

ILRCC Program Session Dates 2025-2026

Phone: (403) 263-6880

Email for Programs: programs@ilrcc.ab.ca

Email for Services: services@ilrcc.ab.ca

Please note, we will be closed for the holidays on the following dates:

- December 19 - January 4 (Christmas Break)

All programs EXCEPT for Saturday Bowling will be closed during these dates. Programs that fall within these closure dates have been extended to match respective program durations.

Monday Programs

Cooking (Morning) | 10:30am - 12:00pm

Current Session: Nov 24 - Jan 12

Next Session: Jan 19 - Feb 23

Duration: 6 weeks

Price: \$75

Cooking (Afternoon) | 12:30pm - 2:00pm

Current Session: Nov 24 - Jan 12

Next Session: Jan 19 - Feb 23

Duration: 6 weeks

Price: \$75

Life Skills | 1:00pm - 2:30pm

POSTPONED (Will resume January)

Duration: 6 weeks

Price: \$100

ESL | 10:30am - 11:30am

POSTPONED (Will resume January)

Duration: 12 weeks

Price: \$250

Jewelry Making | 11:30 am - 12:30 pm

POSTPONED (Will resume January)

Duration: 8 weeks

Price: \$90

Tuesday Programs

Cooking (Morning) | 10:30am - 12:00pm

Current Session: Nov 25 - Jan 13

Next Session: Jan 20 - Feb 24

Duration: 6 weeks

Price: \$75

Arts and Crafts | 1:00pm - 2:00pm

Current Session: Oct 28 - Feb 3

Next Session: Feb 10 - April 28

Duration: 12 weeks

Price: \$135

Baking | 2:00pm - 3:00pm

Current Session: Nov 25 - Jan 13

Next Session: Jan 20 - Feb 24

Duration: 6 weeks

Price: \$75

Wednesday Programs

Yoga | 11:00am - 12:00pm

Current Session: Oct 1 - Dec 17

Next Session: Jan 7 - Mar 25

Duration: 12 weeks

Price: \$110

Cooking (Afternoon) | 12:30pm - 2:00pm

Current Session: Nov 19 - Jan 7

Next Session: Jan 14 - Feb 18

Duration: 6 weeks

Price: \$75

Pizza Night | 5:00pm - 7:00pm

Current Session: Nov 12 - Feb 11

Next Session: Feb 18 - May 6

Duration: 12 weeks

Price: \$110

Thursday Programs

Arts & Crafts | 11:00am - 12:00pm

Current Session: Oct 30 - Jan 29

Next Session: Feb 5 - Apr 23

Duration: 12 weeks

Price: \$135

Cooking (Afternoon) | 12:30pm - 2:00pm

Current Session: Nov 20 - Jan 8

Next Session: Jan 15 - Feb 19

Duration: 6 weeks

Price: \$75

Baking | 2:00pm - 3:00pm

Current Session: Nov 27 - Jan 15

Next Session: Jan 22 - Feb 26

Duration: 6 weeks

Price: \$75

Dance and Sing | 7:00pm - 8:00pm

Current Session: Nov 27 - Jan 29

Next Session: Feb 5 - Mar 26

Duration: 8 weeks

Price: \$80

Friday Programs

ASL | 12:00pm - 1:00pm

Current Session: Aug 29 - Dec 12

Next Session: Jan 9 - Mar 27

Duration: 12 weeks

Price: \$110

Mix & Mingle | 10:00am - 2:00pm

POSTPONED (Will resume February)

Price: \$20

Saturday Programs

Bowling at Chinook | 1:00pm - 3:00pm

Current Session: Nov 15 - Jan 31

Next Session: Feb 7 - Apr 25

Duration: 12 weeks

Price: \$110