



# THE Bearspaw BEAT

## Spring Programs

**Bearspaw Historical Society News**



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# Bearspaw Glendale COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668  
 programs@bearspawlc.org www.bearspawlc.org  
 253220 Bearspaw Rd., Calgary, AB T3L 2P5  
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

## Board of Directors

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

## Community Contacts

Bearspaw Historical Society ..... 403-208-2599  
 Bearspaw Lions Hall..... 403-239-0201  
 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  
 King Edgar Dance Studio (KEDS)..... 403-585-9959

## Administration: 403-239-1502

Office & Program Manager ..... Kim Perraton  
 Senior Financial Officer..... Siroun Heal  
 Office Administration..... Andrea Kuehn  
 Maintenance ..... Chris Sharkey

## Elected Officials

### County Councillor:

Samantha Wright .....swright@rockyview.ca ..... 403-478-1041

MLA: Leela Aheer .....chestermere.rockyview@assembly.ab.ca ..... 403-207-9889

## Editor & Article Submissions:

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## Advertising Sales:

Pam: 403-880-1819 ..... pam@suburbanjournals.ca  
 The ad booking deadline is the 14th of the month prior to the distribution month.

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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??

Peru has more  
pyramids than Egypt



# Bearspaw Lifestyle Centre Programs & Events

Please register online at  
[www.bearspawlc.ca](http://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 - Families Welcome! All Skill Levels Welcome!

April 1 - June 26 (No class April 22 & May 20)  
Mon. & Wed. 7:00 p.m. – 10:00 p.m.

- Drop-in \$7.00 + GST

### Summer Badminton

July 3 - August 28 (No class Aug. 5)  
Mon. & Wed. 7:00 p.m. – 10:00 p.m.

- 16 sessions \$80.00
- 7 sessions (Mon.) \$35.00 +GST
- 9 Sessions (Wed.) \$45.00 +GST
- Drop-in \$7.00 + 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 13. 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:

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 11. 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

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

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

May 1 - June 19

- Wed: 6:15 p.m. - 7:15 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

- 3:30 p.m. - 4:30 p.m.
- 11 sessions: \$198.00
- Ages 7 – 12



# Bearspaw Lifestyle Centre Programs & Events

Please register online at  
[www.bearspawlc.ca](http://www.bearspawlc.ca). A valid BGCA  
membership is required to  
register for all programs



**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

**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
- 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](http://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 Coach & Child**

April 4 – June 20 (No class April 25)

- Thurs. 11:05 a.m. – 12:00 p.m. (3 - 5 yrs.)
- 10 sessions: \$180.00

**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

**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

**Lunch and Learn - The Regal Cat Cafe**

What on Earth is the Cat Cafe? Do you love cats, but have a pesky roommate/landlord/dog that just won't let you have one? Perhaps you're ready to have a furry friend in your life, but are looking for just the right fit. Well you can now release your inner 'crazy cat lady' right here in Calgary at the Regal Cat Café in the heart of Kensington. The Regal Cat Cafe has partnered with the MEOW Foundation to house up to twelve cats in our Kitty Kingdom, a separate room from our cafe for you to relax, cuddle, and play with our resident kitties. These adoptable cats live at the Regal Cat Café, and are ready to delight while you enjoy a tasty coffee or treat. Come enjoy a catered lunch while learning about this cute cafe and the wonderful work they do. It will be Purrrfect! Call Andrea to RSVP: (403) 239-1502 x: 101

Wednesday, May 15

- 11:30 a.m. • \$15

**Volunteers Needed for Upcoming Casino September 4 & 5, 2019:** The Bearspaw Glendale Community

Association is pleased to announce we have been awarded a Casino on Wednesday, September 4th and Thursday, September 5th 12th at the Casino Calgary. In order to fulfill our volunteer obligations, we are seeking 50 volunteers to fill various shift positions. Four shift times are available on both days: • Day Shift: 11:00 a.m. - 4:30 p.m. • Swing Shift 4:00 p.m. - 10:00 p.m. • Graveyard Shift 9:15 p.m. - 3:30 a.m. • Count Room Shift 10:45 p.m. - 3:30 a.m. The key positions (General Manager, Alternate General Manager, Banker, Count Room Supervisor and Cashier) will need to be filled by June 30. Please contact the Bearspaw Lifestyle Centre at 403-239-1502 if you are interested in volunteering. Thank you in advance for supporting the community!

# Bearspaw Lifestyle Centre Programs & Events

**Now accepting applications for the 37th Annual Bearspaw Fall and Christmas Market - October 25-27, 2019**

Friday 10:00 a.m. - 8:00 p.m.

Saturday 10:00 a.m. - 5:00 p.m.

Sunday 10:00 a.m. - 5:00 p.m.

Call Kim @ 403-239-1502 ex.100 for applications

**BGCA Annual General Meeting - June 19th, 2019**

Banquet Hall, Bearspaw Lifestyle Centre

6:30 p.m. – 8:30 p.m.

**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

## Summer Camp

**Making a Musical:** Making a Musical is an 4 day program summer camp for kids aged 6-8 and 9-11. Kids will collaborate over the 4 day week to create a musical. The Making the Musical program will teach kids the entire process of making a musical, from creating and writing the musical to completing the performance. At the end of each camp, the children will put on their original Musical Performance for the enjoyment of family and friends!

- July 15-18 • Aug. 12-15 • \$250

**Looking to run a summer camp?** We have great spaces available.

## 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: vpbenzt@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.

# Bearspaw Preschool News

In May, the four-year-old's will finish their journey through the alphabet while the three-year-old's will learn about bugs and butterflies. Both classes will be prep-ping for the Mother's Day Tea to celebrate the special women in their lives!

With warmer temperatures encouraging families to get outdoors, it's a good time to conduct a Spring Safety Checkup to ensure your preschoolers have a fun-filled and accident free Spring:

### 1. Helmet Check

Ensure your kids haven't outgrown their helmets and that they are well-fitted (seek assistance from a sporting goods store or local bike shop to get the perfect fit). Enforce the rule of mandatory helmet-wearing while riding a scooter, skateboard, bicycle or rollerblades.

### 2. Playground Walk-Around

After a long winter, playgrounds can get a bit worn. Check for hazards, debris and broken equipment.

### 3. Test Outdoor Toys

Any equipment that's being pulled out of storage should be checked for stability to make sure it's in good working order before using.

A reminder that registration for the 2019/2020 school year is open and ongoing; spaces are limited. Families from all neighborhoods welcome. Please visit our website [www.bearspawpreschool.com](http://www.bearspawpreschool.com) for more information or to register.

## Did You Know... These Facts About May

- The birth flower is the Lily of the Valley.
- The two zodiac signs in May are Taurus (April 20 – May 20) and Gemini (May 21 - June 20).
- May was named for the Greek goddess Maia. She was the goddess of fertility.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
- In any given year, no other month begins or ends on the same day of the week as May does.
- Mother's Day is celebrated on the second Sunday of May



## Bears paw Historical Society News



Terry McNeill, President of the Bears paw Historical Society wrote an article in the April Bears paw Beat about his experiences when attending the one room Bears paw and Glendale schools in the early to mid 1950's. Thank you Terry.

Evelene Newsome, Vice President of the Society also attended the historic Bears paw School in the late 1940s to mid 50s. She recalls how the teacher would calm the students down after lunch break.



"We just came in and hung our coats up and then to settle us down we would have to put our heads on our desks and the teacher would read a story, a chapter out of a book."

She remembers one of her favourite ones was My Friend Flicka.

The Society members are looking forward to the upcoming delivery of our book School Days and Community Life: Memories from the Westminster, Glendale, Bears paw, and Glenbow School Districts of Alberta. We are hoping to have the book launch in late Spring.

Interpretive signs detailing the four school districts will be installed later this Spring on the historic Bears paw school site. This is part of our planning for the 100th anniversary of the school.

As I mentioned in an earlier Beat, we would like to have ideas from the community on how we could celebrate 100 years of the school in the Fall of 2020. Of the four schools that existed in our area in the early 1900's, the Bears paw school is the only one that remains.

Do you have a talent that you might like to share on our celebration day i.e. play a musical instrument, dance, photography etc.?

Please contact Louise McAuley at [info@bears pawhistoricalsociety.com](mailto:info@bears pawhistoricalsociety.com) for information about the Society.

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## Book Review

### Forgiveness

By Mark Sakamoto

Ralph MacLean grew up on the Magdalen Islands off the eastern coast of Canada. He had an abusive father, so in 1940 at the age of eighteen he joined the army, mostly to escape his father.

Mitsue Sakamoto grew up in Vancouver and in 1940 she found herself just starting her adult life in a close knit Japanese community. The province of British Columbia did not want the Japanese people in their province, especially because they were such good and hardworking fishermen, taking jobs away from others already established there. So far the province had been unable to do anything about this. That was about to change. When Pearl Harbour was bombed in 1941, Japanese people became the enemy. Mitsue and her family, as well as thousands of others were robbed of all their belongings and sent to rural Alberta to eke out a living working on farms for as little as \$1.00 a day.

In 1941, Ralph was in Hong Kong and shortly after Pearl Harbour, he was captured and sent to a prison camp. Ralph MacLean is Mark Sakamoto's maternal grandfather and Mitsue Sakamoto is his paternal grandmother. This is the true story of these two extraordinary people. One managed to survive the horror that was the Japanese POW camps and the other survived the degradation, injustice and poverty inflicted on her and her family by their government. When Ralph's daughter and Mitsue's son fell in love it was forgiveness from both sides that allowed Mark Sakamoto to be born.

This book is his loving testament to two people who have faced the worst humanity can do to one another and have survived with hope and optimism, faith and forgiveness.

This book is also a history lesson. We should never forget the past mistakes so we do not repeat them in the future. If you have a young person in your family our book club highly recommends you give this book to them.

*Jeanne Mosca*



# Camping in the Alberta Prairies: A Liberating Experience

Historically, recreational camping can be traced back to a British travelling tailor by the name of Hiram Holding in the late 1800s. Cunningham's camp, near Douglas, Isle of Man, opened in 1894 and is noted as possibly being the first commercial campground. Fast forward 100 plus years, and Alberta today offers many more opportunities for camping.

## Is camping a thing of the past?

Camping has come a long way since the days of Smokey the Bear. Camping provides benefits that are much needed in today's world, and there are many different styles of camping to suit different needs. Today, camping is the most economical, quickest and easiest leisure family getaway that can make you a whole new person by connecting you with nature, unlike any hotel vacation ever could.

## Disconnect to Reconnect

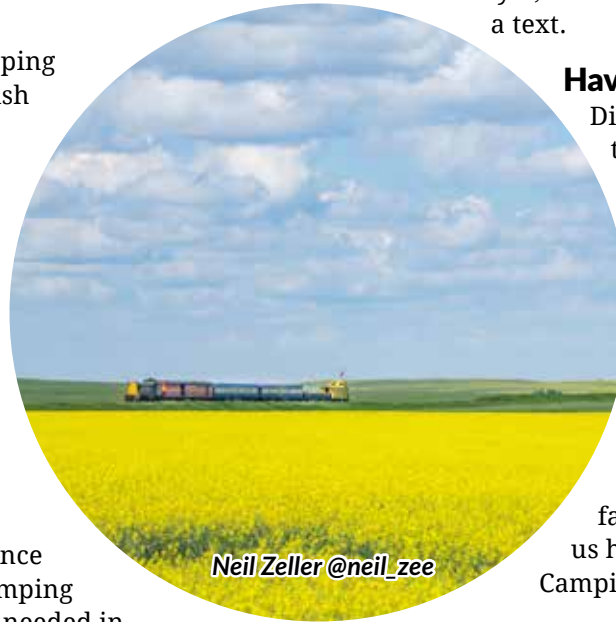
Today's demands have us feeling like an overloaded switchboard of the 1950s. Families are so programmed and hardwired into apps that we can sometimes feel disconnected from the things that really matter. With all the reminders of what you need to do next or where you must be, it can all be more than a little draining.

Camping affords us the opportunity to detach from those demands and just breathe. Getting away from all the stress to decompress can be as easy as a peaceful 45-minute drive. You can already feel the decompression beginning as the lights, horns and traffic start to thin during your drive out to the country. If possible, leave all your electronic devices at home. It's the only true way you will successfully decompress. Remember, disconnect to reconnect!

## Camping Benefits – Communing with Nature and Family

Now that you've left all those electronic devices that remind you what to do and when to do them, you may

find yourself as a free thinker again. You'll be feeling more relaxed than when you started out on your little camping getaway. Wide open skies, tall lush trees swaying in a gentle breeze, scenery, nature. You and your family are communicating verbally again, and better yet, there are real smiles, not emoticons in a text.



## Have Tin Foil Will Travel

Did you ever wonder why food tastes better cooked over an open flame in the outdoors? It's hard to say whether it's the fresh air or the ease of putting together some simple ingredients wrapped in foil, creating a beautiful meal to enjoy with your favorite beverage. Feel the stress dissipating as you relax. Sharing food and conversation have been the foundation of families for centuries. Yet, few of us have a daily family meal anymore. Camping is a chance to do just that.

## Starry, Starry Night

Now that you're good and relaxed, well fed, and perhaps you've managed to get in a much-needed nap, you're now feeling quite refreshed. This is the time for you and your family to have some incredible night shows for your memory banks. There's nothing like an Alberta prairie twilight sky. Stars that seem closer and brighter than back home. You'll be picking out the Milky Way and exercising your brain power on the constellations. With binoculars, you can see the smile on the man in the moon. And, depending on the time of year, you may even see some of the spectacular rainbows of colour that make up the famed aurora borealis.

Getting away, doing something as simple as taking a camping weekend can work wonders on bringing family and friends closer together. Whether it's creating new bonds or reinforcing existing ones; spending quality time, creating those precious memories that all of you can treasure.

Whatever your reason for getting away; camping at Aspen Crossing will prove your most train-tastic experience. So, what are you waiting for? Book directly online, you'll feel better as soon as you've booked!

*By Aspen Crossing  
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[www.bearspawlc.ca](http://www.bearspawlc.ca)

# Happy Mother's Day

# M A Y

# 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Boost Athletic After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	<b>2</b> 55+ Core & More: 8:30 - 9:15 am Hatha Yoga: 9am - 10:30am Sportball Multi-Sport Coach & Child: 11:05am - 12pm Sportball Multi-Sport 2:30 - 3:15pm Girls Group: 3:15pm - 4:15pm Sportball Floor Hockey: 3:15pm - 4:15pm, Zumba: 6:30pm - 7:30pm	<b>3</b> Total Body Conditioning: 8:45am - 9:45am	<b>4</b>
<b>5</b>	<b>6</b> Total Body Conditioning: 8:45am - 9:45am Readers Book Club of Bearspaw: 1:00pm - 3:00pm Boost Athletic Flag Football: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	<b>7</b> 55+ Core & More: 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	<b>8</b> Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Boost Athletic After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	<b>9</b> 55+ Core & More: 8:30 - 9:15 am Hatha Yoga: 9am - 10:30am Sportball Multi-Sport Coach & Child: 11:05am - 12pm Sportball Multi-Sport 2:30 - 3:15pm Girls Group: 3:15pm - 4:15pm Sportball Floor Hockey: 3:15pm - 4:15pm, Zumba: 6:30pm - 7:30pm	<b>10</b> Total Body Conditioning: 8:45am - 9:45am	<b>11</b>
<b>12</b>	<b>13</b> Total Body Conditioning: 8:45am - 9:45am Boost Athletic Flag Football: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	<b>14</b> 55+ Core & More: 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	<b>15</b> 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 After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	<b>16</b> 55+ Core & More: 8:30 - 9:15 am Hatha Yoga: 9am - 10:30am Sportball Multi-Sport Coach & Child: 11:05am - 12pm Sportball Multi-Sport 2:30 - 3:15pm Girls Group: 3:15pm - 4:15pm Sportball Floor Hockey: 3:15pm - 4:15pm, Zumba: 6:30pm - 7:30pm	<b>17</b> Total Body Conditioning: 8:45am - 9:45am	<b>18</b>
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<b>26</b>	<b>27</b> Total Body Conditioning: 8:45am - 9:45am Bears Paw Book Club: 12:00pm - 2:00pm Boost Athletic Flag Football: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	<b>28</b> 55+ Core & More: 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	<b>29</b> Total Body Conditioning: 8:45am - 9:45am Hatha Yoga: 9am - 10:30am Wiggle & Giggle: 11:30 - 12:30pm Boost Athletic After School Basketball: 3:30pm - 4:30pm Adult Badminton: 8pm - 11pm	<b>30</b> 55+ Core & More: 8:30 - 9:15 am Hatha Yoga: 9am - 10:30am Sportball Multi-Sport Coach & Child: 11:05am - 12pm Sportball Multi-Sport 2:30 - 3:15pm Girls Group: 3:15pm - 4:15pm Sportball Floor Hockey: 3:15pm - 4:15pm, Zumba: 6:30pm - 7:30pm	<b>31</b> Total Body Conditioning: 8:45am - 9:45am	