - 9:00 pm

Address: 230 8 St S

The Lethbridge Photography Club is hosting its annual Photofusion on March 4 & 5 at Casa in the Community Room.

Photofusion is photography shows with music put together by members of the club. Each evening will have different shows.

Doors open at 6:30 with shows beginning at 7pm sharp.

## Bilingual Show - Tournée Albertaine Marie Flipo-Bergeron

Date and Time: Wednesday, March 5 7:00 pm - 9:30 pm

Address: 3500 9 Av N, Lethbridge

Join us to our Bilingual Show coming up March 5th!

Cette soirée est une collaboration avec le RAFA et le Spectrum Ale Works.

Everyone is welcomed!

**Quand:** 5 mars 2025

**Heure:** 19h00

**Où:** Spectrum Ale Works (3500 9 Av N)

**Prix:** 15\$ adulte, Gratuit pour les 18 ans et -

Nourriture disponible à l'achat sur place.

Achetez vos billets!

## Thursday, March 6, 2025

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### Cuisiner avec un grand

Date and Time: Thursday, March 6 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Une activité amusante pour les enfants de 3 à 5 ans, où nous apprendrons à préparer ensemble des collations simples et délicieuses. Couper des fruits et légumes, faire des sandwichs, et bien plus encore!

Inscription en ligne : <https://caflethbridge.ca/pages/cuisine-comme-un-grand-2025>

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Give your little chef a fun and educational culinary experience! This activity is specially designed for children aged 3 to 5. Together, we will learn to prepare simple and delicious snacks, perfect for their age.

Online registration : <https://caflethbridge.ca/en/pages/cuisine-comme-un-grand-2025>

## Friday, March 7, 2025

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### Play Zone

Date and Time: Friday, March 7 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

### Play Zone West

Date and Time: Friday, March 7 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.

## Come Build with Us

Date and Time: Friday, March 7 1:30 pm - 3:00 pm

Address: Suite 225 200 - 4 Ave. S.

A caregiver and child play program that uses self-expression, creativity and design to introduce concepts of construction including gravity, patterns, cause and effect, stability and much more. STEM activities and group projects round out this play program. Great for families with children ages 2-12.

## Hockey Game Lethbridge Hurricanes vs Brandon Wheat Kings - Francophonie Month

Date and Time: Friday, March 7 7:00 pm - 9:30 pm

Address: 2510 Scenic Dr S

For a third consecutive year, ACFA Lethbridge invites you to a hockey game Hurricanes vs. Wheat Kings on March 7 to celebrate Francophonie Month.

The game will start at 7:00 PM on March 7 at the VisitLethbridge.com Arena (2510 Scenic Dr S, Lethbridge).

We have a reserved section with a promo code. Tickets are available for \$20 for adults and \$13 for kids, plus administrative fees. The promo code is: FRANCOPHONE25. Here is the link to purchase your tickets: <https://bit.ly/gamedehockey>.

You will find the event poster attached down below.

We are looking forward to seeing you there—**everyone is welcome, whether you are Francophone or not.**

See you soon!

## Saturday, March 8, 2025

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### 12th Annual Hoof it Run

Date and Time: Saturday, March 8 10:00 am - 2:00 pm

Address: Nicholas Sheran Park, Coal Banks Trail, Lethbridge, AB T1K 3W4

All Proceeds go to the U of L Student's Union Food Bank and the Lethbridge Soup Kitchen

#### **ABOUT:**

The Hoof it Run is an annual event hosted by the UofL PreMed club to raise funds/food donations for the [ULS U Food Bank](#) and this year is including the [Lethbridge Soup Kitchen](#).

For 2025 we are offering an in-person 3K(1lap) or 6K(2Lap) XC Run/Walk course at Nicholas Sheran park located on McMaster Blvd. W. Lethbridge close to the Picnic Shelter area. Course is grass surface, 2 areas of paved pathways. The Start line and Finish line will be at the same spot. It will be a mass start for each distance. Click

here for a [map](#). Age categories are 11&U, 12-15, 16-19, 20-34, 35-49, 50+.

Great warm up for the Moonlight Run!

### **WHEN:**

Saturday March 8, 2025. 6K starts at 10 am and the 3K starts at 10:05am.  
Package pickup goes from 8:00am to 9:45am at the Finishline van.

### **REGISTRATION:**

Community registration fee is \$16.00 without a shirt or \$31.50 with a T-shirt. Youth 15 and under, University (UofL) and Lethbridge College student price is \$11.00 without a shirt or 26.50 with a T-shirt.

## **Me and My Dad**

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Great opportunity for dads, male caregivers and father figures and their children (0-12 yrs) to drop in and play weekly on Saturdays 10:00am-11:30am at Family Centre Downtown. Various centres are set up for children to explore and play.

## **Celtic Kitchen Party**

Date and Time: Saturday, March 8 7:30 pm

Address: 1011 4 Ave S, Lethbridge, AB

Vox Musica Choral Society and Wander West Celtic and Beyond present choral and instrumental music from Canada's East Coast, Ireland and Scotland. The concert will take place at Southminster United Church in Lethbridge at 7:30 p.m. on Saturday, March 8, 2025. Tickets are \$25 Adults, \$15 Students, 12 and under free, available online at [voxmusicalethbridge.org](http://voxmusicalethbridge.org), Eventbrite, CASA and at the door the night of the event.

## **Monday, March 10, 2025**

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### **Play Zone West**

Date and Time: Monday, March 10 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.

### **Nourish to Flourish: A nutrition workshop and screening**

Date and Time: Monday, March 10 1:30 pm - 3:30 pm

Address: 500 11 St S

Join AHS Registered Dietician, Heather Mathur, for an in-person nutrition workshop to learn about staying strong and healthy as you age! You will also be able to take part in a nutrition screening after the workshop. Snacks are provided and participants will have multiple opportunities to win a \$25 grocery gift card.

This event is put on in partnership with the Lethbridge Senior Citizens Organization, the Seniors Community Services Partnership, AHS Nutrition Services and Healthy Lethbridge. It will take place in the Stage Area at LSCO .

Please RSVP by contacting SCSP Intake to register at 403-329-1544 or [intake@lethseniors.com](mailto:intake@lethseniors.com)

## Tuesday, March 11, 2025

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### Bacs Sensoriels

Date and Time: Tuesday, March 11 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Les enfants d'age préscolaire pourront explorer différents matériaux et textures dans un cadre ludique qui encourage la découverte et l'apprentissage. Rejoignez-nous pour des matinées enrichissantes et interactives, propices à l'éveil sensoriel des tout-petits

Inscription en ligne : <https://caflethbridge.ca/pages/bacs-sensoriels-2025>

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Preschool aged children will explore different materials and textures in a playful setting that fosters discovery and learning. Join us for enriching and interactive mornings that promote sensory awakening for little ones

Online registration : <https://caflethbridge.ca/en/pages/bacs-sensoriels-2025>

### Play Zone

Date and Time: Tuesday, March 11 3:30 pm - 5:00 pm

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-8 yrs) drop in play program held weekly on Tuesdays 3:30pm-5:00pm at Family Centre Downtown. Various centres are set up for children to explore and play.

## Wednesday, March 12, 2025

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## Groupe de bébés

Date and Time: Wednesday, March 12 9:00 am - 10:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Rejoignez-nous les mercredis matins pour un moment chaleureux autour d'un café (ou thé), avec des jouets pour les tout-petits. Un espace dédié aux parents pour se connecter, échanger et créer des amitiés précieuses.

Inscription en ligne : <https://caflethbridge.ca/pages/groupe-de-bebes>

Join us wednesday mornings for a warm moment over a cup of coffee (or tea), with toys available for little ones. A dedicated space for parents to connect, share, and build meaningful friendships.

Online registration : <https://caflethbridge.ca/pages/babies-group>

## University of Lethbridge International Women's Day Leadership Conference

Date and Time: Wednesday, March 12 9:00 am - 4:00 pm

Address: 4401 University Dr W, Lethbridge, AB T1K 3M4

Are you ready to be uplifted, challenged and inspired?

The University of Lethbridge is proud to announce the second annual International Women's Day Leadership Conference on March 12, 2025!

An impressive roster of leaders will grace the ULethbridge campus for an afternoon of networking and inspiration, under the theme—Leaders Who Change the Conversation!

Featuring:

- Dr. Jen Gunter, obstetrician and gynecologist + bestselling author
- Dr. Ranjana Sharma, chief scientist, Natural Resources Canada

+ A panel of prominent local leaders who will share their insights!

Time: 9 a.m. to 4 p.m.

Location: University of Lethbridge Science Commons Atrium

Read more and secure your ticket at <http://go.uleth.ca/IWD-conference>. Early bird pricing is in effect until January 15!

## Play Zone

Date and Time: Wednesday, March 12 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

## Thursday, March 13, 2025

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### Cuisiner avec un grand

Date and Time: Thursday, March 13 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Une activité amusante pour les enfants de 3 à 5 ans, où nous apprendrons à préparer ensemble des collations simples et délicieuses. Couper des fruits et légumes, faire des sandwichs, et bien plus encore!

Inscription en ligne : <https://caflethbridge.ca/pages/cuisine-comme-un-grand-2025>

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Give your little chef a fun and educational culinary experience! This activity is specially designed for children aged 3 to 5. Together, we will learn to prepare simple and delicious snacks, perfect for their age.

Online registration : <https://caflethbridge.ca/en/pages/cuisine-comme-un-grand-2025>

### Help Shape the Future of Groundwater Monitoring in Southern Alberta

Date and Time: Thursday, March 13 12:00 pm - 1:30 pm

Address: Online via Zoom

Communities in Southern Alberta, including Lethbridge, have been grappling with the impacts of prolonged drought—low water levels, usage restrictions, strained ecosystems, and water supply challenges for crops. Living Lakes Canada and Oldman Watershed Council are inviting southern Alberta residents to share their water concerns and priorities for a new community-based groundwater monitoring initiative. This program aims to enhance water management, raise awareness of groundwater sources, and ensure sustainable water use for future generations.

Members of the public are invited to share their input by joining an online community meeting on **March 13 from 12-1:30 PM MT**.

**REGISTER HERE:** <https://livinglakescanada.ca/alberta-groundwater-community-meetings-registration/>

Everyone is also invited to complete the online survey, whether or not you plan to attend a meeting.

**COMPLETE THE SURVEY:** <https://survey123.arcgis.com/share/64e58a4300ea43549302c17f78db3e1e>

Together, we can build a monitoring program grounded in community values and scientific priorities. Learn more about the program: <https://livinglakescanada.ca/abgroundwater>

## **AI, Avatars & Aliens: A Speculative Cabaret**

Date and Time: Thursday, March 13 7:30 pm - 10:00 pm

Address: University of Lethbridge

AI, Avatars & Aliens: A Speculative Cabaret at the David Spinks Theatre, located at the University of Lethbridge.

Tickets: [uleth.universitytickets.com](http://uleth.universitytickets.com)

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AI, Avatars & Aliens: A Speculative Cabaret at the David Spinks Theatre, located at the University of Lethbridge.

Tickets: [uleth.universitytickets.com](http://uleth.universitytickets.com)

## **Friday, March 14, 2025**

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### **Play Zone West**

Date and Time: Friday, March 14 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.

### **Play Zone**

Date and Time: Friday, March 14 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

## Spring Nature Fest

Date and Time: Friday, March 14 1:00 pm - 5:00 pm

Address: Helen Schuler Nature Centre

**Celebrate the arrival of spring at the Nature Centre!**

**This free family festival will feature activities for all ages!**

Spring Nature Fest offers a mix of indoor and outdoor activities, including: scavenger hunts, building challenges, games, and much more!

Spring Nature Fest has something for everyone & provides a great chance to discover all that spring has to offer right in the heart of the city!

The event will take place throughout the afternoon, at no charge, at the Helen Schuler Nature Centre.

**FREE! Drop-In! Everyone is Welcome!**

### Special Guests:

- Southern Alberta Art Gallery – Arts and Crafts
- Oldman Watershed Council – Pollinator Activity
- Southern Alberta Rockhounds – Rockstar Activity
- Lethbridge Polytechnic Early Childhood Education – Outdoor Loose Parts Play

## Come Build with Us

Date and Time: Friday, March 14 1:30 pm - 3:00 pm

Address: Suite 225 200 - 4 Ave. S.

A caregiver and child play program that uses self-expression, creativity and design to introduce concepts of construction including gravity, patterns, cause and effect, stability and much more. STEM activities and group projects round out this play program. Great for families with children ages 2-12.

## St. Patty's Evening Pub Fundraiser

Date and Time: Friday, March 14 5:00 pm - 8:00 pm

Address: 500 11th Street South, Lethbridge

Get ready for a shamrockin' good time at our St. Patrick's Day Evening Pub!

**Enjoy live music from the Tom Price Band**, hit the dance floor with your best moves

**Test your luck and skill with festive games** like Irish Hot Potato and Find the Leprechaun --prizes await the winners! Or see if you can win the "Pot 'O Gold' with the **50/50**

☐ **Our full diner menu will be available** and Lachlan has a festive special of hearty Irish Lamb Stew with Colcannon for just \$12.

☐ **Sip on your favorite alcoholic and non-alcoholic beverages**, including green beer!

**Location:** Lethbridge Senior Citizens Organization, 500 11th St. S, Lethbridge

All Ages welcome. Minors can attend for free but must be supervised by an adult.

## **Tickets**

**\$10 for LSCO Members**

**\$15 for LSCO Non members**

Tickets can be purchased in advance at the LSCO or night of at the door. Tickets include a free beverage (alcoholic or non alcoholic) and a door prize entry (multiple prizes to be won)

Volunteers are also needed, please contact [volunteer@lethseniors.com](mailto:volunteer@lethseniors.com) if you are interested.

**So Wear your best green and celebrate with us!**

## **AI, Avatars & Aliens: A Speculative Cabaret**

Date and Time: Friday, March 14 7:30 pm - 10:00 pm

Address: University of Lethbridge

AI, Avatars & Aliens: A Speculative Cabaret at the David Spinks Theatre, located at the University of Lethbridge.

Tickets: [uleth.universitytickets.com](http://uleth.universitytickets.com)

## **Saturday, March 15, 2025**

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### **RBC Training Ground Qualifier**

Date and Time: Saturday, March 15 9:00 am - 12:00 pm

Address: University of Lethbridge, 4401 University Drive

RBC Training Ground finds and funds athletes with Olympic potential. This free national talent identification and athlete funding program gives young athletes (ages 14-25) the chance to test their **speed, power, strength and endurance** in front of official sport partners to see if they are suited for an Olympic sport.

Since its inception in 2016, the program has **tested more than 16,000 athletes from across Canada**, with more than **3,000 being identified by National Sport Organizations (NSOs) as having Olympic potential** (many in a sport they had never considered). Sign up now at [rbctrainingground.ca](http://rbctrainingground.ca)

## Cuisine collective - 50 years old and plus

Date and Time: Saturday, March 15 10:00 am - 2:00 pm

Address: 2104 6 Av S

La Fédération des aînés francophones de l'Alberta en partenariat avec l'ACFA Lethbridge organise une cuisine collective le 15 mars prochain.

**Quand:** 15 mars 2025

**Heure:** 10h00 à 14h00

**Lieu:** La Cité des Prairies (2104 6av S)

**Pour qui:** Les personnes âgés de 50 ans et plus

**Prix:** Gratuit, tout est fourni

Inscrivez-vous, les places sont limitées!

## Discover Together

Date and Time: Saturday, March 15 10:00 am - 11:30 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

This program is for the whole family (children 0-12 years) with each session providing different experiences for everyone to enjoy! You may discover different holidays around the world; explore math and science concepts; or create something new and amazing. All activities will utilize our indoor and outdoor play spaces.

## Me and My Dad

Date and Time: Saturday, March 15 10:00 am - 11:30 am

Address: Suite 225 200 - 4 Ave. S.

Great opportunity for dads, male caregivers and father figures and their children (0-12 yrs) to drop in and play weekly on Saturdays 10:00am-11:30am at Family Centre Downtown. Various centres are set up for children to explore and play.

## Dopamine Boxing Open House

Date and Time: Saturday, March 15 10:30 am - 1:30 pm

Address: 1709-2 Avenue S Lethbridge, AB T1J 0E8

## Stronger Together: Dopamine Boxing Open House

**Date:** Saturday, March 15, 2025

**Time:** Doors open at 10:30 AM | Boxing Class at 11:00 AM | Community Potluck at 12:00 PM

**Location:** Sik-Ooh-Kotoki Friendship Centre

Join us for a **free Boxing Open House** and connect with the Parkinson's and MS community in southern Alberta. Try a **non-contact boxing class**, learn about the benefits of movement-based wellness, and enjoy a **community potluck** with friends, family, and supporters. Open to individuals with Parkinson's or MS, caregivers, health care professionals, and anyone interested in learning more about Dopamine Boxing.

**Everyone is welcome!**

## Articulations with the YWCA

Date and Time: Saturday, March 15 2:00 pm - 3:00 pm

Address: 601 3 Ave S, Lethbridge, AB

The Gallery is thrilled to partner with Jill Young and Stephanie Reyes from the YWCA for this special Articulations program exploring the themes of Lan "Florence" Yee's *Do Weeds Still Grow in Heaven*

This presentation will begin with an overview of YWCA Lethbridge & District and its programs, including highlighting the supports available for those impacted by domestic violence. It will then explore domestic violence, intimate partner violence (IPV), and gender-based violence (GBV) through both a broad and local lens, examining key trends, challenges, and gaps in services. The discussion will also focus on the unique experiences of marginalized communities, including LGBTQ individuals, shedding light on the barriers they face in accessing support, the societal stigmas that contribute to silence and isolation, and the importance of inclusive, trauma-informed responses.

Free for members or with regular Gallery admission.

## AI, Avatars & Aliens: A Speculative Cabaret

Date and Time: Saturday, March 15 7:30 pm - 10:00 pm

Address: University of Lethbridge

AI, Avatars & Aliens: A Speculative Cabaret at the David Spinks Theatre, located at the University of Lethbridge.

Tickets: [uleth.universitytickets.com](http://uleth.universitytickets.com)

## Monday, March 17, 2025

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### Play Zone West

Date and Time: Monday, March 17 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.

## Time for You (Personal Growth Group)

Date and Time: Tuesday, March 18 9:30 am - 11:30 am

Address: Lethbridge Family Services, Counselling, Outreach & Education, 1098 3 Avenue North, Lethbridge, AB, T1H 0H7

This group provides participants the opportunity to learn, build, and practice their own self-care while having fun! There is no cost to participate.

In this group, participants will have the opportunity to:

- build a personal self-care plan
- engage in creative self-care activities
- learn about the different types of self-care

Tuesdays, 9:30 am–11:30 am, March 18–April 8, 2025.

For more information or to inquire about an intake, contact LFS Outreach & Education at [outreach@lfsfamily.ca](mailto:outreach@lfsfamily.ca) or 403-327-5724. Please register by March 7, 2025. Attendees must be 18+ and must register for the entire group series.

## Bacs Sensoriels

Date and Time: Tuesday, March 18 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Les enfants d'âge préscolaire pourront explorer différents matériaux et textures dans un cadre ludique qui encourage la découverte et l'apprentissage. Rejoignez-nous pour des matinées enrichissantes et interactives, propices à l'éveil sensoriel des tout-petits

Inscription en ligne : <https://caflethbridge.ca/pages/bacs-sensoriels-2025>

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Preschool aged children will explore different materials and textures in a playful setting that fosters discovery and learning. Join us for enriching and interactive mornings that promote sensory awakening for little ones

Online registration : <https://caflethbridge.ca/en/pages/bacs-sensoriels-2025>

## Play Zone

Date and Time: Tuesday, March 18 3:30 pm - 5:00 pm



Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-8 yrs) drop in play program held weekly on Tuesdays 3:30pm-5:00pm at Family Centre Downtown. Various centres are set up for children to explore and play.

## Wednesday, March 19, 2025

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### Groupe de bébés

Date and Time: Wednesday, March 19 9:00 am - 10:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Rejoignez-nous les mercredis matins pour un moment chaleureux autour d'un café (ou thé), avec des jouets pour les tout-petits. Un espace dédié aux parents pour se connecter, échanger et créer des amitiés précieuses.

Inscription en ligne : <https://caflethbridge.ca/pages/groupe-de-bebes>

Join us wednesday mornings for a warm moment over a cup of coffee (or tea), with toys available for little ones. A dedicated space for parents to connect, share, and build meaningful friendships.

Online registration : <https://caflethbridge.ca/pages/babies-group>

### Play Zone

Date and Time: Wednesday, March 19 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

## Thursday, March 20, 2025

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### Cuisiner avec un grand

Date and Time: Thursday, March 20 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Une activité amusante pour les enfants de 3 à 5 ans, où nous apprendrons à préparer ensemble des collations simples et délicieuses. Couper des fruits et légumes, faire des sandwichs, et bien plus encore!

Inscription en ligne : <https://caflethbridge.ca/pages/cuisine-comme-un-grand-2025>

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Give your little chef a fun and educational culinary experience! This activity is specially designed for children aged 3 to 5. Together, we will learn to prepare simple and delicious snacks, perfect for their age.

Online registration : <https://caflethbridge.ca/en/pages/cuisine-comme-un-grand-2025>

## Francophone Night at the Gallery/Soirée Francophone à la Galerie

Date and Time: Thursday, March 20 6:00 pm - 7:30 pm

Address: 601 3 Ave S, Lethbridge, AB

Join us at the Southern Alberta Art Gallery for a free French-language guided tour of our current exhibitions led by educator Chrystele Chevallier-Grabinska. Snacks and refreshments available. Presented in partnership with ACFA régionale de Lethbridge.

For more information contact Bariyaa Ipa, Outreach Coordinator, at [bipaa@saag.ca](mailto:bipaa@saag.ca) or call 403-327-8770.

*Assistez gratuitement à une visite guidée en Français des expositions actuellement présentées à la Galerie. Les tours guidés seront animés par madame Chrystele Chevallier-Grabinska, éducatrice à l'école d'immersion LCI. Des collations ainsi que des breuvages seront servis sur place. Présenté en partenariat avec l'ACFA Lethbridge.*

*Pour plus d'informations, contactez Bariyaa Ipa, Outreach Coordinator, à l'adresse suivante: [bipaa@saag.ca](mailto:bipaa@saag.ca) ou au numéro suivant: (403) 327-8770.*

## Friday, March 21, 2025

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### Play Zone

Date and Time: Friday, March 21 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

### Play Zone West

Date and Time: Friday, March 21 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family

Centre West. Various centres, indoors & outside, are set up for children to explore and play.

## **Come Build with Us**

Date and Time: Friday, March 21 1:30 pm - 3:00 pm

Address: Suite 225 200 - 4 Ave. S.

A caregiver and child play program that uses self-expression, creativity and design to introduce concepts of construction including gravity, patterns, cause and effect, stability and much more. STEM activities and group projects round out this play program. Great for families with children ages 2-12.

## **Saturday, March 22, 2025**

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### **Me and My Dad**

Date and Time: Saturday, March 22 10:00 am - 11:30 am

Address: Suite 225 200 - 4 Ave. S.

Great opportunity for dads, male caregivers and father figures and their children (0-12 yrs) to drop in and play weekly on Saturdays 10:00am-11:30am at Family Centre Downtown. Various centres are set up for children to explore and play.

### **Southern Alberta Model Railway Club Spring 2025 Open House**

Date and Time: Saturday, March 22 11:00 am - 4:00 pm

Address: 1420-10A Avenue South

The Southern Alberta Model Railway Club (SAMRC) welcomes the public to its Spring 2025 Open House on Saturday, March 22nd and Sunday, March 23rd. The event takes place at the Gyro Park clubhouse at 1420-10A Avenue South, and will feature trains running on the HO, N, and G-scale layouts. Admission is free, but donations are gratefully accepted. Stop by to see the trains and say "hello" - everyone is welcome!

\*Facility is accessible for those with mobility challenges.

### **Tiny Press make your own book workshop**

Date and Time: Saturday, March 22 2:00 pm - 4:00 pm

Address: 601 3 Avenue South, Lethbridge, Alberta

Have you ever wanted to make your own book? Join us for this hands-on workshop to have the chance to make your own book. Participants will learn how to use the equipment in our Tiny Press Studio, and will make their own handmade book.

Participants will have the chance to make a blank notebook or bind their own printed materials. If you want to bind your own writing or art, please bring two printed copies to the workshop.

This workshop is open to ages 12+. The majority of the bookbinding process requires standing. Accommodations can be made. This workshop is \$15 for general attendees and \$10.00 for SAAG members. Space is limited so registration is encouraged. You can register at the front desk or by emailing [hkehoe@saag.ca](mailto:hkehoe@saag.ca) If you have any questions about the printing process, how to print your materials, or more please contact Heather Kehoe, Program & Event Coordinator.

Tiny Press at SAAG is a handmade bookmaking studio at the Southern Alberta Art Gallery Maansiksikaitapiit sinikssin, in Lethbridge, Alberta. Tiny Press prints, binds, and distributes books by hand, creating original work with writers and artists of the region, about topics that are important to us. Tiny Press is a community resource, and social gathering place for those interested in learning about publication, and connecting with others through a DIY mentality.

## **Sunday, March 23, 2025**

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### **Southern Alberta Model Railway Club Spring 2025 Open House**

Date and Time: Sunday, March 23 11:00 am - 4:00 pm

Address: 1420-10A Avenue South

The Southern Alberta Model Railway Club (SAMRC) welcomes the public to its Spring 2025 Open House on Saturday, March 22nd and Sunday, March 23rd. The event takes place at the Gyro Park clubhouse at 1420-10A Avenue South, and will feature trains running on the HO, N, and G-scale layouts. Admission is free, but donations are gratefully accepted. Stop by to see the trains and say "hello" - everyone is welcome!

\*Facility is accessible for those with mobility challenges.

## **Monday, March 24, 2025**

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### **Play Zone West**

Date and Time: Monday, March 24 9:30 am - 11:00 am

Address: #10, 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.

# Tuesday, March 25, 2025

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## Bacs Sensoriels

Date and Time: Tuesday, March 25 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Les enfants d'age préscolaire pourront explorer différents matériaux et textures dans un cadre ludique qui encourage la découverte et l'apprentissage. Rejoignez-nous pour des matinées enrichissantes et interactives, propices à l'éveil sensoriel des tout-petits

Inscription en ligne : <https://caflethbridge.ca/pages/bacs-sensoriels-2025>

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Preschool aged children will explore different materials and textures in a playful setting that fosters discovery and learning. Join us for enriching and interactive mornings that promote sensory awakening for little ones

Online registration : <https://caflethbridge.ca/en/pages/bacs-sensoriels-2025>

## Play Zone

Date and Time: Tuesday, March 25 3:30 pm - 5:00 pm

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-8 yrs) drop in play program held weekly on Tuesdays 3:30pm-5:00pm at Family Centre Downtown. Various centres are set up for children to explore and play.

# Wednesday, March 26, 2025

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## Groupe de bébés

Date and Time: Wednesday, March 26 9:00 am - 10:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Rejoignez-nous les mercredis matins pour un moment chaleureux autour d'un café (ou thé), avec des jouets pour les tout-petits. Un espace dédié aux parents pour se connecter, échanger et créer des amitiés précieuses.

Inscription en ligne : <https://caflethbridge.ca/pages/groupe-de-bebes>

Join us wednesday mornings for a warm moment over a cup of coffee (or tea), with toys available for little ones. A dedicated space for parents to connect, share, and build meaningful friendships.

Online registration : <https://caflethbridge.ca/pages/babies-group>

## Play Zone

Date and Time: Wednesday, March 26 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

## Thursday, March 27, 2025

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### Cuisiner avec un grand

Date and Time: Thursday, March 27 9:30 am - 11:00 am

Address: 2104 6 Ave S, Lethbridge, AB T1J 1C3

Une activité amusante pour les enfants de 3 à 5 ans, où nous apprendrons à préparer ensemble des collations simples et délicieuses. Couper des fruits et légumes, faire des sandwichs, et bien plus encore!

Inscription en ligne : <https://caflethbridge.ca/pages/cuisine-comme-un-grand-2025>

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Give your little chef a fun and educational culinary experience! This activity is specially designed for children aged 3 to 5. Together, we will learn to prepare simple and delicious snacks, perfect for their age.

Online registration : <https://caflethbridge.ca/en/pages/cuisine-comme-un-grand-2025>

## Friday, March 28, 2025

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### Play Zone

Date and Time: Friday, March 28 9:30 am - 11:00 am

Address: Suite 225 200 - 4 Ave. S.

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Fridays 9:30am-11:00am at Family Centre Downtown. Various centres are set up for children to explore and play.

## Play Zone West

Date and Time: Friday, March 28 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.

## Youth Art Club at the SAAG

Date and Time: Friday, March 28 1:00 pm - 2:00 pm

Address: 601 3 Ave S, Lethbridge, AB

If you're a middle or high school-aged youth looking to explore your artistic side in a warm and welcoming environment, join us at the Southern Alberta Art Gallery for our free, drop-in Youth Art Club program. Bring your own art to work on or make something here while taking in a tour of the current exhibitions. Supplies and snacks provided.

## Come Build with Us

Date and Time: Friday, March 28 1:30 pm - 3:00 pm

Address: Suite 225 200 - 4 Ave. S.

A caregiver and child play program that uses self-expression, creativity and design to introduce concepts of construction including gravity, patterns, cause and effect, stability and much more. STEM activities and group projects round out this play program. Great for families with children ages 2-12.

## Patinage Libre en Français

Date and Time: Friday, March 28 4:15 pm - 5:15 pm

Address: 905 6 Ave S, Lethbridge

Join us to our Ice Skating in French activity!

**Quand:** 28 mars 2025

**Où:** Civic Ice Centre (905 6 Ave S)

**Heure:** 16h15-17h15

**Prix:** Gratuit !

Inscrivez-vous dès maintenant!

## Saturday, March 29, 2025

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### Me and My Dad

Date and Time: Saturday, March 29 10:00 am - 11:30 am

Address: Suite 225 200 - 4 Ave. S.

Great opportunity for dads, male caregivers and father figures and their children (0-12 yrs) to drop in and play weekly on Saturdays 10:00am-11:30am at Family Centre Downtown. Various centres are set up for children to explore and play.

### Crafternoon with katie marie bruce

Date and Time: Saturday, March 29 1:00 pm - 4:00 pm

Address: 601 3 Ave S, Lethbridge, AB

Looking for a fun and family-friendly activity on a Saturday afternoon? Visit the Southern Alberta Art Gallery on March 29, 2025 for Crafternoon featuring exhibiting artist artist katie marie bruce who will showcase book making techniques, teaching attendees how to make their own unique books using some of the methods she used in her exhibition *tandem inadequacies*, on view now in our Library Gallery. This workshop is appropriate for all ages and skill levels. All materials are provided for this drop-in program.

katie marie bruce (she/her) is an artist and printmaker, living and making work on Treaty 7 Territory in Sikóóhk otok, also known as Lethbridge, Alberta. She received an MFA from York University in 2015, where her thesis work was funded by the Social Sciences and Humanities Research Council of Canada. While her practice is rooted in print media —actively invested in considering multiplicity as both motivation and manner of interrogation— the work is expansive and interdisciplinary in its articulations. Her practice has been supported by the Alberta Foundation for the Arts and presented in solo, two-person, and group exhibitions nationally and internationally. katie is currently an instructor at the University of Lethbridge in the Faculty of Fine Arts, Art Department.

## Monday, March 31, 2025

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### Play Zone West

Date and Time: Monday, March 31 9:30 am - 11:00 am

Address: #10 , 230 Coalbanks Blvd. West Lethbridge AB

Parent/caregiver and child (0-6 yrs) drop in play program held weekly on Mondays 9:30am-11:00am at Family Centre West. Various centres, indoors & outside, are set up for children to explore and play.