

the Silver Springs **SPIRIT**

MAY 2019

THE OFFICIAL VOICE OF THE SILVER SPRINGS COMMUNITY ASSOCIATION



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Photo taken by Carl Marr -
3rd place in the 2018 Bowmont Photo
Contest, Wildlife Category

Upcoming Events:

May 4 - Spring Clean-up in the Community Garden at 9:00 am

June 1 - Community Garage Sale - sponsored by Murray Scotton Century 21

June 1 - Swim lesson registration begins online (walk-ins to office begins June 5)

June 15 - Silver Springs Community Barbeque



Silver Springs Community Association



5720 Silver Ridge Dr. NW Calgary, Alberta, T3B 5E5

Phone: 403-288-2616 Fax: 403-247-0820

Email: administration@silverspringscommunity.ca

Website: www.silverspringscommunity.ca

Facebook.com/SSCACalgary @SSCACalgary

SSCA Vision: To maintain a beautiful and vibrant community by supporting the evolving needs of our residents through communication, leadership and engagement.

SSCA Mission Statement: To enhance quality of life by fostering community spirit, participation and engagement.

Article Submissions: Get Involved with Silver Springs today! The Silver Springs Spirit DEADLINE is the first Friday of every month. Space is limited.

Board of Directors

Executive

President	Cydney Elofson
Vice President	Jennifer Dotchin
Secretary	Monique Tambay-Roest
Treasurer	Scott Chomistek
Director, Community Safety	Monique Tambay-Roest
Director, Botanical Gardens	June Bergman
Director, Community Development	Murray Scotton
Director, Crowchild Hockey	Darren Bourget
Director, Senior's Housing	Karen Kirnbauer
Director, Senior's Engagement	Kay Wilford
Director, Social Media	Darcie Todd
Director, Communications	Stephanie Reid
Director, Outdoor Spaces	Jeremy Gukert
Director, Membership Development	Karen Bradshaw

Standing Liaisons

Scenic Bow Valley Guides	sbvggmembership@gmail.com
Scouts	silverspringscouts@gmail.com
Crowchild Twin Arena	Roy Moore / Jeremy Gukert
Soccer	Dino Sorrentino
Softball	Chris Robertson
Seniors Card Group	Betty Neary
MLA	Michael Connolly
MP Calgary Rocky Ridge	Pat Kelly
Councillor	Ward Sutherland
Friends of the Gardens	Duncan Badger

Community Association Office Staff: 403-288-2616

Accountant	Deb Hall
Administration	Corrie Mildemberger
Manager, Building Operations	Rita McMillan
Program Coordinator	Sherry Gavlin

Office hours 9:00 a.m. to 4:00 p.m. Monday - Friday.
Closed statutory holidays.

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In Our Community

Seniors' Golfing

Would you like to golf with other seniors? A Seniors golf league at Confederation Park have some spaces available for interested individuals to join them either as a regular player or as a spare. This is a mixed league and we play 9 holes. All levels of golfers are welcome. For more information contact Christie at 306 955-5280 or email mewdelc@gmail.com.

Yoga in the Park

The Melcor YMCA at Crowfoot will be sponsoring Yoga in the Park again this summer. This is a drop in program and there is no cost to participate. Weather permitting, classes will be held every Tuesday evening from June 18th to the end of August at 6:30 pm. Classes will take place in the Swirl Garden in the Botanical Garden. (same location as last year). Bring your own yoga mat.

Silver Springs Community Family BBQ - Save the date!!

Sponsored by the Silver Springs Community Association
Saturday, June 15, 2019, 12:00 p.m. to 3 p.m.

Hamburgers, Hot dogs, Bouncy Castles, Pickle Ball and lots more fun activities. Entertainment by Doc Wade. We will have a bike repair station set up for quick tune-ups. Volunteers with some bike repair experience needed! Help strengthen community spirit! Spend an hour volunteering at the Community Family BBQ

Burger flippers and station supervisors needed. Sign up for a shift at: <https://volunteersignup.org/YCLPQ>

Looking to get your business some attention? Why not sponsor our Family BBQ? For more information on event sponsorship contact volunteer@silverspringscommunity.ca

Silver Springs is 45 Years Old!

The actual community of Silver Springs is celebrating our 45th anniversary as a community this year! To acknowledge this, we will be receiving recognition from the Federation of Calgary Communities at our Annual Community Bar-b-q on June 15.

We would like you to share your thoughts and photos of the community of Silver Springs, what it was like growing up here or what it is like to live here now. Send in your thoughts and we'll post them on a board to be displayed at the Community Bar-b-q. Send to administration@silverspringscommunity.ca

Home Alone

(8 –11yrs)

This Safety awareness program is for children who are or will be staying home on their own. Students will learn skills that will make their experience more comfortable and give themselves confidence. The course will include games, scenarios and role playing that depict everyday situations in order to teach youngsters awareness, accident prevention and basic first aid skills. Come out and have some fun! Younger siblings who are between eight and ten years old are encouraged to sign up as well. The course is taught by an experienced First Aid instructor.

Date: June 1, 2019

Time: 10:00 – 12:00 p.m.

Cost: \$35.00 members/ \$55 non-members (includes course booklet)

***minimum of 8 registrants needed to run course.**

Red Cross Babysitter Program

This Babysitting course teaches 11-15 year olds to confidently handle the responsibilities of being a babysitter. They will learn first aid, safety tips and injury prevention for children of all ages. They will learn to diaper and feed infants as well as some basic business skills. All of this will be taught in a fun and interactive environment. Course includes an informative babysitters manual and certificate upon completion of the course. This course is taught by an experienced First Aid instructor.



Date: June 1 and June 8 (attendance at both is required to complete course)

Time: 12:15 – 3:15 p.m.

Cost: \$60.00 members/ \$80 non-members (includes course booklet and certificate)

***minimum of 8 registrants needed to run course.**

Stranger Danger and Red Cross Safety course

(4 – 6yrs)

This course will give children the skills to recognize dangers in and around their home and how to handle them appropriately. Kids will learn when and how to call 911 if something happens to



their caregiver. They will also learn what to do with “Strangers”, who is a stranger to be cautious of and who is a ‘safe’ stranger. Colouring books will be provided to reinforce the topics.

Date: June 8

Time: 11 – 12pm

Cost: \$35 member/ \$55 non-member

***minimum of 8 registrants needed to run course.**

REGISTER NOW

Register on-line at www.silverspringscommunity.ca or at the Silver Springs office 403-288-2616

Botanical Gardens of Silver Springs:

Work in the Botanical Gardens of Silver Springs has begun with several changes in the way we schedule our volunteers.

There is something new to see in the gardens each week. Help in the garden is appreciated either on a regular or drop in basis. Work varies from spring clean-up to planting to garden planning to weeding and dead heading. A schedule will be posted on our website weekly with choices of which garden you would like to work in and which days this would be possible. Please consult the website below and click on the volunteer link. <https://www.bgss.ca/>

If you would rather support the garden in other ways including donations, go to the website and click on the Donations link

And as always you can just come and walk as often as you can to enjoy the plants and chat with the gardeners. May will bring bulbs in bloom, fruit trees in bloom and the early lilacs. Come and enjoy.

Any questions can be addressed by Laurel Caddell, Volunteer Coordinator, Board of Directors
robertcaddel@shaw.ca

Jelly Bean Dances Next dance: June 7

Jellybean Dances are dances for grade 4, 5 and 6 students. Dances are chaperoned by teen volunteers who help with the set-up/ take down of the event and Parent volunteers. We offer a concession at the dances, everything is \$1.50. Dance tickets are available at the SSCA office two weeks before the dance date. Tickets are \$5 each. Parent volunteers are needed to run these dances. Please call the office to volunteer! 403-288-2616

In Our Community

Silver Springs Outdoor Pool

Online registration begins June 1/19 at www.silverspringscommunity.ca
In person registrations begin June 5/19

Summer Swim Lessons 2019

Session 1 July 1 – July 12
Session 2 July 15 – July 26
Session 3 July 29 – August 9
Session 4 August 12 – August 23

All lesson sessions are 9 days, with the last Friday used as a “rain out” day if needed.

Fees (see chart for swim program levels)

	Member	Non-member
Preschool (30 min.)	\$55	\$65
Level 1-4 (30 min.)	\$55	\$65
Level 5-8 (45 min.)	\$65	\$75
Level 9,10 (1 hr.)	\$75	\$85

*TBA – every session we have certain levels fill and waiting lists develop. These time slots have been reserved for those levels that we need to open up another class for. The level will be decided upon prior to the session. Please call the office if your child is interested in Bronze Star, Bronze Medallion or Bronze Cross. These will only be offered the last week of August, if there is enough interest.

Swim Program Levels

Program	Description
Sea Otter	This is our semi-parented level. Child is 3–5yrs and able to move forwards and backwards assisted, front, back floats and recover assisted, uses buoyant objects for support.
Salamander	Child is 3-5 yrs old, put face in water move and float w/ assistance, transitional level, 30 min.
Sunfish	Child is 3-5 yrs old, work on strokes and skills progressions; entries and floats in deep water, 30 min.
Crocodile	Child is 3 - 5 yrs old, independent glides and kicking in deep water; build endurance by distance swims, 30 min.
Whale	Child is 3 - 5 yrs old, swim independently and participate in team games, improve front and back swim skills, 30 min.
Level 1	Child is 6 yrs old; entry level orientation to the water; introduces floats and glides with kicks, 30 min.
Level 2	Second orientation level, builds skills in front and back swims; introduction to deep water activities, 30 min.
Level 3	Introduction to front crawl; diving is introduced; work on floats and changing direction; 15m swim, 30 min.
Level 4	Front crawl, back glide and shoulder roll for back crawl are further developed; 25m swim, 30 min.
Level 5	Back crawl is introduced; sculling skills and whip kick on back; safe boating skills, dolphin kick, 50m swim, 45 min. (note new time)
Level 6	Elementary backstroke is introduced; safety on ice, throwing assists, treading water, front dive, 75m swim, 45 min.
Level 7	Introduces whip kick on the front, builds skills for front crawl, airway & breathing obstructions, 150m swim, 45 min.
Level 8	Introduction to breaststroke, foot first surface dives, & rescue entries, dolphin kick endurance, 300m swim, 45 min.
Level 9	Refinement of front crawl, back crawl, elementary backstroke and breaststroke, standing dives, 400m swim, 60 min.
Level 10	Introduction of butterfly, refinement of strokes, head-first & feet-first shallow dives, sun safety, 500m swim, 60 min.

We would like to offer the following: (see June’s issue for more information) Deep Water Running/Deep Water Workout – 2X per week – T/Th evening 8 – 9pm

Public Swimming June (June 10 – 21)

Weekdays: Noon – 1 pm Adult Lane
3:30 – 8:00 Public
Weekends: Noon – 1:00 Adult Lane
1:00 – 5:00 Public
5:00 – 6:00 Adult Lane
6:00 – 8:00 Public

***Note: June 24 – 28 will follow the weekend schedule

July and August

Weekdays: 9:00 – Noon Lessons
Noon – 1:00 pm Adult Lane
1:00 – 5:00 pm Public
5:00 – 6:00 pm Adult Lane
6:00 – 8:00 pm Public

Weekends & Holidays: Noon – 1 pm Adult Lane
1:00 – 5:00 Public
5:00 – 6:00 Adult Lane
6:00 – 8:00 Public

*** closing times are weather dependant. Call the pool recording at 221-3897 for daily hours.

The Silver Springs Pool is available to groups for rental after public hours. It is available evenings from 8:00 – 10:00 p.m. (depending on evening pool programs) and weekends 9:00 a.m. – noon. Call the Silver Springs office for availability of private rentals beginning Monday, June 3 until June 26, then the pool for availability after that date.

Swim Lesson Schedule

9:00	Level 1 9:00-9:30	Level 6 9:00-9:45	Salamander 9:00-9:30	Level 9/10 9:00-10:00
9:30	TBA 9:30-10:00	Level 8 9:45-10:30	Level 3 9:30-10:00	
10:00	Croc/Whale 10:00-10:30		TBA 10:00-10:30	Level 1 10:00-10:30
10:30	TBA 10:30-11:00	Level 4 10:30-11:00	Level 7 10:30-11:15	Sunfish 10:30-11:00
11:00	Level 2 11:00-11:30	Salamander 11:00-11:30	Level 5 11:15-12:00	TBA 11:00-11:30
11:30	Sea Otter 11:30-12:00	TBA 11:30-12:00		Level 3/4 11:30-12:00

Community Website

I bet you didn’t realize... You can read the latest newsletter, get all the information you need and even register for programs on our website at www.silverspringscommunity.ca.



In Our Community

Adult Fitness Registration on-going (except where indicated)

Mondays:

- **Cardio Pump:** 9:15 – 10:15 a.m. This class incorporates cardio drills with strength and core training for a total body workout. Instructor: Judi Weaver
- **Senior Yoga:** 10:25 -11:25 a.m. Note this is a registered class. Classes will focus on gentle stretching, breathing exercises and meditation. It does not matter how flexible we are as long as we keep moving and do what we can. Next Session: Apr 1 – June 10 (9 weeks) \$72 No class May 20 Instructor: Alicia Backman-Beharry (Drop-ins welcome if space is available)

Tuesdays:

- **Active Older Adult:** 9:15 a.m. – 10:15 a.m. This class offers a variety of class formats. Usually choreography based for the cardio component. We then move on to weights and mat work. There might also be appropriate interval workouts. There will always be balance practice. Instructor: Judi Weaver
- **Qigong:** 11:30 a.m. – 12:30 p.m. Note this is a registered class. Drop ins welcome. A simple, efficient and effective method for helping you experience optimal health, wellness and happiness. Helps you heal physical and emotional pain and enhances the quality of our life and the lives of others. Next Session: Apr 2 – June 11 (11 weeks) \$88 Instructor: Marcy Jespersen
- **Pickleball:** 1:00 p.m. – 3:00 p.m. \$5. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Wednesdays:

- **Bootcamp:** 9:15 a.m. – 10:15 a.m. Cardio, strength and core, usually working in timed segments or a circuit. Stability Ball class- this class is offered on the last Wednesday of the month. It has a strong core focus. Instructor: Judi Weaver
- **Fusion Fitness:** 10:30 a.m.– 11:30 a.m. Note this is a registered class. Get your mind/body in harmony in this class incorporating a selection of Yoga, Pilates and Fitness conditioning. This is a mat based class – please bring your own Yoga mat. Call to find out when the next class is beginning. Instructor: Judi Weaver Next Session: May 1 – June 12 (7 weeks)
- **Zumba:** 1:00 p.m. – 2:00 p.m. Note this is a registered class. One hour of body-energizing, calorie-burning, heart-racing, muscle-pumping, awe-inspiring movements that will captivate you for life. Instructor: Ariana Rodriguez. Next Session: Apr 3 – June 12 (11 weeks) \$88

Thursdays:

- **Active Older Adult:** 9:15 – 10:15 a.m. This class offers a variety of class formats. Usually choreography based for the cardio component. We then move on to weights and

mat work. There might also be appropriate interval workouts. There will always be balance practice.

Instructor: Judi Weaver

- **Line Dance:** Note this is a registered class. Drop ins welcome! Intermediate class 1 – 2pm, Beginner class 2 – 3pm Instructor: Sharon Fromow. Class: April 4 – June 13 (11 weeks) \$88
- **Pickleball:** Thursday night pickleball to return Fall 2019

Fridays:

- **Barre Above:** 9:15 a.m.– 10:15 a.m. Note this is a registered class. Barre Above blends the latest exercise science with the principles of Barre exercises, delivering a fusion of ballet, pilates, yoga and strength training in each workout. Workouts are designed for a wide range of fitness levels, ages and bodies, complete with progressions so that those new to fitness will feel successful and seasoned Barre enthusiasts will always feel challenged. Participants are asked to bring a yoga mat. You may work in running shoes or bare foot. Instructor: Judi Weaver Next Session: May 3 – June 17 (6 weeks)
- **Seniors Yoga:** 11:00 a.m. – noon. Note this is a registered class. Classes will focus on gentle stretching, breathing exercises and meditation. It does not matter how flexible we are as long as we keep moving and do what we can. Note this is a registered class. Instructor: Marcy Jespersen (Drop-ins welcome if space is available) SCENT FREE Next Session: Apr 5 – June 14 (11 weeks) \$88
- **Pickleball:** 1:00 p.m. – 3:00 p.m. \$5 Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis.

Facilities To Rent

Silver Springs Community Centre has a wide variety of rooms to rent. We are able to accommodate almost all your meeting and function needs, whether it is a wedding, party, family reunion, workshop, seminar or meeting. A/V equipment for rent for Sunset and Board Room. More information and photos on our website or call 403-288-2616 to see how we can accommodate you.

Outdoor Pickleball

If you are interested in our Outdoor Pickleball (at the Silver Springs Tennis Courts) please call the office for details. Cost is \$35 for the season to access equipment box at the site.

Girl Guide Online Registration:

- **Monday, April 15th 9:00 am** – for all girls returning to the same Unit.
- **Monday, May 6th 9:00 am** – for all girls moving up to next level of Guiding. All girls that are wishing to register in a different Unit but at the same level.
- **Monday, June 3rd 9:00 am** – for all new girls whether for Sparks, Brownies, Guides or Pathfinders

Please go to **National Girl Guide Website to complete registration: www.girlguides.ca**

Guiding year for Sparks, Brownies, Guides and Pathfinders is winding down for another year. Girls have been busy with program, outdoor activities as well as learning new skills.

We are also looking for leaders: Females 18+ for all levels in Guiding. For more information please contact: Annette Jaenen at ajaenen@shaw.ca

Parent & Tot/Baby Rhyme Time!

Please join us at the
**Silver Springs Community Centre on the
FIRST & THIRD Wednesday of EACH MONTH
From 10:30 – 11:30 for a fun-filled hour of song, play
and social time.**

**All families' welcome, recommended
ages from 0 – 4 years of age.**

**Upcoming dates:
May 1 and 15, June 5 and 19**

**\$2 cost for each family in attendance
Coffee & Tea will be provided!**

Silver Springs 55+ Spring Programming

Silver Springs (SSCA) 403.288.2616

- **Fun & Games:** Mondays 1:30 to 3:30pm
- **Senior's Yoga:** Mondays 10:25 – 11:25 Class registration required. Drop-ins welcome.
- **Active Older Adult Fitness Class:** Tuesdays/ Thursdays 9:15 – 10:15am
- **Qigong:** Tuesdays 11:30 – 12:30pm Class registration required. Drop ins welcome.
- **Pickleball:** Tuesdays 1:30 to 3:30pm Drop in fee \$5
- **Bridge Practice Group:** Wednesdays 12 -3:30pm Drop in fee \$2
- **Line Dancing:** Thursday 1:00 to 2:00pm Intermediate level. Class registration required. Thursday 2:00 to 3:00pm Beginner level. Class registration required
- **Seniors Yoga:** Fridays 11am – Noon . Class registration required
- **Seniors' Golfing:** A Seniors golf league at Confederation Park have some spaces available for interested individuals to join them either as a regular player or as a spare. This is a mixed league and we play 9 holes. All levels of golfers are welcome. For more information contact Christie at 306 955-5280 or email mewdellc@gmail.com.
- **Yoga in the Park:** The Melcor YMCA at Crowfoot will be sponsoring Yoga in the Park again this summer. This is a drop in program and there is no cost to participate. Weather permitting, classes will be held every Tuesday evening from June 18th to the end of August at 6:30 pm. Classes will take place in the Swirl Garden in the Botanical Garden. (same location as last year). Bring your own yoga mat



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Silver Springs Edible Garden Group

The love of gardening is a seed once sown that never dies.

– Gertrude Jekyll

Spring is in the air and along with that comes the excitement of gardening, increasing our knowledge of gardening, and hosting young children as they explore the wonders of planting a garden. To help you grow as a gardener, the Silver Springs Edible Garden Group, in partnership with the Botanical Gardens of Silver Springs, continues to offer the ‘Growing Connection’ Garden Speaker Series – a series of public speaking events featuring different gardening topics.

The second presentation in this year’s series was a huge success! On April 10th, Carmen Lamoureaux, owner and founder of Calgary’s “Urban Farm School” presented “Plant Guilding for the Urban Garden and Food Forest”. Her presentation included information about dynamic accumulators, sentinels, and nitrogen fixers, and each of their roles in supporting the growth of plants. Thank you to everyone who joined us for this fun and informative evening!

The next presentation takes place on May 15th and is titled “Integrated Pest Management”. In this interactive presentation, Micheal G. Dallaire with the University of Calgary, will speak to the six elements of the integrated pest management approach, with emphasis on the prevention and treatment of common pests in Calgary. He will discuss how to select the right option for different situations. These exciting and educational sessions are open to the public for a drop-in fee of \$15, payable at the door. Each session is held at the Silver Springs Community Centre at 7:00pm.

With a great group of neighbours eager to get their hands dirty, all garden boxes at the Edible Gardens have been allocated for the upcoming year. If you would like to add your name to the waiting list for a box for 2020, please email silverspringsgarden@gmail.com.

Gardeners: Mark Your Calendars!

Saturday May 4th @ 9am
Spring Clean-up in the Garden

What is Direct Seed Sowing?

Direct sowing, or direct seeding, refers to planting seeds directly into the garden soil rather than buying small plants, or starting seeds indoors earlier and transplanting them outside. Often you won’t lose any time when you direct sow instead of starting seeds indoors. Plants that are seeded and grown in place do not experience the stress of transplanting and will not need time to adjust to their new growing conditions. Here in Calgary, late May is the best time to direct sow!

Silver Springs

2019 Parade of Garage Sales

The time is approaching for the Annual Silver Springs Parade of Garage Sales. So, clean out your basement, shed and garage of all those items you no longer need or want and turn them into extra \$\$ on Saturday June 1, 2019 from 9:00 am to 3:00 pm. If you don’t have enough items, join up with a neighbour or make it a street event!

My colleagues and I at Century 21 Power Realty support the Century 21 Kids to Camp. Our goal is to raise \$2100 to send a kid to the Easter Seals Camp this year. If you would like to make a financial donation towards this great charity, please contact me to arrange the pick-up of your donation.

To register and have your garage, basement or yard sale advertised, please contact Murray Scotton with your name, address, phone number, email address, and whether your sale will be in the front or back of your home.

A list of all garage sale addresses will be posted on www.murrayscotton.com and www.silverspringscommunity.ca a few days prior to the sale. On the morning of June 1st, directional signs will be placed directing “Garage Sales” down the road toward the participating households.

Registration deadline is May 28, 2019
Sponsored by: Murray Scotton, REALTOR® , Century 21 Power Realty, Cell: 403-861-9196, Email: sold@murrayscotton.com, Website: www.murrayscotton.com
If you’re doing a garage sale on another day and would like to borrow my signs please contact me.

Casino Volunteers Needed!

Our major fundraising Casino for the operation of the Silver Springs Community Association is coming up on Wednesday, August 21 and Thursday, August 22 at Elbow River Casino. Funds raised go toward capital improvement projects. We need 40 volunteers to cover the 2 day commitment. Copy the link below in your browser to check what volunteer jobs are available. <https://volunteersignup.org/FDTWP>

Dance Foundation

Another year of Dance Foundation has come to an end. The season ended on a high with the production of “Dancing through Life.” All dancers from all of the age groups took part and had a great time!

Thanks to our wonderful Dance Program Coordinator, Kayla and our terrific program teachers, Miss Aly, Miss Allegra, Miss Melissa and Miss Rebecca!

Programs Offered at the Silver Springs Community Centre

The following are SSCA run programs from mid-September to mid-June:

Line Dancing: Thursday 1:00 p.m. and 2:00 p.m.

Adult Aerobics Classes: Mon. - Thurs. at 9:15 a.m.

Barre Fitness: Fridays 9:15 a.m.

Zumba: Wed. at 1:00 p.m.

Seniors Yoga: Mondays at 10:25 a.m. Fri. at 11:00 a.m.

Mah Jong: Thurs. 1:00 p.m. – 3:00 p.m. Call for more info.

Qigong: Tues. 11:30 a.m. – 12:30 p.m.

Dance Foundation: Mon./Wed./Fri. A variety of children's dance classes including: Ballet, Jazz and Musical Theatre.

+55 Seniors Club: Mon. afternoons

Drop-in Pickleball: Tues. 1:00 p.m. - 3:00 p.m.,
Fri. 1 :00 p.m. - 3:00 p.m.

Other Programs Offered by outside groups:

- **Girl Guides:** Contact ajaenen@shaw.ca
- **159th Silver Springs Scouts:** (Beavers, Cubs and Scouts). Contact silverspringsscouts@gmail.com
- **Calgary Karate:** Call 403-338-0558 for more info.
- **Tai Chi:** Call 403-240-4566 for more info.
- **Praise Ablaze Church:** 2-4pm Every Sunday. Please contact Henry or Debbie @ 403-830-0702
- **YogArt:** yogartfun@gmail.com. Call 647-232-7309 or visit www.yogartfun.com
- **Seedlings Spanish Preschool:** contact Judith at 403-210-0604
- **Sportball:** Saturdays Ages 18 months - 5 years. Contact Sam at 403-975-2936 or www.sportball.ca/calgary
- **Lifegate Chapel:** 9:45-11:45 every Sunday. Please contact Josiah pastor@rccglifegatecalgary.com or 403-681-7424

Classifieds

- **Permanent Hair Removal** by NEW YOU ELECTROLYSIS: Certified Electrologist in Silver Springs, Member of ESA FCEA with over 33 years experience. Free consultation & Flexible hours Call: (403) 286-2299
- **Butterfly Dayhome:** Experienced, quality love and care in Silver Springs. Age-related activities. Group piano lessons. Snacks and hot meals. 403 288-3390 butterflydayhome@hotmail.com
- **Nick Reynolds Plumbing:** 'Your Community Plumber' Local plumber with 26 years experience available for all your plumbing needs. No job too big or small. And bathroom renos! Fully insured & very reasonable rates. 403-618-2707 or email nick.reynolds@shaw.ca
- **Complete Home Renovations - Desmarais Cabinets** provides kitchen cabinets, re-facing, entertainment/wall units/fireplace mantles/bathroom vanities/laundry/closets & storage organizers, etc. Check us at trustedpro review Desmarais Cabinets. Call Lou at 403-809-9849, free estimate/free drawings. www.desmaraiscabinets.ca / lou@calgarycabinets.net
- **"Anna Liza's Dayhome"** is a fun, active, nurturing, loving and safe dayhome in Silver Springs. Lots of indoor and outdoor activities. Provides school drop off and pick up. For more information email me at mosang_18@yahoo.com or call/text me at 403-861-8727
- **Yard/Lawn care** – mowing from \$100/month (vacation coverage available). Painting – house trim and fence. Yard care and cleanup including evestroughs \$20-\$25/hr. Contact Derek call/text 403-826-4169 or dbstew63220@gmail.com
- **Yard Cleanup, Tree Pruning, Fence Repair, Painting Indoors and Out, Electronics Repairs, Household Repairs.** Also lawn mowing, gardening and yard care, repositioning of old sidewalk blocks. Reasonable rates, reliable, quality workmanship, friendly service, immediate availability. Please call Mehryar at 403-923-6441 or Loree at 403-286-6308.
- **Sitting Services:** House/cat/dog sitting \$20, Dog walking \$18, Boarding, basic training/grooming, Retired, reliable Call Elena, 403-247-6205
- **Jayden's Yard Care:** Local help from down the road. Need help to mow your lawn? We will mow your lawn once a week, during your vacation or just once on awhile. Whatever You Need! Email: JaydensYardCare@gmail.com Phone: 587-229-2929

Call 403-288-2616 or e-mail ssc@shaw.ca with your ad of 40 words or less. The cost is \$10 and you must be based in Silver Springs and have a current Silver Springs Community membership.

Spirit Delivery Volunteer needed:

There are a couple of routes available to deliver the Silver Springs Spirit. This is a great opportunity to get your kids involved in volunteering in their community! The time commitment is about ½ hr (depending on your route) per month. The office receives the newsletters usually the 3rd week of the month, gets them divided into piles with each volunteers name on them. You will receive an email telling you the times you can pick them up in the lobby of the community center. The routes available are: Rte. #40, 34 homes on Silvergrove Manor and Silvergrove Cove and a piece of Silvergrove Rise. Rte. #1, 51 homes along Silverview Drive (the "Ridge"). Call the office if you are interested in volunteering for either of these routes.