

SUNDRE ON THE GO

OCTOBER 2024

Brought to you by Greenwood Neighbourhood Place
& Sundre Community Support Services (FCSS)



Office Hours:
Tuesday to Wednesday
8:30 AM to 4:00PM
Thursday 9:30AM-4:00PM

403 638 1011
#5, 96-2 Ave NW
PO Box 1846,
Sundre AB, TOM 1X0

Email: info@mygnp.org
www.mygnp.org
CRA Charity No.
866369374RR0001

Scan for
Website
Events
Page



**GREENWOOD NEIGHBOURHOOD PLACE OFFICE
WILL BE CLOSED THURSDAY | OCTOBER 3**

THE DEN S.Y.C PRESENTS

A HAUNTED HALLOWEEN

Join us for this family friendly, all ages Halloween event.
An indoor Haunted Halloween Hamlet, hot dog supper and dance floor fun.

Saturday
October 26, 2024
5-7pm

Elks Hall
Sundre AB

info@mygnp.org

HOT DOG SUPPER BY DONATION
to The DEN S.Y.C

THE DEN S.Y.C
SUNDRE YOUTH CENTRE
EST. 2021

fcss
Sundre
Family and Community
Support Services

"INHALE COURAGE EXHALE FEAR"

— DEN DAYS —

2024

www.thedensyc.org for event info and registration

THE DEN S.Y.C
SUNDRE YOUTH CENTRE
EST. 2021

November 1-3, 2024
a DEN S.Y.C Youth Retreat!
With special guest Scott Hammell
Open to youth Grades 7-12
\$50 includes
all retreat activities, 2 nights stay at Camp
Evergreen Sundre, meals and a DEN days hoodie!

happy thanksgiving

october 14

Greenwood Neighbourhood Place
Building **Connection and Resilience**

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS



Cooking Up Connections
 Wednesday | Oct 30
 4:00PM-7:00PM
 Cooking With Friends



Location: Sundre Legion

\$10 Includes a meal to take home

Register at www.mygnp.org

Seniors Art Programs
 Tuesdays | 10AM-NOON

October 15
 Sundre Seniors Supportive Living Facility

October 22
 James River Bridge Community Centre

Register at www.mygnp.org



INTERESTED IN DEVELOPING A MEN'S SHED IN SUNDRÉ?
 Come to The Den on **THURSDAY | OCTOBER 10 | 7:00PM** to learn and see how you can be involved.

What's a Men's Shed?
Mensshedcanada.ca

Red Cross Babysitting Course




Ages 11-16

REGISTRATION OPEN


Sat | Oct 19
 8:30AM-3:30PM

www.mygnp.org

FREE SWIM!
 SUNDAY
 OCTOBER 20
 1:00PM-4:00PM



DROP IN
 SUNDRÉ AQUAPLEX



Seniors 55+

Spruce Meadows Christmas Market
 Friday | November 15
 10:30AM-8:00PM

Discover the magic of Christmas.

Cost: \$10: Includes transportation & snacks (Pickup spot: Sundre Town Office)
 You are responsible for: Gate admission & your lunch

Register at www.mygnp.org



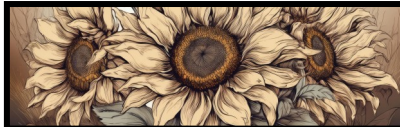
AT HOME ALONE

Friday | October 25 | 10:30AM-12:30PM
location: The Den~SYC

The At Home Alone course is an international safety program for children 9-13 years of age. It is a 2-hour program prepared by Kidproof International and delivered by a licensed local instructor.

\$20 for 1st child, \$15 for additional children

Register at www.mygnp.org



Seniors 55+

Olds College Smart Farm Tour
 Wed | Oct 23 | 12:45PM-4:15PM

Cost: \$5

Learn about specific research in the areas of crop production, livestock production, environmental stewardship and technology integration.

Register at www.mygnp.org

Promoting & Supporting NOT-FOR-PROFIT ORGANIZATIONS with free postings

McDougal Chapel Conversation Cafe



October 21-December 2, 2024
Mondays weekly (not November 11)

Newcomer's group to practice English

Online groups are also available.
Location: Sundre Library

For more information:
email:
sundrecc@mcdougalchapel.com
Register at
eslconversationcafe.ca



Sundre Palliative Care

Welcome to our AGM!

\$5 annual membership fee
Thurs | Oct 10 | 2:00PM
SSSL - North Doors

8 week Grief Support

Facilitated by Diana Kleinloog
Weds | 1:00PM-3:00PM | Oct 2 - Nov 20

Wills, POA and Personal Directives

Hannah van Mook, Norwest Law
Thurs | Oct 17 | 6:00PM-8:00PM
SSSL - North Doors

Drop In Grief Group

Facilitated by Anne Brander
Thurs | Oct 24 | 2:00PM-4:00PM

Main Ave Church, Sundre

Death Cafe

Facilitated by Diana Kleinloog
Sat | Nov 23 | 2:00PM-4:00PM
SSSL

Info: Anne Brander 403-507-1255
Sundrepalliativecare@gmail.com



Rockin' Halloween Party

Saturday | October 26

Doors Open 7:30PM

Sundre Legion Hall

135-6th Street SE, Sundre

\$20 cash/person

Live music by:

Whiskey Stagger Band

- Cash Only Bar
- Spot Dance Prizes
- Costume Prizes
- Midnight Snack



Sundre Creative Arts

Paint - In

Sat | Oct 5 | 11:00AM-3:00PM

Join us for some fun and helpful tips.
Bring a project to work on and your lunch.
Free- beginners and non- members welcome.

Sundre Public Library

For more info: Lila at 403-638-4269
or Debbie at 1-403-844-7887

Sundre Municipal Library

Rhyme Time

Tues | Oct 8, 15, 22, 29
9:30AM-10:30AM

Song, stories, and rhymes!

Genealogy

Tues | Oct 1 & 15
9:30AM-11:30AM

Research your roots!

Spice of the Month Club

Tues | Oct 8 | 9:00AM
Joint in the culinary fun with
this take and make kit!

Armchair Travel Returns!

Wed | Oct 30 | 4:00PM-5:30PM
Sundre Library
Take a trip from the
comfort of our living room!

Halloween Extravaganza!

Sat | Oct 26 | 5:00PM-7:00PM
Location: The Sundre Museum
Halloween fun, candy,
and kid friendly carnival style
games! Entry by cash donation or
non-perishable/non-expired food
items.

Location: Sundre Library

Contact Information:

(403) 638-4000

prl.ab.ca/sundre



Sundre & District Aquaplex



24 Hour Fitness Center with Key FOB!

Teen Fitness Orientation (Ages 12-15 years old)

Call us to book your strength training today!
Free orientations are available for all ages with the
purchase of an Aquaplex pass! Book in today!
403-638-9370

Make sure you are **getting your daily dose of physical** activity for your health and wellness!

If you are strong and agile - start
a more active lifestyle for your mental health!
(So much cheaper than therapy)

Watch our website and social media pages.

As soon as we know reopening dates
we will be posting our fall programming!

www.sundreaquaplex.com



Camp Evergreen

Winterfest Family Camp and
Private Horsemanship Lessons
February 14-16

Camp Evergreen, 31404 Range Rd 52,
Sundre, AB

Bring your family out to experience
the best of Winter!
Book riding lessons or trail rides with
your family and friends!
Details available online.

www.camp-evergreen.com



Bearberry Turkey Dinner

Sun | Oct 20 | Noon to 4:00PM

Location:
Bearberry Community Hall

CASH ONLY

\$25.00 Adults

\$10.00 Kids 6-12

FREE Kids 5 & under

Sundre Curling Club

Registration for 2024/2025
Curling Season

Online registration starts on
October 1

Go to sundrecurlingclub.com

Registration Night

October 15 | 6:00PM

Learn to Curl Clinic

October 26 & 27 | 1:00PM-4:00PM

Curling Leagues

Start week of October 28

Location: Sundre Curling Rink
Contact for more Information:
Glen Smith at 403-638-8387



AL-ANON MEETINGS

Every Thursday at 11:00AM
Sundre United Church
~Backdoor~

For more Info please call
403-529-7899



HOPE FOR FAMILIES & FRIENDS

Burden Bearers

33rd Annual Fundraising Banquet

Fri | Nov 1 | 6:00PM-9:00PM
Sundre Community Centre
Roast Beef Dinner, Silent and
Live Auctions, music and FUN!!

We are a **non-profit counselling center** in
Mountain View & Clear Water Counties offering
affordable & professional counseling to all
community members!

The **evening is free** to participate and you will
leave feeling enriched!!

Thank You For Your Support!

For tickets: Mari Lee Ayers
marilee_a@live.com

Cooking For Kindness Community Luncheon

Wednesday October 16
11:30AM-1:00PM

SUNDRE LEGION HALL - \$10/PLATE

More info & Transportation
or to volunteer call:
Lourelle at 403.638.3378



Mainavekidzclub.naz
KIDZ!!

After school program
Wednesdays 3:15PM-5:15PM
for children
Kindergarten to incl Grade 5

Come and enjoy games, new
friends, snack, Bible stories,
crafts, music, MTO

402 Main Ave W
(use parking lot door)

for more information please
contact Dorothy
403-436-0186 or
kidzmaf@gmail.com

Sponsored by
Main Ave Fellowship Church of
the Nazarene

CULTIVATE

**Prepare, Plant and Process
into Adulthood**

GROUPS FOR YOUTH AGES 8-13 AND 13-18
The teen years are exciting time, and your child
will go through many changes and challenges.
We want to help guide them well and prepare
them for this phase of life.
PEER RELATIONSHIPS AND DATING
BULLIES AND CRITICISM
PHYSICAL CHANGES OF PUBERTY
OUR IDENTITY
GENDER AND SEX
CONFLICT RESOLUTION
EATING DISORDERS, SELF- INJURY,
DEPRESSION, ANXIETY



**CALL US TODAY TO
REGISTER**
587-796-1611
www.oldspreg.ca



Free Financial
LITERACY

Thursday Evenings
Nov 7-Dec 5 | 6:30PM-8:30PM

ONLINE-ZOOM Topics:
Assets, Budgeting, Banking, Credit & Consumerism

Register at
www.mountainviewemergencysHELTER.ca

Email:
mountainviewemergencysHELTER@gmail.com
m or call
403.586.4545

Bergen Church

**Community Square Dance
and Pie Auction**

Sat | Oct 5 | 7:00PM
A fundraiser for
Angel Tree Prison Ministry

Everyone welcome!
Western dress encouraged!

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**Evening of
Contemporary Worship**
Fri | Oct 18 | 7:00PM
Join us to worship with
Connie Sheppard and her band.
Come and make a joyful noise!!

For more information
check our website:
www.bergenchurch.ca

Sundre Caregiver *Support Group*

First Thursday Monthly
1:30PM-3:30PM

For anyone providing care & support to
those with healthcare needs.

Sundre Seniors Drop In Centre
For more info:

Cindy Andrus 587-876-0943



SUNDRE SOUND SESSIONS FREE WORKSHOPS

Sundre Community Centre

Saturday | October 5

SING FOR FUN - 11:30AM-1:00PM

STEP INTO YOUR SPOTLIGHT - 1:30PM-3:00PM

Building confidence performing & public speaking

Sunday | October 6

SONGWRITING FOR BEGINNERS- 11:30AM-1:00PM

SOUND & SONG FOR STRESS RELIEF - 1:30PM-3:00PM

How to use music for relaxation

Sign Up For Free Online

**www.rockitvocalstudios.com/
ruralsoundsessions**

ALBERTA PIONEER CAMP

Pioneer Family Thanksgiving

October 11-14, 2024



Pioneer Lodge, Bergen
Horseback Riding, Wall Climbing,
Archery and more!



Contact Information:
registration@pioneer camps.ab.ca

Bergen Farmers'

Thanksgiving Market

Alberta approved market

Sat | Oct 12 | 10AM-1PM



Bergen Hall 31547 Rg Rd 53C
Baking, beef and pork, hand
crafts of many sorts, vegetables.

Contact Information:

Shelley Ingeveld

403-638-2356

