

Sundre On the Go

April 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
www.mygnp.org
CRA Charity No.
866369374RR0001

Scan for
Website
Events
Page



EVERY MOMENT MATTERS

National Volunteer Week
April 14-20, 2024

#NVW2024 #EveryMomentMatters

VOLUNTEER BÉNÉVOLES CANADA

April's Featured Non-Profit:



Emergency Food Hamper

Plus One is a partnership between McDougal Chapel and the community of Sundre. Its purpose is to provide emergency food supplement to those who need it.

HOW DOES IT WORK?

~Call 403.638.0554

~Make an appointment

~Every attempt is made to meet you within 24 hours.

~You fill your own hamper with the guidance of a coordinator.

Plus 1 is not a food bank and is not affiliated with any government agency.

Donate to Plus 1 by dropping off dry goods and non-perishable items at McDougal Chapel (Tues-Fri | 9:00AM-Noon) & Greenwood Neighbourhood Place (Tues-Thurs | 8:30AM-4:00PM). Please check the expiry dates, and we do not accept clothing or furniture.

Location:

McDougal Chapel
(About 4 km west of Sundre on Highway 27)

National Volunteer Appreciation Event

Featuring

BEN CRANE

FRIDAY | APRIL 19 | 7:00PM-8:30PM

SUNDRE ARTS CENTRE

FREE- LIMITED SEATS

REGISTER NOW

WWW.MYGNP.ORG

403.638.1011



SCAN ME

You must be an active volunteer for a non-profit organization in the Sundre area.



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

GREENWOOD NEIGHBOURHOOD PLACE EVENTS AND PROGRAMS

INCOME TAX TIME *IS HERE!*

COMMUNITY VOLUNTEER INCOME TAX PROGRAM
MARCH 5 - APRIL 30 | TUES - THURS | 10AM - 3PM

FREE Income Tax preparation if you qualify!

The following returns do NOT qualify:
self-employment, business or rental income,
capital gains or losses, bankruptcy, or deceased
in the year.

Eligible Taxpayer Family Income
Individual - Up to \$35,000
Couple - Up to \$45,000
Each Dependent add \$2,500



Canada

If you have mobility issues
please contact us.



Call for info: 403.638.1011

Seniors Art Programs Tuesdays 10:00AM-Noon

April 16
Sundre Seniors Supportive Living Facility
(North Doors)

April 23
James River Community Hall

FREE with registration:
www.mygnp.org or call 403.638.1011



Mark Your Calendar!

Greenwood Neighbourhood Place



FUNDRAISING AUCTION

**Saturday
June 1 | 7:00PM**

SUNDRE LEGION

Watch for details!
Have an item to donate?
Contact us at 403.638.1011

Harvesting Success:

55+ Trip



Getting the most out of your garden!

Saturday | April 13 | 9:30AM-3:00PM

Want some really good advice on how to get the most out of your garden? Lunch & Learn
With Prairie Gardener Sheryl Normandeau.

Location: Pasu Farm, Carstairs, AB



Cost: \$20 includes transportation,
lunch & presentation
Register at www.mygnp.org

COOKING UP CONNECTIONS

Wednesday | April 24

4:00PM-7:00PM

Cooking With Friends

Location: Sundre Legion

Register at www.mygnp.org

\$10

Includes a meal
to take home



COMMUNITY JOB FAIR



APRIL 25

STUDENTS
& RECENT GRADS
3:00PM - 5:00PM

ALL AGES
JOB SEEKERS
5:00PM - 6:00PM

BRING YOUR RESUME!
Businesses looking to hire.

Sundre High School

FOR MORE INFO: scoc@telus.net



Volunteer Connect Corner

Greenwood Neighbourhood Place

Volunteer With Us

Love research?

Enjoy diving into detailed databases?

If this sounds like you,

Greenwood Neighbourhood Place

wants YOU!

Help us find mission-aligned grants!

Contact us at 403.638.1011

or email info@mygnp.org

to get involved today!



Health Care Aide Certificate Program

Providing you with the opportunity to be part of a health-care team.

\$9,000 Tuition Bursary available

Starts May 2024 In Sundre

TO LEARN MORE AND TO REGISTER:
CAMPUSALBERTACENTRAL.COM



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

Mountainview Family Resource Network

Pop-Up Play

Tuesday | April 2 | 9:30AM-11:30AM

Sundre Library

Beat winter boredom!

Bring your kids (Ages 0-6)

for some free play time,

an activity and a story.

Bring your parenting questions!

For Info and to Register:

mvfrn.ca



Sundre Seniors Socialize

Wednesday | April 10

11:45PM- 2:00PM

Sundre United Church

55+ - single, isolated/lonely,
NEWCOMERS

Pre-register: J Wicks

403-638-1950

Sundre Creative Arts

Save the date

ANNUAL SUNDRÉ ART SHOW

AND SALE 2024

Theme is "Wild Skies"



Sat | April 27 | 1:00PM-5:00PM

&

Sun | April 28 | 11:00AM-3:30PM

West Country Centre

Free Admission & Door Prizes

Refreshments Available

Sundre Palliative Care Association

Advanced Care Planning

Deana McNeish, palliative RN

Thursday | April 4 | 6:30PM-8:30PM

SSSL - North Doors

Welcome to monthly meetings!

Thursday | April 11 | 2:00PM

SSSL - North Doors

Drop In Grief Group

Thursday | April 18 | 2:00PM-4:00PM

Main Ave Church, Sundre

Olds Hike for Hospice

Sunday | May 5 | 9:30AM-NOON

Info: Anne Brander 403-507-1255

Sundrepalliativecare@gmail.com

SUNDRÉ WEST COUNTRY CENTRE

101 2nd Ave, by the Arena

Wheelchair accessible.

April Events

Music & Dancing | Sundays-1st & 3rd | 1:30PM

Cribbage | Every other Sunday | 1:30PM

Pool & Snooker | Mondays | 9:30AM

Carpet Bowling | Mondays | 1:00PM

Line Dancing | Tuesdays | 10:00AM

Canasta | Tuesdays | Noon

Stretching | Wednesdays | 10:00AM

Games! | Wednesdays-1st & 3rd | 1:00PM

Pool & Snooker | Wednesdays | 1:00PM

Carpet Bowling | Thursdays | 1:00PM

Quilting | Thursdays

Floor Curling | Fridays | 1:00 pm

Pot Luck | Last Friday of each month

at 12 Noon,

Come join us!

Sundre Municipal Library

Books 2 Eat

Fri | April 12 | 5:00PM

Bringing together

GOOD food and GOOD books.

Tickets available Mar 12-Apr 4

Armchair Travel Session #2

Wed | April 24 | 6:30PM-8:00PM

Visit a new location in

our Armchair Travels

Seniors Spring-Go Bingo

Thur | April 25 | 1:30PM

An afternoon of fun + prizes for
Mountainview Lodge members!

Rhyme Time

Tuesdays | 9:30AM-10:30AM

**(except the 1st Tues
of the month)**

Stories, songs and rhymes!
For ages 0-5 with a caregiver.

Location: Sundre Public Library

Contact Information:

(403) 638-4000

prl.ab.ca/sundre



Building Better
BOUNDARIES

Would you like
better boundaries?

Tuesdays | 6:30PM-8:30PM

April 9-May 14

Location: The Den SYC

102 Centre St N #4

Register by calling:

Emilie at 403.586.4545



www.mountainviewemergencyshelter.ca
mountainviewemergencyshelter@gmail.com



Register for Summer Camp Today!

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

Ladies Night

Join us for an afternoon of
horseback riding on April 14th.

Cost \$75/Lady

Go online to register!

Information:

314004 Range Rd 52, Sundre, AB

www.camp-evergreen.com

info: main@camp-evergreen.com

or 403.638.4230

PURSUIING A CAREER IN THE HEALTHCARE FIELD?

Sundre Hospital & Care Centre Auxiliary Society has a \$1,500 Scholarship

For further information contact Pat Ball 403-638-2999

Sundre Daycare Centre
SPRING MARKET
Saturday | April 27
10:00AM-2:00PM
 Location:
 Sundre Community Centre

Join us for our annual Spring Market Fundraiser!
 All proceeds go to SDC's Summer 2024 Transportation




For More Info:
sundredaycare@gmail.com

Sundre Seniors SPRUCE Society
Coffee conversation on Healthy Aging
 Last Tuesday of each month at 1:30PM

Questions? Or do you want to be involved? Email us!
 Location:
 Sundre MVSH Supportive Living Facility
 Seniors Drop in center

Sundrespruce20@gmail.com



S.P.R.U.C.E.
 S.P.R.U.C.E.
 Seniors Protected and Respected Under
 Community Engagement

Sundre Ministerial
Mayor's Annual Prayer Breakfast
Friday | April 26 | 7:00AM
Sundre Golf Club
\$25.00
 Tickets available from member churches
 Guest speaker:
 Pat Nixon, founder of the Mustard Seed Ministry
Info: Gerald 403-638-2356

Sundre Community Van Association
 Transportation for the 55+ crowd!
 Everthing from shopping to visiting, including travel to Red Deer & Calgary.
 Sundre in-town shuttle service
 Thursdays | 10:00AM-3:00PM & Tuesdays | 1:00PM-4:00PM
To Book: 403-638-3266 or email sundrecommunityvan@gmail.com
Please book a minimum of one day in advance.



Cooking For Kindness

Community Luncheon
 Wednesday April 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

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





Alberta Healthy Living Program
Minding Stress
 Friday | April 5 & 12 | 9:00AM-11:30AM

Support Weekly Action Team (SWAT)
 Every Friday from 12:00PM-1:00PM
 Meet with others who are also improving their health by action planning and problem solving.

Heart Wise
 Starts Wednesday | April 10
 Runs 4 weeks | 9:00AM-11:30AM

Location : ZOOM
Call your local educator at (403) 559-8895 for alternatives
To register call: 1877 314-6997

Sundre Community Choir and Handbells

Spring 2024 Concerts
 Sunday | April 14 | 2PM
 Tuesday | April 16 | 7PM
 Admission by donation
 Refreshments to follow

sundrecommunitychoir@gmail.com
 Come early to get a good seat.

Location: Sundre United Church
 More Info: Pauline
sundrecommunitychoir@gmail.com

Sundre Aquaplex
More lifeguard training!!
 Bronze Cross is scheduled for June 6-June 8!
 Please register as soon as possible, the course will only run if we have enough participants!

Adult Swim Lessons
 overcome your fear of water, group or private!
 Email: aquaplexkathy@gmail.com

Swim Lessons for all ages!
 New Set of HOMESCHOOL lessons start April 16!
 Parent and Tot Session starting April 4.
 Tues/Thurs evening session starting April 4.
 Saturday morning lessons start April 13!

24 Hour Fitness Center
 Daytime Drop Ins Welcome
 Drop In Aquafitness/Water Workouts.

Please visit www.sundreaquaplex.com or phone for more information.



JAMES RIVER COWBOY CHURCH
Wednesdays | 7:00PM
 James River Community Hall
 If you are in need of transportation contact:
 Sundre Community Van
 403.638.3266

ALBERTA PIONEER CAMP
Pioneer Women's Weekend
 May 31-June 2
Location:
Pioneer Lodge, Sundre
Relax, play, visit, sing, and listen;
 be in the great **outdoors** on foot or on the back of a **horse**;
 a space to **laugh** together,
 to contemplate, to **enjoy** mountain views or to sit in front of the fire
 and enjoy a great cup of **coffee or tea.**
Contact Information:
guestcoordinator@pioneer camps.ab.ca

www.pioneer campalberta.ca



ZERO TO HERO KAYAKING LESSONS
For Youth & Beginners
 6-1.5 hour lessons & 2 River Runs
 Dates & time will be determined by interest
 What you will learn:
 Basic Stokes, Wet Exit, T-Rescue, Hi & Low Bracing, Start on the Kayak Roll, River Running Skills
 All you need is a swimsuit & a positive attitude!
HOSTED BY SUNDRE PADDLING CLUB
 Location: Sundre Aquaplex & Red Deer River
Call Sheldon: 403.638.8558