

55 years or older?  
Want to learn about your nutrition?

Alberta Health Services & the University of Alberta invites you to participate in an online survey that identifies potential nutrition-related concerns.



Or visit [redcap.link/SCREEN-14](https://redcap.link/SCREEN-14)




**Mountain View Emergency Society Grief Recovery Method**  
Carstairs  
Sept 17-Nov 5

**Finding Our Voices**  
Olds  
Sept 18-Oct 23

**Helping Children With Loss**  
Didsbury  
Sept 30-Oct 21



[www.mountainviewemergencyshelter.ca](http://www.mountainviewemergencyshelter.ca)

**Sundre Farmers Market**  
Fridays til September 20th/24  
4:30PM-7:00PM  
Sundre Curling Rink  
Selling crafts, baking etc  
Karen Campbell 403-638-1586





*Sundre On the Go*

*September 2024*

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

**BEARBERRY POKER RALLY**



**Saturday | September 21**  
Bearberry Hall (25km NW of Sundre)  
**Registration: 11AM**  
**Ride: 12 noon**  
Ride, Poker Hand, BBQ Steak Dinner, Prizes  
Adults \$40, 12 and under \$30  
**Steak BBQ: 4-6PM**  
**Prizes: 5PM**  
Soft drink bar available  
50/50 Draw  
No dogs or alcohol on the trail.  
**For info call/text:**  
Diane 403-383-4488  
Connie 403-667-1528

*AquaPlex*  
Sundre and District

**SWIMMING POOL MAINTENANCE SHUTDOWN**  
Starting first week of September.  
Estimated time of closure 4 weeks.

Be sure to stay active in the fitness center while we get the swimming pools all upgraded and regouted for you!

If you have not used the fitness center & would like an orientation to get you started, please let us know!

Stay up to date on our website:  
[www.sundreaquaplex.com](http://www.sundreaquaplex.com)  
& on our Facebook & Instagram pages.

Royal Canadian Legion Branch 223  
135-6th St. SE, Sundre

**SEPTEMBER BBQ**  
Thursday | September 19  
Doors open at 5:00PM  
Cash only - \$25.00 includes Steak or Chicken to BBQ on the outdoor grill (Condiments provided)  
Mouthwatering side dishes  
Dessert  
Tea/Coffee  
Hot dogs for the kids \$5.00  
Nevada Tickets | 50/50 draw | Meat Draw  
Cash bar





**Alberta Healthy Living Program**

**Better Choices Better Health**  
Thurs | Sept 5 | 1:00-3:30  
Runs for 6 weeks & help with strategies to be healthier

**Sleep Well**  
Fri | Sept | 13 | 9:00AM-11:30AM  
Learn about sleep, how it relates to your health and tips for more restful nights.

**Diabetes the Basics**  
Wed | Sept | 18 | 9:00AM-11:00AM  
Runs for 4 weeks & involves all stages of diabetes.

**Location: ZOOM**  
To register: 1877 314-6997


**Greenwood NEIGHBOURHOOD PLACE**

**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, T0M 1X0

Email: [info@mygnp.org](mailto:info@mygnp.org)  
[www.mygnp.org](http://www.mygnp.org)  
CRA Charity No.  
866369374RR0001

Scan for Website Events Page



SCAN ME

**Greenwood Neighbourhood Place** has been fortunate to collaborate with a team of enterprising and resourceful board members. We extend our heartfelt thanks to each one for their dedicated service.

**Dolores Dercach – 10 yrs of service**  
**Leah Evanochko – 6 yrs of service**  
**Kathy Taylor – 5 yrs of service**  
**Monica St. Dennis – 5 yrs of service**  
**Dani Goddard – 2 years of service**

We wish each one of them the very best!

We would like to welcome **Cheri Funke and Michele Gale** to our board.

**Sundre Municipal Library September Events**  
Rhyme Time, Genealogy, and other regular programming will be starting back up! Check out our newsletter for more information!

**Alberta Culture Days**  
Taking place September 20-22  
**Sundre Museum Grounds**  
A spectacular event showcasing cultural diversity.

**Writing Club Meet and Greet**  
Wednesday | October 2 | 7:00PM  
Meet fellow writers in the community!

**Family Lego Club**  
Sat | Sept 14 | 12:00PM-2:00PM  
Drop-in Lego time for the whole family to enjoy!

**Location: Sundre Library**  
**Contact Info:**  
(403)638-4000  
[prl.ab.ca](http://prl.ab.ca)



**Pioneer Camp Alberta Family Thanksgiving Weekend**  
Oct 11-14, 2024  
Pioneer Lodge, Bergen  
Family Thanksgiving Fun at the Lodge!  
Contact Information:  
[registration@pioneer camps.ab.ca](mailto:registration@pioneer camps.ab.ca)



**Bergen Farmers' Market Alberta approved market**  
Sat | Sept 7 & 14 | 10:00AM-1:00PM

Location: Bergen Hall  
31547 Rg Rd 53C (follow the signs)

Baking, Beef, Craft Coffee, Hand Crafts, Jewelry, Paintings, Vegetables.



**Sundre Hospital Futures Legacy Gala**  
Save The Date  
Saturday  
November 16, 2024

Sundre Community Centre  
For more info: 403.638.7774



**Happy Labour Day**  
**September 2**



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



# GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS



**Cooking Up Connections**  
Wednesday | Sept 25  
4:00PM-7:00PM  
Cooking With Friends

**Location: Sundre Legion**

**\$10** Includes a meal to take home

Register at [www.mygnp.org](http://www.mygnp.org)

**Seniors 55+**

**Studio Bell: "From Me To You" The Beatles in Canada**  
Mon | Sept 23 | 10AM-4PM

Transportation \$10. Bring your own lunch.

Tickets at the door:  
Seniors (65+) \$15  
Adults: \$19.50

Register at [www.mygnp.org](http://www.mygnp.org)

**SENIORS ART PROGRAMS**

TUESDAY | SEPT 17 | 10:00AM-NOON  
SUNDRE SENIORS SUPPORTIVE LIVING FACILITY (NORTH DOORS)

TUESDAY | SEPT 24 | 10:00AM-NOON  
BEARBERRY COMMUNITY CENTRE

**SENIORS 55+**

**Elbow Falls & Ridge Bragg Creek**

**Friday Sept 20 9AM-3:30PM**

Hike in the morning. Bring your own lunch. Visit Bragg Creek in the afternoon.

**\$20 Includes Transportation**

Register at [www.mygnp.org](http://www.mygnp.org)

Mountain View Regional FCSS Presents

**STRONGER TOGETHER**  
Healthy Living Expo  
DIDSBURY MEMORIAL COMPLEX  
SATURDAY, OCTOBER 5

Speaker: Jessica Janzen  
Life is Tough But So Are You | 1PM-2PM  
Cost \$10.00

Wellness Fair | 2PM-4:30PM  
Connect with Health & Wellness Providers servicing MVC

Tickets available with free transportation: limited spots  
Tickets also available with no transportation

Register at [www.mygnp.org](http://www.mygnp.org)

**Walk, Hike, Trek** with Greenwood Neighbourhood Place

**Wednesdays 9:00AM-10:00AM**

Meet at Greenwood Neighbourhood Place

**No Registration Necessary for more info 403.638.1011**

**Volunteers Needed**

Positions for Small Hoops

Join local RCMP in Small Hoops! Help grades 4-6 build basketball skills.  
Sept 26-Nov 28 | 3:00-4:45PM

Volunteer (general)

Share your skills, build connections—volunteer at GNP or the DEN!

Coming Soon - Volunteer Handbook

Sundre Santas / Magic of Christmas

Get ready for the season! Planning for Sundre Santas & Magic of Christmas starts this October—stay tuned!

Email [info@mygnp.com](mailto:info@mygnp.com) to join the fun!

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

**ALBERTA CULTURE DAYS**  
Workshops, Music, Demonstrations, Art  
Indigenous Presentations – Metis and Stoney Nakoda  
Something for Everyone!  
September 20th, 21st, 22nd  
10:00AM-5:00PM  
SUNDRE + DISTRICT MUSEUM  
403.638.3233 for Details!

**SING & RING**  
New members welcome

**Sundre Community Choir**  
Starts September 24  
Tues | 7:00PM-9:00PM  
\$40

**Sundre Handbell Ringers**  
Starts September 26  
Thurs | 7:00PM-9:00PM  
\$25  
Must be able to read music

Located in Sundre United Church  
Performances beginning of December

Inquiries and Information  
[SundreCommunityChoir@gmail.com](mailto:SundreCommunityChoir@gmail.com)

**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

Faith Lutheran Church

**Fall Tea**

September 21, 2024  
1:30PM-3:00PM

Door prizes  
Everyone Welcome

**Camp Evergreen Ladies Night**  
September 29 or October 20  
Camp Evergreen,  
31404 Range Rd 52,  
Sundre, AB

Ladies horseback riding afternoon!  
Contact Information:  
[main@camp-evergreen.com](mailto:main@camp-evergreen.com)  
or phone: 405-638-4230

**Mainavekidzclub.naz KIDZ!!**  
After school program  
Wednesdays | Starting Sept 18  
3:15PM-5:15PM  
for children Kindergarten to incl Gr 5.  
Come and enjoy games, new friends, snack, Bible stories, crafts, music, MTO  
402 Main Ave W (use parking lot door)  
For info: [Dorothy 403-436-0186](mailto:Dorothy.403-436-0186) or [kidzmaf@gmail.com](mailto:kidzmaf@gmail.com)  
Sponsored by Main Ave Fellowship Church of the Nazarene

**HANDEL'S MESSIAH**  
Singers Wanted! County Wide  
If you love to SING and are looking for an opportunity to perform Handel's Messiah, now is the time.  
Choir rehearsals take place each Saturday morning in Olds  
Sept 7 - Nov 16  
10:00AM-12:30PM  
CONCERT  
Fri | Nov 22 | 7:00PM in Olds  
To register or more info:  
[Theresawasden@gmail.com](mailto:Theresawasden@gmail.com)

**Sundre Palliative Care**

Welcome to monthly meeting!  
Thurs | Sep 12 | 2PM  
SSSL - North Doors

What is Palliative Care?  
How Can it Help You?  
Maureen McCall, MD  
Thurs | Sep 12 | 6-8PM  
SSSL - North Doors

**Sundre Community Van Association**  
Hitch A Ride With Us  
Sundre & Area

Don't have a vehicle? No worries!  
Transportation for shopping, visiting, the library, local events, even Red Deer or Calgary.

Sundre in-town shuttle service  
Tuesdays and Thursdays  
10:00AM-3:00PM  
cost: \$5.00  
Once a month we go to Olds for \$15.00

Call us at 403-638-3266  
or email [sundrecommunityvan@gmail.com](mailto:sundrecommunityvan@gmail.com)  
Please book a minimum of one day in advance.

**Sundre Creative Arts Group**

**Annual General Meeting**  
Wed | Sept 11 | 6:30PM  
Sundre Public Library  
Elections and planning for the year to come  
New members and beginners welcome

**Paint - in**  
Sat | Sept 14 | 11:00AM-3:30PM  
Sundre Public Library  
Non members and beginners welcome.  
Come and be part of a fun painting group. Free

For more info:  
Debbie - 403-844-7887  
Or Lila - 403-638-4269

**Drop In Grief Group**  
Thurs | Sep 26 | 2-4PM  
Main Ave Church, Sundre

**8 week Grief Support**  
Weds | 1-3PM | Oct 2-Nov 20

**Wills, POA and Personal Directives**  
Thurs | Oct 17 | 6-8PM  
SSSL - North Doors

Info: Anne Brander 403-507-1255  
[Sundrepalliativecare@gmail.com](mailto:Sundrepalliativecare@gmail.com)

**Sundre Senior SPRUCE Society**  
Seniors Protected and Respected  
Under Community Engagement

**Annual General Meeting**  
September 17, 2024  
1:30PM-3:30PM  
Yearly Review/Business Elections (as needed)  
What's Next

**Seniors Supportive Living Drop In Center**

[Sundrespruce20@gmail.com](mailto:Sundrespruce20@gmail.com)