

Sundre On the Go



December-January 2023-2024

Greenwood Neighbourhood Place is your Community Resource Centre
Connecting you to Local Programs, Events, Services & Resources



CONTACT US:

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

Phone: 403 638 1011
Location:
#5, 96-2 Ave NW
Mail:
PO Box 1846,
Sundre AB, T0M 1X0

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

GNP
will be closed
December
26, 27 & 28.

"Compassion is not a virtue – it is a commitment.

It's not something we have or don't have – it's something we choose to practice."

Brene Brown



The paradox of caring for others is that it fills not one cup but two:
theirs and yours. Christmas gives us an opportunity to experience
the joy of giving and the commitment of compassion.

We wish you a wonderful Christmas
and a very Happy New Year!
From the Board and Staff of Greenwood Neighbourhood Place

Lorey Marsden-Seniors Service Provider, Heather Hicks- Youth Centre
Program Coordinator, Jacqueline Smith-Office Manager, Bonny
Thiessen-Communications & Special Projects Coordinator, Renate de
Buijn-Program Coordinator, Donny Krahn-Executive Director, Bree
Odd-Sundre Santas Coordinator

Sundre On The Go is brought to you by Greenwood Neighbourhood Place
& Sundre Family Community Support Services (FCSS)

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

GRADES 7-12
THIS SPACE IS FOR YOU

COMING EVENTS

THE DEN S.Y.C.
 THE DEN - SUNDRE YOUTH CENTER
 INFO@MYGNP.ORG

Website Events Page

SCAN ME

RED CROSS BABYSITTING COURSE

FRIDAY
FEBRUARY 9
8:30AM-3:30PM

AT THE DEN-S.Y.C.

Ages 11-16

\$30

LUNCH INCLUDED

REGISTER AT WWW.MYGNP.ORG

MAGIC OF CHRISTMAS SALE

SATURDAY | DECEMBER 16

KIDS ONLY: 10:00AM-3:00PM
Open to Public: 3:30PM-5:00PM
Sundre Community Centre

\$1 per gift

This is an opportunity for children to purchase new or gently-used gifts. Elves wrap every gift to take home and put under the tree.

What can I donate?
Gently new & used gift items,
Gift wrapping supplies.

Where can I drop off donations?
Greenwood Neighbourhood Place: #5, 96-2nd Ave NW,
Tues-Wed: 8:30AM-4PM Thurs: 9:30-4PM

For More Info: 403.638.1011 | santas@mygnp.org

SUNDOWN IN SUNDRE

OPEN HOUSE AT THE DEN S.Y.C.
FRIDAY DECEMBER 1, 2023
5:00-9:00PM

WE WILL BE COLLECTING NEW TOILETRY ITEMS FOR SUNDRE SANTAS AS WELL AS TOONIE DONATIONS FOR UNITED WAY CANADA - A DEN S.Y.C. MAJOR DONOR

FREE HOT CHOCOLATE AND COOKIE DECORATING SPONSORED BY

Christmas Craft Party

Wednesday | December 13 | 6:00PM-9:00PM

Create one of a kind Christmas decorations!
Let's get excited about the season!

Location: Greenwood Neighbourhood Place
Craft supplies and refreshments included

Cost is \$15

Register at www.mygnp.org

SUNDRE SANTAS

Sundre Santas
Sundre & Area Christmas Hamper Program

Registration Opens: Nov 13 Closes: Dec 5

Applications available at Greenwood Neighbourhood Place & select Sundre locations

Accepting unexpired non-perishable food items, gift cards & financial donations (request charitable receipt-min \$10) New toys & pj's for kids 12 & under. Toques, socks & mittens for all ages.

Donations accepted until:
Dec 13-Items Dec 22-Financial

For More information 403.638.1011 | santas@mygnp.org

Seniors Art Programs

Tuesdays | 10:00AM-12:00PM

January 16-Sundre Seniors Lodge
January 23-Bergen Hall

Register at
www.mygnp.org or 403.638.1011

SUNDRE TOUR OF LIGHTS

Thursday | December 14 | 6:00PM-8:30PM

Seniors & 55+ join our bus tour to enjoy Sundre's Christmas lights and a stop at Tim Hortons.

Register at www.mygnp.org



\$5pp



GREENWOOD Neighbourhood PLACE



fcss
Sundre Family and Community Support Services

The Dreaded Drama Triangle



Tuesday December 12 6:00PM-8:00PM

Get off and stay off the dreaded trauma triangle.

\$5

Greenwood Neighbourhood Place
register @ www.mygnp.org







Even if you are not a great swimmer YET, this might be for you!!

Sundre Aquaplex Information Open House
Lifeguard and/or Swim Lesson Instructor Certification

Tuesday | December 5 | 7:00PM
@ the Sundre Aquaplex (105 2nd Ave NW).

Grants may be available to cover the cost of your certifications!
Come find out more at our open house

Please email us at sundreaquaplexmanager@gmail.com, if you have any questions, or you are interested, but unable to attend.

—♦♦♦♦—

24 Hour Fitness Center
Swim For Life programming
Please watch our Facebook and Instagram pages, and our website for details.

www.sundreaquaplex.com

THE DEN~S.Y.C.

VOLUNTEER RECRUITMENT

BE A YOUTH CENTRE VOLUNTEER!

WE ARE LOOKING FOR MEMBERS OF THE COMMUNITY WHO ARE INTERESTED IN HELPING US STAY OPEN AS MUCH AS POSSIBLE. SHIFTS THAT FIT YOUR SCHEDULE.

THE MORE SHIFTS COVERED,
THE MORE THE DEN~S.Y.C. CAN BE OPEN!

Applications available at: www.thedensyc.org



SUNDRE WEST COUNTRY CENTRE

Stretching exercises with Yvonne!

Wednesday | 10:00AM
Canasta
Tuesdays Noon
Carpet Bowling
Mondays & Thursdays at 1:00PM
Floor curling
Fridays 1:00PM
Jam (music)
1st & 3rd Sundays 1:30PM
Crib
2nd & 4th Sundays 1:30PM
Last Friday of month
Pot Luck.
12:00 Noon. Free!

101-2nd Ave. NW
1-403-638-3298

SUNDRE MUNICIPAL LIBRARY

DECEMBER EVENTS

DIY Tags and Cards
Wednesday | December 6 | 6:00PM-8:00PM
Create unique tags and cards this holiday season!

Teen Hangout
Thursday | December 7 | 3:30PM-5:00PM
Games, food, and fun for teens age 11+
Featuring Gingerbread houses!

Family Gym Time
Friday | December 22 | 9:30AM-11:30AM
Location: Sundre Community Center
Run! Jump! Play! Age 0-5 with a caregiver.

JANUARY EVENTS

Teen Hangout
Thursday | January 4 | 3:30PM-5:00PM
Games, food, and fun for teens! Ages 11+

Book Folding
Thursday | January 24 | 6:00PM-8:00PM
Learn to fold a book into a heart shape just in time for Valentine's Day! Call to register

Family Literacy Day
January 23 - 27th
Family Literacy activities happening all week!



(403) 638 - 4000

WWW.PRL.AB.CA/SUNDRE


Alberta Healthy Living Program

Minding Stress
Tues December 12 & 19
5:30PM-8:00PM

Heart Wise
Tues & Thurs Dec 12, 14, 19 & 21
9:00AM-11:30AM
Workshop for those who have had heart trouble, have high blood pressure or cholesterol or want to prevent heart disease.

Sleep Well
Friday Jan 19th 9:00AM-11:30AM

Location: Zoom
Contact Information: 1877 314-6997 to register
Call your local Health Educator 403 559-8895 to arrange in-person classes.
Scan QR code for complete list of class offerings



Sundre Seniors Socialize

Wednesdays

Dec 20, 2023 & Jan 10, 2024

11:45AM-2:00PM

Sundre United Church

55+-single, isolated, newcomers

Pre-register: J. Wicks 403-638-1950

Central Alberta Pregnancy Care

4801 49 Ave, Olds, AB

Prenatal Classes IN PERSON Held at Pregnancy Care in Olds.

PLEASE REGISTER ONLINE

Clients of Pregnancy Care are offered a reduced rate

Contact Information:

<https://www.bravestart.ca/prenatal-and-postpartum-classes>



Sundre Caregiver

Support Group

First & Third Thursdays 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 403.636.6285



Emergency Food Hamper

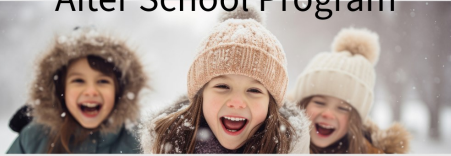
PLUS ONE

Call or Text

(403) 636-0554

mcdougalchapel

Mainavekidzclub.naz After School Program



After Christmas restart

Wednesday January 17!

After school 3:15PM-5:15PM

for children k- incl gr 5.

Come and enjoy games, snack, Bible stories,

music, crafts, friends, MTO

402 Main Ave W using parking lot door.

For more information contact Dorothy

403-436-0186, kidzmaf@gmail.com

Sponsored by

Main Ave Fellowship

Church of the Nazarene

Cooking For Kindness

Community Luncheon

Wednesday Jan 17 | 11:30AM-1:00PM
Entertainment until 2:00PM

SUNDRE LEGION HALL- \$10/PLATE

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



PEAKS TO PRAIRIES PCN
& ALBERTA HEALTH SERVICES

MOVING ON WITH PERSISTENT PAIN

Runs for eight weeks starting
Wednesday | January 10 | 1:00PM-3:00 PM

Mountain View Senior's Housing
Drop in Center (north entrance)
749 6 St SW Sundre
AND/OR via zoom if preferred



Free adult health education for
anyone with continuing pain.

Registration is required: 587-796-0765
or 403 559-8895 for more information.

Preschool Registration



Ages 3-4 our program runs on a balance
of child chosen and teacher directed
play-based activities that gets your
kiddos ready for kindergarten!
Spots available December 1st for
full-time enrollment!

sundredaycare@gmail.com

Camp Evergreen

Pond Hockey Tournament
and Fundraiser

January 13, 2024

This is an amazing day of competitive,
friendly, wholesome fun. Bring your family to
cheer you on! Mini Game and Free Skates in
the afternoon so don't forget your skates!

Winterfest Family Camp

February 16-18, 2024

Experience winter in the way it was meant to
be enjoyed. Skating, pond hockey, sledding,
Jug 'n' Jog in the snow, Croki-Curl, Redneck
Curling, and more. Come enjoy Camp
Evergreen's magical winter event.

31404 Range Rd 52, Sundre, AB

Please Register at:

www.camp-evergreen.com

Info: main@camp-evergreen.com

or phone: 403-638-4230

