



THE Bearspaw BEAT

Spring
Programs

Bearspaw
Historical
Society News



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Bearspaw Glendale COMMUNITY ASSOCIATION

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 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

Board of Directors

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 Treasurer Tahir Jamil
 Facilities Chair..... Al Vanderputten
 Secretary..... Vacant

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 Bearspaw Lions Hall..... 403-239-0201
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 Communities Development Society..... 403-239-0646
 Municipal District of Rocky View 403-230-1401
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 King Edgar Dance Studio (KEDS)..... 403-585-9959

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In Our Community

Article Submissions



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??

Saint Patrick's Day is a cultural and religious celebration that happens annually on 17 March to mark the death date of the most commonly-recognised patron saint of Ireland, Saint Patrick.



Bearspaw Lifestyle Centre Programs & Events

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



Spring 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.

April 2 - June 20. Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 24 sessions (Tues. & Thurs.) \$216.00 + GST
- 12 sessions (Tues.) \$108.00
- 12 sessions (Thurs.) \$108.00

Adult Badminton - Intermediate Skill Level and Up:

April 1 - June 26 (No class April 22 & May 20)

Mon. & Wed. 8:00 p.m. – 11:00 p.m.

- 24 sessions \$120.00 + GST
- 10 sessions \$55.00 + GST
- 13 sessions \$65.00 + 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.

April 3 - June 20. Wed. or Thurs. 9:00 a.m. – 10:30 a.m.

- 12 sessions (Wed.) \$198.50 + GST
- 12 sessions (Thurs.) \$198.50 + GST
- 5x punch pass \$82.50 + GST

Total Body Conditioning:

April 1 – June 21 (No class April 19, 22, May 20)

8:45 a.m. – 9:45 a.m.

- Mon., Wed., Fri.: 33 sessions \$363.00 + GST
- 10 sessions (Mon.) \$110.00 + GST
- 12 sessions (Wed.) \$132.00 + 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.

April 2 – June 18. Tue. 6:30 p.m. – 8:00 p.m.

- 12 sessions \$198.00 + 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

April 4 – June 20. Thurs. 6:30 p.m. – 7:30 p.m.

- 12 sessions (Thurs.) \$132.00 + GST
- 5x punch pass \$55.00 + GST

Spring 2019 - Youth Programs

Bearspaw Outdoor Development Soccer: Our coaches will facilitate drills and mini games to engage each child in fundamental movement and soccer skill development. Registration includes a t-shirt, team photo and medal. All practices will be held at Bearspaw School Field.

(U4) Ages 3 - 4 April 30 – June 18

- Tues: 6:15 p.m. - 7:00 p.m. • 8 weeks \$144.00

(U6) Ages 5 - 6 April 30 – June 18

- Tues: 6:15 p.m. - 7:00 p.m. • 8 weeks \$144.00

(U8) Ages 7 - 8 May 1 – June 19

- Wed: 7:00 p.m. - 8:00 p.m. • 8 weeks \$144.00

(U10) Ages 9 - 10 / (U12) Ages 11 - 12 May 1 - June 19

- Wed: 7:00 p.m. - 8:00 p.m. • 8 weeks \$144.00

Boost Athletic Flag Football (Mondays): Flag is a modified version of tackle football and provides participants with the opportunity to develop many of the same skills, tactics and strategies without significant physical contact. Come join Coach Andrew for some fun, fast and exciting co-ed fun!

Mon. April 1 - June 17 (No class April 22, May 20)

- 3:15 p.m. - 4:15 p.m. • 10 sessions: \$180.00

Boost Athletic Girls Volleyball (Tuesdays): Fun, skills and games that help give players of any level a solid foundation and love for the game.

Tues. April 2 - June 18 (No class April 23)

- 3:30 p.m. – 4:30 p.m. • 11 sessions: \$198.00 • Ages 8 – 12

Boost Athletic After School Basketball (Wednesdays): 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!

Wed. April 3 - June 19 (No class April 24)

- 3:30 p.m. – 4:30 p.m. • 11 sessions: \$198 • Ages 7 – 12

Boost Athletic Junior (Wednesdays):

A mix of all sports for 3-5 year olds

Wed. April 3 – June 19 (No class April 24)

- 3:00 p.m. – 3:30 p.m. • 11 sessions \$99.00

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. April 4 – June 20 (No class April 25)

- 3:15 p.m. – 4:15 p.m. • 11 sessions: \$99.00

Bearspaw Lifestyle Centre Programs & Events

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



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

April 4 – June 20 (No class April 25)

- Thurs. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)
- 11 sessions: \$154.00

Sportball Multi-Sport Coach & Child

April 1 – June 17 (No class April 22 and May 20)

- Mon. 11:35 a.m. – 12:30 p.m. (3 - 5 yrs.)
- 10 sessions: \$180.00

Sportball Multi-Sport Parent & Child

April 4 – June 20 (No class April 25)

- Thurs. 10:10 a.m. – 10:55 a.m. (1.5 – 3 yrs.)
- 11 sessions: \$198.00

Sportball Multi-Sport Coach & Child

April 4 – June 20 (No class April 25)

- Thurs. 11:05 a.m. – 12:00 p.m. (3 - 5 yrs.)
- 11 sessions: \$198.00

Sportball Multi-Sport (3 - 5 yrs.)

April 4 – June 20 (No class April 25)

- Thurs. 2:30 p.m. – 3:15 p.m. • 11 sessions: \$198.00

***NEW* Sportball Me & My Dad**

April 6 – June 15 (No class April 20, 27 & May 18)

- Sat. 9:15 a.m. – 10:00 a.m. (2 – 3 yrs.) • 8 sessions: \$144.00

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

April 6 – June 15 (No class April 20, 27 & May 18)

- Sat. 10:00 a.m. – 11:00 a.m. (3 – 5 yrs.)
- 8 sessions: \$144.00

***NEW* Sportball Floor Hockey – Just the Game**

April 6 – June 15 (No class April 20, 27 & May 18)

- Sat. 11:00 a.m. – 12:00 p.m. (7 – 12 yrs.)
- 8 sessions: \$112.00

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.

April 2 – June 19

- Tue. 11:00 a.m. – 12:00 p.m. • Wed. 11:30 a.m. - 12:30 p.m.

Events

Movie Matinee: Mary Poppins Returns (G)

Friday, March 8 • 2:15 p.m. – 4:30 p.m. • \$5.00

Lunch & Learn: Social Media Basics for 55+: Keeping an active mind is just as important as keeping an active body, but did you know that social media usage for ages 55+ can positively affect your health and the health of your aging loved ones? Sit and chat with local social media expert, Samantha Nickerson of UrbanCasual.ca, on ways you can include social media in your life to lower stress levels, decrease depression, and to stay mentally sharp and engaged in life. Catered lunch included. Call Andrea to RSVP: (403) 239-1502 x: 101

Wednesday, March 13 • 11:30 a.m. – 1:30 p.m. • \$15

Ladies Rustic Sign Night: Join us for another fun evening of painting! Choose a beautiful handmade reclaimed wood sign or the new Rustic Chic framed sign. Hilarious sarcastic stencils are now available. Cash bar: wine \$7 / beer \$5. Link to purchase tickets can be found at www.facebook.com/bearspawlc/events

Friday, March 29 • Doors open: 6:00 p.m.

- Painting starts: 7:00 p.m.
- Tickets: \$70 + GST includes appetizers

Game Night Unplugged: Ages 9-14 come play for real! – Come have some laughs and fun with friends playing a variety tech free games. (Charades, Pictionary, Twister, Hedbanz, Jenga, Clue, Life, Apples to Apples, Spoons, Pie Face, Checkers, Rummy, Crib) Popcorn and Pop included. Friday, April 5 • 6:30 – 9:00 p.m. • \$5

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: cwtheatre@aol.com or (403) 836-7897.



Bears paw Historical Society News

The members of the Society have started planning for the 100th Anniversary of the 1920 Bears paw Historic School. We would love to have suggestions from the community, and if you would like to volunteer, or perhaps join the Society, we would be so pleased.



Many of our current members attended the school and have shared their memories in our Four Schools Oral History reports and for our book "School Days and Community Life: Memories from Westminster, Glendale, Bears paw and Glenbow School Districts of Alberta" which will be officially launched in mid Spring. We are grateful to Elisa Hart for writing the manuscript with such detail.

Three Grade One classes visited the historic school on Tuesday, February 12th with their teachers. It is a yearly event to celebrate the 100th day of school.

Mrs Lorna Stock, long time member of our Society and former schoolteacher, was there to tell the students what it was like to go to a one room school and live in the community from 1920 until 1965, when the school closed. Every year the children enjoy their time with her. She also takes them into the barn and the teacherage to explain how things were. Many of the children are amazed when they realize the teacher lived in such a small cottage with no washroom. It was an outhouse for the teachers and students. Wow, it must have been very cold in winter!



Lorna Stock not only greets the young grade one students but also former students like Tim Bancroft (1930s)

The Society meets every third Thursday of the month at 4 pm in the school. Have you considered joining us and possibly getting involved?

Louise McAuley
Bears paw Historical Society

Photos Copyright Louise McAuley and BHS

Book Review

Flying Time

By Suzanne North

Kay Jeynes grew up in east Calgary during the 1920's and 30's. In 1939, she went to work for Hero Miyashita and gained an education far beyond what a university would have provided. Mr Miyashita was an elderly Japanese man, well educated and very wealthy. Kay was a young, naïve girl who came from a working class family. An unlikely friendship develops between these two very different people and this is their story set during WW II.

It is now the 1990's and Kay finds herself in a senior's home recuperating after a fall. She decides to join a writing class to pass the time. This book travels between these two time periods as she writes her memoirs. She tells of a time when young men were going off to fight in the war and all Japanese people were becoming the enemy. In 1941, Mr. Miyashita needed to travel to Hong Kong to retrieve some Shaker prints that his uncle left him in his will. At that time it was impossible for him to leave Canada, as he would not have been allowed to come back. He asked Kay to go.

What an adventure this was going to be. Imagine travelling to Hong Kong aboard the Clipper, a Boeing 314 aircraft that only wealthy people could afford to travel on. This voyage, which promised to be a dream trip turned into a nightmare in which she narrowly escapes with her life but also meets the great love of her life.

Filled with humour and unforgettable characters, this novel is original and genuine. With its many references to our city and Banff National Park, it was a nostalgic look at some of our history.

Jeanne Mosca

DID YOU KNOW??

Lightning strikes the Earth 6,000 times every minute.



Councillor Report

Hello everyone,

This month, I thought I'd discuss an issue that impacts us all – rural crime. In working with both the Cochrane Foothills Protective Association (CFPA) and the RCMP, the message is clear – crime is a matter of opportunity and we are not going to police ourselves out of it.

The CFPA, our local Rural Crime Watch group, recently launched its website www.cfparcw.ca. There you can find tips about how to protect yourself and your property. For \$20 a year, I strongly recommend becoming a member. Membership includes access to the Reporter App where you can report suspicious activity. This is not a substitute for calling the RCMP, but it does let your neighbours know, in real time, of any potential activity to be on the lookout for. If you see something suspicious, always call 9-1-1.

Most of us live on cul-de-sacs or in close-knit communities. Get to know your neighbours. Know the types of cars they drive. Doing something simple like this makes it easier to start identifying activity that does not fit. If it doesn't fit, report it to the RCMP immediately.

Remember thieves are often on sprees and don't typically operate alone. They are looking for easy targets. Don't make it easy. Don't leave your car running. Don't leave your keys or the garage door opener in your vehicle. Don't hang keys by the front door. Keep valuables locked in a safe.

If you're going away, tell a neighbour. Better yet, have someone stay at your house. If it's been snowing, have someone visit your property to shovel your pathway and walk around your home. Video surveillance, alarms, fences, gates, dogs, motion detector lights and remote access lights are all good deterrents. Again, it's about opportunity. Thieves are typically in and out of your home in 2 minutes.

The M.O. of these criminals is to knock on the door first. If you are not home, one of the best ways to deter break-ins is with a doorbell with a camera that can be accessed through your cell phone that lets you answer your door remotely. Again, do your best to make it appear as though someone is home.

I have been asked about the potential for creating a local Citizens on Patrol (COP) group. If this is something you think you would be interested in doing, please drop me

a line or give me a call and I would be happy to facilitate a meeting to help start the process. More information about COP can be found at www.acopa.ca.

We are all the eyes and ears of our community and I do believe that with some diligence on all our parts, we can make a difference in creating a safer Bearspaw.

Samantha Wright, Councillor – Division 8

Bearspaw Preschool News

This March, the three-year-olds will explore colors, color mixing and rainbows. The four-year-olds will continue with the alphabet, learn about nutrition and make a pizza for "Letter P" week. They will also enjoy Rocks and Rings as a special guest to learn how to curl! Miss Stacey from Music and Play will be in and we will try to catch a Leprechaun for St. Patrick's Day! Rounding out the month, we have a field trip planned to visit the fire hall.

A reminder that registration for the 2019/2020 school year is open and ongoing.

Families from all neighborhoods welcome. Please visit our website www.bearspawpreschool.com for more information or to register.

The success of our school is in large part due to the wonderful parent-volunteers who help us out in the classroom, participate in fundraising and donate their time to assisting with Board Administration. We are starting to recruit for new Board Members for the 2019-2020 school year. If you or anyone you know is looking to get involved with the Preschool, this is a wonderful opportunity to make an impact and get to know other parents. If you would be interested in taking on a volunteer position, please reach out to our President at president@bearspawpreschool.com.

DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



Cross Country Skiing

Savour the pure alpine air as you glide along the dazzling white trail in the winter sunshine. Breathe in the fragrance of the evergreens and wonder what animals made the fresh sets of tracks crossing your path. The only sounds are the swish of your skis and the occasional birdsong. When the trees give way to a sublime panorama, you'll marvel that such a healthy activity can be this exhilarating.

With over 70 nordic hubs to choose from, what better place to start than the home of Canada's national cross country and biathlon ski teams? Designed for the 1988 Winter Olympics, Canmore Nordic Centre Provincial Park will challenge you with 65 km (37 mi) of groomed and track-set trails. And it's only about an hour's drive west of Calgary, so wax up those skis and follow in the footsteps of Olympians. Or follow your own path on hundreds of trails, front and backcountry, throughout the province.

Canada Trails

www.canadatrails.ca

Canmore Nordic Centre

www.canmorenordiccentre.org

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Jeff Bartlett @photojbartlett

Hooked on Ice Fishing

Adding a guided ice fishing adventure to a ski holiday is one way to experience Alberta like a local. Fishing guides provide all the equipment, set up a heated shelter and even introduce visitors to the simple pleasure of cooking and eating their own fresh catch.

Calgary Area

Ski or board at Canada Olympic Park or Nakiska and then ice fish near Calgary, Banff, or in Kananaskis Country. The professional guides at Ice Fishing Alberta use the newest techniques in ice fishing. Cutting-edge sonar helps locate the fish and an underwater video camera lets guests observe the exact moment when the fish takes their hook.

Banff Area

Ski the Big Three (Sunshine, Norquay, and Lake Louise) and then go with the specialists at Banff Fishing Unlimited, who have been fishing at Spray Lakes in Kananaskis for more than 25 years. Fish from the comfort of your own heated hut on the frozen lake. They'll even help you cook your catch. Banff Adventures Unlimited offers guided tours from Banff or Canmore and has special tours that combine snowmobiling with ice fishing.

Jasper Area

Ski Marmot Basin and then fish in Jasper National Park or nearby Hinton. Whether it's northern pike or rainbow trout, the guides from Rocky Mountain Fishing Adventures will teach guests how to land the big ones.

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Points of Interest

Rosebud

The tiny hamlet of Rosebud, an hour northeast of Calgary, or 35 km (22 mi) southwest of Drumheller on Hwy 840, looks like a typical prairie community, but don't be fooled; most of its 100 residents are involved with the Rosebud Theatre and its school of the arts. Productions are of the highest quality. Have dinner, see a show, stay in a B&B, or drive out for a matinee.

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Travel Alberta / Katie Goldie



www.bearspawle.ca

Happy St. Patrick's Day

MARCH

2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

3	4 Total Body Conditioning: 8:45am - 9:45am Readers Book Club of Bearspaw: 10:00pm - 3:00pm Adult Badminton: 8pm - 11pm Boost Athletic After School Soccer: 3:15pm - 4:14pm	5 55+ Core & More: 8:30am - 9:15am Wiggle & Giggle: 11:00am - 12:00pm Boost Athletic Girls Volleyball: 3:30p.m - 4:30pm Yoga at Dusk: 6:30pm - 8pm	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 Movie Matinee: 2:15pm - 4:30pm	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 & More: 8:30 am - 9:15 am Wiggle & Giggle: 11:00am - 12:00pm Boost Athletic Girls Volleyball: 3:30p.m - 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
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24	25 Boost Athletic After School Soccer: 3:30pm - 4:30pm Bears Paw Book Club: 12:00pm - 2:00pm Adult Badminton: 8pm - 11pm	26 Boost Athletic Girls Volleyball: 3:30p.m - 4:30pm	27 Boost Athletic Junior: 3:00 p.m - 3:30pm Boost Athletic After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	28	29 Ladies Rustic Sign Night Doors 6:00 pm	30
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