



ASPEN HEIGHTS NEWSLETTER

5869 - 69TH STREET DRIVE

RED DEER, AB T4P 1P6 403-347-2581

SAFE ARRIVAL LINE: 403-346-6543

[HTTP://ASPENHEIGHTS.RDPSD.AB.CA/](http://ASPENHEIGHTS.RDPSD.AB.CA/)

PRINCIPAL: MR. BILL KWASNY

VICE PRINCIPAL: MRS. CAROLYN STOLTE

FROM THE PRINCIPAL'S DESK

MATH TIPS

1. Math is Important

We use math every day, often without realizing it. Helping your child feel confident with numeracy will give them a head start.

2. Be Positive About Math

Try not to say things like "I can't do math" or "I hated math in school" - your child may start to think that themselves. Staying positive will help them enjoy math.

3. Point Out Math in Everyday Life

Include your child in any activities that involve math such as working with money, organizing cupboards, figuring out time, organizing a closet, sorting a drawer, recognizing shapes, finding numbers while traveling, helping build the shopping list by looking at prices in flyers (if you get them).

4. Play games that involve math.

Play dice games, cards, strategy games. Talk about taking chances and probability. Is there a strategy that allows one of the players a greater chance at winning?

5. Believe Your Child Can Get Better at Math

This is called a "growth mindset". Children with a growth mindset towards math, put in more effort and do better at math.

Thank you!

OCTOBER 2023



SCHOOL WIDE LUNCH

WEDNESDAY OCTOBER 4 2023

**EVERY STUDENT WILL RECEIVE EITHER
1 HOTDOG OR 1 BURGER (OF THEIR CHOICE)
CHIPS & 1 JUICE BOX.**



**IF YOU BELIEVE YOUR CHILD(REN) MAY
STILL BE HUNGRY,
PLEASE ENSURE THEY PACK EXTRA FOOD**

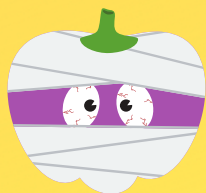
**LUNCH WILL BE SERVED IN CLASSROOMS
DURING LUNCH TIME**



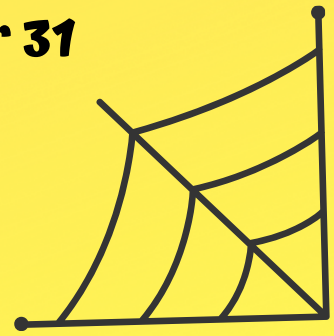
Important Dates In October



School Wide Lunch	October 4	
Parent Conferences (No school for students)	October 5	
Staff Learning Day (No School for students)	October 6	
Last day to order Hot Lunch - Pizza 73	October 7	
Thanksgiving Day (No School)	October 9	
Hot Lunch - Pizza 73	October 13	
Picture Day	October 13	
Mustard Seed Donation Assembly 10AM	October 17	
Parent Council Meeting 3:30pm	October 19	
Last day to order Hot Lunch - Pita Pit	October 21	
Last day to order hot lunch - State & Main	October 25	
Micro Job Fair	October 26	
Assembly 1PM	October 27	
Hot Lunch - Pita Pit	October 27	
Hot Lunch - State & Main	October 31	
Halloween ~ Costume Day	October 31	




**Wear your costume all
day on October 31st**



PARENT / TEACHER CONFERENCES

Click here to book: [School Interviews](#)



Aspen Heights
Parent/Teacher Conferences
Thursday, October 5, 2023
KINDERGARTEN – GRADE 5


Parent/Teacher Conferences

Please go to schoolinterviews.ca

Conferences are 10 minutes in length.
 If you require more time, please contact the teachers directly by email or call the school at 403-347-2581.

Bookings open: Friday, September 22, 2023 at 12:00 pm

Bookings close: Monday, October 2, 2023 at 4:00 pm



Go to www.schoolinterviews.ca and enter the code **d93as**



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click FINISH your selected bookings will be emailed to you immediately. If you do not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling. Update your details if the email address is incorrect. **DO NOT DELETE** the email you receive. Keep it somewhere safe. You may need to refer back to it at a later date.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.

Bookings must be finalized by **Monday, October 2, 2023**

If you need to view, cancel, change or print your bookings:

- Click on the link in the confirmation email you received after you made your bookings
- OR return to www.schoolinterviews.ca and enter the code and the email address you used when making your bookings.

OCTOBER 2022

Bake Sale and Coffee Table



*A fundraiser for
field trips*

October 5
10 a.m - 7 p.m.

*Cash only

*Coffee by
donation



Aspen Heights Parent and Community Support Association

MUSTARD SEED DONATION ASSEMBLY:

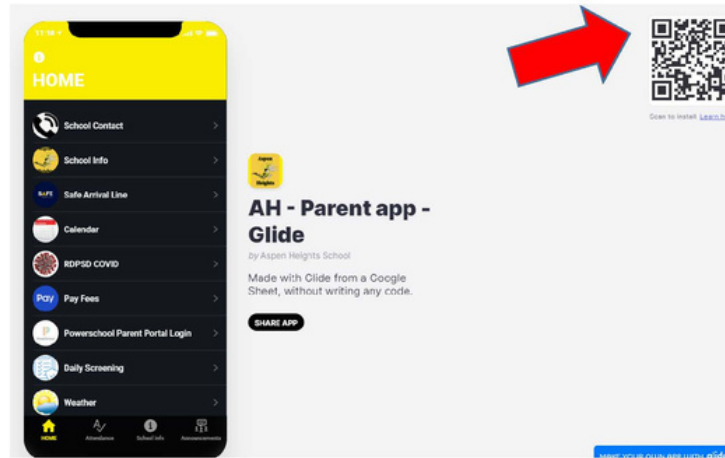
ON TUESDAY, OCTOBER 17TH, AT 10:00 AM RED DEER PUBLIC SCHOOLS WILL BE HOLDING AN ASSEMBLY AT OUR SCHOOL. A CHEQUE WILL BE PRESENTED TO THE MUSTARD SEED TO HELP SUPPORT THEIR SCHOOL LUNCH PROGRAM. THE ASSEMBLY WILL LAST APPROXIMATELY TWENTY MINUTES AND SPEAKERS WILL BE SHARING THE AMAZING WORK THE MUSTARD SEED DOES TO SUPPORT STUDENTS IN RED DEER PUBLIC SCHOOLS. OUR SCHOOL WAS SELECTED TO HOST THE ASSEMBLY BECAUSE OF THE KIND SUPPORT THAT THE MUSTARD SEED PROVIDES TO OUR STUDENTS. WE GET A LARGE NUMBER OF LUNCHES EVERY DAY. THANK YOU, MUSTARD SEED!



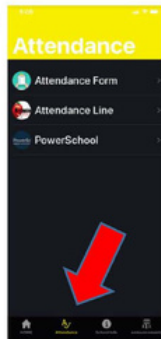
An app for Aspen Heights has been developed which has all important school information at your fingertips.

Aspen Heights App

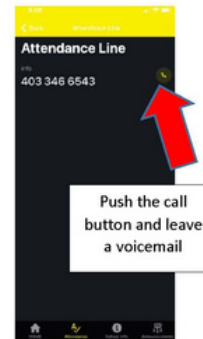
[Here](#) is the link to load the AH app - click on the word blue word 'Here' at the beginning of this sentence to get the link to the app. Below is a picture of what will come up on your screen. Please scan the QR code in the right hand corner from the link or use the picture below to get the app on your device. You can also screen shot the QR code in the picture below.



Attendance



The screenshot shows the 'AH Attendance Form' with the following fields: 'Parent name *' (Your printer), 'First and Last Name of your child *' (Your printer), and 'Reason for Absence *' with radio button options: Excused, Sickness, Late, Medical, Vacation, and Covid Symptoms. A red arrow points to the form, and a text box below it says 'Fill out & submit form'.



Way to go Aspen Heights!!
 We raised
\$684.10
 for
 The Terry Fox Foundation!!



SAFE ARRIVAL LINE

If your child is going to be absent or late, we ask that you let us know by calling **403-346-6543** or submitting an attendance form through the **Aspen Heights App**. The attendance secretary will contact you to let you know if your child has not arrived if you haven't already notified us of an absence. Please do not send sick children to school. We have limited facilities for comfort/care, and illnesses may be spread to other children. Prescription medication can only be administered by staff when specific written authorization from the parent/guardian and the physician has been received by the school's administration. Forms are available from the school office. Simple first aid is administered to children who receive minor injuries such as scrapes, cuts or bruises. Parents are asked to transport and accompany children should medical treatment be deemed necessary. If a child is seriously injured, an ambulance will be called.

TRAFFIC SAFETY

Please help us ensure that our students are safe and crossing the street in front of the school at the crosswalk. Too often we are witnessing parents that allow their children to cross the street towards an awaiting vehicle at an area away from the crosswalk. This creates a potential for serious injury since drivers may not be expecting children to be crossing other than at the crosswalk. **For safety's sake, please, please insist that your children cross the street at the crosswalk.**



Parents and Guardians

You can take advantage of our
TEXT MESSAGING SERVICE

Our school utilizes the SchoolMessenger system to deliver text messages straight to your mobile phone with important information on student attendance, school events and other activities.

You can participate in this service just by sending a text message of "Y" or "YES" to our District's short code number # 978338.

You can also opt out of these messages at any time by simply replying to one our messages with "STOP".

SchoolMessenger is compliant with all legislation, so you can rest assured that your information is safe and will never be given or sold to anyone. *Standard message and data rates may apply.



Technology & Neighborhood Walk Forms

Have you signed in to PowerSchool and done the on-line forms for your child?

If you have not your child/ren will **not be** allowed to use technology at the school or go on a neighborhood walk with their class, if they go on one.

If you need help logging in please call the office at 403-347-2581. Changes in information? Please log on to your PowerSchool account and make the changes in the RSVP tab.

2023-2024

August 2023							September 2023							October 2023								
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa		
		1	2	3	4	5			3	4	5	6	7	8	9	8	9	10	11	12	13	14
6	7	8	9	10	11	12	10	11	12	13	14	15	16	15	16	17	18	19	20	21		
13	14	15	16	17	18	19	17	18	19	20	21	22	23	22	23	24	25	26	27	28		
20	21	22	23	24	25	26	24	25	26	27	28	29	30	29	30	31						
27	28	29	30	31																		

November 2023							December 2023							January 2024						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
			1	2	3	4					1	2	1	2	3	4	5	6		
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			
							31													

February 2024							March 2024							April 2024						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
				1	2	3					1	2	1	2	3	4	5	6		
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
							31													

May 2024							June 2024							July 2024						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
				1	2	3	4						1	1	2	3	4	5	6	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

School Days & Holidays	
August 23-30	School Registration - Contact schools for specific details
August 25	Teacher Only Organizational Day
August 28 - 30	Teachers & Classified Staff - Organizational Days
August 31	First Day of School for Students
September 4	Labour Day - No School
September 15	No School K-12 -- Staff Learning Day
September 29	Observing National Day of Truth and Reconciliation - No School
October 5	No School K-8 -- Staff Learning Day
October 6	No School K-12 -- Staff Learning Day
October 9	Thanksgiving -- No School
November 8	No School K-12 -- Staff Learning Day
November 9	Fall Break -- No School
November 10	Remembrance Day -- No School
December 7	No School K-8 -- Staff Learning Day
December 8	No School K-12 -- Staff Learning Day
December 25	Christmas Day
December 26-January 5	Christmas Break
January 1	New Year's Day
January 8	Return from Christmas Break
January 19	No School K-8 -- Staff Learning Day
January 31	Semester Break -- No School 9-12
February 1	First Day of Semester Two
February 16	No School K-12 -- Staff Learning Day
February 19	Family Day
February 20-21	Winter Break - No School
February 22-23	Teachers' Convention -- No School
March 14	No School K-8 -- Staff Learning Day
March 15	No School K-12 -- Staff Learning Day
March 29	Good Friday - No School
April 1	Easter Monday - No School
April 2-5	Spring Break
April 26	No School K-12 -- Staff Learning Day
May 17	No School K-12 -- Staff Learning Day
May 20	Victoria Day
June 7	No School K-8 -- Staff Learning Day
June 27	Last Day for Students
June 28	School Organization - Teachers & Staff Only

	Teacher Days	Instructional Days K-8	Instructional Days 9-12
Semester 1			
August	5	1	1
September	19	18	18
October	21	19	20
November	20	19	19
December	16	14	15
January	18	17	17
Semester 1 Total	99	88	90
Semester 2			
February	18	15	15
March	20	18	19
April	17	16	16
May	22	21	21
June	20	18	19
Semester 2 Total	97	88	90
TOTAL	196	176	180

RED DEER PUBLIC SCHOOLS

Value for Learning & Life

MicroSociety Citizen of the month

October

Values for Learning and Life



Respectful- Throw kindness around like confetti.

Curious - Imagine the possibilities.

Responsible - Do the right thing, even when no one is looking.

Collaborative - Together we can do the impossible.

Resilient - Life is tough, so are you.

Healthy - Power your body, brain and soul.



Students will be given tickets for exhibiting **VALUES FOR LEARNING AND LIFE** behaviours. A draw will be made monthly from each grade. The student will be awarded "Lunch with their staff nominator". Pizza provided by Pizza 73.



HERITAGE FAMILY SERVICES ● ELYSIAN VENTURES ● THE CITY OF RED DEER
CAPSTONE COMMUNITY FUND PRESENTS:

RECONCILIATION THROUGH INTERCONNECTEDNESS

BBQ COMMUNITY EVENT

SATURDAY
SEPTEMBER 30TH

5439 47 ST RED DEER
11:00 AM - 4:00 PM

ALL ARE WELCOME!

- ELDER TEACHINGS ●
- TIPI RAISING ●
- DRUMMING ●
- CHARITY CRAFT & BAKE SALE ●
- CHARITY RAFFLE ●
- FREE BBQ, SNACKS & BEVERAGES ●



100% OF DONATION AND PURCHASE PROCEEDS GO TOWARDS INTERCONNECT HOUSING FOUNDATION NON-PROFIT CHARITY



Celebrating Indigenous Youth: Reconnecting with Cultural Traditions

TRUTH AND RECONCILIATION EVENT
OCTOBER 15TH 2023, 9:00AM - 5:00PM

SPECIAL GUESTS

DOREEN DAYCHIEF

WOMEN'S RITES OF PASSAGE

SYDNEY BEAVERBONES

MEN'S RITES OF PASSAGE



FREE EVENT & PARKING!
ALL WELCOME
LUNCH & SNACKS PROVIDED!

FRONTIER ROOM - WESTERNER PARK
4847A 19 ST, RED DEER, AB T4R 2N7



For More Information Contact
Alicx at 403-340-0020 or
Email alix@rdnfs.com

Funded by the Government of Canada

Canada



National Day for Truth and Reconciliation events at the Red Deer Museum + Art Gallery

September 20, 2023 (Red Deer, Alberta) – The community is invited to drop by the Red Deer Museum + Art Gallery (MAG) on September 29th (1-4 pm) and September 30th (11 am-4 pm) for [Little Souls: The Journey On](#), an event hosted in partnership with Shining Mountains, Métis Local 492, Urban Aboriginal Voices Society, and the Golden Circle Senior Resource Centre.

The two-day event schedule is as follows:

September 29th (1-4 pm)

- 1:00 pm Elder Blessing and Prayers with John Sinclair
- 1:15–2:30 pm Film Screening: *Stolen Spirits of Haida Gwaii* – this film follows the Haida through a fascinating process of relearning their culture and an incredible journey which takes them to Chicago and, ultimately, to reconciliation with the descendants of the scientists who robbed the islands' graves a century ago.
- 2:30–3:30 pm Panel Discussion: Repatriation and Museums
- 3:30 pm Elder Closing Prayers

September 30th (11 am – 4 pm)

- 11:00 am Welcome, Elder Prayer, Introduction of Honoured Guests
- 11:15 am Quilt Ceremony "*Little Souls: The Journey On*" this quilt was created by the community as a healing journey for the children who didn't return from residential schools. The quilt will be a travelling piece to help Indigenous communities to heal.
- 11:30 am Traditional Métis music with Zack Willier
- 12:00 pm BBQ and Community Gathering
- 1:00–3:30 pm Film Screening (x2): *Stolen Spirits of Haida Gwaii*
- 3:30–4 :00 pm Last chance tour of *Body Language: Reawakening Cultural Tattooing in the Northwest*

For more information about the event, contact:

Lynn LeCorre
Education Coordinator
587-797-4035

Lynn.LeCorre@reddeermuseum.com

Wellness Exchange Free Workshops



Who: Any adult interested in improving their skills to cope with change, manage daily stressors, and increase their overall well-being.

What: Five different skill-building workshops - one topic per workshop. Attend any topic that interests you or attend all five.

Where: Gary W. Harris Canada Games Centre,
120 College Cir, Red Deer, AB

When: Each workshop runs from 1:30 p.m. to 2:45 p.m.

- Oct. 3 - Problem Solving
- Oct. 10 - Positive Activities
- Oct. 17 - Managing Reactions
- Oct. 24 - Helpful Thinking
- Oct. 31 - Healthy Connections

To register: click [here](#)
or us this QR Code



Workshops are facilitated by AHS staff in partnership with community agencies. Workshops are not group therapy nor are they a substitute for the advice of a qualified health professional. For more information, rania.page@ahs.ca



SEPT. 23 - OCT. 14, 2023
Drop off your gently used coats & winter items for kids and adults. We will clean & distribute them to families in need.
Other winter items, such as mitts, gloves, toques, scarves, and ski pants, also accepted.

DROP OFF AT THE: CACPC Charity CHECKSTOP

Sept. 23, 10:00 - 4:00 PM @ Taylor Drive

For more info, visit cacpc.ca/events

Additional Drop Off Locations:

- | | |
|--|--|
| Classic Cleaners
4912 - 35 ST | Sterling Cleaners
4810 - 52 ST |
| The Coverall Shop
6722 Goetz Ave, Red Deer, AB
7610 Edgar Industrial DR | Village Dry Cleaners
8-5101 - 76 ST
Mustang Laundry
6850 - 59 AVE |

WINTER ITEMS ARE AVAILABLE FOR PICK UP AT RED DEER CHRISTMAS BUREAU:

Distribution will be the week of Oct 16-20
Monday - Friday 10 am to 4 pm
The Red Deer Christmas Bureau Society
#2 4650 61 Street Red Deer, Ab
405-547-2210

Info: reddeerchristmasbureau.com

All clients that require coats (free of charge) will be required to provide AHC and proof of address, no appointment needed, first come first served



Printing provided by Midwestern Press



**Free 4
anyBODY**

Sledge Hockey Try it Events THURSDAYS FROM 4:30-5:30

Starting October 12 at the Dawe Center



Call Ray Wasdal
403-318-3623
or



Use this Form to Sign up



PARA-HOCKEY TRY IT EVENTS

THURSDAYS AT 4:30

STARTING OCTOBER 5TH

DAWE COMMUNITY CENTER



FILL IN THIS FORM TO
PRE-REGISTER

CONTACT : RAY WASDAL AT 403-318-3623
FOR MORE INFORMATION

TAMING WORRY DRAGONS

This 7-week program is designed to support children ages 5 - 8 years old as they explore and understand their feelings of anxiety, fear, and worry.

Parents are required to attend the concurrent parenting group focused on helping parents understand and support their children.

This program is not designed for children with a diagnosis.

WEDNESDAYS
JAN. 10 - FEB. 21, 2024
6:00 - 7:30 PM

\$95/CHILD
(no siblings)
5409 - 50TH AVE.

Register online at
www.fsca.ca
For more information please call
403 - 343 - 6400

October 25 to December 7 2023

Family Services of Central Alberta Presents:

For Tweens

CONQUER your ANXIETY & WORRIES

Parents & Tween

\$95/ Tween

Tween & Parent program

- Focusing on increasing knowledge, enhancing skills & gaining practical tools for tweens who experience anxiety

Program information & Registration at fsca.ca

WEDNESDAYS

GIFTS FOR GRANDPARENTS

Help make Christmas brighter for isolated seniors this holiday season.

We will gratefully accept donations of:

- * Lightweight blankets
- * Boxes of cookies (small tins/boxes only)
- * Chocolates (small boxes)
- * Candy (including Diabetic)
- * Crackers (small boxes)
- * Large Print Word Search/Crossword with Pens
- * Cash/Grocery Store gift cards

Gifts will be delivered to seniors in our community who will benefit from your generosity this season.

Last day for donation drop off: Dec. 13

Donations can be dropped off at:
FSCA Main Office - 5409 50 Ave

Hannah Beach

HANNAH BEACH

An award-winning educator, author, emotional health consultant, keynote speaker and parent.
hannahbeach.ca

Parents Night Out & Professional Development Workshops available:
All presentations located at Carnival Cinema

Understanding What's Behind Your Kid's Challenging Behaviors: Practical Strategies for Change

6pm - 7:30pm
Doors open at 5:30pm

Children (ages 4-12) will be watching a movie (supervised) while parents are attending the presentation. Each ticket includes a drink & popcorn.

October 5th \$25/Adult \$10/Child

Emotional Health in Kids

2 Workshop Presentations times:

Morning Session 8:45 - 11:30am
Afternoon Session 12:45 - 3:30pm

October 6th \$60/Person

Register Here

Presented by:

OCTOBER 2023

The Salvation Army Community Church invites you to attend any or all of the programs listed below.

If you have any questions, please contact the Church office at 403-346-2251.

Sunday

11:00 am Worship Service

Activities & Events (check with office for dates and times):

Community Café

Craft & Chat

Online Bible Study

Ladies Night Out

Movie Nights

Seniors' Luncheons

Community Ministries Office

Hours

Monday – Thursday

9:00 am – 4:00 pm

Closed for lunch 12:00 pm – 1:00 pm

Friday

9:00 am – 11:00 am

Assistance Appointments booked:

Tuesday, Wednesday, Thursday
between 9:15 – 11:45 am

RED DEER SALVATION ARMY COMMUNITY SERVICES

Appointments and identification are required for all forms of assistance

- Bread available (*Monday – Friday; self-serve*)
- Food Hampers (Food Bank)
- EMERGENCY Single Bed Assistance
- EMERGENCY Clothing Assistance
- EMERGENCY Household Assistance
- Antibiotic Assistance (as needed)
- Hospital-To-Home Program
- Christmas Assistance
- Pastoral Care
- School Weekend Meal Program
- Summer Camps for Children:
 - Holiday Camp (7-12 yrs.)
 - Teen Camp (13-16 yrs.)
 - Mom & Tots Camp (children up to 6 yrs.)



The Salvation Army Church & Community Services

Officers/Pastors

Majors Kent & Dena Hepditch

kent.hepditch@salvationarmy.ca

dena.hepditch@salvationarmy.ca

Community Ministries Coordinator

taylor.poor@salvationarmy.ca

Community Services Office

reddeer.reception@salvationarmy.ca

4837-54 Street

Red Deer, Alberta T4N 2G5

Phone: 403-346-2251

Fax: 403-342-5892

The Red Deer Salvation Army Church & Community Services



www.salvationarmyreddeer.com



The Salvation Army Church Red Deer



Giving Hope Today

HOW YOU CAN DONATE

The Salvation Army Church & Community Ministries 4837-54 Street

- Monetary donations (in person or mail)
- Credit/Debit card donations (by phone)
- Food donations
- New items such as: mitts, toques, scarves, sweaters, socks & underwear

Online at www.salvationarmyreddeer.com

The Salvation Army Innisfail Thrift Store

4912-52 Street Innisfail (403-227-1880)

- Clothing, furniture, and household items are accepted (*no pick-up service available*)

The Salvation Army Red Deer Thrift Store

132-2325 50th (Gaetz) Ave (403-340-0625)

- Clothing, furniture, and household items are accepted (*please call for 403-340-0625 for information on furniture pick-up within city limits*).

The Salvation Army www.ab.salvationarmy.ca

- Monthly Giving Plans
- Gifts of Securities

VOLUNTEER OPPORTUNITIES

Seasonal

- Christmas Kettle Campaign
- Adopt-A-Family/Senior
- Santa Shuffle

DID YOU KNOW...?

- We are first and foremost a church.
- We provide weekly Sunday Church services at 4837-54 Street at 11:00 am.
- We are active in 132 countries around the world and 400 communities in Canada.
- The Salvation Army has served in Red Deer since 1912.
- The Salvation Army is the largest non-governmental direct provider of social services in Canada. Over 1.8 million people helped in Canada and Bermuda last year.
- In Red Deer we provide services to over 500 families throughout the year.
- At The Salvation Army Pine Lake Camp, summer programs are available to children and youth.
- At Christmas we deliver gifts to Hospital Patients, Retirement & Nursing Home Residents, and the Remand Centre.
- We provide Christmas for over 220 families/seniors in Red Deer and area.
- All money collected from our Christmas Kettle Campaign remains in our community.
- The Salvation Army is part of the Emergency Ham Network.
- The Salvation Army is actively involved in Disaster Services nationally and locally.

OCTOBER 2023

Red Deer Family Resource Network						
October 2023						
Bower Community Centre (85 Boyce Street) & YMCA (6391-76th Street), Outdoor & Online Programs						
Mon (Bower)	Tue (YMCA/Outdoors)	Wed (Outdoors/Online)	Thu (Bower/Outdoors/Online)	Fri	Sat	
2 Stay & Play Tip Sheets *Natasha Baby & Me 1:00-3:00 *Natasha	3 Play & Learn 9:30-11:30 *Natasha Walk & Play 1:00-3:00 *Natasha Youth @ the Y 3:00-5:00 *Shelley	4 Strollerize 10:00-11:30 *Timi Online Book Club 4:00-5:30 *Shelley	5 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi Playground Pals 3:30-5:00 *Natasha Online Teen Talk Group 4:00-5:00 *Tammy	6		
9 STAT	10 Play & Learn 9:30-11:30 *Natasha Walk & Play 1:00-3:00 *Natasha Youth @ the Y 3:00-5:00 *Shelley	11 Strollerize 10:00-11:30 *Timi Online Book Club 4:00-5:30 *Shelley	12 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi Playground Pals 3:30-5:00 *Natasha	13 ECD Programs for Children Ages 0-6 and their Parents/Carers		
16 Stay & Play Tip Sheets *Natasha Baby & Me 1:00-3:00 *Natasha	17 Play & Learn 9:30-11:30 *Natasha Walk & Play 1:00-3:00 *Natasha Youth @ the Y 3:00-5:00 *Shelley	18 Strollerize 10:00-11:30 *Timi Online Book Club 4:00-5:30 *Shelley	19 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi Playground Pals 3:30-5:00 *Natasha	20 Programs for Youth Ages 14-18		
23 Stay & Play Tip Sheets *Natasha Baby & Me 1:00-3:00 *Natasha	24 Play & Learn 9:30-11:30 *Natasha Walk & Play 1:00-3:00 *Natasha Youth @ the Y 3:00-5:00 *Shelley	25 Strollerize 10:00-11:30 *Timi Online Book Club 4:00-5:30 *Shelley	26 Baby Buddies 9:30-11:30 *Timi Preschool Pals 1:00-3:00 *Timi Playground Pals 3:30-5:00 *Natasha	27 Programs for Youth Ages 7-13		
30 Stay & Play Tip Sheets *Natasha Baby & Me 1:00-3:00 *Natasha	31 Play & Learn 9:30-11:30 *Natasha Youth @ the Y 3:00-5:00 *Shelley					Parent Enrichment Programs for Parents/Carers

To register for programs, please contact the person listed under each program:
 TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820
 SHELLEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419
 TAMMY.PREDOVIC@MCMANCENTRAL.CA or 403-896-5348
 NATASHA.WILTON@MCMANCENTRAL.CA or 403-896-6401
 For general program inquiries please contact Lindsay:
 LINDSEY.DIBOLT@MCMANCENTRAL.CA or 403-896-6543



October 2023 Program Info

Youth @ the Y: Do you have youth how need to interact with new friends and in a new space after school. Why not bring them to the YMCA and have them hang out. We have different themes each week. We bring crafts, board games, card games, snacks, and activities for youth ages 7-13 yrs old.

Book Club: This is an online Book Club for children ages 7-13 yrs old. We read 1-2 chapters a sitting, and then participate in one or two activities after. Home address: are required to deliver the activity envelopes to homes. This month we will be continuing our journey through Wings of Fire Book 1.

Fight the Fear (anxiety): This is a youth program for children ages 10-13 yrs old. It is a 3-session group that will help the child to recognize what anxiety feels like for them, what are their triggers, and what they can do to get through an attack and feel better about themselves. We try to have a very calm space and let everyone join in and share with us how they are feeling and they feel when in an attack.

Empowered Youth: This is a youth program for children ages 7-13 yrs old. It is a group that will share ways to feel more comfortable with who they are, what they do and like, and how to stand tall and strong in their own bodies. We will be using the Big Life Journals to help us to move forward in our awesome lives.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419

Teen Jam: It's a music night for teens! Bring your fave instrument and jam with old friends and new at our FRN space. Snacks provided.

Teen Talk Virtual Group: A virtual group for teens to check-in with a safe adult, explore answers, connect, and gain resources. Register to get the link.

Table Top Gaming @ Wizard's Loft: Explore over 500 types of board games at Wizard's Loft Game Café with other teens. Join the fun, make friends, bring friends. Limited spots, so must register in advance.

Jackbox Game Night: Drawing, Writing, Trivia, and Hidden Identity Games. No Party-goer gets left behind. Jackbox is the party game that anyone with a connected device can join the fun, so cell phones ARE allowed! Join us for a Jackbox party night, bonus Halloween treats for all gamers that joins.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348

Triple P Stepping Stones: For families of children ages 2-12 with special needs. This program is offered 1:1 over the course of 6-8 weeks (depending on family's need) to provide strategies that help with behavioral concerns. Contact Tammy to set up an intake.

Group Teen Triple P: For families of teens ages 13+ with behavioral concerns. Connect with Facilitator and other families to discuss strategies to support your family's needs. This is a 4 week workshop with connections to support additional 4 weeks, as needed.

Young Parent's Group: A space for young parents, ages 15-25 to connect, encourage, and support one another. All young families welcome and play space for ages 0-6.

Parents Play Tool: The Parents Play Tool group is back! Join us for a fun activity that is geared towards the adults in a child's life. It's all about the adults getting to experience fun too, while the children make use of our play space. This month we will be taking on the TikTok trend of Ghost Painting! All supplies provided to paint your own fun ghost décor, just in time for Fall! Limited spots so please register.

Anger Management for Families: Anger is a healthy emotion that everyone feels at one time or another; however, when it begins to impact our relationships, parenting, and daily lives, it may be time to look at strategies to help manage it better. Join us for this 8 week workshop where we discuss what anger is, how it impacts us, strategies, and a coping plan to help us deal with this emotion in a more positive way.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TAMMY.PREDOVIC@MCMANCENTRAL.CA OR 403-896-5348

Bump Club: Are you pregnant and looking to make some new friends? Join us for an afternoon of socializing and forming connections with other Moms-to-be. Registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT TIMI.EVERETT@MCMANCENTRAL.CA OR 403-896-4820

Circle of Security: The Circle of Security® is an innovative intervention program designed to improve the developmental pathway of children and their parents. As they grow older, secure children become less likely to live in poverty, have legal problems, or experience chronic emotional difficulties. This is an 8-week program and registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT NATASHA.WILTON@MCMANCENTRAL.CA OR 403-896-6401

Red Deer Family Resource Network						
October 2023						
Red Deer Family Resource Network : 103, 5214-47 Ave						
Mon	Tue	Wed	Thu	Fri	Sat	
2 Baby Kindermusik 10:00-11:30 *Shelley	3 Discover Time 9:30-11:30 *Shelley Bump Club 1:30-3:00 *Timi Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy	4 Circle of Security 1:30-3:00 *Natasha Teen Jam 5:00-7:00 *Tammy	5 Sensory Time 9:30-11:00 *Natasha Young Parents Group 1:30-3:00 *Tammy Empowered Youth 3:00-5:00 *Shelley	6 Little Friends 9:30-11:00 *Natasha Stepping Stones Triple P 10:00-11:30 OR 3:30-5:00 *Tammy	7 Play Tool Ghost Painting Clear 2:00-4:00 *Tammy	
9 STAT	10 Discover Time 9:30-11:30 *Shelley Little Explorers 1:30-3:00 *Timi	11 Circle of Security 1:30-3:00 *Natasha	12 Sensory Time 9:30-11:00 *Natasha Empowered Youth 3:00-5:00 *Shelley	13 Little Friends 9:30-11:00 *Natasha Friday Fun Times 1:30-3:00 *Shelley	Programs for Youth Ages 14-18	
16 Baby Kindermusik 10:00-11:30 *Shelley Fight the Fear 4:00-6:30 *Shelley	17 Discover Time 9:30-11:30 *Shelley Homeschool Connections 1:30-3:00 *Timi Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy	18 Table Top Games @ Wizard's Loft 5:00-7:00 *Tammy	19 Sensory Time 9:30-11:00 *Natasha Young Parents Group 1:30-3:00 *Tammy Empowered Youth 3:00-5:00 *Shelley Anger Management for Families 6:00-7:30 *Tammy	20 Little Friends 9:30-11:00 *Natasha Friday Fun Times 1:30-3:00 *Shelley Stepping Stones Triple P 10:00-11:30 OR 3:30-5:00 *Tammy	ECD Programs for Children Ages 0-6 and their Parents/Carers	
23 Baby Kindermusik 10:00-11:30 *Shelley	24 Discover Time 9:30-11:30 1:30-3:00 *Shelley Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy	25 Circle of Security 1:30-3:00 *Natasha Jackbox Game Night 5:00-7:00 *Tammy	26 Sensory Time 9:30-11:00 *Natasha Empowered Youth 3:00-5:00 *Shelley Anger Management for Families 6:00-7:30 *Tammy	27 Little Friends 9:30-11:00 *Natasha Friday Fun Times 1:30-3:00 *Shelley Stepping Stones Triple P 10:00-11:30 OR 3:30-5:00 *Tammy	Programs for Youth Ages 7-13	
30 Baby Kindermusik 10:00-11:30 *Shelley	31 Discover Time 9:30-11:30 *Shelley Halloween Bash! 1:30-3:00 *Timi Stepping Stones Triple P 10:00-11:30 *Tammy Teen Triple P 1:30-3:30 *Tammy					Parent Enrichment Programs for Parents/Carers

To register for programs, please contact the person listed under each program:
 TIMI.EVERETT@MCMANCENTRAL.CA or 403-896-4820
 SHELLEY.BLANDIN@MCMANCENTRAL.CA or 403-396-3419
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 For general program inquiries please contact Lindsay:
 LINDSEY.DIBOLT@MCMANCENTRAL.CA or 403-896-6543



October 2023 Program Info

Stay and Play: Come join in some indoor play at the Bower Community Center. We will have a different activity each week and we end each group with a story and some dancing with our littles.

Baby and Me: Ages 0-18mths. Learn, play and grow with baby while connecting with other caregivers. Registration required.

Walk and Play: Join us for a walk and some park play. We will be at a different location each week! 3rd - Bower Ponds, 10th - Heritage Ranch, 17th Bower Ponds, 24th - Heritage Ranch. We will be leaving for our walk at 1:05pm. Registration Required

Playground Pals: Come join us for some outdoor play. We will be meeting up at a different park around Red Deer each week. Oct 5- Kin Canyon, Oct 12 - Oct 19 - Bower Community Center, Oct 26 - Heritage Ranch. Registration Required

Sensory Time: Sensory play is a great way for children to use all five senses at once! Parent and their children will have fun playing in a new sensory bin that explores different textures, colors and themes that spark the imagination. Registration Required

Little Friends: Come join us to explore our FRN play space and connect with new friends and families. Registration is required.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT NATASHA.WILTON@MCMANCENTRAL.CA OR 403-896-6401

Homeschool Connections: This group is for our families who homeschool! Meet other families, make connections, and share resources while the kids enjoy the play space. Registration is required.

Little Explorers: This program is for our toddlers (18 months - 3 years). Join us for a morning of play, activities, and new friends. Registration is required.

Halloween Bash: Join us for a fun afternoon of Halloween activities. Feel free to dress up in your costume! Registration is required.

Baby Buddies: This program is for our littles (under 18 months). Join us for some socialization for yourself and your little. Meet new friends and enjoy quality time together! Registration is required.

Preschool Pals: Come join us at the Bower Community Centre on Thursday afternoons. There will be different activities each week. Registration is required.

Strollerize: Join us for a walk with your littles in strollers. This is a great chance to socialize with other parents while enjoying some of the great trails that Red Deer has to offer. 4th - Bower Ponds, 11th - Heritage Ranch, 18th - Bower Ponds, 25th - Heritage Ranch. Registration is required.

Bump Club: Are you pregnant and looking to make some new friends? Join us for an afternoon of socializing and forming connections with other Moms-to-be. Registration is required.

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Friday Fun Times: This is an early childhood program for families with children ages 0-6 yrs old. We have playtime, craft time, and story time. A great chance to be creative and make new friends to play with.

Discover Time: This is an early childhood program for families who have children ages 0-6yrs old. Every week we explore different themes with crafts, games, coloring, and play.

Baby Kindermusik: Would you like to introduce your baby to music, little instruments, and new friends. Come and join us for Baby Kindermusik. It is a program for families with babies ages 0-2yrs old. We sing songs, play tiny instruments, dance, make crafts, and meet other parents and babies.

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAMS LISTED ABOVE CONTACT SHELLEY.BLANDIN@MCMANCENTRAL.CA OR 403-396-3419