

# Outreach Programs Activity Calendar

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy New Year</b>	05 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Volleyball: Gym 1</b> 4:30pm - 5:30pm	06 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Badminton: Gym 1</b> 4:30pm - 5:30pm	07 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Games Night</b> Youth Room 4:30pm - 5:30pm	08 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Pickleball: Gym 2 - 4pm - 5pm</b> <b>Youth Activity: Youth room</b> 5:00pm - 6:00pm	09 <b>Basketball Games: Gym 1</b> 3pm - 4pm <b>Badminton/Table Tennis: MP1/2</b> 4pm - 5pm <b>Open Youth Room</b> 5:00pm - 6:00pm	10
	12 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Volleyball: Gym 1</b> 4:30pm - 5:30pm	13 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Badminton: Gym 1</b> 4:30pm - 5:30pm	14 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Games Night</b> Youth Room 4:30pm - 5:30pm	15 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Pickleball: Gym 2 - 4pm - 5pm</b> <b>Youth Activity: Youth Room</b> 5:00pm - 6:00pm	16 <b>Basketball Games: Gym 1</b> 3pm - 4pm Badminton/Table Tennis: MP1/2 4pm - 5pm <b>Open Youth Room</b> 5:00pm - 6:00pm	17 Family Hub Centre: Youth Room 12pm - 2pm
	19 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Volleyball: Gym 1</b> 4:30pm - 5:30pm	20 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Badminton: Gym 1</b> 4:30pm - 5:30pm	21 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Games Night</b> Youth Room 4:30pm - 5:30pm	22 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Pickleball: Gym 2 - 4pm - 5pm</b> <b>Youth Activity: Youth room</b> 5:00pm - 6:00pm	23 <b>Basketball Games: Gym 1</b> 3pm - 4pm <b>Badminton/Table Tennis: MP1/2</b> 4pm - 5pm <b>Open Youth Room</b> 5:00pm - 6:00pm	24
	26 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Volleyball: Gym 1</b> 4:30pm - 5:30pm	27 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Badminton: Gym 1</b> 4:30pm - 5:30pm	28 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Games Night</b> Youth Room 4:30pm - 5:30pm	29 <b>Lunchtime: Youth room</b> 11:45am - 12:30pm <b>Sensory Time : Mp1</b> 10:00am - 12:00pm <b>Pickleball: Gym 2 - 4pm - 5pm</b>	30 <b>Basketball Games: Gym 1</b> 3pm - 4pm <b>Badminton/Table Tennis: MP1/2</b> 4pm - 5pm <b>Open Youth Room</b> 5:00pm - 6:00pm	31 Family Hub Centre: Youth Room 12pm - 2pm
<b>Youth Activity</b> <b>Youth Night</b>	<b>Where and When to meet:</b> Please arrive 5-10 minutes before programs begin. Check in at the membership services desk				For more information contact: Jenn Obeng Jennifer.Obeng@ymcacalgary.org 403 537 2718	