

# SUNDRE ON THE GO

JUNE 2024

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

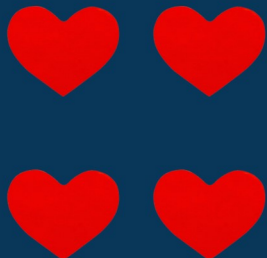


Office Hours:  
Tuesday to Wednesday  
8:30 AM to 4:00PM  
Thursday 9:30AM-4:00PM

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



Happy  
Father's Day!  
June 16

## SUNDRE PRESENTS

# CANADA DAY 2024

MONDAY JULY 1ST

## Tim Hus & Band

Noon-2:00pm  
Pioneer Village Stage

## Community Activities & Entertainment

\*Please no pets on museum grounds: exception service animals\*

- 10:00AM-2:00PM Free Admission to Pioneer Village
- Museum Gallery & World of Wildlife-Admission by donation
- 11:00AM Flag Raising Ceremonies
- 11:30AM-1:00PM Free BBQ & Canada Day Cupcakes-Hosted by Town Council
- 1:00PM Canada Day Cake Cutting-Mayor & Council
- 1:00PM-3:00PM Puzzlepalooza-Elks Hall (register at [www.mygnp.org](http://www.mygnp.org))

## FIREWORKS AT DUSK

Sundre Rodeo Grounds

\*Pending Weather or Adherence to  
a Town of Sundre Fire Restriction\*

Visit [www.sundre.com](http://www.sundre.com) for a full list of the day's activities.



### OutWest Truck and Car Wash and Tec and Rec- Home of OutWest e-bikes Hosting a community event for community members



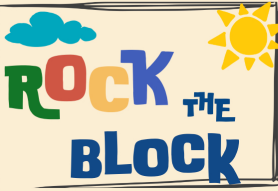
Bring your older bike to the empty lot beside the Tec n Rec shop  
Pay \$5 to sell your bike (unless it's a very inexpensive bike) | Buyers pay \$1 to come and shop  
All the money is donated to Greenwood Neighbourhood Place and lots of adults and kids go home  
with new to me bikes. You choose the price you want for your bike.

For more info: TEXT Colleen 403-638-1925

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



# GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

Greenwood Neighbourhood Place is supplying **BLOCK PARTY** tool kits with instructions, ideas, a selection of games plus a snack box.

**TOOLKITS ARE AVAILABLE AT OUR OFFICE**  
If you are interested please call us for more information: 403.638.1011

### SENIORS ART PROGRAMS

**TUESDAYS**  
**10:00AM-NOON**

**June 18**  
Sundre Seniors Supportive Living Facility (North Doors)

**June 25**  
Harmattan Community Hall

**FREE with registration:**  
[www.mygnp.org](http://www.mygnp.org)  
or call 403.638.1011

Seniors 55+ Trip  
**West Fraser Mill Tour**

Wednesday | June 19  
**9:00AM-11:30AM**

Pickup at Town of Sundre Parking Lot or Sundre Senior Lodge Parking Lot

\$5 for transportation, tour and coffee at Tims

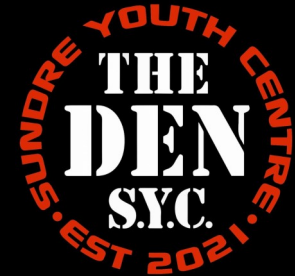
Register at [www.mygnp.org](http://www.mygnp.org)



This month is National Indigenous History Month. A time to celebrate, commemorate and deeply honour the contributions, achievements, traditions and heritage of First Nation, Inuit and Metis peoples across Turtle Island.

**National Indigenous History Month**

#NIHM2024



GRADES 7-12

**THIS SPACE IS FOR YOU**

COMING EVENTS



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

**COME CELEBRATE SENIORS' WEEK WITH US!**

**ROCK'N ROLL COMEDY SHOW**  
RICHARD & DEBORAH POPOVICH

**WEDNESDAY | JUNE 5 | 1:30PM-3:30PM**  
**DOORS OPEN AT 1:00PM**

**SUNDRE ARTS CENTRE**  
100 2ND AVENUE NW

(TRANSPORTATION IS AVAILABLE WITHIN SUNDRÉ)

**GET YOUR FREE TICKETS AT**  
[WWW.MYGNP.ORG](http://WWW.MYGNP.ORG)



## The Great Sundre Puzzlepalooza

July 1, 2024  
**1:00PM-3:00PM**  
**Elks Hall**

**This is going to be so cool!**  
**Sundre's first puzzle competition!**

Ten Teams (You need a cool team name!)  
Team members should be 16+ to a max of 4 people  
Registration is FREE

**\$100 for 1st place & prizes for 2nd and 3rd**

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

Part of Sundre's Canada Day Celebration

## 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



**SUMMER 2024 GOOD TIMES WITH THE DEN S.Y.C SUNDRE MUNICIPAL LIBRARY & MVFRN!**

THESE FREE EVENTS WILL KICK OFF AT THE LIBRARY AND WRAP UP WITH SUPPER AND FUN AT THE DEN!

**JULY 4TH**  
4:30-8:30PM  
**MINI GOLF & VR NIGHT**

**AUGUST 1**  
4:30-8:30PM  
**NERF WARS & GAMES NIGHT**






## COOKING UP CONNECTIONS

Wednesday | June 26

4:00PM-7:00PM

Cooking With Friends **\$10**

Location: Sundre Legion

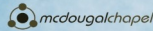
Register at [www.mygnp.org](http://www.mygnp.org)

Includes a meal to take home

**\$20**

To Register Call:  
403-638-3503

A Daily Vacation Bible  
School for those over  
65 years old



## Grown-Up VBS

May 28-31

### Daily Schedule:

Drop-In Fun: 9-10:15  
Chapel: 10:30-11:30

Chapel Speaker  
Kerry Belt

## Children's Summer Programs

Every Tuesday in July  
Children aged 4-7 and 8-12

For a complete list of  
programs & to register visit  
[www.mygnp.org](http://www.mygnp.org)

(In Partnership)

**\$10/program**



### Volunteer Connect Corner

Like Crafts & SENIORS??

Volunteers needed to help facilitate  
crafts and fun at senior's event!!  
People who are familiar with rock  
painting, card making,  
personalizing a  
gift bible, cribbage, crossword fun,  
bingo games....

Contact: Mari Lee Ayers MA CPC  
Burden Bearers Counseling  
403-804-8589

## Sundre & District Museum

Kids Learning at the Museum

Every Tuesday | 1:30PM-3:00PM

Thank you to everyone who supported  
our Village Clean Up in May!

### Murder Mystery

Saturday | June 15 | 1:00PM-5:00PM

There has been a death, and it looks suspicious!

HISTORIC PIONEER VILLAGE IS NOW OPEN!

JOIN US FOR:

Indigenous Peoples Day June 21st  
MULTICULTURAL DAY JUNE 27TH



For More Info: (403) 638-3233  
We look forward to seeing you soon!

## Sundre Senior SPRUCE Society

Seniors Protected and Respected  
Under Community Engagement

### SUNDRE SENIORS FAIR

JUNE 6 | 10:00AM-2:00PM

Sundre Community Center

Presentations at 10:15AM, 11:15AM, 1:00PM

Senior Serving Sector Exhibitors

Light lunch

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

Entertainment & Door Prizes

If you need a ride

contact the Community Van

403.638.3266

Sundrespruce20@gmail.com S.P.R.U.C.E

## Sundre Municipal Library

June Events

### Backyard Chicken Information Night

Wed | June 5 | 6:30PM-8:00PM

Stop in to get answers regarding  
backyard chickens.

### SRC Kick-Off to Summer!

Wed | June 12 | 3:15PM

Join us and Miss Cynthia for an  
afternoon of fun as we celebrate the  
return of SRC!

### Summer Reading Club

Tues + Thurs | July 2-Aug 15

See our website for more details!

### Wild Wednesdays

Wed | July 3-Aug 14 | 1:00PM-2:30PM

Fun for the whole family!

Location: Sundre Library

Contact Info: (403) 638-4000

[prl.ab.ca/sundre](http://prl.ab.ca/sundre)



More lifeguard training!!

**Bronze Medallion:**

June 28th and June 29th!

**National Lifeguard Certification:**

Fri & Sat.

June 7-June 22

Please register ASAP!

**Adult Swim Lessons**

Overcome your fear. (group or private)

Email: [aquaplexkathy@gmail.com](mailto:aquaplexkathy@gmail.com)

**Summer Swim Lessons for all ages!**

July and August

8 Daytime Sessions: Monday-Friday.

3 Evening Sessions: Tuesday & Thursday

Four Tuesday & Thursday Daytime

Parent & Tot Sessions.

**24 Hour Fitness Center**

Daytime Drop Ins Welcome

Drop In Aquafitness/Water Workouts.

Please visit

[www.sundreaquaplex.com](http://www.sundreaquaplex.com)

or call for more info:

403.638.9370

## BOOST YOUR BALANCE AND IMMUNITY WITH QIGONG

Participate in a beginners lesson of gentle  
guided movement and discover other  
skills to boost your balance.

June 4 | 2:00PM-3:00PM

Drop in Center, Mountain View Seniors Housing  
749 6th Street SW, Sundre - North doors

**Drop in, No charge**

Brought to you by

Linda Martin, the PCN, & AHLP

Contact: [asomerville@p2ppcn.com](mailto:asomerville@p2ppcn.com)

Ph: (403) 586-0722

## Sundre West Country Centre

101 2nd Ave, by the Arena  
Wheelchair accessible

### June Events

Music & Dancing | resumes in October

Cribbage | Resumes in the fall

Pool & Snooker | Mondays | 9:30 am

Carpet Bowling | Resumes September 5

Line Dancing | Tuesdays | 10:00am

Canasta | Tuesdays | Noon

Exercises | Wednesdays | 10am

Games | resumes in fall

Pool & Snooker | Wednesdays | 1:00pm

Quilting | Thursdays

Floor Curling | Fridays | 1:00pm

Pool & Snooker | Saturdays | 9:30 am

Potluck | Last Friday each month at Noon

**Come Join Us!**



# Bergen Farmer's Market

Alberta approved market

**Saturdays 10 to 1pm  
June 29 to Sept.14**

outdoor market with a variety of vendors  
@ Bergen Hall  
Contact Information:  
Shelley Ingeveld 403-638-2356



## ASPEN RANCH SUMMER CAMPS

Science Camp: "Minds in Motion"  
July 15-19th  
Art Camp: July 22-26th

**Ages 8-12**  
**Located 20 mins North of Sundre**  
**Daily from 9:00AM-3:00PM**

**To register & for more info:**  
[info@aspenranchcanada.com](mailto:info@aspenranchcanada.com)

**ATTENTION ALL SINGERS**  
Who's ready for some summer SINGING.  
ONE night only. ONE whole song.  
All ages and all voices are welcome and no auditions are required.  
Tuesday | June 18th  
7:00PM-9:00PM at the Sundre United Church  
COST: \$6  
RSVP: no later than June 17th. [sundrecommunitychoir@gmail.com](mailto:sundrecommunitychoir@gmail.com)  
Refreshments and goodies supplied.

### Alberta Virtual Chronic Pain Program

Do you have chronic pain?  
Are you an adult living with pain for 3 months or longer?  
Join our free 6-week online group treatment program (2 hours per week) to help you map out your pain journey.

**Call 1-877-719-7707 to learn more and register for our program**



Sundre Rodeo & Race Association

## SUNDRE PRO RODEO

**June 21 | 6:00PM**  
**June 22 | 12:00PM**  
**June 23 | 12:00PM**

The best 3 days of the wild in the west!  
The Sundre Pro Rodeo is excited for its  
**44th annual pro rodeo**  
Contact Info:  
Darby Crouch 403-895-0197




## Sundre Creative Arts


Saturday | June 8  
11:00AM-3:00PM  
Sundre Public Library  
*Bring a Project*  
& your lunch & join us for mutual help & discussion.  
Beginners and Non Members Welcome

*Free*

**Sundre Palliative Care**

MAiD in Rural Settings  
Tracy Powell, RN PhD  
Wednesday | June 5 | 7-9pm  
SSSL - North Doors  
Welcome to monthly meetings!  
Thursday | June 13 | 2pm  
SSSL - North Doors  
Drop In Grief Group  
Thursday | June 27 | 2-4pm  
Main Ave Church, Sundre

8 week Grief Group  
Wednesdays | Oct 2- Nov 20 | 1-3pm  
Sundre Museum Round House  
Info: Anne Brander  
403-507-1255  
[sundrepalliativecare@gmail.com](mailto:sundrepalliativecare@gmail.com)



### SUNDRE MINOR HOCKEY

REGISTRATION NOW OPEN

PAYMENT PLAN  
EARLY BIRD DISCOUNT

[HTTPS://GO.TEAMSNAP.COM/FORMS/430024](https://go.teamsnap.com/forms/430024)

Contact: Rebecca Rock  
[sundreminorhockey.registrar@gmail.com](mailto:sundreminorhockey.registrar@gmail.com)



### ONGOING DROP-IN CANCER SUPPORT GROUP

Second Tuesday of every month  
Starting June 11 | 10:00AM

At the Sundre Seniors Supportive Living Facility Drop-in Centre (NW Corner of building) Day Area

**FOR MORE INFO:**  
MARG 403.638.7327



### SUMMER IS ALMOST HERE!

**Summer Camps**  
Our summer camps focus on friendships, spiritual growth and outdoor fun for kids 5-17 years old

**Summer Family Camps!**  
Kickoff Family Camp - June 28-July 1  
Summer's End Family Camp - August 20-Sept. 2  
Register online


**Information:**  
314004 Range Rd 52, Sundre AB  
[www.camp-evergreen.com](http://www.camp-evergreen.com)  
info: [main@camp-evergreen.com](mailto:main@camp-evergreen.com) or phone: 403-638-4230

### AHS Central Zone Nutrition Services

FREE Online Nutrition Classes for Parents and Caregivers Taught by AHS registered dietitians

**Growing Your Baby (Prenatal nutrition)**  
**Infant Nutrition (0 - 1 year)**  
**Goodbye Mealtime Struggles (1-5 years)**  
**Mealtime Struggles: School-Aged (6-12 years)**

For more info:  
[publichealthnutrition.centralzone@ahs.ca](mailto:publichealthnutrition.centralzone@ahs.ca)  
Phone: 403.356.6387



### Mountain View Family Resource Network POP-UP PLAY

Tues | June 4 | 9:30AM-11:30AM  
Sundre Library  
**BRING YOUR KIDS**  
(0 to 6 years of age)  
for some free playtime and activities!



**REGISTER AT [WWW.MVFRN.CA](http://WWW.MVFRN.CA)**

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



**Don't have a vehicle? No worries - hitch a ride with us!**  
We offer transportation for shopping, visiting, the library, local events, and you can even travel to Red Deer and Calgary.

**Sundre In-Town Shuttle Service**  
Thurs & Tues between 10:00AM-3:00PM (cost: \$5.00)  
**Olds Once-A-Month Shuttle Service** (cost: \$15.00)  
**Single Passenger Vehicle Ride Service** (cost: \$10.00)

**Call us at 403-638-3266 or email [sundrecommunityvan@gmail.com](mailto:sundrecommunityvan@gmail.com)**  
to book a ride and meet one of our super friendly drivers. Please book a minimum of one day in advance.

### BERGEN COMMUNITY PLAYSCHOOL REGISTRATION NIGHT

For 2024-2025 school year  
**Monday June 3 From 3:00-5:00 at Bergen Playschool**

Fun & Educational Play Based Program with lots of Pre-K Skill Building!!  
Fully Licensed with Gov't subsidies available and no fundraising.

For more info:  
Susie - 403-638-1704  
Brenda 403-638-6686  
Email - [bcplayschool@gmail.com](mailto:bcplayschool@gmail.com)



Life always offers you a second chance. It's called tomorrow.