

MAY 2024

SUNDRE ON THE GO

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
www.mygnp.org
CRA Charity No.
866369374RR0001

Scan for
Website
Events
Page



FUNDRAISING

auction



SATURDAY | JUNE 1
DOORS OPEN: 6:30PM
AUCTION: 7PM

Sundre Legion Hall-135 6St SE Sundre

Supporting resources & programs that enhance
the quality of life in our community.

For a list of auction items:

www.mygnp.org

Happy Mother's Day!

Mooooooooooooo
oooooooooooo!

What?!

nothing

i love you

May 12, 2024

CMHA Mental Health Week

May 6-12, 2024

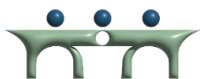
Embracing good mental health means thriving in a state of **overall wellbeing**, feeling great, and doing well in life. It **empowers us** to find joy, cherish relationships, be creative, and **take risks**. Plus, it gives us the strength to **face challenges**, whether they're physical, emotional, or just part of life's ups and downs.

There are numerous **uplifting ways** to nurture our mental wellbeing.

- Engaging in **physical activity**,
- Nourishing our bodies with **healthy food**,
- Cultivating a mindset of **grace and self-compassion**,
- **Learning** something new, and
- Getting a restorative night's **sleep**

These practices serve as **pillars of support**, empowering us to navigate life's challenges with **strength and vitality**. For more information on good mental health and a comprehensive list of tools visit:

<https://www.albertahealthservices.ca/amh/Page13618.aspx>



CHARITY CHECK STOP-MAY 24

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS



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

Part of Sundre's Canada Day Celebration

GRADES 7-12
THIS SPACE IS FOR YOU

COMING EVENTS

THE DEN SYC
THE DEN - SUNDRÉ YOUTH CENTRE
INFO@MYGNP.ORG

COOKING UP CONNECTIONS

Wednesday | May 29
4:00PM-7:00PM

Cooking With Friends
Location: Sundre Legion
Register at www.mygnp.org

\$10
Includes a meal to take home

ROCK THE BLOCK

A block party is the perfect way to meet and catch up with your neighbours, have some fun, and build a sense of camaraderie within the community. But planning and coordinating a neighbourhood shindig can be as stressful as it can be fun, so we've laid out a detailed do-ahead guide to take the trepidation out of your next affair. Greenwood Neighbourhood Place will supply a BLOCK PARTY tool kit with instructions, ideas, a selection of games plus a snack box.

TOOLKITS WILL BE AVAILABLE MAY 30

If you are interested please call us for more information: 403.638.1011

Seniors Week

Celebrating our Seniors

40's 50's 60's ROCK'n ROLL
Comedy Show!

featuring
Richard & Deborah Popovich

Wed
June 5
2024

Doors open: 1:00 PM
Start time: 1:30 PM

Sundre Arts Centre, 100
2nd Avenue NW

Free with
Registration
www.mygnp.org

WALK, HIKE, TREK WITH GNP

Outside Walking Group
Every Wednesday
9:00AM-10:00AM

Have you looked outside??
It is turning green!!
Why not walk outside with us?

Starts May 15
Meet at Greenwood Neighbourhood Place
For Info: Renate
403.638.1011

SENIORS 55+ Road Trip

MOUNTAIN VIEW GREENHOUSE TOUR

FRIDAY | MAY 31 | 10:00AM-4:00PM

\$5-Bring your own lunch

Meet at Sundre Town Office Parking Lot
Register at www.mygnp.org



SUNDRE FARMERS' MARKET
FRIDAYS | 4:30PM-7:00PM
MAY 17-SEPT 20
SUNDRE CURLING RINK
FRESH PRODUCE, BAKING, ART, CRAFTS & MORE!

THE PLACE TO BE!
 NEW VENDORS WELCOME!
MORE INFO:
CONNIE: 403.818.7718
KAREN: 403.638.1586

Sundre Palliative Care Association

Olds Hike for Hospice
 Sunday | May 5 | 9:30 am- noon

Welcome to monthly meetings!
 Thursday | May 9 | 2 pm
 SSSL - North Doors

Drop In Grief Group
 Thursday | May 23 | 2-4 pm
 Main Ave Church, Sundre

Dementia- Supportive Pathways
 Laurie Lewis, SP Trainer
 Thursday | May 23 | 6:30-8:30 pm
 SSSL - North Doors

MAiD in Rural Settings
 Tracy Powell, RN PhD
 Wednesday | June 5 | 7-9 pm
 SSSL - North Doors

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

Seniors Art Programs
Tuesdays 10:00AM-Noon
May 14
 Sundre Seniors Supportive Living Facility
 (North Doors)
May 28
 Bergen Community Hall
FREE with registration:
www.mygnp.org or call 403.638.1011



5th ANNUAL SUNDRE CAR SHOW
June 30, 2024

Sundre Rodeo Grounds
 410 2 Ave NW, Sundre, AB

Registration 8AM-10AM
\$20 Entry
Awards 2:30PM



DRIVE-IN MOVIE AT DUSK
 Sponsored by Sundre Fountain Tire
westcountrycruisers.sundre@gmail.com
 All Proceeds will be presented to The Den S.Y.C, Sundre Museum & the Sundre Community Van

Watershed Awareness Expo
 Sundre Community Centre
 Friday | May 3 | 9:00AM-2:30PM
Guest Speaker
Lorne Fitch 9:00AM
Presentations to follow
 Tickets: \$10
 Eventbrite- Watershed Awareness Expo

Sundre Seniors Socialize
 Wednesday, May 8, 2024
NEW TIME: 5:00 - 7:00PM
 Sundre United Church
55+ - Single, isolated/lonely, newcomers
 Pre-register: J. Wicks
 403-638-1950

Burden Bearers
 Counselling Centre
ANNUAL FUNDRAISER
10" Hanging Basket Sale
 Saturday | May 25 | 10:00AM
 (No Early Birds Please)
 Location: In front of Freson Bros
 Donations also Welcome
 Baskets by Lohr-A-Lee Greenhouse
 Cash/Cheque Preferred
 For info: Alex Caush
adcaush@gmail.com
Thank You for Your Support!

Sundre Municipal Library
May Events

Armchair Travel
 Wed | May 15 | 6:30PM-8:00PM
 Join us for the last trip of armchair adventures!

Teen Hangout
 Thurs | May 2 | 3:30PM-5:00PM
 Games, food, and fun for teens!
 Free to attend.

LEGO Club
 Thurs | May 9 | 3:15PM-4:15PM
 Drop in for one last play of this session!
 Call to register.

SRC Kickoff to Summer!
 Coming soon!
 Keep your eyes open for details in June!

Location: Sundre Library
Contact Info: (403)638-4000
www.prl.ab.ca/sundre



MomTribe
 A SUPPORT GROUP
 Wednesdays
 May 1-June 5
 10:30AM-12:00PM
 3 Virtual Sessions, plus 3 In-Person Sessions

Support group for moms. We welcome moms with at least one child under the age of one. Free, Safe, Confidential & non-judgmental.


Registration & Information:
 Contact Irma at 403.586.0371 or PCN at 587.796.0765



YOUTH MENTAL HEALTH CLINIC
 Experiencing struggles with mental health
 Ages 6-14
 Thurs | May 23, June 13
 1:30PM-3:30PM
 Location: River Valley School

Ages 14-18
 Thurs | May 23 & June 13
 1:30PM-3:30PM
 Location: Sundre High School

Contact Irma at Primary Care Network for appointment
 403.586.0371



SUNDRE & DISTRICT MUSEUM

PRESCHOOL PROGRAMS EVERY TUESDAY 1:30PM-3:00PM

PIONEER VILLAGE CLEAN UP SATURDAY, MAY 11TH
Come down and volunteer!

Buy your 2024 Memberships now!



For more info: 403-638-3233



Register for Summer Camp Today!

Our camps focus on friendships, spiritual growth and outdoor fun for kids 5-17.

Fathers & Son Retreat

This retreat is designed for all guys. Activities, Races, Chapels, & great food!
June 7-9th
Go online to register!

Information:

314004 Range Rd 52, Sundre, AB

www.camp-evergreen.com

info: main@camp-evergreen.com
or 403.638.4230

Cooking For Kindness



Community Luncheon

Wednesday May 15 | 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

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 587-876-0943



AL ANON MEETINGS

Every Thursday 11:00AM-12:00PM

SUNDRE UNITED CHURCH

Contact:

403-529-7899

for more info

Free Community Workshops



Happiness Basics

A program that empowers you to live a happier life. You have the biggest influence over your present and future happiness!
(2 hours per week over a 7-week period.)

Thursdays | May 16-June 27 | 1pm-3pm

Facilitators: Kerri Stenson & Tracy Silberer

Anxiety to Calm

Challenge your thoughts, behaviours and emotions while practicing proven and effective skills to manage anxiety and feel a sense of calm.

Wednesdays | May 22-July 10 | 1pm-3pm for 8 weeks

Facilitators: Tracy Silberer & Marjie Goertzen

Location:

Sundre Library, #2 96 2nd Ave NW Sundre

Want more information about these workshops?
Visit our website at www.peakstoprairiespcn.com
To Register Please Call 587.796.0765
or email: info@p2ppcn.com

Alberta Healthy Living Program

Chronic Pain - Better Choices, Better Health®

Starts Tuesday | May 7 and runs for 6 weeks
This free workshop will help you manage your health and develop skills to live with chronic pain.

Moving Matters

Friday | May 17 | 9:00AM-11:30AM

Do you want to learn more about physical activity and how to include it in your day? Come join us.

Managing Emotional Eating

May 23, 30, & June 6

This program is for anyone who wants to improve their relationship with food.

Location : ZOOM

Call Jessica at

(403) 559-8895 for alternatives to zoom

To register call: 1877 314-6997

Royal Canadian Legion

BBQ

Sundre Branch #223

Thurs | May 16 5:00PM

\$20.00 per person (Cash at the door)

Steak or Chicken

to BBQ on the outdoor grill
Mouth watering side dishes

Hotdogs for children \$5.00

Dessert Tea/Coffee

Cash Bar Nevada Tickets

50/50 tickets

& Meat draw

Location:

135-6th St. NE, Sundre, AB



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

We are hiring for our Summer Work Program.

Ages 15-30

Grounds Keeper

\$15.00 per hour, 35 hrs per week, 8 weeks

Wildlife-Wild Plants/Group tour leader & Programs Facilitator

\$15.00 per hour, 35 hrs per week, 8 weeks

Please contact us if you would like to apply.

To register & for more info:
info@aspenranchcanada.com

ALBERTA PIONEER CAMP

Grand Camp

June 7-9, 2024

Pioneer Lodge, Bergen, AB

Embark on a grand faith adventure with your grandchildren that will be remembered for years to come!

Contact Information:

guestcoordinator@pioneer camps.ab.ca



www.pioneer camp alberta.ca