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-Ed Bradley, CBS-60 Minutes

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December **2017**



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BEFORE



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PRESIDENT'S MESSAGE

What an exciting time for the community. From the new lights circling the Midnapore Mall to the new tenants in the Sundance Place office park, there is a lot going on in our neighbourhood. And with more changes on the horizon, there are many opportunities right across the community to get involved and help make it an even better place.

First are the community entrance signs. The Midnapore sign, in front of the mall along Midlake Boulevard, was knocked over in a windstorm this past fall. The sign is in need of a significant repair to secure it. However, the sign has been damaged in the past and should be replaced in the near future. We would be interested in hearing resident input on the replacement and what the future design should look like. Meanwhile the two Sundance signs, on the east and west ends of Sun Valley Boulevard, are still looking solid, though we do need to make sure the landscaping around the signs is taken care of.

Down the road, city workers have started to replace streetlights on Midlake Boulevard. The new silver-coloured, galvanized light poles can have banners hung off the sides, offering up many possibilities for enhancing the appearance of the street. These replacements are a prelude to the full Midlake Boulevard Traffic Calming Project that is scheduled to begin next year. This project is meant to make the street safer and more usable for drivers, cyclists and pedestrians, and is an extension of similar traffic calming measures that were implemented along Sunmills Drive a few years ago. Construction will involve the full length of Midlake Boulevard, as well as the remainder of Sunmills Drive that was not renovated in the last project. Because of this, it will impact virtually the entire community and I encourage everyone to learn more about it. For more information go to www.calgary.ca/midlake and watch for more information in upcoming Mid-Sun messages.

Reflecting on the past, I wanted to bring up the old Midnapore Hall/Schoolhouse on Bannister Road. Since I first wrote about the building in the October issue, I have heard several great ideas about how it could be used. But the first step in this campaign is to save the building from further damage and decay. Thankfully the doors and windows have recently been boarded up to secure the building. And though the interior needs a lot of work, it is still in decent shape despite having

very little use for the past 30 years. The top priority now is protecting the roof to prevent further water damage. I look forward to speaking with the Calgary Board of Education, as well as other organizations and members of the community, to determine the best course of action for protecting this historic resource and unique landmark.

Looking towards the future, I wanted to thank everyone who participated in the survey put out by students in the University of Calgary's Urban Studies program this past October. In collaboration with these students, the Federation of Calgary Communities, as well as designers and community members, the Mid-Sun Community Association is hoping to create a fence art display in 2018. We will keep you updated as more details emerge on this exciting project. In addition, the U of C students brainstormed several different possible ideas for community events, improvements and art that would be worth pursuing. And there is no doubt that community members could come up with countless more. If you would be interested in helping out with the projects we have planned, or would be interested in bringing another one of these ideas to life, be sure to contact the association.

With so much going on, and knowing that the season will only get more hectic as the temperature drops, I am thankful to live in a great community with wonderful neighbours for support. I want to wish everyone in Midnapore and Sundance a Merry Christmas. Enjoy the holidays, and all the best for 2018.

-Mark Schmidt

President, Mid-Sun Community Association

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PAST PRESIDENT'S MESSAGE

There's an old adage that goes something like, "In youth, an hour feels like a day; by middle age, a day feels like an hour." Perhaps it's symptomatic of how much more involved life tends to be when one is older that it also seems to truncate time into smaller bits. Events that are an ocean expanse in the future suddenly appear bobbing on the horizon overnight. Tasks that were once a priority - like cleaning the car, or washing the bed linens - become less important because they take time away from getting the kids to extracurricular activities, or working another job.

When I took on the CA Presidency last year, it was with the intention of recapturing some of the energy and drive from my past stints in the position, and moving forward with some new initiatives. As things evolved, it became obvious that since those bygone days my priorities had changed along with my circumstances, and there simply wasn't time or energy enough to bring to the job.

Given that, I look at the last year as a stop-gap measure to allow the gentleman who is taking over the CA board

reins a chance to further develop his acumen, hone his communication skills, and get more comfortable working with the community association as well as all its various stakeholders. In those endeavours he has succeeded admirably, and is more than prepared to take on his new role.

Mark Schmidt is thoughtful, reflective, perceptive, tactful, and respectful. He will make an excellent President going forward, and I feel absolutely thrilled to leave the board in his capable hands. I'd wish you luck, Mark, but you don't need it.

I'm grateful to the Board and its various representatives for the time they spend at their duties, and for allowing me to share in the last years' work. Volunteers deserve to be valued for the selflessness, and all of you are worth your weight in gold. Thank you.

This festive season, it is my fervent hope that people find it in their hearts to help someone less fortunate, to express their love for others with words and gestures - not just presents under the tree - and that everyone enjoys a safe and wonderful holiday.

Merry Christmas!

Angus Macdonell



REGISTER TODAY! WINTER 2018

12 week session
Classes begin January 15, 2018

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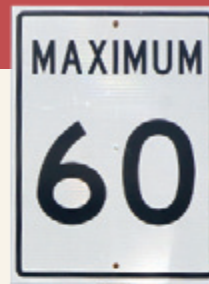
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Are you concerned about increasing traffic and speed issues along **SUN VALLEY BLVD?**

The MidSun Traffic Safety Task Force has been established to work with the City of Calgary and our community to improve safety along this busy road.

Please feel free to send your Sun Valley Blvd traffic concerns or suggestions to:
traffic@midsun.org



“To better reach and serve the communities of **Midnapore** and **Sundance**”

Community associations are a way for neighbours to work together on mutual goals and provide support to the areas we live in. For over 25 years, the Mid-Sun Community Association has been dedicated to improving quality of life in the communities of Midnapore and Sundance. Through the work of the Mid-Sun Board of Directors and the staff at the Mid-Sun Community Centre, the association provides a broad array of community services:

- Community Events: Mom's Market- Used Toy and Clothing Sale /Small Business Showcase, Community Clean-Up, Taste of Mid-Sun
 - Access to government: Community concerns regularly discussed with representatives from Municipal and Provincial Government
 - Development Concerns Addressed: Home businesses, infill construction, area redevelopment, municipal and commercial development
 - Traffic Committee: lobbied for pedestrian lights on Sun Valley Boulevard, addressed concerns regarding Stoney and Macleod Trail interchange, applied for additional Sundance entrance sign along Sun Valley Boulevard
 - Community programs: Mid-Sun Community Garden, Little Library, Future Mid-Sun Skate Park
 - Community Centre Operations and Programming: Recreation Programs for all; Seniors Programs; Out-of-School Care and Preschool; and more!
 - Residential Communication: “Mid-Sun Messages” newsletter, Website, Facebook and Twitter
 - Membership discounts for recreational programming at Mid-Sun Community Centre
 - Discount on programming at Trico Centre
- The Mid-Sun Community Associations current goals include working to further engage the community, improving the programming and facilities at the Mid-Sun

Community Centre, moving forward with the goals of the traffic committee, and increasing the usage of our community garden. We would love for you to join us.

Joining your community association is a great way to gain experience in a wide variety of areas, such as project management, event planning, fundraising, board etiquette, city planning, facility management and leadership. Let us know if you would like to help out in any of the areas discussed above, or another that concerns or interests you.

The cost for a yearly membership will be free for 2016/2017. Board of Director meetings are held once a month, September through June. All are welcome. Please see <http://www.midsun.org/next-board-meeting/> for meeting schedule, or contact us for more information.

- Phone: 403-254-8058
- E-mail: facility.manager@midsun.org
- Facebook <https://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836>
- Twitter @MidSunCommunity

MID-SUN BUSINESS **MEMBERS**

We thank the following businesses for their ongoing support of the Mid-Sun Community Association.

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403-943-LINK (403-943-5465) – HealthLink 24 hour nursing advice and health service information

403-266-HELP (403-266-4357) SeniorConnect & Distress Centre Calgary - 24 hour Crisis Line support for yourself, or a senior who may be at risk in the community. www.distresscentre.com

403-705-3250 - Elder Abuse Resource Line 24 hour confidential information, support and potential referral regarding elder abuse including intake line for the Kerby Rotary Shelter.

2-1-1 24 hour Information on community and social services in Calgary www.211calgary.ca

3-1-1 24 hour Information on all City of Calgary Services, or www.calgary.ca

4-1-1 24 hour access to telephone directory listing across Canada (there is a charge for this) www.canada411.ca (free online service)

403-266-1234 - Calgary Police Service 24 hour Non-Emergency Line

9-1-1 EMERGENCY Medical, Fire and Police

**Telephone Language Interpretation Services available on all lines*

MID-SUN 55+



Drop-In Pickleball

Friday: 10:15am- 12:30pm

5 Visit Pass (\$10) or 10 Visit Pass (\$20) must be purchased.

*Please see www.midsun.org for available dates

Come Be A Part Of Things At Mid-Sun

We are looking to build our Volunteer Base

There are plenty of opportunities to be included in upcoming events. We are looking for people to participate in event planning and to contribute time to events such as the Stampede Breakfast, Community Clean Up, Taste of MidSun, and a host of other unique happenings in our community.

Add your email to be alerted as Volunteer Opportunities come available by sending a note to info@midsun.org



View the Mid-Sun Messages online at www.midsun.org

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~Local History~

View of Midnapore, Alberta in June 1964. Glenbow Archives PA-1599-573-337

The townsite of Midnapore was split across Macleod Trail, with a large portion of development on the west side in what are now the communities of Millrise and Shawnee Slopes. The photo above was taken from the west side, looking towards the east. In the foreground are many of the buildings that were on the west side of the hamlet, most prominently two large elevators that were along the train tracks. In the background are some of the businesses and homes that were once along Bannister Road; to the right are the barns of the Reiser farm that was on the site where Midnapore Mall would later be built. Beyond the townsite are the rolling fields that became the communities of Midnapore and Sundance.

- Mark Schmidt



For more area history, visit www.thedeepsouth.ca

ST. PAUL'S ANGLICAN CHURCH

Sun. Dec. 17 @ 10am: Lessons & Carols
Christmas Eve @ 5pm: Candlelight Family Eucharist
7:30pm & 10:30 pm: Candlelight Eucharist
Christmas Day @ 10am: Eucharist

Please check our website or Facebook Page for more Christmas Events: www.facebook.com/stpaulscalgary

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Mid-Sun
Community Association
memberships expired
on May 31, make sure to
renew your membership
for the year!

MID-SUN COMMUNITY ASSOCIATION MEMBERSHIP

To receive a membership to your community association, you can fill out the form below and bring it into the Mid-Sun Community Centre. 50 Midpark Rise SE, Calgary.

Memberships valid June 1st 2017 to May 31st 2018

2017/2018 Memberships are free with valid I.D.

If you hold a 2016-2017 membership card, you must come into the centre if you wish to renew

MEMBERSHIP APPLICATION FORM 2017/2018

Family Name: _____

Additional Family Members: _____

Address: _____ Postal Code: _____

Phone Home: _____ Phone Cell: _____

Email: _____

Would you like to receive information and updates from the Mid-Sun Community Association? Yes No

Would you be interested in volunteering ?

☐ Board of Directors

☐ Special Events

☐ Fundraising

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NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION

WELCOME TO WINTER

The Board of Directors, Management and Staff at Midnapore Lake would like to take this opportunity to wish you and your family a very Merry Christmas and a very Happy Holiday. Best wishes to everyone for the New Year.

Our Christmas light display is schedule to be turned on starting December 1st, 2017.

Please keep your eye on our website, www.midnaporelake.ca, or our Facebook page for updated hours and ice conditions. Please know that we are working to have the hockey rinks and pathway open by Christmas day.

The park will be open every day over the holiday season with reduced hours on Christmas day only.

Please remember that helmets are strongly recommended for skating and tobogganing. Have fun and be safe!

2017 INVOICING

By now you should have received your invoice for your 2018 fees. Please remember that these invoices are due and payable before January 1st and that these fees are mandatory. Office hours will be extended in December and January to accept payments (please check the website, www.midnaporelake.ca, for details). Please contact the office at 403-256-0550 with any questions or concerns.

Please be reminded that fees for 2018 will be \$225.00 + GST = \$236.25.

SKATING LESSONS

Midnapore Lake will again be offering children's skating lessons. Please check the website (www.midnaporelake.ca) or Facebook page for details.

SOCIAL GATHERINGS

The Midnapore Lake Board of Directors and Staff would like to gauge the level of interest in the community for social gatherings at the Lake. We would like to make the Lake Room available to groups of community members for gettogethers such as a book club, a jam session, a bridge club, a coffee club, a walking group, a crib night or any other gathering of interest to a group of members. Midnapore Lake would host

and facilitate the gatherings; we just need your ideas. If you have ideas or suggestions about these types of socials, or are interested in attending or leading any of them, please contact the lake office at 403-256-0550 or by email office@midnaporelake.ca

RULE REMINDER

As we move into winter, we would like to remind everyone of some of our ice fishing rules:

- Ice fishing holes must be made by an ice auger and no larger than 8 inches in diameter.
- No holes are to be drilled into the ice within 25 feet of the skate pathway.

As always, please make sure you have read the lakes rules and regulations.

Midnapore Lake Bookings

For your Lake Room, Cookshack and Large Group Bookings please call the office staff at (403) 256-0550.



Happy Holidays! AND A HAPPY NEW YEAR

From Team Palmer and the Palmer Family



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Methods of Registration

Online Registration www.midsun.org

- Create an account Online to Register for Recreation Programs and Day Camps
- Pay with Visa or MasterCard

In person Registration at 50 Midpark Rise SE

- Pay by cash, cheque, Visa, MasterCard, or debit.
- M: Mid-Sun Community Association members
- NM: Non-members

Notes on Registration:

- Payment is due at the time of registration.
- Confirmation of registration only with payment.
- Register early to ensure your place in the program of your choice.
- Requests to transfer or withdraw from a program will be accommodated for medical reasons only.
- Withdrawal from programs will be issued a full refund if they are accompanied by a note from a medical professional. Withdrawal from programs before program registration closure date will be issued a refund or credit MINUS a \$25 administration fee. Withdrawal from programs after program registration closure date will result in NO REFUND.
- NSF cheques are subject to an administration fee of \$20.

Note on Programs:

- For safety and program quality reasons, please do not bring unregistered siblings to programs.
- All children participating in unparented programs must be potty trained.
- Participants must be the minimum age at the time of the program in order to register.

Program Cancellation Policy

Mid-Sun reserves the right to cancel any recreation program with insufficient registration. Full refunds will be given or you can transfer to another program (space permitting).

Mid-Sun Youth Council

What? This amazing, fun and FREE leadership program offers the following benefits to youth ages 12-17. Space is limited in this brand-new program!

- inspirational leaders
- great snacks always!
- volunteering opportunities at Mid-Sun events
- resume building skills and activities
- great mentorship
- personal growth
- group dynamics
- job preparedness
- communications skills
- fun!

When? Tuesdays at 5 – 7 pm

Where? Midnapore and Sundance community association, 50 Midpark Rise S.E.

Who? For more information contact Bojan Glisic, Recreation Program Specialist

P: 403-476-7224 or E: Bojan.Glisic@calgary.ca

Why? For fun and youth development!



Accountant Stanley Doherty, CPA, CMA

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Personal and Corporate Taxes

**Financial Statements • GST • Payroll • Reviews
Audits • Consulting • Business Startup Assistance
403-257-1582**

MINIMUM REGISTRATION REQUIREMENTS

Our programs are based on a minimum and maximum number of participants.

Each class varies in capacity due to our desire to provide a quality experience, equipment requirements, safety and costs.

Please register early to avoid disappointment. Many classes fill very quickly! If minimum numbers are not reached, classes will be cancelled.

All programs run for 11 classes, unless otherwise specified.

Register before November 30 and receive \$5 off each class.

Classes that do not meet minimum registrations will be cancelled one week prior to class start.

All times, dates, classes and program schedules are subject to change. Please see the website for the most recent, up to date information:

<http://www.midsun.org/online-registration/>

Winter 2018

RECREATION PROGRAMS

Be healthy and active in 2018!

Winter registration ONGOING
online and in-house



PRESCHOOL PROGRAMS (Age 3-5)

Tiny Dancers

Tuesday: 4:30pm – 5:30pm

January 16 – March 27, 11 classes

Age: 3-5

Instructor: Karen

Cost \$80 M / \$90 NM

(min 6 – max 12)

Spend a delightful hour with Miss Karen while experiencing movement, balance, lovely music and fun friends. This class is held in a real dance studio with mirrors and Barres, too! Pretty ribbons and hoops add even more creative flair and fun! All levels welcome to this pre-dance class.

*Sign up for a Yoga Sampler class while your little one dances

Gym Tots *NEW*

Tuesday: 9:15 – 10am

January 16 – March 27, 11 classes

Age: 3-5

Instructor: TBA

Cost: \$50 M / \$60 NM

(min 6 – max 12)

This class is perfect for little ones with lots of energy who love to run and play! Supervised and safe free time with balls, hoops, shapes, cones and so much more makes for a FUN and active morning!

Note: This is a non-parented class, however you are more than welcome to stay during the class.

KIDS PROGRAMS

Youth Badminton *NEW*

Friday: 5:05pm-6:00pm

January 19 – March 23, 10 classes

Age: 8-13

Cost: \$90M / \$100 NM

(min 4 – max 12)

Instructor: Stephen

Explore how much fun badminton is while learning and improving basic skills. All levels are welcome! Each class includes drills, team work and fun game play. Bring your own racquet or borrow one of ours.

Youth Basketball Level 1

Thursday: 5:00pm-6:00pm

January 18 – March 29, 11 classes

Age: 6-9

Cost: \$100M / \$110NM

(min 5 – max 16)

Instructor: Greig

Do you love basketball?

This is the class for you!

Learn the fundamental skills to

be an awesome player. The class

include free time, partner drills, shoot-

ing, passing, ball handling, moving without the

ball and defense. This is a non-competitive class based on fun with lots of time to play!

Youth Basketball Level 2

Monday: 6:00pm-7:00pm

January 15 – March 26, 10 classes

No class: February 19

Age: 8-13

Instructor: Courtney

Cost: \$90 M / \$100 NM

(min 5 – max 16)

This class is for athletes who want a slightly more advanced basketball class, who have taken our level 1 basketball class or have some experience playing basketball. This class will cover shooting techniques, dribbling moves, as well as mechanics, shooting on the move and cutting. This is a fun, non-competitive class.

Youth Dodgeball

Wednesday: 5:00pm-6:00pm

January 17 – March 28, 11 classes

Age: 8-12

Cost: \$100M / \$110 NM

(min 6 – max 18)

Instructor: Stephen

OR

Friday: 4:00-5:00

January 19 – March 23, 10 classes

No class Friday March 30

Age: 8-12

Cost: \$90M / \$100 NM



(min 6 – max 18)

Instructor: Stephen

Super awesome fun! This class provides a safe and well supervised environment to run, leap, throw, catch and be active.

Youth Tennis

Tuesday: 4:00pm-5:00pm

January 16 – March 27, 11 classes

Age: 6-9

OR

Tuesdays: 5:00pm-6:00pm 11 classes

Age: 10-13

Instructor: Scott from Universal Tennis

Cost: \$138 M / \$148 NM

(min 4 – max 12)

Indoor tennis is so much fun! All levels are welcome to join in and improve basic tennis skills. Instructor Scott will provide individual assistance to all players to encourage supportive self-paced learning. There is lots of time for game play, too. Scott is a very experienced Tennis Canada Certified Coach. Bring your own racquet or borrow one of ours.

Little Athletes: Multi-Sport

Monday: 5:00pm-6:00pm

January 15 – March 26, 10 classes

No class: February 19

Age: 4-7

Instructor: Kaley

Cost: \$90 M / \$100 NM

SO much fun and so many cool sports to try! Each week is a new experience: hockey, soccer, football, baseball, basketball, volleyball, rugby and more! Improve coordination, catching, throwing, kicking, balance, confidence and teamwork in a supportive, non-competitive environment.

Rookie Rugby

Monday: 6:00pm-7:00pm

January 15 – March 26, 10 classes

No class: February 19

Age: 6 - 9

Instructor: Kaley

Cost: \$70 M / \$80 NM

(min 5 - max 15)

Whoa! In rugby the ball is passed

BACKWARDS! How awesome is that? Have a super fun time improving throwing, kicking, catching, teamwork, and enjoy lots of running! All levels welcome.

TEEN PROGRAMS

Yoga Sampler (Teen) *NEW*

Tuesday: 4:30pm- 5:30pm

January 16 – March 27, 11 classes

Age: 13-18

Cost: \$60 M / \$70 NM

(min 6 – max 18)

Instructor: Tracey

A fresh new class each week is a wonderful way to experience the many types of yoga that are available. Discover Hatha, Yin, Restorative, Flow yoga, and experience themed classes and so much more! Gain strength, flexibility and balance in a welcoming and supportive environment.

Note: All ages are invited to this class. Make sure you register as a teen to get a discounted rate!

CREATIVE ART PROGRAMS

Watercolour Painting: Beginner

Wednesday: 7:00pm-9:00pm

January 17 – March 28, 11 classes

OR

Thursday: 10:30am – 12:30pm

January 18 – March 29, 11 classes

Instructor: Gabriele Vogt-Lynch

Cost: \$185 M \$195 NM (supplies not included)

(min 6 – max 12) these classes will fill quickly

Explore the world of watercolour painting in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. A variety of techniques and subjects will be covered to get you on the road to your own artistic expression. Great for those who have no experience or for those who have previous experience but would like a little refresher! Register early as classes fill fast. One large sheet of watercolour paper included. A supply list will be provided at registration.

Watercolour Painting: Intermediate

Thursday: 7:00pm-9:00pm

January 18 – March 29, 11 classes

Instructor: Gabriele Vogt-Lynch

Cost: \$185 M, \$195 NM (supplies not included)

(min 6 – max 12) this class will fill quickly

Continue your watercolour painting journey in a relaxed and supportive atmosphere with Calgary artist Gabriele Vogt-Lynch. Participants will work on individual paintings using techniques learned in previous sessions with Gabriele. Register early as the class fills fast. One large sheet of watercolour paper is included.

Prerequisite- Watercolour Painting: Beginner

Watercolour Painting: Advanced

Friday: 10:15am – 12:45pm

January 19 – March 23, 10 classes

No class March 30

Instructor: Gabriele Vogt-Lynch

Cost: \$213 M, \$223 NM (supplies not included)

(min 6 – max 12)

Immerse yourself in a creative and supportive environment! Bring your ideas and benefit from the invaluable guidance of Calgary artist Gabriele Vogt-Lynch. Strong experience in watercolour painting required, preferably having completed the Beginner and Intermediate classes with Gabriele. One large sheet of watercolour paper included.

Acrylics with Alexandre

Wednesday: 11:00am-1:30pm

January 17 – March 28, 11 classes

Cost: \$220 M / \$230 NM (supplied not included)

(min 6 – max 12)

Instructor: Alexandre Ivanov

Use your own inspiration to create art in this self-paced and supportive class. Established artist Alexandre Ivanov will provide personal suggestions and learning opportunities for all artists. All levels are welcome.

Art Sampler 1 *NEW*

Tuesday: 1:30pm-3:00pm

January 16 – February 13, 5 classes

Cost: \$60 M / \$70 NM

(min 6 – max 12)

Join a 5-week beginner program introducing a new art medium each week. Learn about graphite, charcoal, chalk, conte and ink, exploring the artistic techniques used for each medium. There is ample time to be creative, and local artist Lindsay will provide individual assistance to everyone in this self-paced class. No experience is required, just the desire to explore and have fun in a welcoming and supportive environment.

Note: No need to purchase any art supplies! Instructor Lindsay will provide all supplies for an additional cost of \$20 payable at the first class.

Art Sampler 2 *NEW*

Tuesday: 1:30pm-3:00pm

February 27 – March 27, 5 classes

Cost: \$60 M / \$70 NM

(min 6 – max 12)

Explore more advanced mediums of watercolour, acrylic, oil stick, gouache and mixed media. Each class introduced you to artistic techniques for each medium and provides an opportunity to experiment with your own creations. Individual assistance is provided by local artist Lindsay in this supportive and self-paced class. No previous experience required and you not have to take Art Sampler 1 first.

Note: No need to purchase any art supplies! Instructor Lindsay will provide all supplies for an additional cost of \$20 payable at the first class.

ADULT FITNESS PROGRAMS

Introduction to Belly Dance *NEW*

Tuesday: 6:45pm-7:45pm

January 16 - March 27 11, classes

Cost: \$60 M / \$70 NM

(min 5 - max 20) ladies only

This class will fill quickly

Instructor: Heather

Join us for lots of fun and easy muscle-toning, no experience necessary! This empowering feminine dance form is for ladies of all ages, shapes, and fitness levels: no judgments here! We will learn basic moves that work your hips, abs, booty, and arms and create short routines that are easy to follow. Heather creates a supportive environment and will share lovely long scarves to enhance each class. Please wear comfortable, stretchy clothing, bare feet or dance slippers.





Cardio Blast

Wednesday:

7:05pm-8:05pm

January 17 -

March 28, 11

classes

Cost: \$100 M /

\$110 NM

(min 5 - max 16)

Instructor:

Tracey

Improve your fitness, strength and flexibility with this super fun self-paced class! A sure

bet to meet your 2018

fitness goals! Each class is

fresh, new and exciting with

cardio coming from low impact, step,

bootcamp, circuit, HITT, kickboxing and so

much more. Each class contains core exercises, lots of strength and a relaxing yoga cooldown.

HIIT It Hard

Tuesday: 5:30pm-6:30pm

January 16 - March 27, 11 classes

Cost \$100 M / \$110 NM

(min 5 - max 16)

Instructor: Kaley

Get your fitness HIIT (High Intensity Interval Training) with this amazing high energy class! An intense hour comprised of high intensity cardio intervals with strength training and core exercises for a total body workout to maximize your calorie burning and fitness results. This class is designed to push you to your maximum effort; step up to the challenge! All levels are welcome to this self-paced class.

Hula Hoop Fit and Tone

Friday: 5:00pm-6:00pm

January 19 - March 23, 10 classes

Cost: \$110 M / \$120 NM

(min 5 - max 12)

Instructor: Trina

Hula Hooping is a fun and exciting form of self-expression that will give definition to your abs, tone your arms, and nurture your confidence; all levels welcome! Each class includes yoga stretches, followed by a full body low impact cardio workout, a cooldown and relaxing stretching. You will learn belly hooping, hula

hooping with your feet and multiple hoops! This is a great chance to find your own groove and really dance like no one is watching. We provide the hula hoops and Yoga mats.

Pickleball (drop-in)

Friday: 10:15am - 12:30pm

January 12 - March 23

Cost: \$2 drop-in / \$10 for a 5 visit pass / \$20 for a 10 visit pass

6 courts available

All levels are welcome!

Indoor Walking Club (drop-in) *NEW*

Monday and Wednesday 12:00pm - 12:50pm 22

sessions

January 10 - March 28

Cost: \$15 or \$1 drop-in

Enjoy walking in our huge double gym and stay active and fit this winter! Each day will have a new walking route, multiple direction changes, optional obstacle course, all in a safe and social environment! Tables, chairs and water are available. Please bring clean indoor shoes and a water bottle.

Beginner Line Dancing (level 1)

Wednesday: 9:40am-10:40am

January 10 - March 28, 12 classes

Cost: \$105 M / \$115 NM

(min 5 - max 16)

Instructor: Joe

Line dancing is for fun and fitness- no partner required! Learn new dances in a supportive and welcoming environment; improve your balance, focus, strength and coordination. Instructor Joe creates a wonderfully social environment and has 25+ successful years of teaching line dancing. If you ever wanted to try line dancing, this is the ideal time and opportunity!

Experienced Line Dancing (level 2)

Wednesday: 10:45am-11:45am

January 10 - March 28, 11 classes

Cost: \$105 M / \$115 NM

(min 5 - max 16)

Instructor: Joe

Continue the fun in this next level of Line Dancing. Build on what you have learned in the Beginner class. A number of new dances will be taught with even more fun to be had! Instructor Joe will continue the easy learn-

ing, fun and laughs in this next step in your Line Dance journey.

Prerequisite: Beginner Line Dance Level 1

Worth the Weight!

Tuesday: 6:35pm-7:35pm

January 16 - March 27, 11 classes

Cost: \$100 M / \$110 NM

(min 5 - max 16)

Instructor: Kaley

One of the most important parts of our fitness routines is often the part that we neglect to include as often as we should- weight training. Starting with a cardio warmup, a combination of light, moderate and heavy weights are used for a total body workout designed to create lean, strong muscles, help burn calories, and boost your metabolism! All levels of fitness are welcome, all equipment provided. Each class ends with core work and stretching.

Weekend Worth the Weight! *NEW*

Saturday 10:00am-11:00am

January 13 - March 24, 10 classes

No class on February 17

Cost: \$90 M / \$100 NM

(min 5 - max 16)

Instructor: Kaley

Crank up your weekend with a total body workout! More cardio and a fresh new weight workout each week will super energize your Saturday. Starting with a progressive warmup, this self-paced class challenges you to gain strength, cardiovascular fitness and flexibility. Use hand weights, medicine balls, tubing, and other equipment for an awesome weight workout! Each class ends with core work and stretching. All levels of fitness are welcome, all equipment provided.

ADULT YOGA PROGRAMS

Teachers may choose to use essential oils to enhance your experience. Please share any sensitivities you may have with your teacher.

Yoga at Your Level

Mondays 8:00pm-9:00pm

January 15 - March 26, 10 classes

No class: February 19

Cost: \$110 M / \$120 NM

(min 5 - max 14)

This class will fill

quickly

OR

Wednesday:

5:55pm-

6:55pm

January 17 -

March 28, 11

classes

Cost: \$120 M /

\$130 NM

(min 5 - max 16)

This class will fill

quickly

Instructor: Gladys

Have you always felt intimidated by large group yoga classes in the studios around town? Worried that you'll be the least flexible person in the room? Yoga at Your Level is the answer! Our instructor, Gladys, tailors all her classes to suit the group she's working with. She will adjust and help you to have you feeling like a true Yogi in no time! Learn about the basics of yoga and never feel left out again. All yoga props provided. You are welcome to bring your own mat or borrow one of ours.

Gentle Yoga *NEW*

Tuesday: 8:00pm-9:00pm

January 16 - March 27, 11 classes

Cost: \$100 M / \$110 NM

(min 5 - max 16)

Instructor: Caroline

Boost your energy and calm your mind in this self-paced class. Learn comfortable positions and use yoga props (provided) to increase strength, flexibility and balance, both physically and mentally. Taking special consideration of any injuries and limitations you may have, modifications are provided for all levels. Relax and rejuvenate!

Yoga Sampler *NEW*

Tuesday: 4:30pm- 5:30pm

January 16 - March 27, 11 classes

Age: 19+

Cost: \$80 M / \$90 NM

(min 7 - max 18)

Instructor: Tracey

A fresh new class each week is a wonderful way to experience the many types of yoga that are available. Discover Hatha, Yin, Restorative, Flow yoga and experience



themed classes such as yoga for healthy backs, supple hips and so much more! Gain strength, flexibility and balance in a welcoming and supportive environment. No yoga experience required!

Note: Tiny Dancers runs at the same time as this class. Treat yourself to a yoga class and your 3-5 year old to the joy of dance!

Note: Teens are welcome to join this class at a reduced rate. Make this a mother-daughter activity!

50+ ACTIVE LIVING PROGRAMS

50+ Yoga

Tuesday: 10:00am – 11:00am
January 16 - March 27, 11 classes

OR

Thursday: 10:00am-11:00am
January 18 - March 29, 11 classes

Cost: \$83 M/ \$93 NM

(min 5 - max 20) These classes will fill quickly.

Instructor: Tracey

Immerse yourself in a kind, supportive and social environment. Learn gentle ways to keep your joints moving, muscles flexible and your mind relaxed. All levels welcome and options are provided to create a safe and comfortable experience

for everyone. Each class includes a gentle introduction, progressive mobility, standing and then seated yoga moves, followed by a delightful final relaxation.

Note: If you are not comfortable getting up and down off the floor, please consider registering for Gentle Chair Yoga.

50+ Gentle Chair Yoga *NEW*

Wednesday: 2 - 3:00pm UPDATED DAY
January 17 - March 28, 11 classes

Cost: \$83 M/ \$93 NM
(min 5 - max 16)

Instructor: Caroline

No getting down and up off the floor in this class! We

use a chair to create an enjoyable and safe environment to improve range of motion, balance, flexibility and strength. Taking special consideration of any injuries and limitations you may have, each class is personalized to your individual needs. Treat yourself to a relaxing and rejuvenating Friday! All levels are welcome.

Note: If you are unsure if this class is for you, please contact Caroline, Mid-Sun Facility Coordinator at 403 254 8054.

50+ Fit and Fabulous

Monday: 10:15am-11:15am

January 15 - March 26, 10 classes

No Class February 19

Cost: \$75 M/ \$85 NM

(min 5 - max 20)

Instructor: Tracey

This class is designed for you to improve your overall fitness level. Each class starts with a gentle warmup, easy to follow cardio fitness, hand weights, abdominal exercises and stretching. Improve your strength, balance and overall fitness in a self-paced class! All levels are welcome.

50+ Simple Step Fitness *NEW*

Friday: 11:00am-12:00pm

January 19 - March 23, 10 classes

Cost: \$75 M/ \$85 NM

(min 5 - max 18) This class will fill quickly.

Instructor: Caroline

This non-impact fitness class involves stepping up and down on an adjustable platform. Strengthen your legs, hips and core, improve your balance and coordination, and gain joint mobility. Learn simple moves and combine them into easy to follow routines for a great cardiovascular workout; yes, you will sweat! Body toning with weights and a delightful stretch complete a total body workout.

Note: Unsure if this class is for you? Call Caroline at Mid-Sun at 403 254 8058 to ask questions or arrange for a demonstration.

50+ Zumba Gold

Tuesday: 11:15am-12:15pm

January 16 - March 27, 11 classes

Cost: \$83 M/ \$93 NM

Instructor: Julie

Dance like no one is watching! This class is perfect for adults looking for a fun Latin-inspired class with easy to follow moves, all at a moderate intensity. Improve

you balance, mobility and joint range of motion in a fun and social environment.

Beginner Line Dancing (level 1)

Wednesday: 9:40am-10:40am

January 10 - March 28, 12 classes

Cost: \$105 M/ \$115 NM

(min 5 - max 16)

Instructor: Joe

Line dancing is for fun and fitness- no partner required! Learn new dances in a supportive and welcoming environment; improve your balance, focus, strength and coordination. Instructor Joe creates a wonderfully social environment and has 25+ successful years of teaching line dancing. If you ever wanted to try line dancing, this is the ideal time and opportunity!

Experienced Line Dancing (level 2)

Wednesday: 10:45am-11:45am

January 10 - March 28, 11 classes

Cost: \$105 M/ \$115 NM

(min 5 - max 16)

Instructor: Joe

Continue the fun in this next level of Line Dancing. Build on what you have learned in the Beginner class. A number of new dances will be taught with even more fun to be had! Instructor Joe will continue the easy learning, fun and laughs in this next step in your Line Dance journey.

Prerequisite: Beginner Line Dance Level 1

Be Balanced: Fall Prevention

Monday: 11:00am-12:00pm

January 15 - March 26, 10 classes

Age: 60+ or by approval from Facility Coordinator
call 403-254-8058 for more information

Cost: \$60 M / \$70 NM

(min 6 - max 12)

Instructor: Katie

Maintain your independence! Exercise and Fall Prevention Programs help you stay healthy, active, and mobile. If you have fallen or are concerned about falling, this class is for you! Each class starts with a gentle warmup, gentle cardiovascular fitness, strength work, a cooldown and relaxing flexibility. A chair is used for confidence and support. This class is completely self-paced and Katie will provide modifications to ensure you feel comfortable and safe during the class.

Note: This class is held in our Meeting room on the ground floor of the Community Association. No stairs required!

Pickleball (drop-in)

Friday: 10:15am – 12:30pm

January 12 - March 23

Cost: \$2 drop-in / \$10 for a 5 visit pass / \$20 for a 10 visit pass

6 courts available

All levels are welcome!

Indoor Walking Club (drop-in) *NEW*

Monday and Wednesday 12:00pm - 12:50pm 22 sessions

January 10 - March 28

No class on Monday February 19

Cost: \$15 or \$1 drop-in

Enjoy walking in our huge double gym and stay active and fit this winter! Each day will have a new walking route, multiple direction changes, optional obstacle course, all in a safe and social environment! Tables, chairs and water are available. Please bring clean indoor shoes and a water bottle.

CHILL OUT FRIDAY WORKSHOP SERIES *NEW*

End your week with the ultimate relaxation experience!

Restorative Gentle Yoga *NEW*

Friday: 7:30pm – 9:00pm

January 26

Cost: \$10

(min 5 - max 16) This class will fill quickly

Instructor: Caroline

Lounging on cushions on a Friday night...yes please! The entire class is spent lying on a yoga mat enjoying delightfully relaxing yoga positions, while fully supported by blankets, bolsters (cushion), and foam blocks. Each position is held 5 to 10 minutes to gain all the therapeutic benefits and the ultimate chill out experience. Individual attention will be provided by Caroline to ensure that everyone feels as comfortable as possible!



Yoga Nidra *NEW*

Friday: 7:30pm – 9:00pm

February 23

Cost: \$10

(min 5 - max 16) This delightful experience will fill quickly

Instructor: Stacey

Discover an amazing way to chill out!. The entire class is spent lying comfortably on a yoga mat while listening to a guided relaxation for body, mind and spirit. The result is an amazing sense of calm and reduction of mental stress and physical tension. An absolutely delightful experience! Try it with a friend!

Make your Own Tea Blend *NEW*

Friday: 7:30pm – 9:00pm

March 16

Cost: \$15

(min 6 - max 16) This workshop will fill quickly

Instructor: Stacey

Would you like create your own personal tea blend? Stacey will share how to discover the perfect tea for you and how to source the ingredients, prepare, store and package you own creation. Learn, smell, feel and taste in this fun and informative evening. Treat yourself!



Contact us!

Your feedback is always appreciated. We value the time you take to share your experiences with us and respect your privacy. We build our classes around what works for you!

Email: programs@midsun.org phone: Caroline, Facility Coordinator at 403 254 8058

Giving Back at Mid-Sun

We have volunteer opportunities available for you to give back to your community. A few hours of your time at a special event is greatly appreciated and a great way to meet like-minded people!

Our instructors live locally and have an interest to share. Do you? We are always keen to add new and exciting classes!

Email: programs@midsun.org

Phone: Caroline, Facility Coordinator at 403-254-8058

MID-SUN BONUS PROGRAMS

Tiny Nutcracker Dancers Age: 3-5

Tuesday: 4:30pm – 5:15pm

December 5 – 12, 2 classes

Instructor: Karen

Cost \$16

(min 6 – max 12)

Enjoy a delightful class with Miss Karen while learning all about the Nutcracker ballet. Each day we will discuss, explore and perform a lovely dance from the most popular Christmas tale on stage. All levels welcome to this pre-dance class that is held in a real dance studio with mirrors and Barres.

Yoga at Your Level

Wednesday: 5:55pm- 6:55pm

November 29 – December 13, 3 classes

Cost: \$25

(min 5 - max 16) This class will fill quickly

Instructor: Gladys

Have you always felt intimidated by large group yoga classes in the studios around town? Worried that you'll be the least flexible person in the room? Yoga at Your

Level is the answer! Our instructor, Gladys, tailors all her classes to suit the group she's working with. She will adjust and help you to have you feeling like a true Yogi in no time! Learn about the basics of yoga and never feel left out again. All yoga props provided. You are welcome to bring your own mat or borrow one of ours.

Worth the Weight

Tuesday: 6:30pm-7:30pm

November 28 – December 12, 3 classes

Cost: \$25

(min 5 - max 16)

Instructor: Kaley

One of the most important parts of our fitness routines is often the part that we neglect to include as often as we should- weight training. In this class we will be using a combination of light, moderate and heavy weights to get a total body workout designed to create lean, strong muscles, help burn calories, and boost your metabolism! All levels of fitness are welcome, all equipment provided.

50+ Fit and Fabulous

Monday: 10:15am-11:15am

December 4 – 11, 2 classes

Cost: \$15

(min 5 - max 20)

Instructor: Tracey

This class is designed for you to improve your overall fitness level. Each class starts with a gentle warmup, easy to follow cardio fitness, hand weights, abdominal exercises and stretching. Improve your strength, balance and overall fitness in a self-paced class! All levels are welcome.

50+ Simple Step Fitness *NEW*

Friday: 11:00am-12:00pm

December 8 1 class

Cost: Free **Registration required to attend the class**

(min 5 - max 18) This class will fill quickly.

Instructor: Caroline

This non-impact fitness class involves stepping up and down on an adjustable platform. Strengthen your legs, hips and core, improve your balance and coordination, and gain joint mobility. Learn simple moves and combine them into easy to follow routines for a great cardio-

vascular workout; yes, you will sweat! Body toning with weights and a delightful stretch complete a total body workout.

50+ Yoga

Tuesday: 10:00am – 11:00am

November 28 – December 5&12, 3 classes

OR

Thursday: 10:00am-11:00am

November 30 – December 7&14, 3 classes

Cost: \$23

(min 5 - max 20)

Instructor: Tracey

Immerse yourself in a kind, supportive and social environment. Learn gentle ways to keep your joints moving, muscles flexible and your mind relaxed. All levels welcome and options are provided to create a safe and comfortable experience for everyone. Each class includes a gentle introduction, progressive mobility, standing and then seated yoga moves, followed by a delightful final relaxation.

50+ Zumba Gold

Tuesday: 11:15am-12:15pm

November 28 – December 12, 3 classes

Cost: \$23

Instructor: Julie

(min 5 - max 20)

Dance like no one is watching! This class is perfect for adults looking for a fun Latin-inspired class with easy to follow moves, all at a moderate intensity. Improve you balance, mobility and joint range of motion in a fun and social environment.



Never miss garbage day with free reminders

If you're finding it hard to remember your blue, green, and black cart schedule, The City of Calgary has you covered.

- Visit calgary.ca/collection to:
- Print off a calendar
 - Sign up for free reminders – by email, text message and phone
 - Download the Garbage Day app for Apple and Android devices

Remember to bag your plastic bags before recycling
Plastic bags can be recycled in your blue cart – but they must be bundled into one plastic bag and tied closed first.

Loose plastic bags jam up the equipment at the recycling facility and contaminate the good recyclables. Loose bags do not get recycled and end up in the landfill.

Bag these types of stretchy plastic bags together for recycling:

- Plastic grocery bags
- Sandwich/Ziploc bags
- Dry cleaning bags
- Bread bags
- Vegetable and produce bags
- Saran wrap/cling wrap
- Bubble wrap

Learn more about what can go in your blue cart at calgary.ca/recycling.



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587-885-1783
anna@dlegal.ca | dlegal.ca
63 Shawmeadows Place SW

Lake Facilities
63 Suncrest Way SE
Calgary, Alberta, T2X 1T9

Lake Hours: Normal Hours: 9:00 am – 10:00 pm
Facility Bookings: To book the Cookshack, Sundance Room or Meeting Rooms contact Terri

Phone Lake Office: 403-256-4728
Fax Lake Office: 403-256-9677
Email: lakesundance@telus.net
Website: <http://www.lakesundance.org>



Family Christmas Party – December 16th from 4-7pm
Santa is coming to Lake Sundance! Drop by for a hayride with Santa and enjoy some cake and hot chocolate. There will be skating, tobogganing and crafts.

Family New Year's Eve Party – December 31st from 7 - 9:30pm
Join us in the banquet room for music, dancing, and entertainment provided by magician Richard Rondeau as we welcome 2018. We'll do an early countdown for the kiddies, with fireworks at 9 pm. Ticket price includes party favors, snacks, and non-alcoholic beverages.

Tickets will be available at the lake office starting Dec 1st for a charge of \$25 per member family. ** Tickets are limited and are available in advance **only**. At purchase time, you must provide a list of household members who will be attendance, for supply purposes. ** If there are still tickets available as of Dec 15th, then members may purchase 1 ticket for a non-member family at a cost of \$35.00 per family.

New Year's Eve Fireworks Display
Lake Sundance will be offering a New Year's Eve fireworks display on December 31st at 9 pm.

This display is open to all members & guests. Members do NOT need to purchase tickets to enter the park to watch the fireworks.

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FLC SENIORS CLUB 55+:(Based out of Trico Centre SE) Tai Chi, call Juliette 403-225-1593 or email taichi@flcseniors.ca. Line Dancing, call Ann 403-254-9181 or email linedancing@flcseniors.ca. Winter session starts January 2018. For more activities, visit www.flcseniors.ca.

 CALGARY POLICE SERVICE

District 8
Mid-Sun Service Centre
450 Mid Park Way SE
Phone 403-428-6800

Office Hours
Monday to Friday 9:00 am – 7:00 pm
Saturday & Sunday 8:00 am – 6:00 pm
Closed Holidays

CHURCHES

Sunwest Christian Fellowship	403.254.2823
Tree of Life Lutheran Church	403.726.0911
St. Paul's Anglican Church	403.256.1428
Deer Park United Church	403.278.8263
First Alliance Church	403.252.7572
All Saints Lutheran	403.256.0262
Lutheran Church of Our Saviour	403.253.1453
New Hope Community Church	403.256.2772
Fairview Baptist Church	403.252.1704
Spiritual Community Church of the West	403.225.4331
Red Deer Lake United Church	403.256.3181
The Church of Jesus Christ of Latter Day Saints	403.254.8679
Canyon Creek Christian Fellowship	403.256.3167
Campbell-Stone United Church	403.708.7729
Southview Church	403.873.5223
Knexions Church	403.256.4722
Bonavista Baptist Church	403.271.6969

Mid-Sun Community Association

50 Midpark Rise S.E. T2X 1L7 • Tel: 403-254-8058
Fax: 403-256-3736 • www.midsun.org

MID-SUN OFFICERS

President	Mark Schmidt
Vice President	Chris Bernardi
Treasurer	Keith Pedersen
Secretary	Patsy McNish
Past President	Angus Macdonell

MID-SUN DIRECTORS

Director of Operations	Keith Pedersen
Director of Fundraising	Rose-Marie McKinnon
Director of Community Relations	Kim Taylor
Director of Planning & Development	Chris Bernardi
SFC Recreation Rep	Doug Bouwmeester
Traffic Committee	Vacant
Trico/FLC Rep	Jeff Pratt
Garden Committee	Kim Taylor
Playground Liaison	Erin Delamont
Members at Large	Devin Elkin

CONTACTS

Mid-Sun OOSC Program	Servicing Mother Theresa and FJW 403-254-8058 ext. 229 childcare@midsun.org
Midnapore OOSC Program	Servicing Midnapore School 403-254-0288 midnaporeoosc@midsun.org
MLA	Graham Sucha Graham.Sucha@assembly.ab.ca
Ward 14 Councillor	Peter DeMong ward14@calgary.ca

MISTLETOE MURDER

In Norse Mythology, the god of mischief, Loki, tricks the blind god Hod into fatally shooting his brother Baldr with a mistletoe-tipped arrow. Mistletoe was the only thing that hadn't promise not to hurt him, which was why it was able to harm him.

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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Midnapore and Sundance. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

ELECTRICITY IS NOT A HOBBY: Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

PLUMBING PARAMEDICS: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our seniors' discount.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

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RESIDENTIAL AND COMMERCIAL SNOW REMOVAL: Locally owned, family business working in your neighbourhood available for snow removal. Seasonal, monthly, and vacation coverage quotes. Call/text Mike at 403-510-6465. See us on Facebook or visit our website at www.amberproperty.ca.

LOVING MIDNAPORE DAYHOME: Accepting full-time, part-time and before and after school care for children. Ages 10 months and up. Over 25 years' experience educating and caring for children. Fully registered. Smoke-free, pet-free, home-cooked organic meals. Walking distance from 3 schools. Call Andrea 403-254-0879, lakam@telus.net.

WELL EXPERIENCED HOUSE CLEANER AVAILABLE: Very thorough. Excellent references. I do weekly, bi-weekly or monthly cleanings. I also specialize in post construction clean ups, move in or move out cleanings as well. Please call Malou at 403-698-3958.

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HARDWOOD FLOOR INSTALLATION: Prefinished, unfinished, laminate damage repair. Quality craftsmanship. For estimate call Les at 403-236-7991 or 403-399-0243.

HAVE A SMALL BUSINESS? Launching a new venture? Start your accounting and bookkeeping off right. It costs less than you think and you'll save money and headaches later on. Can also manage payroll, and personal, corporate and self-employment taxation. Minimize taxes, maximize profits. Call/text/email Claudia 403-819-0421 or ctiefisher@bowriverbusiness.com.

IN GOOD HANDS HOME AND PET CARE: Long hours? Vacation? We are insured, located in Midnapore, and service surrounding communities. Our services include dog walking, kitty care, house checks and snow removal. We also provide in "Our home" care for select dogs. 403-796-7455. ighmike@shaw.ca and Facebook.

BELLY DANCE CLASSES AT MIDSUN COMMUNITY ASSOCIATION: 50 Midpark Rise SE, Midnapore studio, every Friday at 6:30 pm. Zumba classes on Saturdays at 11 am, starting October 21. \$10 drop-in. Tel. 403-816-3775.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

LAWYER/NOTARY: Professional client-centered legal services for wills, power of attorney, personal directives, family law, (divorce prenuptials etc.) Real estate, and contract review. Kimberly DesLandes 212, 20 Sunpark Plaza SE. Call 403-998-7872 or email kim@strathmorelaw.ca.

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ELEMENTS PLUMBING & HEATING: Residential service work, including: repairs and installations, water heaters, furnaces, gas lines, and renovations. Free estimates and flexible hours. Professional service at affordable rates. 403-281-8089. www.elementsplumbing.ca.

GIBBS ELECTRICAL SERVICES LTD: Family owned and operated since 2010. Offering all residential and commercial electrical services. Master Electrician with over 17 years of experience. WCB coverage, fully insured and bonded. For our current specials and your free estimate please call Chris at 403-710-4411. Visit us online at www.Gibbs-Electric.com.

EXTERIOR WORKS: Siding, soffit, fascia, and eaves trough, new or repair. Smaller projects, such as gates, fences, decks, general repairs. Call Fred 403-861-2610 for a quote.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TV's, concealed audio/video wiring, computer setup and repairs, general cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

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MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

ULTIMATE ELECTRIC LTD: Licensed master electricians. Commercial, residential electrical installation and service. LED lighting and power, fire alarm, security systems, solar installations, troubleshooting, testing and electrical permits. Tel. 403-689-4161 for prompt reply.

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