

Mid-Sun messages

THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER

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FEBRUARY 2017



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February 2017



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MID-SUN COMMUNITY ASSOCIATION

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 info@midsun.org | www.midsun.org

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bookings@midsun.org

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Mid-Sun Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

PRESIDENT'S MESSAGE

Okay, we're getting up to speed with hall and community-area happenings, albeit slowly. Here's some of the latest news:

The renovations continue apace at the Mid-Sun hall, still on time or slightly ahead of schedule, as far as I can tell. There was a slight hiccup with the OOSC being unable to open for a week, for which we profusely apologize; but it was out of our hands, being a safety issue. Beyond that, I've toured the construction site, and am impressed with the work. The hall will only be slightly different in appearance internally, but much needed changes will make it a more practical and comfortable space for users and staff alike.

MLA Graham Sucha informed the Mid-Sun CA board in early January that shovels should be in the ground to start construction of the SW portion of the ring road by springtime. Having seen and heard much surrounding this endeavour over the years - none of it all that progressive as far as actually creating the thing - I'm yet going to go out on a limb and state that I believe him. There is a caveat, nevertheless - some access points along the proposed route of the road are still up in the air as to when construction might begin on them, a matter of securing contractors and organizing the logistics to keep traffic moving in the mean time. I'll keep you updated as I learn more, but you can also check Graham's Facebook page (<https://www.facebook.com/grahamndp/>) for more timely information on this and other community news.

Alderman Peter Demong's assistant (and former Mid-Sun CA Prez) Devin Elkin informed the CA board at the same aforementioned meeting that the City is looking at enhancing the design and purpose of Midlake Boulevard, the street that runs through the center of Midnapore past the community hall and lake, for those of you who don't know it. The idea is to make this space something beyond a mere thoroughfare, perhaps mirroring some others in the city that have wider sidewalks, traffic restrictions along some portions (say, on Sundays between certain hours in the summer), special events, more green spaces, or things of that nature to make the street more pedestrian- and community-friendly. I envision it becoming a major focus for community events, a space that draws residents and non-residents alike

because of its attractiveness, usability, and potential event activity. Bear in mind it will be a lengthy process to get to the development stage, but if you've ideas for utilizing or prettifying the space, feel free to share them now. No time like the present, especially in light of the fact that if we don't present our own ideas from the get-go, we may get something we're not all that happy with. E-mail your suggestions to president@midsun.org.

Volunteers are required to help with the Community Clean-Up scheduled for the weekend of May 6th-7th. You don't have to do any actual cleaning; mostly people are needed to help direct residents to the dumping area (Centennial School, I believe), and to be on-site during the event. Contact Kim Taylor (communityrelations@midsun.org) to sign up, or for further information.

That's it for this month; I'm late getting this in, so no time to wax eloquently on anything and everything. I hope you're enjoying the weather - no matter what it's doing - and that you'll give me some feedback on this space or any other community-related subject. See you next month!

Angus Macdonell

Trivia

Black History Month



The 21st Black History Month is celebrated this February, it was formally recognized following a motion introduced in the House of Commons by the first black Canadian woman elected to Parliament, the Honourable Jean Augustine.

DIRECTOR OF COMMUNITY RELATIONS REPORT

Kim Taylor • 403-466-8388

Happy New Year!

Well one month too late, but the sentiment is there. This is my first community newsletter as Director of Community Relations and hopefully, not my last. 2016 was such a flurry of activity that one had barely enough time to catch one's breath. Hopefully going forward 2017 will be equally exciting, but at least marginally more organized.

A couple of things that I would like to bring to your attention that occurred in 2016, that were overwhelming successes were events like our Community Clean Up, our Free Mulch Giveaway, our Spring Plant Share and our Halloween Event for families.

Each of these events were very well attended. Many members of the community were very happy with MidSun Community Association being able to offer these events to our residents. We are looking to recreate each of these events in 2017 and will be working closely with our Partners at Midnapore Lake and Sundance Lake to ensure that we are offering community events that benefit all of us and ensuring that we are all working together to offer fun and exciting events in our communities.

COMMUNITY CLEAN UP

Please mark the date Sunday, May 7, 2017 in your calendars. This will be our Community Clean Up date for this year! In addition to our regular city garbage and recycling bins, we will have a metal recycler, paper shredding, a donation bin for good condition, used items and several other related recyclers.

Accountant Stanley Doherty, CPA, CMA

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English 403-257-1582 • Español 403-457-4829

Please refer to MidSun Messages for more information, as we get closer to the date!

CORPORATE COMMUNITY MEMBERSHIPS

2017 brings some exciting new programs to our community. We have a brand new, absolutely, incredible opportunity for businesses to promote themselves within the Midnapore and Sundance area this year. We are offering MidSun Corporate Memberships that will give you free advertising (business card size/format) in the MidSun Messages every month, for one full year. In addition to this, we will draw a corporate membership every month and do a (full page) highlight of the winning business, so you will be able to attract new customers and really have them get to know you and your products.

In addition to the print advertising, we will promote our corporate memberships through our various social media and online presence. We are making a full out effort to promote our local merchants and developing new and exciting ways for our community members to be aware of the many valuable businesses that our community offers.

How can your business participate in this program? First off, you will need to come up with your own "special offer" for the residents in the Midnapore and Sundance communities. Members should be able to access this special offer by showing their community membership card when shopping at your establishment.

Secondly, you will need to provide us with a business card sized ad, that we can submit on your behalf to the MidSun Messages publisher, through our program. (Ideally, this will also show what your offer is to MidSun residents).

Thirdly, you can contact the MidSun Community Association to advise that you would like to participate in this program either by calling or emailing our office. We will then set up a time to come and visit your business and bring the contract to you, so that you can guarantee your place in the program.

If you are interested in becoming part of this program, please contact the community association at 403-254-8058, or you can email us at communityrelations@midsun.org.



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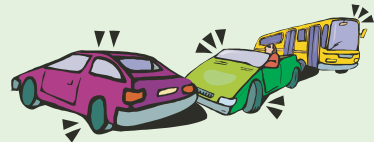
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HELP YOURSELF - HELP YOUR COMMUNITY



MESSAGES FROM THE BOARD 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

MID-SUN BUSINESS MEMBERS

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

Please Support Your Local Businesses.

- Impact Orthodontics
- Renfrew Educational Services / Sundance Centre
- Sundance Animal Hospital
- Great News Publishing

To join this list, please email programs@midsun.org



**Check out our new look!
Visit www.midsun.org**

Want a quick way to find out what's going on in Midnapore and Sundance? Check out our Facebook page for the most up to date info on community based sports groups, businesses, and local activities.

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www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836

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COMMUNITY GARDEN NEWS



So much going on in the world today, so it's so nice to be able to get back to our roots and start planning our 2017 Community Garden Goals. Over the course of last year, a few changes occurred and although there were some setbacks, we have definitely been able to grow and include many new members.

Our second meeting of the year will be Monday, February 13, 2017. Due to the renovations that are ongoing at the community centre, we will be having off-site meetings. If you are interested in becoming part of our team, please send an email to midsuncommunitygarden@gmail.com. Everyone is welcome to attend and we will be providing an address closer to the date.

We are also looking to have a full calendar of events this year. We are inviting members of our community and the City of Calgary at large to participate in our community garden by sharing their talents and knowledge of all things garden related.

If you or someone you know is willing to come and teach a craft, a garden seminar, share your love of making herb infused oils or butters, share some garden wisdom, then please contact us so that we can start compiling a list of interested parties.

If you have any gardening knowledge that you would be willing to share, be it Tip and Tricks, identifying Pests or Partners, building a miniature garden or fairy gardens, anything along those veins, we would love to hear from you!

We are also looking for some inspiring new writers. We are looking for anyone that might be taking journalism at school, or a hobbyist writer to help us with our blog and social media campaigns. This would be ideal for someone who is passionate about writing and has an interest in community and gardening. If you would be interested in possibly coming in to help out, please feel free to contact Kim Taylor at 403-466-8388 to discuss your ideas.

We also have a few key positions available on our garden board. Specifically, we are in need of a Treasurer, a Volunteer Coordinator and a Vice Chair. If you or someone you know would be interested in assuming any of these positions, kindly send an email indicating your preference and we would love to meet with you!

Thank you to everyone who participated in our Garden last year and we are so excitedly looking forward to an even more incredible 2017! Happy New Year Everyone and we look forward to seeing you at the garden!

Kim Taylor
Chair - Midsun Community Garden
403-466-8388

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MID-SUN 55+



ESSENTIAL PHONE NUMBERS for SENIORS in CALGARY*

403-SENIORS (403-736-4677) - The Way In
Information, advice and help to connect to programs and benefits for older adults – business hours only. www.thewayincalgary.ca

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*

Drop-In Pickleball

Tuesday / Thursday: 8:00am – 10:00am
Friday: 10:00am- 11:30am
\$2 M / \$5 NM

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



“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 Stony 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 2015/2016. 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: Info@midsun.org
- Facebook <https://www.facebook.com/pages/Mid-Sun-Community-Association/293529344109836>
- Twitter @MidSunCommunity

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Facility Fees

Room	Regular Rates
Full Gym	\$80.00/hr
Half Gym	\$50.00/hr
Meeting Room	\$50.00/hr
Midnapore Studio	\$50.00/hr
Sundance Studio	\$45.00/hr

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For more information about rates and availability contact the Mid-Sun Community Centre
50 Midpark Rise SE, Calgary, AB T2X 1L7
403-254-8058 or bookings@midsun.org

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Methods of Registration

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- 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).

Winter 2017

RECREATION PROGRAMS

A new year means new programs!

Programs have started, but it's not too late to register at a prorated cost.

Please see the website for the most recent, up to date information:
<http://www.midsun.org/online-registration/>

Sign up for Yoga while your little one is in the "Tiny Dancers" – Call for more info





preschool programs (age 3-5)

TINY DANCERS

Tuesdays: 4:30pm – 5:15pm until March 21

Ages: 3-5

Instructor: Karen Berry
Cost \$80 M / \$90 NM

Nurture the dancer in your child. Encourage them to spin, pivot and pirouette across the floor. Help them learn even more by signing up for this class where they will be introduced to the basics of the dance world and they will be encouraged to love creative movement and expression. There's a tiny dancer in all children; this class gives them space to shine.

kids programs

BEGINNER BADMINTON *NEW*

Tuesdays 6:00-7:00pm until March 21

Ages: 8-13

Cost: \$85M / \$95 NM

This program is a fun way to develop proper technique and learn about the game. It will focus on techniques over competition, emphasis on fun drills and games with active movement.

GYM RATS *NEW*

Wednesdays 4:00pm-4:45pm until March 22

Ages: 3-5

Cost: \$45M / \$55 NM

This program is perfect for little ones with lots of energy who love to run and play. The emphasis on this class is FUN! Children will get to play games, sports, sing songs, and have tons of fun. The class is designed to promote physical, social, and emotional development.

RUGBY TOTS

Mondays: 6:00pm-6:45pm until March 27

Ages: 4-7

No class: February 20

Instructor: Kaley

Cost: \$55 M / \$65 NM

This class offers fun, structured play sessions of engaging and energetic games. The Program has been designed to develop children's physical literacy, psychological and social attributes, as well as gently encouraging rugby specific skills such as how to catch, pass, kick, run with the ball, and play as part of a team. This creates an atmosphere in the class that is totally unique and engaging.

ROOKIE RUGBY

Mondays: 6:00pm-7:00pm until March 27

Ages: 8-12

No class: February 20

Instructor: Luke

Cost: \$55 M / \$65 NM

The game of Rookie Rugby is played with flags to replace the action of tackling. Rookie Rugby is an easy to play game for all ages! The rules are simple, the game is easy to learn and minimal equipment is required. Kids will learn sports skills that carry over to a multitude of sports as well as getting active.

YOUTH BASKETBALL

Thursdays: 5:00pm-6:00pm

Age: 6-9

OR

Thursdays: 6:00pm-7:00pm

Age: 10-13

until March 23

Instructor: Leslie Kwan

Cost: \$90M / \$100NM

Whether you are a beginning basketball player or you are striving to play in the NBA this class will teach you the fundamentals skills to be a successful player. Shooting, passing, ball handling, 1 vs 1 skills, moving without the ball as well as defensive concepts will all be covered in this fun class.

FLOOR HOCKEY

Thursdays: 6:00pm- 7:00pm

Age: 7-10

until March 23

Instructor: Eric Welde

Cost: \$80M / \$90NM

Come play the great Canadian classic

game of hockey! Introduce children to the fundamental concepts of the game in a fun, supportive, non-competitive environment. Coach Eric will zero in on skills like passing, shooting basic positioning, stick handling and goal tending in fun, exciting, skill-focused play. No experience required.

ALL-STARS: MULTI-SPORT

Wednesdays: 6:00pm-7:00pm until March 22

Ages: 8- 12

Cost: \$85 M / \$95 NM

Try: Hockey, soccer, football, baseball, basketball, volleyball, and rugby all in one class. Each day will be a new sport. Multi-sport classes are great for school aged kids. They help children develop natural athleticism, preparing them for later specialization, in a fun, non-competitive environment. And they're a great way to keep active kids from getting bored!

LITTLE ATHLETES: MULTI-SPORT

Mondays: 5:00pm-6:00pm until March 27

Ages: 4-7

Cost: \$80 M / \$90 NM

Try: Hockey, soccer, football, baseball, basketball, volleyball, and rugby all in one class. Each day will be a new sport. This class helps develop independence and build confidence by attending classes all by themselves. Instructors engage children with creative storylines. Children will develop physical literacy through play-based learn-

ing. Adults are asked to remain outside during classes to minimize distractions and encourage kids to participate on their own.

YOUTH DODGEBALL

Wednesdays: 5:00pm-6:00pm until March 22

Age: 8-12

Instructor: Steve-O

Cost: \$55M / \$65NM

OR

Fridays: 4:30pm-5:30pm

Age: 8-12

until March 24

Instructor: Steve-O

Cost: \$55M / \$65 NM

Dodge, Duck, Dive and Dip. This program provides participants with a supervised environment to learn this fast pace game and work on their ball handling skills.

YOUTH TENNIS

Tuesdays: 4:00pm-5:00pm

Age: 6-9

Tuesdays: 5:00pm-6:00pm

until March 21

Age: 10-13

Instructor: Scott from Universal Tennis

Cost: \$125 M / \$135 NM

Are you the next Eugenie Bouchard or Milos Raonic?

Come try tennis! Learn the basics of the sport and then play against your friends in a mini game. Join instructor Scott to learn the amazing game. Scott is Tennis Canada Certified (at the Club pro1 level). No experience necessary. We will provide the rackets.

ZUMBA KIDS

Tuesdays: 5:15pm-6:00pm until March 21

Ages: 5-9

Instructor: Karen Berry

Cost: \$90 M / \$100 NM

This class is perfect for our younger Zumba Fans. A rockin' high energy dance party packed with kid friendly routines set to their favourite music.

FAMILY YOGA *NEW*

Saturdays: 10:00pm- 10:45am until March 25

Ages: All ages

Instructor: Dasha

Cost: \$80M / \$90 NM

A FUN class using imagination to combine yoga poses with songs, activities, and games- Stretch, play and move as a family. The entire family can enjoy a fun filled class, with games, while learning breathing and relaxation techniques. Children will develop focus skills, body awareness, self-concept, confidence, creativity, communication skills and community through mindful movement and play.





ARTRAGEOUS

Tuesdays: 5:30pm-6:30pm
until March 21

Ages: 7-11

Instructor: Joy

Cost: \$90 M / \$100 NM

(All Supplies are included)

Come and discover the artist within you! This class will encourage kids to explore their creative side through a variety of arts and crafts. Learning different sketching techniques to fuel your passion and let your creativity soar!

teen programs

YOGA WITH TRACEY (TEEN)

Tuesdays: 4:30pm- 5:30pm

Age: 13-18
until March 21

Instructor: Tracey Short

Cost: \$60 M / 70 NM

Teen yoga is a dynamic flowing class which quickly builds strength, flexibility and focus. This class is great for teen athletes, as well as for teens liking to get fit in a non-competitive environment. Make sure you register as a teen to get a discounted rate!

TEEN DODGEBALL

Wednesdays: 6:00pm-7:00pm

Age: 14-17

until March 22

Instructor: Steve-O

Cost: \$50M / \$60NM

Dodge, Duck, Dive and Dip. We're bringing the exciting game of dodgeball to teens. Bring on the competition and sportsmanship that build friendship and promote fair play. Whether you win or lose, we believe in having fun, being spirited and having a great game.

art programs

WATERCOLOUR PAINTING: BEGINNER

Wednesdays: 7:00pm-9:00pm
until March 22

&

Thursdays : 10:30am – 12:30pm
until March 23

Instructor: Gabriele Lynch

Cost: \$160 M, \$170 NM (supplies not included)

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 Piece of Watercolour paper included.

WATERCOLOUR PAINTING: INTERMEDIATE

Thursdays: 7:00pm-9:00pm
until March 23

Instructor: Gabriele Lynch

Cost: \$160 M, \$170 NM (supplies not included)

Explore the world of watercolour painting 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. The beginner class must be completed prior to participation in this class. Register early as classes fill fast. One Piece of Watercolour paper included.

WATERCOLOUR PAINTING: ADVANCED

Fridays: 10:15am – 12:45pm
until March 24

Instructor: Gabriele Lynch

Cost: \$170 M, \$180 NM (supplies not included)

Do you love painting flowers, barns, landscapes and wildlife. If so, then our Watercolour Studio is for you! Bring your ideas and have a little extra coaching from Calgary artist Gabriele Lynch. Some experience in watercolour painting required, preferably having completed the first two sessions with Gabriele. One Piece of Watercolour paper included.

DRAWING

Tuesdays: 10:30-12:00pm
until March 21

Instructor: Michael Grills

Cost: \$145 M / \$155 NM

Learn to draw like the masters - for beginners. Using the simplest of tools, newsprint and charcoal, this beginners class will help you to become a much more confident artist.

Each week begins with a warm-up where we get rid of all the troubles of the week so we can focus on what we see. Then using tried and true techniques you'll learn to draw what you see. You'll learn to break down objects to line and shape and then realize them for what they really are. You get to draw the things you're interested in as we set up a unique still life every week with found objects from around your home. This is a relaxed beginner course but you'll be doing a lot of drawing

Topics include:

- really seeing.
- how to warm up before you draw.
- building a drawing from scratch.
- how to place your drawing on your paper.
- how to create a finished drawing.

ACRYLICS WITH ALEXANDRE

Wednesdays: 11:00am-1:30pm
until March 22

Instructor: Alexander Ivanov

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

Come Join established artist, Alexander Ivanov, in the art of acrylic painting. Use your own inspiration to create a masterpiece while learning techniques and methods of acrylics in a relaxed environment.

adult fitness programs

BASSBURN *NEW*

Tuesdays: 5:45-6:30pm
until March 21

Instructor: Karen Berry

Cost: \$90 M / \$100 NM

Bassburn is a dance-based fitness class for those who like to get down

to upbeat tunes. Your instructor will lead you through choreographed mini dance routines set to the latest DJ tracks. Enthusiastic beats will keep your energy high, your body grooving, and your heart pumping.

MORNING MADNESS

Thursdays: 8:45am-9:30am
until March 23

Instructor: Kaley

Cost \$75 M / \$85 NM

Get up and get moving! Get your workout in, first thing in the morning and start your day off feeling great. This is a great class for all levels of fitness! Participants are led through a multi-level class alternating between muscle conditioning and cardio drills. Modifications are provided to help you workout at your own level. The class will finish with a stretching to help you feel relaxed.

LOVE TO HULA HOOP

Fridays 5:00pm-6:00pm
until March 24

Instructor: Celeste

Cost: \$120 M / \$130 NM

These classes are total fitness for the mind & body. Hula Hooping stimulates your senses and heightens your energy level. Beginners welcome! Hula hoop class is designed to suit all levels of fitness and skill. This class is fun! Beginning with yoga stretches, followed by a full body, high cardio, low impact workout. You will learn belly hooping, hula hooping with your feet, one hoop, two hoops, three hoops, four, and then five Hula hoops separated



on your body! Always growing! This is a great chance to find your own groove and really dance like no one is watching. 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. We provide the hula hoops and Yoga mats.

CARDIO BLAST

**Wednesdays: 7:00-8:00pm
until March 22**

Instructor: Tracey Short

Cost: \$120 M / \$130 NM

Feel the difference cardio training can make. Kick, step and tone with our inventive Cardio Blast class.

A mix of kickboxing, Bootcamp, Step and low intensity cardio combining low and high impact moves, as well as core exercises to keep the body guessing at each class.

HIIT IT HARD

**Tuesdays: 5:30pm-6:30pm
until March 21**

Cost \$80 M, \$90 NM

Get your fitness HIIT (High Intensity Interval Training) with this amazing class! An intense hour comprised of high intensity cardio intervals with strength training for a total body workout to maximize your fitness results. This class is designed to push

each move to your maximum effort; you should feel completely wiped at the end of this class.

WORTH THE WEIGHT

**Tuesdays: 6:30pm-7:30pm
until March 21**

Instructor: Kaley

Cost: \$110 M / \$120 NM

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 dumbbell weights to get an "all over" workout designed to create lean, strong muscles, help burn fat, and boost your metabolism! All levels of fitness are welcome, all equipment provided.

BOOTY BARRE

**Tuesdays: 7:30pm-8:30pm
until March 21**

Instructor: TBD

Cost: \$120 M/ \$130 NM

The hottest fitness trend comes to Calgary. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

YOGA AT YOUR LEVEL

**Mondays 8:00pm-9:00pm
until March 27**

**No class: February 20
&**

**Wednesdays: 6:00pm- 7:00pm
until March 22**

Cost: \$110 M / \$120 NM

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. (Yoga mat provided).

YOGA WITH TRACEY

**Tuesdays: 4:30pm- 5:30pm
until March 21**

Age: 14+

Instructor: Tracey Short

Cost: \$65 M / 75 NM

Yoga is a dynamic flowing class which quickly builds strength, flexibility and focus. This ALL LEVELS class consists of a flowing practice designed to help you find foundational strength, freedom of movement and a connection to your



breath, helping you feel grounded, energized and inspired.

55+ fitness programs

55+ FIT AND FABULOUS

**Mondays: 10:30-11:30
until March 27**

No class: February 20

Cost: \$75 M/ \$85 NM

Instructor: Tracey Short

This class is designed for active people over 55 to improve your overall fitness levels. Using gentle, light weights and simple cardio exercises you can improve your strength and overall fitness. No experience necessary.

GENTLE STRETCHING AND FITNESS

**Mondays: 9:30-10:25
until March 27**

No class: February 20

Cost: \$50 M/ \$60 NM

Instructor: Kaley

Join this active class designed to enhance your cardiovascular/respiratory systems. Then maintain or

improve your bone density and balance with strength-building exercises. And finally, enjoy a 10-minute relaxation and stretch at the end of class to start your week off balanced.

55+ YOGA

**Tuesdays: 10:00am – 11:00am
until March 21**

OR

**Thursdays: 10:30am-11:30am
until March 23**

Cost: \$75 M/ \$85 NM

Instructor: Tracey Short

This class is designed for relatively active men and women over the age of 55. Emphasis in these classes is on balance, strength and flexibility. Classes are slow and gentle allowing everyone to work at their own pace. No experience necessary!

55+ ZUMBA GOLD

**Tuesdays: 11:05am-12:05am
until March 21**

Cost: \$75 M/ \$85 NM

Instructor: TBD

Perfect for adults who are looking for a fun Latin inspired dance class with easy to follow choreography at a lower intensity.

BEGINNER LINE DANCING

**Wednesdays: 9:40am-10:40am
until March 29**

(* 12 Classes)

Cost: \$95 M/

\$105 NM

Instructor: Joe Smith

Try line dancing for fun and fitness- No partner required. Focus is on enjoyment and FUN! *Beginner* friendly, gender friendly, age friendly, "two left feet" friendly, and a whole lot of FUN! Instructor Joe has 25+ successful years of teaching line dance! If you ever wanted to try line dancing, this is the ideal time and opportunity!

BEYOND BEGINNER *NEW*

**Wednesdays: 10:45am-11:45am
until March 29 (* 12 Classes)**

Cost: \$95 M/ \$105 NM

Instructor: Joe Smith

This program is for people who were in the Mid-Sun Fall beginner program or who know some basic, beginner line dances. Most of the dances taught in the Fall Session will be reviewed in the Winter





Session and a number of new dances will be taught. If you have some line dancing experience, this program is for you! Instructor Joe has 25+ successful years of teaching line dance! If you ever wanted to add to your line dance repertoire, this is the ideal time and opportunity!

55+ TAI CHI

Fridays:
10:30am-11:30am
until March 24

Cost: \$75 M/
\$85 NM

Instructor: Leslie Kwan

Tai Chi is a Chinese physical system used to improve and maintain health by using slow, smooth body movements to achieve a state of relaxation of both mind and body. Join instructor Leslie in this ancient exercise, which is a gentle way to improve balance, flexibility, bone strength and concentration.

BE BALANCED: FALL PREVENTION *NEW*

Thursdays: 1:15pm-2:00pm
until March 23

Age: 65+

Cost: \$55 M / \$65NM

Instructor: TBD

Exercise and Falls Prevention Programs help seniors stay healthy, active, and mobile. If you are 65 years old and older, you can join Exercise and Falls Prevention classes offered. Exercise classes focus on helping seniors stay active and improve and maintain balance, strength and mobility.

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WINTERFEST

Outdoor Winter Activities at Mid-Sun Community Association

Saturday, Feb 25th 2017: 50 Mid-Park Rise SE.

Join Mid-sun Community Association for our FIRST ever WINTERFEST. Bring your family and friends for this exciting winter celebration. Many of the events are free for the entire family. Try tobogganing, hot chocolate and apple cider, make your own taffy out of maple syrup, try snowshoeing or cross country skiing, and play a variety of outdoor games. Then come warm up inside with our cookie decorating, indoor games and winter crafts. Entry to this event is free. Tickets for selected activities can be pre purchased for a lower price.

Presales: \$20 for 20 tickets / At the Gate: \$30 for 20 tickets





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* According to the 2016 RBC Canadian Water Attitudes Survey



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 2016 to May 31st 2017

2016/2017 Memberships are free with valid I.D.

If you hold a 2015-2016 membership card, you must come into the centre if you wish to renew

MEMBERSHIP APPLICATION FORM

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

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Lake Midnapore Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	900,000	407,000	605,286	33	7
BUNGALOW	520,000	341,000	398,193	39	24
3 & 4 LEVEL SPLITS	500,000	366,000	427,350	19	5
BI-LEVEL	502,000	300,000	390,333	48	6
ATTACHED	360,000	267,500	311,429	50	21
CONDO	570,000	198,500	304,238	54	20

Lake Sundance Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,460,000	339,500	565,958	46	73
BUNGALOW	1,280,000	328,000	499,891	38	23
3, 4 & 5 LEVEL SPLITS	475,500	351,000	421,194	40	17
BI-LEVEL	472,500	436,000	450,875	32	4
ATTACHED	420,000	342,000	389,000	23	3
CONDO	397,500	320,000	349,825	53	4



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Plantar Fasciitis

Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneous) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Micro-current therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)

NEWS FROM MIDNAPORE LAKE RESIDENTS ASSOCIATION



HAPPY VALENTINES DAY!

We hope that you are enjoying skating and sledding this year. Please remember to keep your eye on Midnapore Lake's Facebook Page or website (www.midnaporelake.ca) for up to date ice conditions. In the event of poor or unsafe ice conditions there maybe occasions when we need to close the lake to skating and/or ice fishing.

FAMILY DAY

We are looking forward to our annual Family Day event. We hope to see you all at the lake on Monday February 20, 2017 for a day of skating, wagon rides, toboggan hill radar and a perch fishing derby. Hot dogs will be available for purchase for \$2.00 and there will be free hot chocolate. The event will run from noon until 4:00 pm and we will be accepting donations of non-perishable food or cash on behalf of the Calgary Food Bank. This event is for members and their guests. Please check the Facebook page or website (www.midnaporelake.ca) for up to date information.

HELMETS

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

LAKE FRONT HOMEOWNERS - Ice Conditions

We are approaching that time of the year when lake ice conditions can change very quickly. Homeowners, be aware that if you have built rinks on the ice, those areas which have heavily piled snow can crack and wash out beneath the snow making the area very unstable. Do check our website and Facebook page for any updates concerning lake ice conditions on the skate path and hockey rinks.

MIDNAPORE LAKE BOOKINGS

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



MidSun Real Estate Update

Last 12 Months MIDNAPORE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$399,450	\$381,250
November 2016	\$394,900	\$387,444
October 2016	\$359,900	\$355,000
September 2016	\$434,900	\$430,000
August 2016	\$410,000	\$393,000
July 2016	\$359,000	\$341,000
June 2016	\$380,000	\$380,000
May 2016	\$366,950	\$355,000
April 2016	\$386,394	\$385,875
March 2016	\$344,900	\$315,000
February 2016	\$405,900	\$395,000
January 2016	\$360,448	\$348,500

Last 12 Months SUNDANCE MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$539,900	\$530,000
November 2016	\$452,350	\$440,000
October 2016	\$489,900	\$472,500
September 2016	\$482,450	\$466,500
August 2016	\$489,900	\$476,500
July 2016	\$546,944	\$527,500
June 2016	\$499,900	\$481,500
May 2016	\$465,950	\$470,829
April 2016	\$522,400	\$513,500
March 2016	\$538,800	\$510,000
February 2016	\$476,950	\$467,750
January 2016	\$464,500	\$457,500

To view more detailed information that comprise the above MLS averages please visit midnapore.great-news.ca or sundance.great-news.ca

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IN & AROUND SCHOOLS



St. Philip Fine Arts Elementary School
13825 Parkside Dr. S.E., Parkland

Happy Valentine's Day from all the staff and students at St. Philip Fine Arts School!

In February, students will be participating in a Wellness Day, which introduces students to physical, mental, and spiritual well-being by taking part in activities in each of these areas. Wellness and resiliency are core ideas that we want students who attend St. Philip Fine Arts School to continue to live by throughout their lives.



Sundance School

February is a special time at Sundance School because we celebrate "Carnaval". We bring a bit of Quebec's Winter Carnival to Sundance for a fun filled evening for the entire family. Come and meet Bonhomme, skate on the lake, toboggan down the hill and much more. More information will be sent out soon.

We are also planning a movie night for families at the school on Thursday February 9th at 6pm. For those that were able to attend our movie night last year, it was a great success and a really unique experience for our students to have. Bring your pillow, blanket, and sleeping bag, or pull up a mat in the gym. Movie is to be decided but will be shown in English.

Teacher's convention is on February 16-17th this year. Sundance teachers will have the opportunity to explore, learn, and participate in workshops, discussions, and exhibits. There will be no classes for students during the convention.

Monday February 20th is Family Day. We at Sundance hope that you can take this day to reconnect with your own family and enjoy some time doing whatever makes your family happy!

All are invited to attend our School Council meeting on Wednesday February 22nd at 7pm in the library. This is a wonderful opportunity to meet other parents at the school, learn about what is happening at Sundance and to ask questions. We look forward to our Grade 2/3 and Grade 4 Regular Program teachers presenting at this meeting.

Have you subscribed to receive messages from the Calgary Board of Education and our school? To do so please go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe.

FEBRUARY MOON CALENDAR

	First Quarter Feb 3		Full Moon Feb 10		Last Quarter Feb 18		New Moon Feb 26
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Midnapore-Sundance mybabysitterlist

Name	Age	Contact	Course
Ariana	12	403-993-9146	Yes
Owen	12	587-277-5555	Yes
Lenore	12	587-703-0406	Yes
Abigail	13	403-875-7982	Yes
Dayna	13	403-256-0911	Yes
Kaija	13	403-701-1146	Yes
Brandon	14	403-570-9899	Yes
Samantha	14	403-686-7479	Yes
Grace	15	403-256-8802	Yes
Jadelyn	15	403-201-6628	Yes
Julia	15	587-888-6980	Yes
Cailin	15	jenwelsh2012@gmail.com	Yes
Cassidy	15	587-583-5418	Yes
Kaya	15	jenwelsh2012@gmail.com	Yes
Sophia	15	403-225-9309	Yes
Liv	15	403-619-6399	Yes
Rory	15	403-605-6558	Yes
Kaitlyn	16	403-200-7820	Yes
Kelsie	17	403-605-6558	Yes
Kayleigh	17	403-618-7605	Yes
Genelle	18	403-931-8811	Yes
Kendall	19	403-771-6386	Yes
Megan	19	403-993-2964	No
Nola	31	587-284-8149	Yes
Bridget	36	403-252-4450	Yes

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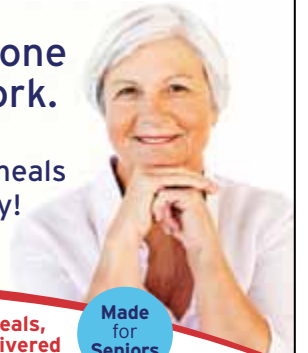
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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FRIENDS of Fish Creek

FRIENDS OF FISH CREEK MID-WINTER UPDATE Leaving a Legacy for Cherished Green Spaces and Healthy Families

**Public Information Session
Saturday, March 4, 2017**

2:00 pm at the Fish Creek Environmental Learning Centre

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to www.friendsoffishcreek.org/estate-2

The February Fish Creek Speaker Series Beaches, Birds, and the Boreal Forest – Lesser Slave

**Lake Provincial Park
Thursday, February 23, 2017 7:00 pm – 8:00 pm**
Presented by Ceiridwen Robbins, Visitor Services Co-ordinator for the Slave Lake District of Alberta Parks

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and \$5.00 for non-members. For more information or to register visit www.friendsoffishcreek.org/event/beach

Introducing Yo-Qi: A Wellness Experience
The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! “Yo-Qi” is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

- January 26** – Boost Your Immunity
- February 23** – Heart Opening
- March 23** – Spring Cleaning and Detox
- April 20** – Connecting to Earth
- May 18** – Gratitude for Mother (your own or Mother Earth!)

To register and for more information visit www.friendsoffishcreek.org/programs/wellness-clinics



Life.
We don't want you to miss it.™

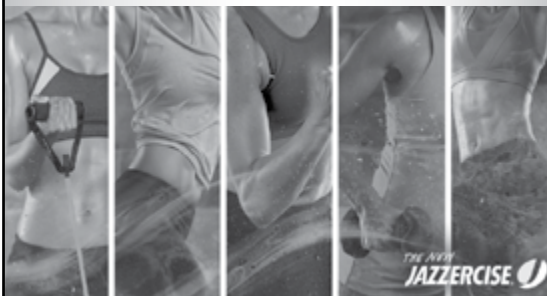
Heart & Stroke

Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at heartandstroke.ca

™ "The heart and / icon," "Heart&Stroke" and "Life. We don't want you to miss it." are trademarks of the Heart and Stroke Foundation of Canada.

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- New location: **20200 Walden Boulevard SE**

For further info:

- <http://southviewchurch.com/ministries/family-ministries/agapeland>
- Southview Church
 - 403-256-4922
 - Agapeland@southviewchurch.com



Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

In My Heart: A Book of Feelings by Jo Witek (Author), Christine Roussey (Illustrator)



*Sometimes my heart feels like a big yellow star, shiny and bright.
I smile from ear to ear and twirl around so fast,
I feel as if I could take off into the sky.
This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others

as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See www.tricocentre.ca for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See www.tricocentre.ca for schedule.

Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at www.tricocentre.ca.
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 - 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am - 6pm.

Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life-long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See www.tricocentre.ca for schedule and details.

TOPS weight loss programs

**\$48 membership/\$10 monthly dues
Meeting Thursdays at St. Paul's**

Anglican Church, 7 Sunmills Green SE
6:30 - 8:00 pm. For more info:

Jennifer (403) 244-9246

first meeting free

IN & AROUND CALGARY

Southland Leisure Centre

403-648-6576

MEND Mind, Exercise, Nutrition... Do it!

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. Ages 2Y - 4Y: A 10 week healthy eating and activity program for families.

Southland ProShop

"Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US Out"

Friday Night Dance Party at Southland Leisure Centre - February 24 from 7:15-10:00pm.

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!

Family Valentine's Crafts & Cookies

Tuesday, Feb 14 - 9:30 a.m. - 11:30 am and 6:30 p.m. - 8:30 p.m. - Family Valentine's Crafts & Cookies at Southland Leisure Centre

Celebrate family month and Valentine's. Make some Valentine's crafts for your family and friends and enjoy some light refreshments. Drop-in to our lobby!

Family Day Week-end Climbing & Gymnastics Drop-in
Sunday, Feb 19 - 3-5 p.m. - Family Day Week-end Climbing & Gymnastics Drop-in at Southland Leisure Centre. The whole family is welcome to our special Family Day week-end Climbing (Indoor rock Climbing) and Gymnastics Drop-in.

Drop-in Climbing and Gymnastics at Southland Leisure Centre

There's so much to do at Southland Leisure Centre!



Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

Drop-in Badminton and Basketball, Soccer, Pickleball at Southland Leisure Centre

Please see calgary.ca/recreation or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre.

It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

Babysitting Room at Southland Leisure Centre

Treat yourself to some 'me time' to workout or take a class. No bookings required for our Babysitting Room.

Mon - Sunday - 08:30am - 12:30pm, Monday-Thursday 04:00pm - 08:00pm

Reasonable rates for a well deserved break!

Calgary AfterSchool at Southland Leisure Centre

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available.

Cost: Free

Ages: 11 - 15

Day: Monday to Thursday, 3 - 6 p.m. and Fridays, 1 - 5 p.m.
Location: Southland Leisure Centre (2000 Southland Dr. SW)

Fridays, 7:30 to 10 p.m. Youth Night at Southland Leisure Centre

Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. Weekly planned active activities are also available. If swimming is your thing, admission also includes access to public swim in our waterpark. General youth admission applies.

IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

DR. GARY HARRISON, D.D.S. DR. LUKE SZOTT, D.D.S. FAMILY DENTISTRY

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Thursday	7:00 am - 7:00 pm
Friday	7:00 am - 2:00 pm
Saturday	9:00 am - 4:00 pm

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February 12th
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for ticket information

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South Health Campus (SHC) Wellness Centre

There is a lot happening in February in the Wellness Centre- we have something for everyone! Registration information can be found at www.ahs.ca/shcwellness or call 403-956-3939.

SHC Community Gardens – Community Engagement Invitation

Calling all gardeners, experienced and novice! Would you like to be involved in the South Health Campus Community Gardens as a planner, leader, labourer and/or gardener? We are expanding the gardens and invite interested community members to attend an open-house to learn more, get involved and share ideas to plan the community garden expansion.

Wednesday, February 8, 2017 6:00-8:00pm

The Cove (across from Good Earth Café)
South Health Campus, 4448 Front Street SE
Questions? Contact April at april.matsuno@ahs.ca or 403-956-3932.

Heart at Play: Raising Heart Healthy Families

Join us on Saturday February 11th 10:00am-1:00pm to explore heart healthy habits for life!
What to expect:
• Heart pumping activities
• Delicious cooking demos
• Q&A time with healthcare providers

- Blood pressure checks
- Healthy lifestyle information
- And more FREE family fun!

EMOTIONAL WELL BEING Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

February 3 12:15-1:15pm
February 23 6:30-7:30pm

Happiness Basics

4-week series begins February 8 4:30-6:30pm

Understanding Anxiety

February 8 10:00am-12:00pm (women only)

HeartMath

February 22 10:00am-12:00pm

HeartMath Practice Session

February 27 3:00-4:00pm

EMPLOYMENT SKILLS

Resume Writing

2-part series begins February 11 9:00am-4:00pm

HEALTH MANAGEMENT

Living Well with Diabetes

February 9 6:30-7:30pm

Getting Ahead of your Headaches

February 9 10:00-11:30am

Parkinson's 101

February 15 10:00am-12:00pm

Living Well on Prednisone

February 23 2:00-4:00pm

CAREGIVER SUPPORT

Family Peer Support Program

February 7 OR 21 5:45-8:00pm

Alzheimer's & Dementia: Care for the Caregiver

February 6 7:00-8:00pm

PARENTS/PARENTS TO BE

Nutrition for New Moms

February 2 10:00am-12:00pm

Feeding Your Baby

February 16 1:00-3:00pm

Getting Ready to be Pregnant

February 16 6:00-8:00pm

Story Time & Play Date

February 17 OR 24 10:30am-12:00pm

Play Therapy

February 27 6:30-8:00pm

FOOD, NUTRITION & COOKING

The Top 5 Tips to Reduce Calories

February 13 6:00-8:30pm

Dietitians in the Kitchen- Mediterranean Fusion

February 16 12:00-12:30pm

Eating Away from Home and During Special Occasions

February 28 6:00-8:30pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

BRAIN GAMES SUDOKU

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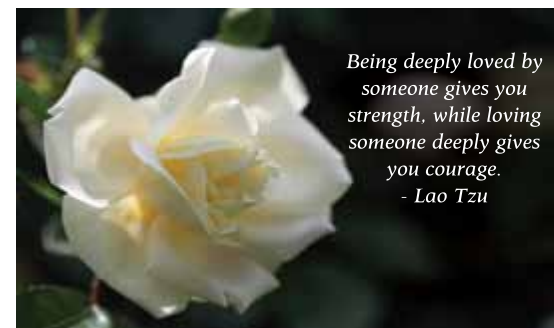
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HOME

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PERSONAL

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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 kdeslandes@shaw.ca.

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LULU'S GROOMING SALON: Professional all-breed dog grooming by award winning groomer, Lisa. I am home-based, located in Midnapore. Please call 403-462-2344 to book an appointment, or visit Lulu's Grooming Salon on Facebook.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

TUTORS / LESSONS

MATH, SCIENCE, PHYSICS, CHEMISTRY: Grade 6 to 12 IB, AP, SAT, GED, home-schooled, or CBE E-learning online students. I'm a sincere, caring, motivating and inspiring tutor with high standards of integrity who has helped thousands of students during the last nine years with one-on-one tutoring. 100% right decision guarantee and delivery of the results. Call 587-777-9689. www.mathtutorscalgary.ca.

MUSIC LESSONS: Voice, piano, guitar, ukulele. Classical, jazz, pop. Release your inner diva! Learn from a busy and versatile Calgary opera singer / performer! All ages, voice types, and abilities welcome. www.RosannaD.com. Call/text 587-998-9926.

GUITAR, PIANO AND FLUTE LESSONS: Experienced teacher. All ages welcome. Private lessons, classical and pop methods taught. RCM. practical and theory exam. preparation available. Suzuki classical guitar private and group. Daytime and evening lessons. For more information contact: mandy@sundancemusicstudio.com or call 403-256-7276, sundancemusicstudio.com.

PERSONALIZED TUTORING ONE TO ONE: Grade five - ten. Improve your child's learning/marks. Core Skills: organize, study, focus, goal-setting, test/quiz preparation. PAT Grade 9: Lang-A, Social, Science, Math. Language: comprehension, grammar, writing, vocabulary, reading. Math, ESL, IPP, Social, Science. No contract or upfront fees. Near Fish Creek LRT. Gerald (B.Ed.) 403-256-8605. www.findatutor.ca.

MATH TUTORING: Sessions for grade 9 to Introductory Calculus. School-aged students and upgrading adults. All sessions are 100% one-to-one. Days/evenings. Also available for business math and introductory accounting courses. Specializing in dash-1 math. In Sundance since 2003. Ask about distance tutoring. Call/text Claudia at 403-819-0421.

JUNIOR SQUASH LESSONS: at Fish Creek Racquet Club in Midnapore. All levels and ages welcome. Taught by certified instructors with national level coaching experience. Junior lessons run on Wednesday evenings and Sunday afternoons. Adult lessons also available. Contact kieferwn@gmail.com for information.

Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddle Towne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free Great Reads 2017 reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join Bill's Book Café! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of The Sisters Brothers by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm

BRAIN GAMES SUDOKU

4	7	1	5	6	8	3	2	9
8	6	9	3	2	4	1	7	5
3	2	5	7	9	1	4	6	8
7	8	2	9	5	3	6	1	4
9	4	3	2	1	6	5	8	7
1	5	6	4	8	7	9	3	2
2	3	7	6	4	9	8	5	1
5	1	4	8	3	2	7	9	6
6	9	8	1	7	5	2	4	3



Trivia

At the end of the Beatles' song "A Day in the Life", an ultrasonic whistle, audible only to dogs, was recorded by Paul McCartney for his Shetland sheepdog.



MLA Calgary-Shaw
Graham D. Sucha
 #328, 22 Midlake Blvd SE
 Calgary, AB Canada T2X 2X7
 Phone: (403) 256-8969
 Fax: (403) 256-8970
 calgary.shaw@assembly.ab.ca

Hope you all have a nice, relaxing and pleasant Valentine's Day.

Daylight Saving Time

While the discussion comes up twice a year, I have been seeing a growing movement of constituents who have reached out to me over the removal of daylight saving time and having rules similar to those in Saskatchewan. To be very honest, I have yet to hear from any one opposed to that idea. With the prospect of a private member's bill looking to address this in the spring session, I want to hear from you. Do you think we should get rid of daylight savings time and why?

Southwest Calgary Ring Road update and YouTube

Recently I asked the Minister of Transportation a series of questions that I have been hearing from constituents in regards to concerns around the Southwest Ring Road (watch on my YouTube channel). This project will remain very fluid over the next 5 years and my office will be open to answer any questions or concerns as they come forward. We will also have some up-to-date displays of the project as it progresses so please feel free to come by the office to find current information.

Ban on door-to-door natural gas and electricity energy sales

I am sure I am not the only one who has dealt with a power company salesperson coming to the door saying "I'm with your energy company" and trying to manipulate you into signing a contract. Sadly, there are thousands of people who have been taken advantage of by these sales tactics. That is why I am pleased that as of January, we have put a ban on door-to-door sales by energy companies. This will help protect our vulnerable populations and ensure that all companies are playing fair with consumers.

Investing in small and medium size business

With the start of 2017, both the Capital Investment Tax Credit and the Alberta Investor Tax Credit which provides a tax credit towards investment in our small and medium sized businesses developing in Alberta are

available. This 2-year program has been a request made by local Chambers of Commerce to spur investment. This follows a recent reduction of the small-business tax rate to 2% starting last month.

Climate Leadership Plan

Over the past few months we have started releasing frame works of how individuals can reduce their energy usage through the Climate Leadership Plan. Information can be found at <https://www.alberta.ca/climate-leadership.aspx> or you are always welcome to connect with my office.

Follow on twitter or view information at <https://grahamsucha.albertandpcaucus.ca/>

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Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
 403-268-1653

Hello Ward 14!

Before I get into the rest of this column, I want to make a point that could save you a lot of time, trouble, and even money. We have had the first real cold weather in several years over the last few months, which justifiably led many people to leave their cars unlocked and running. Over the same few months I have heard of countless instances of theft—in cars, of cars, and in homes—as a result.

Please seriously consider whether or not it is necessary to leave your car unlocked and running. You could be attracting theft to yourself, and your community by doing so.

Counciltalk

It really feels great to be back for another year of Counciltalk. There are few things that I enjoy more than gathering around a table to discuss and debate topics that matter to people. The last meeting did not disappoint. Your opinions bring me energy, and inspire me as I go about my work at City Hall.

This month Counciltalk will be in the Chaparral Lake House located at 225 Chaparral Drive S.E. I will be there on Saturday, February 25 from noon to 2 p.m. You can visit calgary.ca/counciltalk for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 news at calgary.ca/ward14connect.

Ward 14 Community Calendar

This project has been on my mind for some time now, and the stars are finally aligning to make it reality.

You can learn about them throughout the pages of this newsletter, or maybe on bulletin boards in community halls and churches all over the city. They are the small, local community events, and they have been a big part of my life for many years now.

You will now be able to see them on my website, and I will do my best to keep them up to date. Whether it

be the Fun Money Casino or the Friends of Fish Creek AGM my goal is to post it in an easy-to-use form on my website. Not only will there be information about community events, but you will find City of Calgary engagement sessions as well. You will find every Counciltalk session in the calendar, and even the Ward 14 Communities BBQ.

Go directly to the Community Calendar by visiting calgary.ca/ward14calendar, or just looking around on calgary.ca/ward14.

A final note

Finally, it is the month of love, and Valentine's Day is just around the corner. While you are thinking about what to get your sweetheart, I hope we can all remember a different type of giving too. Times are tougher than they have ever been for many of our fellow Calgarians. Charities like the Calgary Food Bank are in need more than ever. Let's not forget this as we get on with our day-to-day routines.

Feel free to contact me anytime!

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Contact in confidence (fees paid by client)
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Mid-Sun Community Association

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MID-SUN COMMUNITY ASSOCIATION BOARD OF DIRECTORS

President	Angus Macdonell	president@midsun.org
Past President	Keith Pedersen	keithpedersen@live.com
Vice President - Director of Planning & Development	Mark Schmidt	maschmidt@outlook.com
Treasurer/Director of Operations	Keith Pedersen	keithpedersen@live.com
Secretary	Patsy McNish	pmcnish@shaw.ca
Director of Fundraising - Casino	Rose-Marie McKinnon	rmcreations@shaw.ca
Director of Community Relations	Kim Taylor	communityrelations@midsun.org
Chair - Traffic Committee	Christine Neilsen	traffic@midsun.org
Chair - Garden	Kim Taylor	midsungarden@gmail.com
Facility Manager	Sharmaleigh Luft	facility.manager@midsun.org
Community Recreation Coordinator	Lisa Johnston	lisa.johnston@calgary.ca
CPS - Community Liaison Officer	Cst. Rick Robbins	
Trico/FLC Rep	Jeff Pratt	jeff@theprattfamily.net
Cardel Rec - South Rep	Doug Bouwmeester	

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 Counsellor	Peter DeMong	ward14@calgary.ca



CALGARY
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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

SUNDANCE LAKE RESIDENTS ASSOCIATION LTD. Lake Facilities

Sundance Lake Residents Association Ltd.
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>

COMMUNITY ANNOUNCEMENTS

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 – TAI CHI 55+: Study of the 105 Movement Yang Style. Our Spring Session starts April 6th, with Thursday morning classes held at the Trico Centre. For further information please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

VOLUNTEERING.... *Good for the Soul*

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

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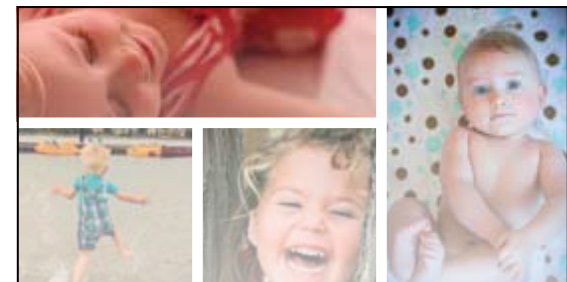
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Métis Calgary Family Services

Metis Calgary Family Services is a registered not for profit Charitable organization, certified and accredited with the Canadian Accreditation Council, that offers various Outreach, Early intervention, Government Accredited Childcare, Preschool, Parent Link Family Resource Centres, Before and After School, Youth Support, In Home Family Support, and Referral Services for Families & Children.

Family support teams work with young families and their children in their own homes, schools and communities.

Little Sundance Child Care Centre & Out of School Program

We are a family focussed, accredited child care and out of school program. Conveniently located in the heart of Lake Sundance, within walking distance of Father Whelihan School & Sundance School. Our centre is proud to be a part of the, Albert Curriculum Framework for Child Care Centres pilot project and pilot studies of the Positive Child Care Programs, in partnership with Triple P Positive Parenting International. We offer child care for ages 19 months to 10 years, highly trained qualified staff.

Toddler to 36 months spaces available.

Open Monday to Friday, 7am to 5:30pm. Fees include AM & PM snacks and lunch.

- Fees by age groups are as follows:
19 - 36 months \$795.00 | 3 - 5 years - \$755 | 6 - 10 years \$325
- Summer Out of School (grade 1 & up) \$755.00 per month
- Government subsidies are available.

We have an open door policy, so please drop in anytime to view the centre and visit us at 352 Sunvale Drive SE, 403-240-4642.

 **Find us on facebook**

- ASP MCFS
- Aboriginal Parent Link Centre
- Metis Calgary Family Services

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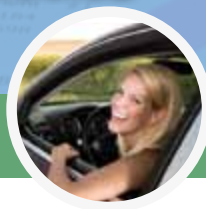
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