



THE Bearspaw BEAT

*Happy
Valentines
Day!*

**Bearspaw
Historical Society
News**



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Bearspaw Glendale COMMUNITY ASSOCIATION

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 Treasurer Tahir Jamil
 Facilities Chair..... Al Vanderputten
 Secretary..... Rachel Sharkey
 Director at Large Alan Bishop
 Director at Large Anitra Apps
 Director at Large Eric Lowther

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 Bearspaw Preschool 403-239-4441
 Girl Guides 403-437-7615
 Communities Development Society..... 403-239-0646
 Municipal District of Rocky View 403-230-1401
 Bearspaw Glendale Recreation Board: Richard Wadsworth, Chair 403-615-6958
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This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup at the Bearspaw Lifestyle Centre. Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the Bearspaw Beat should not be interpreted as recommendations or endorsements by the editor or the publisher.



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In Our Community

Article Submissions



THE Bearspaw BEAT

In order to continue to feature locally focused stories of interest to your community, we need you, the readers, to send us articles and suggestions on The Bearspaw Beat.

Do you want to thank a neighbour or recognize a contribution to your community? Have you or someone you know done something exciting that you think others would like to read about—such as a great trip? Do you have an interesting story about growing up in Bearspaw? Then, we want to hear from you!

Article Guidelines:

- Articles must be e-mailed to: thebeat@bearspawlc.org by the 5th of each month for publication in the following month's issue;
- Articles should be between 200 to 450 words in Microsoft Word format; images in jpeg format at a resolution of at least 300 dpi;
- Articles cannot promote a particular company or product to the exclusion of others, or include logos or contact information;
- Article credit may include the contributor's name and general description of expertise; and
- The editor reserves the right to edit articles before publication without getting approvals from the author.

Thank you!

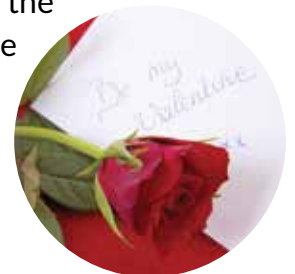
Karla Smit

Disclaimer:

The Editorial staff reserve the right to edit submissions to the Bearspaw Beat.

DID YOU KNOW??

According to History.com, the oldest record of a valentine was a poem Charles Duke of Orleans wrote to his wife when he was imprisoned in the Tower of London in 1415.



Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Winter 2019 – Adult Programs

55+ Core & More: Designed with hip and knee friendly movements. You will begin with a gentle warm-up followed by a bit of strength, balance and stretch. Our goal is to strengthen the core, maintain bone health and have some fun at the same time. Not too difficult, not too easy, just right, and your body will thank you. Please bring a water bottle and yoga mat.

Jan. 8 - Mar. 21

Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 22 sessions (Tues. & Thurs.) \$198.00 + GST
- 11 sessions (Tues.) \$99.00
- 11 sessions (Thurs.) \$99.00

Adult Badminton - Intermediate Skill Level and Up:

Jan. 7 - Mar. 27 (No class Feb. 18)

Mon. & Wed. 8:00 p.m. – 11:00 p.m.

- 23 sessions \$115.00 + GST
- 11 sessions (Mon.) \$55.00 + GST
- 12 sessions (Wed.) \$60.00 + GST

Hatha Yoga: Yoga has helped people overcome fears, develop better concentration and improved daily functioning. Others have experienced improved self-awareness, a deeper sense of well-being, deeper compassion, greater self-acceptance, and a sense of being at peace.

Jan. 9 - Mar. 21

Wed. or Thurs. 9:00 a.m. – 10:30 a.m.

- 11 sessions (Wed.) \$181.50 + GST
- 11 sessions (Thurs.) \$181.50 + GST
- 5x punch pass \$82.50 + GST

Total Body Conditioning:

Jan. 7 - Mar. 22 (No class Feb. 18)

8:45 a.m. – 9:45 a.m.

- Mon., Wed., Fri.: 32 sessions \$352.00 + GST
- 10 sessions (Mon.) \$110.00 + GST
- 11 sessions (Wed.) \$121.00 + GST
- 11 sessions (Fri.) \$121.00 + GST

Yoga at Dusk: Do you have a busy schedule and can't fit exercise in during the day? Yoga at Dusk is a fantastic way to stretch and strengthen your body in the evening! Feel refreshed, relaxed and energized after this amazing Hatha Yoga class.

Jan. 8 - Mar. 19

Tue. 6:30 p.m. – 8:00 p.m.

- 11 sessions \$181.50 + GST.
- 5x punch pass \$82.50 + GST.

Zumba: This class fuses hypnotic Latin rhythms and easy to follow dance moves to create a workout unlike any other. The goal is simple: dance like nobody's watching and have more fun than you've ever experienced in a workout class! A great workout for all ages and fitness levels. Want to try a class for free? Give Kim a call (403) 239-1502 ext: 100

Jan. 11 - Mar. 21

Thurs. 6:30 p.m. – 7:30 p.m.

- 11 sessions (Thurs.) \$121.00 + GST
- 5x punch pass \$55.00 + GST

Winter 2019 - Youth Programs

Bearspaw Indoor Development Soccer: Our coaches will facilitate drills and mini games to engage each child in fundamental movement and soccer skill development. All practices will be held at Bearspaw School Gym.

(U4) Ages 3 - 4

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 6:15 p.m. - 7:00 p.m. • 10 weeks \$150.00

(U6) Ages 5 - 6

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 6:15 p.m. - 7:00 p.m. • 10 weeks \$150.00

(U8) Ages 7 - 8

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 7:00 p.m. - 8:00 p.m. • 10 weeks \$150.00

(U10) Ages 9 - 10 / (U12) Ages 11 - 12

Jan. 15 - Mar. 26 (No class Feb. 19)

- Tues: 7:00 p.m. - 8:00 p.m.
- 10 weeks \$150.00

Boost Athletic After School Soccer: The Boost Athletic Soccer program is led by Boost Athletic founder, Andrew Fleming and his coaching staff. Andrew has worked in soccer for 11 years and through his fun and exciting curriculum will help players of any skill level develop! The program is a mix of individual skill development, tricks and games!

• Mon. Jan. 14 – Mar. 25 (No class Feb. 18)

• 3:15 p.m. – 4:15 p.m

• 10 sessions: \$180.00

• Ages 7 – 12

Boost Athletic After School Basketball - Wednesdays:

Led by experienced Basketball players, the Boost Athletic Basketball program is a mix of fun, skills and games that helps to give players of any level a solid foundation and love for the game!

Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Feb. 6 - Mar. 27 (No class Feb. 20)

• 3:30 p.m. - 4:30 p.m. • \$126.00

Boost Athletic Girls Volleyball - Tuesdays

Feb. 5 - Mar. 26 (No class Feb. 19)

• 3:30 p.m. - 4:30 p.m. • \$126.00

***NEW* Boost Athletic Junior - Wednesdays**

A mix of all sports for 3 – 5 year olds

Feb. 6 - Mar. 27 (No class Feb. 20)

• 3:00 p.m. - 3:30 p.m. • \$63.00

Girls' Group: Creativity & confidence! Join us for a wide range of activities and projects designed to enhance self-esteem, self-expression, confidence and friendship.

Thurs. Jan. 17 – Mar. 21 (No class Feb. 21)

• 3:15 p.m. – 4:15 p.m.

• 9 sessions: \$81.00

• Ages 9 – 12.

Sportball: Sportball helps children develop socially as well as physically, through a curriculum designed to reinforce self-confidence free from the pressure of competition. Sportball provides the basic concepts and skill components of 8 popular sports. Programs are carefully designed to focus on the development of balance, strength, coordination, stamina and timing through professional instruction and positive encouragement, using child-sized equipment. Visit www.sportball.ca.

Sportball Floor Hockey - Just the Game

Jan. 17 - Mar. 21 (No class Feb. 21)

• Thurs. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)

• 9 sessions: \$126

***NEW* Sportball Multi-Sport Coach & Child**

Jan. 14 - Mar. 18 (No class Feb.18)

• Mon. 11:35 a.m. – 12:30 p.m. (3 - 5 yrs.)

• 9 sessions: \$162.00

***NEW* Sportball Multi-Sport Coach & Child**

Jan. 17 - Mar. 21 (No class Feb. 21)

• Thurs. 11:05 a.m. – 12:00 p.m. (3 - 5 yrs.)

• 9 sessions: \$162.00

Sportball Multi-Sport (3 - 5 yrs.)

Feb. 7 - Mar. 21 (No class Feb. 21)

• Thurs. 2:30 p.m. - 3:15 p.m.

• 6 sessions: \$108.00

Wiggle & Giggle: A free drop in program offered by BLC in partnership with the Western Rocky View Parent Link Centre. Join us for active fun in the gym! A great way for

tots to burn off some energy & for parents to meet others in the area. Please note: parents are required to attend with their children and be in the gym at all times.

Jan. 8 - Jun. 19

• Tue. 11:00 a.m. – 12:00 p.m.

• Wed. 11:30 a.m. - 12:30 p.m.

Home Alone - ONLY 12 SEATS AVAILABLE!

Please bring a lunch. Ages 10 +

(Siblings may register if 8 or older)

Friday, February 15, 9:00 a.m. – 4:00 p.m.

• \$25.00

Events

Lunch & Learn: For the Love of Cochrane. Join Marni Fedeyko, Cochrane Town Councillor and news reporter for Cochrane Now/AIR 91.5 FM, as she discusses her favourite things about Cochrane and what makes her passionate for the small, big town west of Bearspaw. Call (403) 239-1502 x 100 to RSVP.

Friday, February 13

• 11:30 a.m. - 1:30 p.m. \$15 includes catered lunch.

Friday Movie Matinee: Ralph Breaks the Internet (PG)

February 1

• 2:15 p.m. - 4:00 p.m.

• \$5 admission at door includes pop & popcorn

Rental space available at BLC for programs and events. Our facility hosts three studio rooms, a 7000 sq. ft. gym newly equipped with cross court and end court basketball nets, and a 2400 sq. ft. Banquet Hall. Contact Kim @ (403) 239-1502 x:100 to reserve your space.

Rental prices below:

• Banquet Hall: \$95 hour/\$950 full day

• Dance Studio: \$40/hour

• Gym: \$85/hour • Homestead: \$40/hour

• Meeting Room: \$25/hour

• Upstairs Studio: \$40/hour

Book Clubs

Bearspaw Book Club: Bearspaw Lifestyle Centre Board Room. Last Monday of the month. 12:00 p.m. – 2:00 p.m.

Contact Paulette for information: vpbentz@telus.net

Readers Book Club of Bearspaw: Bearspaw Lifestyle Centre Board Room. First Monday of the month.

1:00 p.m. – 3:00 p.m. Contact Molly for information: cowtheatre@aol.com or (403) 836-7897.



Bears paw Historical Society News

The Glendale Branch of the Alberta Women's Institute Disbands after Ninety-Three Years of Service to the Community

In December 2018, after 93 years of service to the community, the Glendale Branch of the Alberta Women's Institute (WI) held its final meeting. The Glendale Branch was established in 1925. The founders wanted to form a group that provided social interaction among area women that focussed on the education of its members, and made a contribution through community service. Robin Harvie, who joined the WI in 1956, said that not all of the women who moved to the area in the early days had a background in farming, so the WI helped to fill some of the knowledge gap. A monthly meeting was held in which a member presented the results of their research on a topic they had chosen, or arranged for a speaker to do so. Topics might be on aspects of agriculture, home economics, health, or what was learned through one's travels. Initially, the WI members took turns hosting the meetings in their homes, some were held at the Glendale School, and then at the Lions Hall after it was established in the early 1950s.

Service to the community was an essential component of the WI's work. The Glendale branch was in operation for so long that it is hard to summarize the breadth of their contributions. Fundraising was done for a variety of purposes like charities, for school equipment or scholarships, and community events. A variety of means were used such as dances, box socials, and more recently through catering events. The group also lobbied for causes related to the safety of residents by pushing for the development of a turning lane off of the 1A, or in the distribution of reflective armbands for children who had to walk across dark roads to access school buses. The group also canvassed for the Canadian Cancer Society for decades.

The structure of the community changed over the years and in the mid-1950s acreage ownership increased and the more urban WI members brought a new perspective to the group. The number of Glendale WI members declined in recent years as a result of an aging membership and changes to the structure of society, community and technology. There is better transportation, more organizations for women to join, and greater educational opportunities. Such changes

have made it difficult for the WI to meet its objectives. The Glendale WI is now officially disbanded, but members will continue to meet on a social basis.

One of the enduring legacies of the WI was the publication in 1965 of the area history titled *Taming the Prairie Wool*. The book has now been digitized and is accessible through the University of Calgary's "Libraries and Cultural Resources Digital Collections" website. Print copies are also available in Cochrane's Nan Boothby Library and at Calgary's new Central Library. The members of the Bears paw Historical Society are grateful to the Glendale Women's Institute for all of the hard work and dedication that went into producing this book which provides a foundation upon which future histories will be based.

Elisa J. Hart
Member, Bears paw Historical Society



Arlene Aylesworth and Robin Harvie, of the Glendale Branch of the Alberta Women's Institute, now disbanded after 93 years of service to the community. They are holding items donated by the WI to the Bears paw Historical Society, including a cheque for \$400 and a framed copy of the WI creed that was read at the beginning of each meeting.



The logo with motto of the Alberta Women's Institutes.

Councillor Report

Hello everyone,

The Bearspaw Area Structure Plan (BASP) Terms of Reference came to Council for approval on January 8th. The BASP has not been completely reviewed since 1994, when it was drafted.

While the BASP review will explore phasing to accommodate growth projections and define a development sequence, the plan is not limited to determining land use strategies. The review will also identify: carrying capacities and servicing options for existing and future development; current and planned transportation infrastructure; the appropriateness of gravel extraction within the plan; recreational servicing; institutional development; and, other required physical services.

The BASP covers a staggering 25,000 acres, spanning from Calgary to Cochrane and encompasses land in both Divisions 8 and 9. Development pressures are increasing as is the pressure to create a diverse variety of housing choices. One key consideration is whether a single ASP reflects what's best for the entire community. Or, would it be better to create multiple ASPs that recognize each area's unique challenges and strengths?

Once reviewed, the BASP not only needs to align with County policies and the Municipal Government Act, it must also be consistent with the goals and policies of our Intermunicipal Development Plans with the City of Calgary and Town of Cochrane.

The engagement process is set to start this Spring and we really want to hear from you. Councillor Crystal Kissel (Division 9) and I want to ensure a streamlined and effective process that maximizes stakeholder involvement. As a resident, you are a key stakeholder. You understand our community's needs and can identify our strengths and where we need improvement. The success of this document relies on your input and we sincerely hope that you will participate in the process. I'll be sure to keep you posted as the timeline unfolds.

Last month, I informed you about the High-speed Internet Servicing Strategy motion that Councillor Kevin Hanson and I introduced to Council. For those of you who missed my last update, the motion seeks to have the County explore funding streams and potential servicing options that would provide a minimum of 50mbps for downloads to all Rocky View residents by 2021.

Well, I am pleased to say that Council unanimously supported directing Administration to prepare a report that evaluates the activities set out in our motion. The report will provide an estimate of the resources required to achieve the strategic direction provided by the motion and must be delivered to Council by April 1st.

If you have any questions, comments or concerns, please feel free to call me at 403-478-1041. If you would like to receive my bi-weekly Council updates, please send an email to sam@wrightforbearspaw.com.

Samantha Wright, Councillor – Division 8

Bearspaw Preschool News

Happy February from Bearspaw Preschool!

This month classroom activities will focus on Valentine's and friendship for both the 3 and 4-year-old programs. The 4-year-olds will continue their work on the alphabet and there will be a fun visit from Miss Stacey from Music and Play. We will also have a visit from Mad Science for some of the classes.

Classes will break from February 15th - 22nd and resume on February 25th.

Registration for the 2019/2020 school year is ongoing. Please visit our website at www.bearspawpreschool.com for more information or to secure your spot as spaces are limited.



Beat the Seasonal Blues

Many people feel sluggish in the winter, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond being gloomy. People with SAD can experience depression, fatigue and a lack of motivation. Here are eight ways to brighten your outlook this winter:



- Be active. It relieves stress, builds energy, and increases your resilience.
- Soak up some sun. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine.
- Try artificial light for 30 minutes each morning. Consider a SAD lamp that has 10,000 lux, the measurement of the light's intensity. You'll find them at medical supply stores and many drugstores.
- Take a Vitamin D supplement—3000 IU per day may help lift your mood in winter.
- Eat three healthy meals a day, and have healthy snacks between meals. For information, visit www.healthyeatingstartshere.ca.
- Stay hydrated. Most adults need nine to 12 cups of water per day.
- Cut down on alcohol and caffeine. They can worsen SAD symptoms.
- Try practising mindfulness. Accept your thoughts without judging. Even 15 minutes per day can lift your spirits.

If you are concerned about your mental health, call Health Link at 811.

Alberta Health Services

DID YOU KNOW??

According to Hallmark, over 144 million greeting cards are exchanged on Valentine's Day.



Book Review

Sun Rise

By Rick George

Rick George was born in a small town called Bush in Colorado.

After graduating from high school, he took a summer job with a small company that maintained oil feeder lines in northeast Colorado. A lot of things about the oil business interested him, one of which was that everyone seemed to be driving brand new cars and pickups. What eighteen year old kid wouldn't like that?

After graduating with an engineering degree from Colorado State University, he went to work for Texaco, headquartered in Houston. Within a year, he enrolled in the University of Houston Law School. From there he went on to work for Sun Oil, which took him to London, and it was here that Tom Thompson recruited him to come and work in Alberta's oil sands.

This book is the story of a remarkable man, known as a conversationalist, as well as a leading proponent of the development of the oil sands. From 1991 to 2012 he was president and CEO of Suncor Energy Inc. He loved Canada so much that he became a Canadian citizen and was appointed an officer of the Order of Canada in 2007, for both his leadership in developing Canada's natural resources, as well as his efforts to provide opportunities for Aboriginal communities and his commitment to sustainable development.

Whatever your beliefs are concerning oil sands or the environment, you will find a few truths in this book that you didn't expect. With much misinformation out there, Rick George tells his story with truth and integrity. It should be required reading in our schools across Canada.

It is exciting that our book club has reached it's membership capacity. If you wish to be on a waiting list, please contact Paulette, whose information is in this issue, along with the contact information of the other book club that meets in the lifestyle center.

Jeanne Mosca





www.bearspawle.ca

Happy Valentine's Day

FEBRUARY

2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--|--|---|---|---|-----------|
| | | | | | 1 Total Body Conditioning: 8:45am - 9:45am Friday Movie Matinee: Ralph Breaks the Internet (PG): 2:15 pm - 4:00 pm | 2 |
| 3 | 4 Total Body Conditioning: 8:45am - 9:45am Readers Book Club of Bearspaw: 1:00pm - 3:00pm Adult Badminton: 8pm - 11pm Boost Athletic After School Soccer: 3:15pm - 4:14pm | 5 55+ Core & Move: 8:30 am - 9:15 am Wiggle & Giggle: 11:00am - 12:00pm Yoga at Dusk: 6:30pm - 8pm Boost Athletic Girls Volleyball: 3:30pm - 4:30pm | 6 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Boost Athletic Junior 3:00 p.m - 3:30pm Boost Athletic After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm | 7 55+ Core & More: 8:30 am - 9:15 am Hatha Yoga: 9am - 10:30am Sportball Multi-Sport Coach & Child: 11:00am - 12pm Girls Group: 3:15pm - 4:15pm Sportball Floor Hockey: 3:15pm - 4:15pm Sportball Multi-Sport 4:15 - 5:15pm Zumba: 6:30pm - 7:30pm | 8 Total Body Conditioning: 8:45am - 9:45am | 9 |
| 10 | 11 Total Body Conditioning: 8:45am - 9:45am Sportball Multi-Sport Parent & Child: 10:10am - 10:55am Sportball Multi-Sport Coach & Child: 11:35am - 12:30pm Adult Badminton: 8pm - 11pm Boost Athletic After School Soccer: 3:30pm - 4:30pm | 12 55+ Core & Move: 8:30 am - 9:15 am Wiggle & Giggle: 11:00am - 12:00pm Boost Athletic Girls Volleyball: 3:30pm - 4:30pm Yoga at Dusk: 6:30pm - 8pm | 13 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Lunch & Learn: 11:30 - 1:30pm Boost Athletic Junior: 3:00 p.m - 3:30pm Boost Athletic After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm | 14 55+ Core & More: 8:30 am - 9:15 am Hatha Yoga: 9am - 10:30am Girls Group: 3:15pm - 4:15pm Sportball Floor Hockey: 3:15pm - 4:15pm Sportball Multi-Sport 4:15 - 5:15pm Zumba: 6:30pm - 7:30pm | 15 Total Body Conditioning: 8:45am - 9:45am Home Alone: 9:00am - 4:00pm | 16 |
| 17 | 18 | 19 55+ Core & More: 8:30 am - 9:15 am Wiggle & Giggle: 11:00am - 12:00pm Yoga at Dusk: 6:30pm - 8pm | 20 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Lunch & Learn: 11:30 - 1:30pm Adult Badminton: 8pm - 11pm | 21 55+ Core & More: 8:30 am - 9:15 am Hatha Yoga: 9am - 10:30am Girls Group: 3:15pm - 4:15pm Zumba: 6:30pm - 7:30pm | 22 Total Body Conditioning: 8:45am - 9:45am | 23 |
| 24 | 25 Total Body Conditioning: 8:45am - 9:45am Sportball Multi-Sport Parent & Child: 10:40am - 11:25am Sportball Multi-Sport Coach & Child: 11:35am - 12:30pm Bearspaw Book Club: 12pm - 2pm Adult Badminton: 8pm - 11pm | 26 55+ Core & More: 8:30 am - 9:15 am Wiggle & Giggle: 11:00am - 12:00pm Boost Athletic After School Soccer: 3:15pm - 4:14pm Boost Athletic Girls Volleyball: 3:30pm - 4:30pm Yoga at Dusk: 6:30pm - 8pm | 27 Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Lunch & Learn: 11:30 - 1:30pm Boost Athletic Junior: 3:00 p.m - 3:30pm Boost Athletic After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm | 28 55+ Core & More: 8:30 am - 9:15 am Hatha Yoga: 9am - 10:30am Sportball Multi-Sport Coach & Child: 11:00am - 12pm Girls Group: 3:15pm - 4:15pm Sportball Floor Hockey: 3:15pm - 4:15pm Sportball Multi-Sport 4:15 - 5:15pm Zumba: 6:30pm - 7:30pm | | |