

# 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](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 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](mailto:info@mygnp.org)

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

**"INHALE COURAGE EXHALE FEAR"**

**— DEN DAYS —**

**2024**

[www.thedensyc.org](http://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 Connection

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](http://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](http://www.mygnp.org)



INTERESTED IN DEVELOPING A MEN'S SHED IN SUNDRE?

Come to The Den on

THURSDAY | OCTOBER 10 | 7:30PM

to learn and see how you can be involved.

What's a Men's Shed?  
[Mensshedcanada.ca](http://Mensshedcanada.ca)

## Red Cross Babysitting Course



Ages 11-16

REGISTRATION OPEN

Sat | Oct 19

8:30AM-3:30PM

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

## FREE SWIM!

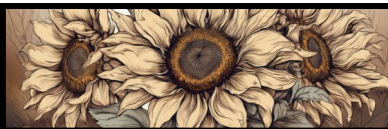
SUNDAY

OCTOBER 10

1:00PM - 4:00PM

Postponed Date TBA

DROP IN  
SUNDRE AQUAPLEX



Seniors 55+

Spruce Meadows  
Christmas Market

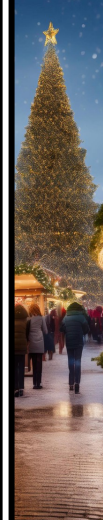
Friday | November 15

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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.mountainviewemergencysHELTER.ca)

Email:  
[mountainviewemergencysHELTER@gmail.com](mailto: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!

~  
**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

