

# October

## Interagency 2022 NEWSLETTER

Welcome to St Paul Interagency.  
We promote the free exchange of information,  
concerns and solutions among human service  
organizations in our community. We will act as a body  
to facilitate collaboration among members with common goals.

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5002-51 Ave, St Paul **780-645-5311**  
**NEXT MEETING: Tues. Nov 8th @ 10 am**  
In person please RSVP.

# SAFE & SWEET



# HALLOWEEN

## OCTOBER 31, 2022

sponsored by local businesses & organizations

**5 - 7 pm**

**Trick or Treat**

FREE Drive by  
treat bag pick up  
@ Recreation Centre  
4802-53 Street, St Paul



**7:00 pm**

**FREE Movie**

"TBD"

@ Elite Movie Theatre

(Limited seating, first come first serve,  
cash concession, 4938-50 Ave St Paul)

Visit FCSS, 5002-51 Ave,  
or call 780-645-5311 for more information.



# financial ● Support for Seniors ● aging in place

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DO YOU:

- live in a single detached home?
- have a single income of \$34,630 or less or a double income of \$53,120 or less?
- need help to pay for yard work, house keeping, snow removal, drivers exams, electrical bills, water bills, gas bills, taxes or other items that will keep you in your home?

## we want to HELP!

Connect with us for more information and details on this temporary assistance project acquired to help seniors age in place and thrive in our community.

## 780-645-5311



Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

Canada

**HELPING people,  
makes our world a better place!**



**If you see a Snow Angels sign, please be kind  
and shovel this persons' walkway because they  
are unable to do it themselves.**

**If you lend a hand – please let the  
Regional St. Paul FCSS know,  
we love to celebrate volunteers.**

**780-645-5311**

# Senior's To-Do List

**go swimming at the pool**  
780-645-3388

**try tennis or pickleball**  
780-290-0810

**visit the farmer's market**

**grow some plants**

**go golfing**  
780-645-4077

**visit the library**  
780-645-4904

**visit the museum**  
780-645-5562

**create a family cookbook**

**bingo!**  
780-645-3464

**go bowling**  
780-645-6002

**aquafit**  
780-645-3388

**bird watching**  
780-645-3409

**walk with friends**

**pop up poling**  
780-645-5311

**sunshine quilters**  
780-645-5796



# Optimistic October 2022



ACTION FOR HAPPINESS

Happier · Kinder · Together



SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



*Lakehead*

FAMILY RESOURCE NETWORK

5002-51 Ave, St. Paul, AB

Call: 780-645-5311

Text: 780-614-1941

Click: [stpaulfcss.ca](http://stpaulfcss.ca)

[lakelandfrn.ca](http://lakelandfrn.ca)



[stpaulfcssfamilyresourcenetwork](http://stpaulfcssfamilyresourcenetwork)

Child Development & Well Being

**Ages 0-6- PURPLE**  
**Ages 7-18- GREEN**

Caregiver Capacity  
Building/Parenting Classes

**ORANGE**

Community Event  
**BLACK**



# OCTOBER

MON

TUE

WED

THU

FRI

**3**  
Read and Roll  
10am-11am

**4**  
Run, Jump, Skip  
10am-12pm

**5**  
Afternoon Story  
Time and craft  
1:30pm-3:30pm  
Growing Minds  
3:30pm-5:30pm

**6**  
Baby Bunch  
1:30pm-3:30pm  
Emotion  
Coaching  
6:30pm-7:30pm

**7**  
Youth Program  
2pm-4pm

**10** CLOSED  
*Thanksgiving*

**11**  
ASQ Screening  
2pm-4pm

**12**  
Fine Motor Fun  
10am-12pm  
Growing Minds  
3:30pm-5:30pm

**13**  
Baby Bunch  
1:30pm-3:30pm  
Emotion  
Coaching  
6:30pm-7:30pm

**14**  
Rhymes That  
Bind  
10am-12pm

**17**  
Read and Roll  
10am-11am

**18**  
Traditional  
Teachings w/ Jan  
10am-11:30am  
Tip sheet  
Tuesday 2pm

**19**  
Growing Minds  
3:30pm-5:30pm  
Run, Jump, Skip  
6pm-7:30pm

**20**  
Baby Bunch  
1:30pm-3:30pm  
Emotion  
Coaching  
6:30-7:30pm

**21**  
Icky, Sticky,  
Messy  
10am-12pm

**24**  
Read and Roll  
10am-11am

**25**  
Mallaig Moms &  
Tots 9:30am-11am  
Triple P Developing  
Good Bed time  
Routines  
2pm-3:30pm

**26**  
Loose Parts  
1:30pm-3:30pm  
Growing Minds  
3:30pm-5:30pm

**27**  
Ashmont Moms &  
Tots 10am-12pm  
Baby Bunch  
1:30pm-3:30pm  
Emotion Coaching  
6:30pm-7:30pm

**28**  
Rhymes That  
Bind  
10am-12pm

**31**  
Read and Roll  
10am-11am  
SAFE & SWEET

All programs require pre-registration and AHS Guidelines will be followed

# **ASQ SCREENING**

**TUES, OCTOBER 11  
2PM-4PM**



**IS YOUR CHILD  
MEETING THE  
DEVELOPMENTAL  
MILESTONES?**

**30 MIN APPOINTMENTS  
FOR AGES: 2 MONTHS-60  
MONTHS**

**CALL 780-645-5311**

## **WE WILL CHECK.....**

**COMMUNICATION  
FINE MOTOR SKILLS  
GROSS MOTOR SKILLS  
PROBLEM SOLVING  
PERSONAL-SOCIAL  
SKILLS  
SOCIAL EMOTIONAL**

**MAKE AN  
APPOINTMENT TO FILL  
OUT THE  
QUESTIONNAIRE,  
RECEIVE  
INFORMATION AND  
REFERRALS AND  
ACCESS OTHER  
PROGRAMS WE OFFER!**

*Lakeland*

FAMILY RESOURCE NETWORK



**TRIPLE P**  
**ONLINE TIPSHEET**  
**TUESDAY'S**

OCTOBER 18  
AT 2 PM

Topics may include: potty training,  
separation anxiety, tantrums, etc...

**Register Now!**

[frn@town.stpaul.ab.ca](mailto:frn@town.stpaul.ab.ca) or call  
780-645-5311

*Lakeland*  
FAMILY RESOURCE NETWORK





# AFTERNOON STORY TIME AND CRAFT



**OCTOBER 5**

**1:30pm - 3:30pm**

Call 780-645-5311 to register  
LFRN Center 5002 - 51ave



*Lakeland*

FAMILY RESOURCE NETWORK





# Emotion COACHING

## FIVE STEPS

for building emotional  
Intelligence in your child.

Based on the book by Dr. John Gottman "Raising an Emotionally Intelligent Child" the workshop aims to help parents connect with their children and young people and resolve conflicts without escalating their own emotions.

Parents will learn skills to respond to child's negative emotions (i.e. scared, sad, angry), use emotions for bonding and teachable moments, regulate emotions and set clear, consistent limits in problem-solving.

REGISTER BY CALLING

780-645-5311

CHILDCARE AVAILABLE

OCT 6, 13, 20, 27 & NOV 3

6:30PM - 7:30PM

LOCATION: 5002-51 AVE

*Lakeland*

FAMILY RESOURCE NETWORK

# FINE MOTOR FUN



**Developing fine motor skills through play**



**Join us on October 12**

**10am - 12pm**

**for ages 0-6yrs**

**Call 780-645-5311 to register**

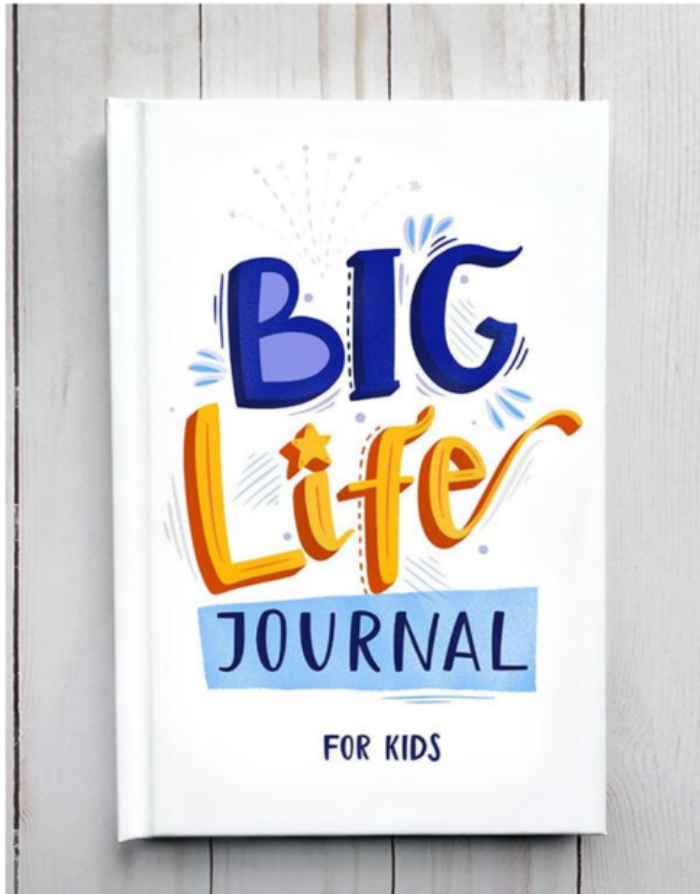
**LFRN Center 5002 - 51ave**

*Lakeland*

FAMILY RESOURCE NETWORK

# Growing minds

## Junior Edition



A group focused on developing growth mindset for youth aged 7 - 11 following content of the Big Life Journal. Learn more about the journal at [biglifejournal.com](http://biglifejournal.com)

## Wednesdays

Oct. 5, 12, 19, 26

Nov. 2

3:30-5:30pm

*Lakeland*

FAMILY RESOURCE NETWORK

IN PERSON  
@ FCSS/LRFN  
5002-51 Ave

## Register: 780-645-5311

Join other youth and complete activities to learn to cope with real life situations. 5 week commitment required. Snacks and your very own Big Life Journal included.



# RUN, JUMP, SKIP

**OCTOBER 4**  
**10am - 12pm**  
**ACFA Gym (4617-50 ave.)**

Call 780-645-5311 to register



*Lakeland*

FAMILY RESOURCE NETWORK



# Evening RUN, JUMP, SKIP

October 19 6pm-7:30pm  
ACFA Gym (4617-50 ave.)

**\*\*The doors will be locked at  
6:15pm, please arrive between  
6pm-6:15pm.**

Call 780-645-5311 to register



*Lakeland*

FAMILY RESOURCE NETWORK

# LOOSE PARTS PLAY



**OCTOBER 26**

**1:30PM – 3:30PM**

for ages 0-6yrs

Call 780-645-5311 to register

**LFRN Centre-5002-51 Ave**

*Lakeland*  
FAMILY RESOURCE NETWORK



# Developing Good Bedtime Routines

Tuesday, OCTOBER 25  
2pm - 3:30pm

It can be exhausting for the whole family when there are problems at bedtime. Some children fall into a deep and long sleep the moment their head hits the pillow, but for others, bedtime is a nightly struggle. Parents can help their children develop good sleep habits. This course offers tips and suggestions, so everyone in the family gets the sleep they need.

Call 780-645-5311 to register



Alberta

Lakeland  
FAMILY RESOURCE NETWORK

# Baby BUNCH

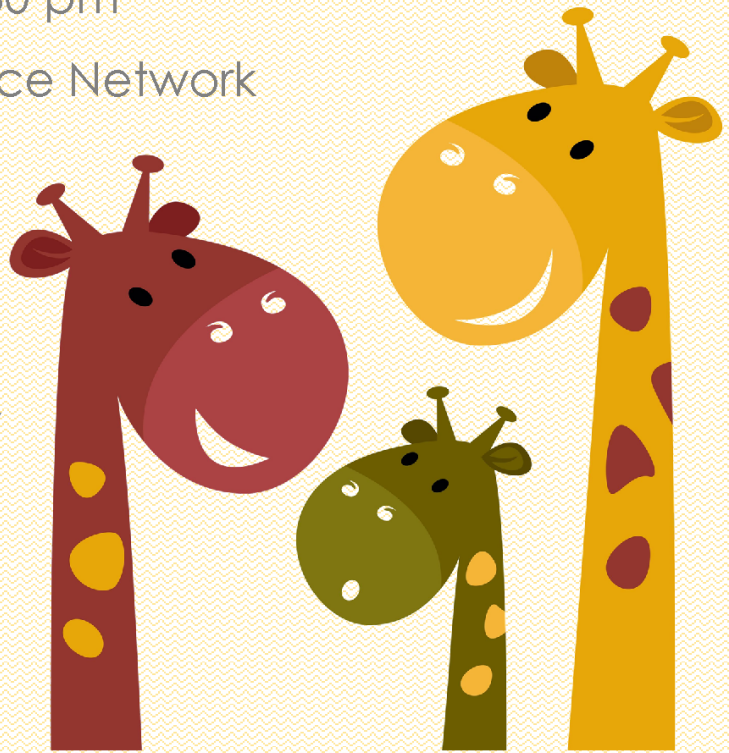
*For parents with babies from 0-18 months and expectant mothers*

**Date:** Thursdays  
**Time:** 1:30 pm to 3:30 pm  
**Location:** Family Resource Network  
**Free drop -in program**

Come and make connections with other families. Each week, we will have a professional come in to speak about a baby related topic or an infant activity. Enjoy time with family and friends while you learn.

*Lakeland*

FAMILY RESOURCE NETWORK



For more information please contact  
the St. Paul Family Resource Network

780-645-5311



# ICKY, STICKY, MESSY PLAY

OCTOBER 21

10AM - 12PM

LFRN 5002 - 51AVE

TO REGISTER 780-645-5311

**Encourages sensory  
development**



# Rhymes That Bind



**Join us for our free singing  
program for Ages 0-6**



**October 14 and 28  
10am - 12pm**

**This program introduces parents to various ways they can support their child's early literacy and language experiences. This helps promote healthy family relationships.**

**Call 780-645-5311 to register**

**LFRN 5002 - 51ave**



*Lakeland*

FAMILY RESOURCE NETWORK





**Join us as we discover**  
**Traditional Teachings**  
**with Jan Tailfeathers**

**Tuesday, October 18, 2022 from  
10am-11:30am  
at the Lakeland Family Resource Network  
(5002-51 Ave.)**

**We will learn through stories,  
interactive play and crafts  
once a month!**

**Call 780-645-5311 to register**



### **Employment Opportunity: Aboriginal Head Start Bus Driver/Maintenance Worker**

The Head Start Driver/Maintenance will pick up the children and bring them to the Blue Quills Head Start and will take the children home at the end of the program period/ day. The Head Start Driver/Maintenance worker will maintain the classroom and bus as required. Applicant philosophy should align with the UnBQ philosophy, vision and mission statements.

#### **Duties:**

- make sure each child is buckled in a seat belt when going to and returning home
- make sure an adult is home before leaving the child. If a parent or guardian is not at home the driver will contact the Head Start Coordinator, then a decision will be made
- will maintain the classroom
- maintain and complete inspections for the Head Start bus and keep a copy of all receipts
- complete all A.H.S. required written documentation by due dates specified (ex. incident reports, monthly reports, contact sheets, attendance sheets, hours of service, trip inspections)
- keep track of oil changes and gas receipts
- assists co-workers with scheduled cleaning/sanitizing routines
- duties as deemed necessary

#### **Position Specifications:**

- The bus driver will have or be willing to work towards their minimum Level 1 ECE training;
- Will maintain CPR and First Aid training;
- Will maintain a valid class 1, 2 or 4 driver's license with S Endorsement at all times to operate the Head Start bus;
- Provide a clean driver's abstract within the last 6 months and maintain a clean drivers abstract;
- Be physically able to assist children in and out of the bus as required;
- Required training or willing to take Cargo Securement, Hours of Service and Trip Inspections;
- Will provide a criminal check and CPIC for working with children.

#### **Working Conditions:**

The Head Start bus driver shall:

- Work independently in a community setting
- Maintain individual confidentiality in a public environment
- Be physically able to perform all tasks

**Posted: August 18, 2022** Please submit resumes to: Sheila Poitras, UnBQ Box 279, St. Paul, AB T0A 3A0 or Fax (780)645-5215 or Email [sheilap@bluequills.ca](mailto:sheilap@bluequills.ca).

**Closing Date: Until suitable candidate found.** We thank all applicants for their interest, however only those chosen for an interview will be contacted.



**NCSA**  
Native Counselling Services of Alberta

HUMAN RESOURCES

JOB POSTING #2028

**NAVIGATOR  
WÁHKÓMIWÉW CONNECTIONS PROGRAM**

Full-Time Position- Cold Lake, Alberta

Closing date: October 15<sup>th</sup>, 2022

**Native Counselling Services of Alberta's mission is to promote the resilience of the Indigenous individual and family, through programs and services that are grounded in reclaiming our interconnectedness, reconciliation of relationships and self-determination.**

Wáhkómiwéw (wah ko mee wayo) means "being connected to people" in Cree. Our Wáhkómiwéw Navigator provides support to youth, their parents, and caregivers to develop individual healing and connection plans. Plans build on individual and family strengths to create positive change.

Currently, Wáhkómiwéw Connections program is looking for the right candidate to fill a full-time, contract position as our Navigator in Cold Lake, Alberta

**Special responsibilities for the position include:**

- Support families in the transition of children and youth back home from care.
- Build and maintain community, cultural and family relationships.
- Participate in circles of support for individuals and family well-being.
- Engage in ceremony and teachings with Elders.

**Our ideal candidate would have the following qualifications:**

- **In-depth experience and working knowledge of Indigenous communities, cultures, healing and language.**
- Demonstrated understanding of historic trauma and the impact of colonization on Indigenous people.
- Degree and/or diploma in Human Services with previous management experience in a related field.
- Understanding of the operation of child and family services, justice and court systems, corrections, housing, and income support is an asset.
- Proficient with computers, Microsoft 365, and internet use.
- Must have a reliable vehicle, valid Alberta driver's license with required liability insurance and confirmation of insurance coverage to transport clients.
- Must provide a completed up to date criminal record check, and a child intervention check.

Starting salary: \$47,500.00 annual

**Please forward your resume and cover letter to:**

Marg Milicevic, Manager, Human Resources

Email: [careers@ncsa.ca](mailto:careers@ncsa.ca)


Thank you for your interest in joining the NCSA team. Only candidates selected for an interview will be contacted. We are committed to providing a workplace that is inclusive and accessible to all. Should you require accommodation during the hiring process, please contact our Human Resource team.

[www.ncsa.ca](http://www.ncsa.ca)

## 2022-2023 CARE PARTNER SUPPORT GROUPS

All group meetings are on a drop-in basis. No registration is required.

For further information please call: **1-866-950-5465 (Alzheimer Society)** or  
**780-645-1188 Ext.2 (Terry - Lakeland Primary Care Network)**

<p style="text-align: center;"><b>ST. PAUL</b></p> <p><b>Where:</b> Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Wednesday of each month</p> <p><b>Dates:</b></p> <p style="margin-left: 40px;">September 21, 2022 October 19, 2022 November 16, 2022 December 21, 2022 January 18, 2023 February 15, 2023 March 15, 2023 April 19, 2023 May 17, 2023 June 21, 2023</p>	<p style="text-align: center;"><b>ELK POINT</b></p> <p><b>Where:</b> Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Tuesday of each month</p> <p><b>Dates:</b></p> <p style="margin-left: 40px;">September 20, 2022 October 18, 2022 November 15, 2022 December 20, 2022 January 17, 2023 February 21, 2023 March 21, 2023 April 18, 2023 May 16, 2023 June 20, 2023</p>
<p><b>The Care Partner Support Group is designed for family members, friends, &amp; caregivers of someone living with Alzheimer's/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.</b></p>	

NOTICE: If required, Alberta Health COVID-19 guidelines will apply as directed i.e. screening, sanitizing, masking, physical distancing & meeting restrictions.  
Please do not attend if you are sick.



## Addiction Services – St. Paul

Walk-In Now Available

**Tuesdays: 1:00 to 3:00 pm**

5025-49 Ave Provincial Building

For more information call, 780-645-6346  
8 a.m. to 4:30 p.m. Monday to Friday

For after-hours support contact Alberta Health Services 24hr Helplines:  
Addictions Helpline: 1-866-332-2322 Mental Health Helpline: 1-877-303-2642





# Mental Health Services

## Walk-In Clinic

**Tuesdays:  
1 - 3 p.m.**

**St. Therese - St. Paul Healthcare Centre  
4713 48 Ave**

**Call: 780-645-1850**

**For after-hours support contact Alberta Health Services 24hr Helplines:  
Addictions Helpline: 1-866-332-2322 Mental Health Helpline: 1-877-303-2642**



## October 2022 Workshops for Adults by ZOOM

We have morning, afternoon or evening classes available. Classes are 2.5 hours

### Weight Management - [Registration Link](#)

Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

#### Tier 2

Oct 5 - Physical Activity & Taming Triggers at 5:30pm

Oct 12 - Make a Plan to Eat Well at 5:30pm

Oct 19 - Emotions & Eating at 5:30pm

#### Tier 1

Oct 11 - Understanding Weight & Health at 1:30pm

Oct 18 - Eating Well for Weight & Health at 1:30pm

Oct 25 - Making a Change & Building Habits at 1:30pm

#### Tier 3

Oct 26 - Eating Away at 5:30pm

Nov 2 - Factors Affecting Weight Management at 5:30pm

#### Tier 1

Oct 27 - Understanding Weight & Health at 5:30pm

Nov 3 - Eating Well for Weight & Health at 5:30pm

Nov 10 - Making a Change & Building Habits at 5:30pm

### Better Choices Better Health®

Take control of your health, feel better, take small steps, plan for the future.

Please check online for next available class

### Chronic Pain

Discover changes and strategies to help you live healthier

Oct 20 - Nov 24 at 1:30pm - [Registration Link](#)

### Managing Stress - [Registration Link](#)

A 2 part workshop on Stress Management

Oct 5 & 12 at 6:30pm

### Moving Matters - [Registration Link](#)

Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

Oct 26 at 5:30pm

### Managing Diabetes - [Registration Link](#)

A 3 session workshop for those newly diagnosed with diabetes, as well as a refresher for those continuing to manage their diabetes.

Part 1 - Oct 4 & 11 at 1:30pm

Part 2 - Oct 18 at 1:30pm

Part 1 - Oct 12 & 19 at 5:30pm

Part 2 - Oct 26 at 5:30pm

Part 1 - Oct 13 & 20 at 9:30am

Part 2 - Oct 27 at 9:30am

### Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life

Nov 2 at 10:30am - [Registration Link](#)

### Heart & Stroke - [Registration Link](#)

#### Managing Blood Pressure & Cholesterol

Learn about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

Part 1 - Oct 6 at 1:30pm

Part 2 - Oct 13 at 1:30pm

Part 1 - Oct 12 at 9:30am

Part 2 - Oct 19 at 9:30am

Part 1 - Oct 18 at 5:30pm

Part 2 - Oct 25 at 5:30pm

### Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.

Use the [Get Started](#) button to fill out some information that goes to the Exercise Therapist and you will get a call within 2 weeks to begin your assessment.

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**

Or you can self-register at: <https://www.healthylivingprogram.ca>





SENIORS' CENTRE  
WITHOUT WALLS



## Welcome to the Alberta Seniors Centre Without Walls Community October to December, 2022

The Alberta SCWW is a free phone-based program that offers recreational activities, skill-building lessons, health and well-being topics as well as friendly conversation for older adults (55+) who find it difficult to leave their home.

### How to Join Instructions

Please choose one of the following options to join a program:

To join by phone:

1. Call: **1-855-703-8985**

- If you are having difficulty accessing the Toll-Free Number try calling toll-free to **1.833.955.1088** or **587-328-1099** (charges may apply, contact your phone carrier for more information).

2. When prompted, enter Meeting ID: **225-573-6467#**.

3. Press # if asked for any further numbers.

Join electronically through the following link:

**<https://zoom.us/j/2255736467>**.

No video will be used.

Contact Program Staff if you are unable to follow these options. Please leave a message with your name & phone number.

**Main Office: 780.395.2626**

**Elizabeth: 780-239-8427**

**Gayle: 780-238-9612**

**Hanna: 587-758-6892**

O C T O B E R					Monday	Tuesday	Wednesday	Thursday	Friday
	3 9:30am: Program Preview 11am: Exercise 1pm: Writing for Fun 2:30pm: <b>Estranged Children</b> 3pm: Just A Minute	4 11am: Relaxation 1pm: Migratory Birds 3pm: Readers' Corner 4:30pm: Trivia	5 9:30am: True Crime 11am: It's All Canada 1pm: World Teachers Day 3pm: Exercise	6 9:30am: Gratitude 11am: Weird Science 1pm: Coffee Chat 3pm: Symbols of Canada	7 9:30am: Classical Music Hour 11am: Thanksgiving 1pm: Who Why When 3pm: Where in the World?				
	10	11 11am: Imagination Circle 1pm: Climate Crisis? 3pm: Interpreting the News 4:30pm: Dinner Theatre	12 9:30am: TED Talk 11am: Let's Talk About... 1pm: Quotes to Inspire 3pm: Exercise	13 NO MORNING PROGRAMS 1pm: Heroes Among Us 3pm: Fall Immunizations	14 9:30am: All Request Music 11am: Exercise 1pm: Inspecting Handwashing 3pm: Jeopardy				
	17 9:30am: Check This Out 11am: Exercise 1pm: Writing for Fun 2:30pm: <b>Estranged Children</b> 3pm: Super Sleuths	18 11am: Relaxation 1pm: As I Get Older... 3pm: Interpreting the News 4:30pm: Just A Minute	19 9:30am: True Crime 11am: In the Headlines 1pm: Who Why When 3pm: Exercise	20 9:30am: Gratitude 11am: The Storyteller 1pm: Heritage Moment 3pm: Working Through Grief	21 9:30am: Canadian Artists 11am: Animal Spotlight 1pm: Soups & Stews 3pm: Brain Games				
	24 9:30am: PODFeat. 99% Invisible 11am: Exercise 1pm: Mystery Chronicles 2:30pm: <b>Estranged Children</b> 3pm: Hollywood Icons	25 11am: Imagination Circle 1pm: Ukraine and Russia 3pm: Nutrition for Health 4:30pm: Name That Tune	26 9:30am: TED Talk 11am: Did You Know? 1pm: Alberta Economics 3pm: Exercise	27 9:30am: Gratitude 11am: Métis Peoples of Canada 1pm: Tech Talk 3pm: Coffee Chat	28 9:30am: Halloween Music 11am: Exercise 1pm: Ocean Adventures 3pm: BINGO				
	31 9:30am: Check This Out 11am: Exercise 1pm: Writing for Fun 2:30pm: <b>Estranged Children</b> 3pm: Mystery Chronicles								

To join by phone, call: 1-855-703-8985

When prompted, enter Meeting ID: 225-573-6467#

To join by phone, call: **1-855-703-8985**  
 When prompted, enter Meeting ID: **225-573-6467#**



**TAKE THE  
NEXT STEP  
TOWARDS  
YOUR FUTURE**

# **POST-SECONDARY NIGHT 2022**

**OCTOBER 25, 2022**

**7:00 - 8:30 PM**

**AT ST. PAUL REGIONAL HIGH SCHOOL**

**IN THE GYMNASIUM**

**HOSTED BY**





# OCTOBER Programs

Youth 14-21

[www.thehivelakeland.ca](http://www.thehivelakeland.ca)

5011 50 ave- Mainstreet Bonnyville



INTELLECTUAL WELLNESS

**Adulting 101- Financial Literacy:  
Borrowing Money ( student loans)**  
October 13th, 4-5pm



SPIRITUAL WELLNESS

**Every Friday Night starting Oct 21st.  
Youth Alpha Church Group with  
Lakeview Church**  
7-9pm

Make Your Own Essential Oil Blends  
October 7th, 5:30-6:30

**Working with Pendulums**  
October 20th, 4-5pm

Making Ofrendas  
October 27th, 5-7pm

**'Every Child Matters' Tipi Making**  
October 29, 3-5pm



EMOTIONAL WELLNESS

**Ruger & Friends ( Wellness Dog)**  
**Every Wednesday & Friday**  
4-5pm

Vision Board Making  
October 13th, 5:30-7pm

**Zen Den Mindfulness Activity**  
October 17, 4-5pm



SOCIAL WELLNESS

**Make Your Own Taco Night**  
**National Taco Day October 5th,**  
4-5pm

Vintage Movie Night  
October 6th, 5-7pm

**POP UP: @ Mythik Games**  
**Magic: The Gathering**  
**October 7th, 7-9pm**

Trivia Night: 70s Theme  
Dress up in your groovy clothes!  
October 19th, 5-7pm

**Halloween Party**  
**October 28th, 6-9pm**  
**Halloween Movies**  
October 29th, 2-6pm



PHYSICAL WELLNESS

**Girl B You Fitness**  
**October 3rd, 6-7pm**

POP UP: @ C2 Open Sports in Field House  
October 12th ( early dismissal) 2-4:30pm

**Girl B You Fitness**  
**October 17th, 6-7pm**

POP UP: @ C2 Open Sports in Field House  
October 26th (early dismissal) 2-4:30pm

**Glow In The Dark Yoga**  
**October 27th, 4:30-5:30**



OCCUPATIONAL WELLNESS

**Logo Painting (volunteer hours)**  
**October 6th, 4-5pm**

Canvas Painting (volunteer hours)  
October 12th, 5-6pm

**Youth Leadership Meeting**  
**October 19th, 3:30-4:30**

"What's your dream career?"  
October 20th 4-5pm



**Sign Up for  
programs here.  
Scan the QR code!**



# OCTOBER Programs

Youth 14-21

[www.thehivelakeland.ca](http://www.thehivelakeland.ca)

5011 50 ave- Mainstreet Bonnyville

## TUTORING SCHEDULE



**October 13th & 17th,  
English 11/12  
5-6pm**

**October 12 & 26th  
English & French 9/10  
5-6pm**

**October 13th & 27th  
Math 9-12  
5-6pm**

-PLEASE BRING any SUPPLIES  
you may need  
SUCH as a CALCULATOR or  
TEXT BOOKS

- ANY TEACHERS INTERESTED IN  
TUTORING PLEASE CONTACT  
YOUTH COORDINATORS AT 587-201-2528



**Sign Up for  
programs here.  
Scan the QR code!**



**Inviting all TBI Survivors to our monthly Zoom meetings!**

**FEB 15, 2022 @ 2:30-4:00**

**MARCH 8, 2022 @ 2:30-4:00**

**APRIL 12, 2022 @ 2:30-4:00**

**MAY 10, 2022 @ 2:30-4:00**

**JUNE 14, 2022 @ 2:30-4:00**

**JULY 12, 2022 @ 2:30-4:00**

**AUG 9, 2022 @ 2:30-4:00**

**SEPT 13, 2022 @ 2:30-4:00**

**OCT 11, 2022 @ 2:30-4:00**

**NOV 8, 2022 @ 2:30-4:00**

**DEC 13, 2022 @ 2:30-4:00**

**(All date's are subject to change)**

**Share experience, Gain knowledge, Meet new people**

**For more information please contact:**

**Kyla Cameron 780-645-3441 Ext 226**

**Or [kcameron@spanet.ab.ca](mailto:kcameron@spanet.ab.ca)**



2022-2023



# School Year Registration

Blue Quills

## ABORIGINAL HEAD START



Morning Class  
9:00AM-11:15AM  
Afternoon Class  
1:00PM-3:15PM  
Tuesday-Friday

FREE PROGRAM!

**CHILDREN MUST BE ...  
POTTY TRAINED  
3 OR 4 YEARS OLD  
FIRST NATION,  
METIS OR INUIT DESCENT**

Call 780-645-4455 ext. 114 for more  
information



# 45+ WORKS



Employability Skills - Digital Technology Skills - Essential Life Skills

**It's Never too Late to Start on a New Career Path!** Are you a Northern Alberta\* resident over 45 years of age, looking to make a career change, or wondering how to re-enter the workforce with limited access to technology?

**NEW**

Co-hort starting registration September 12, 2022

Classes start October 17, 2022



SCAN QR CODE TO  
REGISTER ONLINE

- 8 weeks of Virtual In-Class Training
  - 4 weeks half day classes
  - 4 weeks full day classes
  - 1 on 1 career counselling
  - 8 weeks Job Club and assisted work search
- Need the technical equipment to participate? We can help with that!
- Covering the communities and surrounding areas of Athabasca, Barrhead, Bonnyville, Cold Lake, Lac La Biche, St. Paul, Vegreville & Westlock

**FREE**

OR CONTACT US AT:

**780-887-1755**

[sdoucet@employabilities.ab.ca](mailto:sdoucet@employabilities.ab.ca)

Canada  Alberta 

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

# GROUNDWORKS

Are you an unemployed Northern Albertan looking to improve your life and career skills? This exciting new program will help you learn skills needed to participate and thrive in learning, work and life. We will help you develop those digital, critical, essential and pre-employment skills from the GROUND UP!



## NEW

Co-hort starting registration September 12, 2022  
Classes start October 31, 2022



SCAN QR CODE  
TO REGISTER

- 16 weeks of Virtual In-Class Skills Building
  - 8 weeks half day classes
  - 8 weeks full day classes
  - 1 on 1 coaching
- Need the technical equipment to participate?  
No problem! We can help with that!
- Covering the communities and surrounding areas of Athabasca, Barrhead, Bonnyville, Cold Lake, Edson, Fort McMurray, Grande Cache, Grande Prairie, High Level, High Prairie, Hinton, Jasper, Lac La Biche, Peace River, Slave Lake, St. Paul, Vegreville, Westlock and Whitecourt

## FREE

OR CONTACT US AT:  
780-815-0048  
[jan@employabilities.ab.ca](mailto:jan@employabilities.ab.ca)

Canada 

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services.

Lakeland Centre for

**FASD**

Fetal Alcohol Spectrum Disorder

## Keynotes



**Dorothy Badry, PH. D., MSW, RSW.**  
**Wednesday, October 5, 2022**

Professor, VLC Program Coordinator, Child  
& Adolescent Development  
Child Welfare, Child trauma, Youth in the  
Criminal Justice System  
Curriculum/Program Design & Evaluation  
Disabilities, Fetal Alcohol Syndrome, Field  
Education



**Jacqueline Pei, R. Psych., Ph.D.**  
**Thursday, October 6, 2022**

Professor, Department of Educational  
Psychology  
Assistant Clinical Professor, Department of  
Pediatrics  
Member, Women and Children's Health  
Research Institute  
Senior Research Lead, Canada FASD  
Research Network

2022

# VIRTUAL FASD & MENTAL HEALTH

It's All Connected Conference

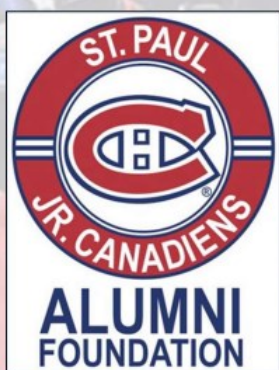
Regular tickets: \$225.00

Category "A" credits available for RSW's  
Continued Education Credits for LPN & RN

### EVENBRITE REGISTRATION:

<https://www.eventbrite.ca/e/lakeland-centre-for-fasd-conference-2022-registration-338312009327>

**OCTOBER 5 & 6, 2022**  
**8:45 AM-3:15 PM**



## Rub elbows with the legends!!

The St. Paul Canadiens Alumni Foundation has reconnected with the Montreal Canadiens to celebrate our historical association dating back to 1954! As a result, the **Montreal Canadiens Alumni** will be in St. Paul on Saturday – October 29<sup>th</sup>, 2022.

Sponsored Event by **SAIK INSURANCE SERVICES LTD/CO-OPERATORS**

Alumni game 4:00 pm  
Montreal Canadiens Alumni and St. Paul Jr. Canadiens Alumni  
Formal dinner and presentation 6:30 pm

As host, The St. Paul Canadiens Alumni Foundation welcomes you to reserve your table for our reconnection dinner and with our special guest **The Edmonton Oilers Entertainment Group**

Table of eight: \$1000.00  
Contact St. Paul Canadiens Alumni Foundation – Jaden Saik  
[jaden\\_saik@cooperators.ca](mailto:jaden_saik@cooperators.ca) or 780.547.9849  
Note: taxable charitable receipt will be provided for your contribution



4609-40 Street St. Paul

780.645.5050

## Groupe de jeux / Play group

No registration needed – For ages 0-5 with parents

À l'École du Sommet de 9h30 – 11h30

**5 octobre 2022**

**12 octobre 2022**

**19 octobre 2022**

**26 octobre 2022**



UNIVERSITY  
nuxel'hot'ine thaa?ehots'  
nistameyimâkanak  
BLUE QUILLS

# *pikiskwetan*

a conversation with

**Dr. Sheelah McLean**

*Wednesday, September 28, 2022*

## **White Benevolence: Racism and Colonial Violence in the Helping Professions**

6:00 pm - 8:00 pm

**Join us through Zoom:**

<https://us06web.zoom.us/j/82619988959?pwd=UVN6MFUwOHMwamkvbUVXME1SMU5sQT09>





UNIVERSITY  
nuxet'hot'ine thaa'ehots'  
nistameyimâkanak  
BLUE QUILLS

## Indigenous Justice Forum: A Path to Healing and Reconciliation

**September 30 – October 1, 2022**  
**UnBQ Campus, St. Paul, AB**

a forum showcasing Indigenous Justice professionals and more  
to present their knowledge on inequities of justice  
experienced by Indigenous people

### Keynote Speakers:

Judge Joseph Flies-Away, Indigenous Wellness Courts  
Judge Gerald Morin, first Cree Court in Saskatchewan  
Tamara Baldhead Pearl, Faculty of Law, UofA  
Panel: voices from the inside

Registration Fee: \$100  
For more information email:  
[wyome.dion@mybluequills.ca](mailto:wyome.dion@mybluequills.ca)

### TO REGISTER:

<https://www.eventbrite.com/e/indigenous-justice-a-path-to-healing-and-reconciliation-tickets-385844550437?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>

Inclusion St. Paul Presents  
An Inclusive Education Workshop

# **SUPPORTING RELATIONSHIPS AND FRIENDSHIPS**

October 11, 2022 at 7-9 pm

Reunion Station

4112 53 Ave St. Paul, Alberta

Free Event

REGISTER VIA EMAIL:  
MAIL@INCLUSIONSTPAUL.ORG

# Bannières Intergénérationnelles

"3 générations, 1 défi"

Avec Herman Poulin et son équipe

Partagez vos valeurs familiales en créant une bannière intergénérationnelle. L'atelier sera animé par Herman Poulin et son équipe. Une exposition locale aura lieu au mois de mars puis les bannières seront affichées sur la rue principale de Saint-Paul.

Créez des liens entre les grand-parents et les petits-enfants en ayant un partage de connaissances et d'expériences.

Inscrivez-vous comme famille de 3 générations pour assister à des ateliers de peinture.

Sessions chaque jeudi de 17h00 à 19h00 pendant les mois de septembre, octobre et novembre.

Premiers inscrits, premiers servis.

Pour vous inscrire, visitez

<https://acfastpaul.wufoo.com/forms/zkrleix0qn8pcr/>,  
scannez le code QR ou appelez l'ACFA. Matériaux fournis par l'ACFA.

Des sessions spécialisées pour les aînés et une vidéo explicative à venir.



Centre communautaire de l'ACFA

4617 50 ave Saint-Paul

Pour plus d'informations, contactez l'ACFA:

(780) 645-4800

[saint-paul@acfa.ab.ca](mailto:saint-paul@acfa.ab.ca)

Programme Nouveaux Horizons pour les aînés (PNHA)

SOUS LA DIRECTION DE  
CLAUDIE-ANNE LAMPRON

# LES PETITS CHANTEURS DE SAINT-PAUL



Nous recherchons des jeunes  
chanteurs de 8 à 16 ans qui:

- aiment la musique
- aiment passer du temps  
entre amis

Répétitions les mardis à 18h30  
à l'ACFA ( 4617 50 Ave)

**INSCRIPTIONS POUR LA SAISON:**  
**30\$ PAR ENFANT**  
**50\$ PAR FAMILLE**

Pour vous inscrire :



Ou contactez

Claudie-Anne: calamprone@gmail.com ou (587) 252-9007

L'ACFA: saint-paul@acfa.ab.ca ou (780) 645-4800



**ACFA**  
Régionale de Saint-Paul



**Canada**



Sous la direction de Claudie-Anne Lampron

# CHOEUR FAMILIAL DE SAINT-PAUL

En compagnie des Petits chanteurs  
de Saint-Paul

**TOUTES LES 2 SEMAINES  
À PARTIR DU 4 OCTOBRE , 18H30  
AU CENTRE COMMUNAUTAIRE**

Pour vous inscrire contactez l'ACFA de  
Saint-Paul au 780-645-4800;  
[saint-paul@acfa.ab.ca](mailto:saint-paul@acfa.ab.ca)



ACFA  
Régionale de Saint-Paul

Conseil scolaire  
Centre-Est



Canada

**21 OCTOBRE**  
**2022**

L'ACFA RÉGIONALE DE SAINT-PAUL VOUS PRÉSENTE

AU CENTRE  
COMMUNAUTAIRE DE  
L'ACFA

46 17 50 AVE, ST. PAUL

**BILLETS**

15 \$ MEMBRE  
20 \$ NON MEMBRE  
7 \$ ETUDIANT

# JOSÉE PIQUETTE

ARTISTE DE CHEZ NOUS

**19 H30**



**ACFA**  
Régionale de Saint-Paul

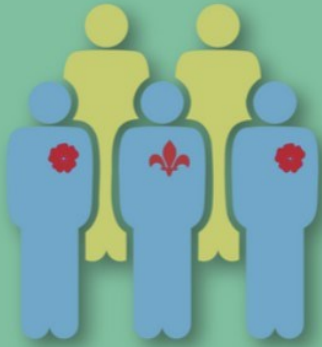


**Canada** 

October 2022

[www.stpaulfcss.ca](http://www.stpaulfcss.ca)

Interagency 46



# ALLIÉ-SANTÉ

## Rencontre d'information

Date: **07 octobre**

Lieu: **ACFA Régionale de Saint-Paul**

Heure: **16h-00**

Inscription: <https://saint-paul.acfa.ab.ca/evenements/>

### Rencontre avec Paul Denis, directeur général



Aussi:

- Ancien président de l'ACFA provincial 1993-1995
- Promoteur des services de santé en français
- Valorise les services de santé français pour les aînés



### Programme de la rencontre



- **Mise en contexte politique**  
-> Histoire de nos luttes depuis la Loi sur les langues officielles de 1969
- **Rôle et mandat du RSA**  
-> Pourquoi le SRA existe-t-il?
- **Allié-santé**  
-> C'est quoi? C'est qui? Et pourquoi?
- **Démystifier les concepts de demande et offre active**  
-> Pourquoi demander des services de santé en français?

L'ACFA RÉGIONALE DE SAINT-PAUL ET/AND  
CHAMPIONS FOR CHANGE

# DÉCOUVRIR LA CULTURE À TRAVERS DES ARTS DISCOVER CULTURE THROUGH THE ARTS

JOURNÉE NATIONALE DE LA VÉRITÉ ET LA RÉCONCILIATION  
NATIONAL DAY FOR TRUTH AND RECONCILIATION

ART POUR TOUS | ART FOR ALL



DÉCOUVRE LA CULTURE  
DE NOS ARTISTES À  
TRAVERS DE LEUR ART

RENCONTREZ  
L'ARTISTE ET POSEZ  
VOS QUESTIONS

CONTACTS

ACFA: 780-645-4800  
CFC: 780-645-5782

LIONS PARK  
SAINT-PAUL  
CENTRE VILLE | DOWNTOWN



30 SEPT. À 16H | SEPT. 30TH AT 4PM



L'ACFA Régionale de Saint-Paul

# Cours de français French courses

Niveaux débutant et intermédiaire

Beginner and intermediate levels



Enseignés par Michèle Holf

Taught by Michèle Holf

Chaque mardi au centre communautaire de l'ACFA

Every Tuesday at the ACFA Community Center

4617 50 Ave, St. Paul, AB

17h-18h: Débutant (beginner)

18h-19h: Intermediaire (intermediate)

Octobre - Novembre / October - November

8 semaines / 8 weeks

Pour vous inscrire

50\$ pour membres / 80\$ pour non-membres  
\$50 for members / \$80 for non members



Pour plus d'informations, contactez l'ACFA.

For more information, contact the ACFA.

(780) 645-4800

saint-paul@acfa.ab.ca



ACFA

Régionale de Saint-Paul



Alberta  
Foundation  
for the Arts

Canada 

# ALLIÉ-SANTÉ

## RENCONTRE D'INFORMATION

AVEC  
**Paul Denis**

Directeur général de réseau santé Alberta

- Ancien président de l'ACFA provincial 1993-1995
- Promoteur des services de santé en français
- Valorise les services de santé français pour les aînés

*Votre engagement facilite  
l'accès des soins de santé en français à Saint-Paul  
la création de services de santé accessibles,  
responsables, fiables et dynamiques.*

Programme de la rencontre

Mise en contexte politique

Rôle et mandat du RSA

Allié-santé

Démystifier les concepts de demande et  
offre active

-> Histoire de nos luttes depuis la Loi sur les langues  
officielles de 1969

-> Pourquoi le SRA existe-t-il?

-> C'est quoi? C'est qui? Et pourquoi?

-> Pourquoi demander des services de santé en  
français?

**7 octobre à 16 h**

Centre communautaire de l'ACFA  
4617 50 ave Saint-Paul

Pour vous inscrire, visitez

<https://acfastpaul.wufoo.com/forms/zkrleix0qn8pcr/>, scannez le code QR

Pour plus d'informations, contactez l'AC

(780) 645-4800

[saint-paul@acfa.ab.ca](mailto:saint-paul@acfa.ab.ca)



**ACFA**

Régionale de Saint-Paul



**RÉSEAU  
SANTÉ  
ALBERTA**



**Canada**

October 2022

[www.stpaulfcss.ca](http://www.stpaulfcss.ca)

Interagency 50

# **OCTOBER'FAST 5KM CHARITY BEER RUN**


**SATURDAY OCTOBER 8TH  
START TIME 4:30PM  
AT THE LBC PARKING LOT**

Registration is by donation  
\$10 or more will get you a free pint!

You can register at  
the St Paul  
Municipal Library  
or LBC

All proceeds will go to the St.  
Paul Municipal Library






**BOOKS  
FOR  
BABIES**

**WEDNESDAYS AT 10:30AM**

OCT 12TH    OCT 19TH  
OCT 26TH    NOV 2ND

BABIES 0-18 MONTHS  
4 SESSIONS  
LIMITED SPACE  
REGISTRATION REQUIRED



REGISTER THROUGH OUR WEBSITE

# **Costume Party Story-time**

**With Ms. Zimmerman**

**Saturday October 29th 10:30am**



**Please register through our website or by  
e-mailing [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)**



# FAMILY FUN DAY!

**BRING THE WHOLE FAMILY AND ENJOY  
SOME TIME TOGETHER.**

**DROP IN**

**SATURDAYS 10AM TO 4PM**

**SEPTEMBER 17TH - BOARD GAMES**

**SEPTEMBER 24TH - KEVA BLOCK**

**OCTOBER 1ST - DOODLE DAY**

**OCTOBER 8TH - LEGO**

**OCTOBER 15TH - CARDBOARD CRAFTING**

**OCTOBER 22ND - TO BE ANNOUNCED**



**St. Paul Municipal Library**

53rd Street & 48th Avenue, Box 1328

St. Paul, Alberta T0A 3A0 | (780) 645-4904

[www.stpaullibrary.ab.ca/](http://www.stpaullibrary.ab.ca/)

# **Locked in the Library!**

## **Newcomers and ESL**

## **Board game night!**

### **Fridays at 5:00 pm**

September 16th

September 23rd

September 30th

October 7th

October 14th

October 21st

Get more information and reserve your spot by:

1. Calling 780-645-4049
2. E-mailing [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)
3. Asking at the front desk



#### **St. Paul Municipal Library**

53rd Street & 48th Avenue, Box 1328  
St. Paul, Alberta T0A 3A0 | (780) 645-4904  
[programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)  
[www.stpaullibrary.ab.ca/](http://www.stpaullibrary.ab.ca/)

# Story-time with Ms. Monique

## Friday at 10:30am



### October Theme: Fun in the Fall

Oct 7th



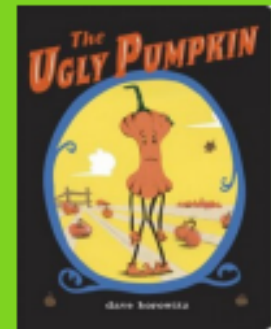
Oct 14th



Oct 21st



Oct 28th



Scan to register



Or register under the programs tab on our website at [www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca) or E-mail us at [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)

### Registration required!



**St. Paul Municipal Library**

53rd Street & 48th Avenue, Box 1328  
St. Paul, Alberta T0A 3A0 | (780) 645-4904  
[programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)  
[www.stpaullibrary.ab.ca/](http://www.stpaullibrary.ab.ca/)



St. Paul & District Arts Foundation

# TOT AND ME DANCE!

AGES 0 - 5 WITH A CAREGIVER

Explore rhythm, music and creative movement with your child!

Engage the senses with percussion instruments, parachutes and more!

8-week class Mondays 5:00 - 5:30pm  
Sept 13 - Nov 28, 2022

Register for the entire 8-week session for \$44  
or drop-in for \$8.50 each class. Drop-ins MUST pre-register  
online before attending.

4822 - 50 Ave St. Paul

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

[www.artfoundation.ca/register](http://www.artfoundation.ca/register)





St. Paul & District Arts Foundation

# LATIN BEATS DANCE CLASS

Move to the beats of salsa, merengue,  
bachata and more!

Learn a short choreography each class.  
Suitable for all levels, no partner needed.

**MONDAYS**

**FROM**

**SEPTEMBER 12 - NOVEMBER 28**

**5:45 PM - 6:45 PM**

**\$88 OR \$15 DROP-IN\***

**4822 - 50 AVE ST. PAUL**

*\*Drop-ins MUST pre-register online before attending.*

**REGISTER AT**

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





# MUSICAL THEATER

**Ages 6-10**  
**Tuesday**  
**5:30-6:45**



**Ages 11-18**  
**Tuesday**  
**7:00-8:15**

To register use the qr code or go  
to [www.artfoundation.ca/register](http://www.artfoundation.ca/register)



for more information  
[mpdowntownartsstudio@outlook.ca](mailto:mpdowntownartsstudio@outlook.ca)



# *Dance Classes Register Now!*

HIP-HOP, BALLET,  
LATIN BEATS,  
CREATIVE MOVEMENT  
TOT AND ME



REGISTER WITH THE QR CODE OR AT  
[WWW.ARTFOUNDATION.CA/REGISTER](http://WWW.ARTFOUNDATION.CA/REGISTER)

Contact us at  
[mpdowntownartsstudio@outlook.com](mailto:mpdowntownartsstudio@outlook.com)



St. Paul & District Arts Foundation

# REGISTER NOW FOR 2022 - 2023 PROGRAMS

The St. Paul and District Arts Foundation is a registered charity that provides classes in, and supports dance, theatre, music, literature, and visual arts.

## DANCE

We offer educational, non-competitive dance classes for everyone ages 0 - adult!

Our classes run on 8, 12, or 30 week cycles. We offer classes in a variety of styles and techniques. Contact us to try a class for FREE!

## DEvised MUSICAL THEATRE

In Devised Musical Theatre students have the opportunity to explore their creativity and help create a theater piece.

Students learn theatre techniques, musical theatre style jazz dance, and solo/group musical theatre vocal techniques.

Ages 6 - 18

## MUSIC

Contact us for availability for private lessons in piano, vocals, guitar, and other music skills.

The Rusty Musicians Community Orchestra is a group of adults who meet once a week to play! The ability to read sheet music is required.

## VISUAL ART

Learn beginner to intermediate level painting techniques on canvas. Students have the opportunity to display their artwork in a public art exhibit.

Ages 6 - Adult

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