Coffee Talk

Tuesday or Wednesdays, 10:00 - 11:00 am
Join our minister Vicki to share stories, discuss current events, and enjoy connecting with fellow community members.

Sept 23, Oct 28, Nov 24 (Tues), Dec 15 (Tues)

Family Ministry Gatherings

Movie Morning (Sept 19 - 10:00am - 12:00 pm)
Game Night (Oct 24 - 4:00 - 8:00 pm)
Hands On Faith (Nov 14 - 4:00 - 6:00 pm)
Parent's Afternoon Off (Dec 12 - 11:00 am - 3:00 pm)

Gather together on Saturdays throughout the year to play, learn, create and break bread. More details on each event to come. Speak to Ilinca for more information.

Fibre Arts & Quilting Ministry

Tuesdays 7-9 pm & Wednesdays 9-3 pm
A place to sew and/or do hand work crafts together. No experience needed.

Sept 1/2 & 15/16	Oct 6/7 & 20/21	Nov 3/4 & 17/18
Dec 1/2 & 15/16	Jan 5/6 & 19/20	Feb 2/3 & 16/17

Fibre Arts Weekend: Fri Nov 20 - 5:00 pm until Sat Nov 21 - 2:30pm. More details to come.

Mindful Movement

Tuesdays, 7:00 - 8:15 pm
Join Janet Rowland, a certified yoga instructor, for a gentle yoga class that invites reflection, mindful movement, and connection with body and spirit. No experience is necessary; please bring a yoga mat, towel, yoga strap or belt, and a foam block or sturdy book.
Sept 29, Oct 27, Nov 24 & Dec 22

To sign up for our newsletter please contact our Office Admin Essie at essie@symonsvalleyuc.com

Go Deep Series

Sundays 12:00 - 2:30 pm
Discover what it means to live as a disciple of Jesus by exploring six key spiritual practices that nurture a vibrant and meaningful faith. Lunch is provided, and programming is available for children. See Vicki or Hillary for more information.

Oct 4, Nov 1, Dec 6, Jan 17, Mar 7 & Apr 11

Men's Breakfast

Saturdays & Thursdays 9:00 - 10:00 am
Enjoy good food & great conversation. Connect with others, share stories, and start your day with community and fellowship. We'd love to see you there. Invite a friend or neighbour - all are welcome. Sign up via the office.

Sept 12 (Sat)	Oct 1 (Th)	Nov 21 (Sat)
Dec 10 (Th)	Jan 16 (Sat)	Feb 18 (Th)

Trivia

Wednesdays, 6:30 - 9:30 pm
Join Ilinca and Vicki for a fun evening of Trivia at Brewsters Crowfoot (25 Crowfoot Terrace NW). Sign up by contacting Ilinca.

Sept 23, Oct 28, Nov 25, Dec 9, Jan 13, Feb 24

Women's Night Out

Mondays, 7:00 - 8:30 pm
All women are invited for a time of connection, fun and socializing- a chance to build friendships and enjoy an evening together.
See Hillary for more information
Sept 14, Oct 19, Nov 30, Dec 14, Jan 18, Feb 22

Women's Spirit

Wednesdays, 1:30 - 3:00 pm
A group for all women who wish to grow in faith, wisdom, community and friendship.
See Vicki for more information.
Sept 9, Oct 14, Nov 25, Dec 9, Jan 13