

City Directory

CITY OF SPRUCE GROVE Phone: 780-962-2611 Fax: 780-962-2526

Emergency Numbers Police, Fire, Ambulance 911

Animal Control	780-962-7586	Parks Maintenance	780-962-7584
Arena/Agrena	780-962-2031	Permit Inspections Hotline	780-962-7576
Building Permits	780-962-7582	Pioneer Cemetery	780-962-7584
Business Licences	780-962-7588	Planning and Development	780-962-7582
City Hall Ticket Centre	780-962-8995	Public Library	780-962-4423
Compliance Requests	780-962-7582	RCMP	
Development Complaints	780-962-7582	Administration	825-220-2000
Development Permits	780-962-7582	Complaints	825-220-7267
Districting/Zoning	780-962-7582	Recreation Services	780-962-7579
Economic Development	780-962-7608	Residential Waste	780-962-7584
·	700 302 7000	Roads and Drainage	780-962-7584
Enforcement Services • Complaints	780-962-7586	Seasonal Sports Field Hotline	780-962-7602
• Inquiries	780-962-7585	Specialized Transit Service (STS)	780-962-2456
Engineering	780-962-7582	Street Light Repairs (Fortis)	780-310-9473
Facility Bookings	780-962-7579	Taxes	780-962-7634 ext 119
Family and Community Support		TransAlta Tri Leisure Centre	780-960-5080
Services (FCSS)	780-962-7618	Transit (ETS Bus Link – 24 hour)	780-496-1600
Fire Services – Administration	780-962-4496	Tourism/Visitor Information	780-962-2561
Human Resources	780-962-2611	Utility Billing	780-962-7597
Lot Grading	780-962-7634 ext 174	Utility Hook Ups	780-962-7597
Mayor and Council	780-962-7604	Water and Sewer Trouble (24 hour)	780-962-7584















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Changing it up!

Another year has come to a close in Spruce Grove, and as we get ready to flip our calendars to the start of a new year, it's also a time when many of us start to think about what we want to accomplish in the coming months — and how we can change things up a bit!

If you're looking for some new ideas to get you out of the house this winter, we've got some fun ideas to help keep you moving! We asked members of Spruce Grove City Council, as well as City staff and residents of Spruce Grove, to share their favourite winter activities. Flip to page 9 for some inspiration and take advantage of all the opportunities that are available right here in your own backyard (added bonus – many of them are free!).

We've also compiled some great tips if you're looking to kick start a "green routine", with a specific focus on ways you can reduce the amount of waste that your household generates. And because we know a little incentive can go a long way, there's even a contest where you can share your plans to "go green" in 2020 for a chance to win a great prize pack to help you with that goal. You can find all the details starting on page 30.

This could also be the year you nominate someone for the City's Awards of Excellence program. We reached out to past

recipients to find out what it meant to them to receive this award. Turn to page 45 to be inspired by their words and learn how to submit a nomination.

We know Spruce Grove is a great place to live – and according to our most recent Resident Satisfaction Survey, 97 per cent of you agree – but we're also a community in transition as we shift to operating as a mid-sized city. As we look ahead, both City Council and Administration have decided 2020 will be a reframing year for the organization as we identify where we need to go, and ways to achieve alignment through innovation, creative thinking and integration. You can learn more about the 2020-2022 Corporate Plan and the road ahead on page 20.

And don't forget to check out the wide variety of programs that are available this winter and spring starting on page 53. Horizon Stage also has a diverse range of shows available in 2020, so perhaps this is the year to expand your musical horizons! A full listing is available on page 50.

Feeling ready to change it up a bit this year? We hope you're feeling inspired to make the most of life in Spruce Grove!

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Pictured left to right: Councillor Chantal McKenzie, Councillor Dave Oldham, Councillor Erin Stevenson, Councillor Jeff Acker, Mayor Stuart Houston, Councillor Michelle Gruhlke, Councillor Wayne Rothe



MEET YOUR COUNCIL

Spruce Grove City Council is comprised of one mayor and six councillors who serve four-year terms. There are no wards or political parties; instead, individuals put their names forward as candidates in each municipal election. Once elected, members of council are responsible to:

- · Make decisions in the best interest of the entire municipality;
- · Set the overall strategic direction of the City;
- · Provide guidelines for City Administration to follow as it runs the municipality; and
- · Represent the City on various boards/committees.

MAYOR AND COUNCIL 780-962-7604 council@sprucegrove.org

ATTEND A MEETING

Council meets at least three times per month (with the exception of July, August and December). These meetings are open to the public. At first glance, the meetings may seem very similar, but there are subtle nuances that set them apart.



City Council meetings

Members of council consider bylaws, hold public hearings, hear from Administration and public delegations, discuss business items and make decisions during City Council meetings. There is also a question and answer period when members of the public can ask questions that are concise and specific. If required, City Council can hold a special council meeting in addition to the regular meeting schedule.

Committee of the Whole meetings

Slightly less formal than a City Council meeting, Committee of the Whole meetings are research, information and discussion sessions. Council decisions are not made during committee meetings, however the agenda may include public presentations, administrative updates, business items, bylaws and new topics for preliminary discussion.

Organizational meeting

Council holds an organizational meeting each year to schedule upcoming City Council and Committee of the Whole meetings, set committee appointments and seating arrangements. This annual meeting is often held in October; the most recent organizational meeting was held on Oct. 28, 2019.



MISSED A MEETING?

We've got you covered! The City posts a podcast and written summary of every meeting online.



Meeting podcasts

Podcasts (audio recordings of the meetings) are typically available the day following a meeting. For details, and the three most recent podcasts, visit www.sprucegrove.org/podcast.



Meeting summaries

Inside Council Chambers is a brief written summary of each meeting and is published online following the meeting. They are not the official City meeting minutes, but they will link you to important details on what's been discussed during City Council and Committee of the Whole meetings. Inside Council Chambers is available at www.sprucegrove.org/insidechambers.

WHEN AND WHERE

Meetings typically occur on Monday evenings (or Tuesday, if the Monday is a statutory holiday) at 6 p.m., in Council Chambers on the third floor of City Hall. End times may vary. Dates can change, so for the most up-to-date council meeting calendar, visit www.sprucegrove.org/calendar.



Property assessment

If you are a property owner in Spruce Grove, you will receive your assessment notice in February 2020. This notice will show the assessed value of your property, which will be used in conjunction with the 2020 tax rates to



calculate your annual taxes. Annual property tax notices will follow in May 2020.

www.sprucegrove.org/assessment

Clear the way

Do you have a fire hydrant, utility box or transformer on or adjacent to your property? Be sure to keep snow cleared around hydrants to allow emergency access in the event of a fire. Utility boxes and



transformers should also be cleared to allow utility companies access in the event of an emergency or to prevent damage by snow removal equipment.

www.sprucegrove.org/snow

Facility rentals

Whether you're planning a birthday party, a staff meeting, an anniversary celebration or a sporting event, the City offers a variety of rental facilities to meet your needs.



From meeting rooms and ball diamonds to sports fields and the Elks Hall, there are spaces available to accommodate small events all the way up to large family gatherings.

www.sprucegrove.org/facilityrentals

Keep off

That stormwater pond in your neighbourhood (also known as a stormwater management facility) is a beautified utility facility that is built and designed to address stormwater requirements



in Spruce Grove; it is not a community ice surface. And while they do freeze in the winter, these ponds are not intended or maintained for recreational use, such as skating. In the winter, the ice thickness of these ponds is highly unpredictable due to continuously flowing water beneath the surface, so ponds should be avoided at all times for your safety and the safety of others. Instead, check out one of the City's outdoor ice surfaces, which are regularly inspected and maintained. You can check the status of these outdoor surfaces online.

www.sprucegrove.org/ice

Light it

With fewer daylight hours during the winter, be sure to turn on those lights to help protect your property and keep your neighbourhood safe! Outdoor lighting can serve as a deterrent to intruders who try and hide in dark areas. You can also use timers on your lights when you're away from your home or business so they appear occupied.



www.sprucegrove.org/safecity

Art collection

Did you know the City purchases original works of Alberta art, mostly by local artists? The Melcor Municipal Art Collection currently includes more than 200 pieces, which are on display in various City facilities, including City Hall, the Border Paving Athletic Centre and Horizon Stage. The entire collection can also be viewed online.



www.sprucegrove.org/artcollection



Life in a winter city means finding ways to embrace the weather – including participating in activities that actually require a good dump of snow and sub-zero temperatures for the best results! Don't let the cold be an excuse to hibernate all winter long, especially when there are plenty of ways to enjoy the season outside.

Need some ideas to get you off the couch and into your boots, mitts and snowsuit? We asked members of Spruce Grove City Council, as well as Spruce Grove residents and City employees, to share with us some of their favourite winter activities and we have to say, the list is long and varied!

So get inspired and then bundle up, head outdoors and enjoy winter in Spruce Grove!



Walking through our wonderful urban forest and skating at Central Park. Such a beautiful city we live in. - JP Talbot, Resident



Councillor Chantal McKenzie:

"In the past my favourite winter activity was curling; the Spruce Grove Curling Club has a great welcoming atmosphere for all levels of curlers. Also in the past my daughter has played ringette and I loved hanging out at the arenas watching her play. This year, I am planning on taking more winter walks, skating more at Central Park and hanging out around the fire pit. As a family, we are planning on skiing more and are happy there is a bus right from Spruce Grove to Rabbit Hill Snow Resort in Edmonton."

GLIDE THROUGH THE SNOW!

The Links at Spruce Grove Golf Course offers cross country ski trails during the winter months at no charge. For details, contact the golf course at 780-962-4653.

Councillor **Wayne Rothe:**

"In the midst of a tough Albertan winter Karen and I love to hang out with family and friends - in our home or theirs, or in one of our fine restaurants. When weather permits we might take a walk through our Heritage Grove Park system - "located in the heart of our community," as we like to say. This all-season wonderland is one of Spruce Grove's best features. If you haven't been lately, give it a try. There are many fine trails to explore. Bring friends and head out for a warm beverage afterward. Be sure to dress for the weather."



STRETCH OUT YOUR LEGS!

Take a stroll through more than 40 kilometres of all-weather trails in the Heritage Grove Park trail system. The winter months are a great time to enjoy the forest and take in the beauty of the season. Along the trails are a series of outdoor classrooms where you can learn about the history and evolution of the forest.

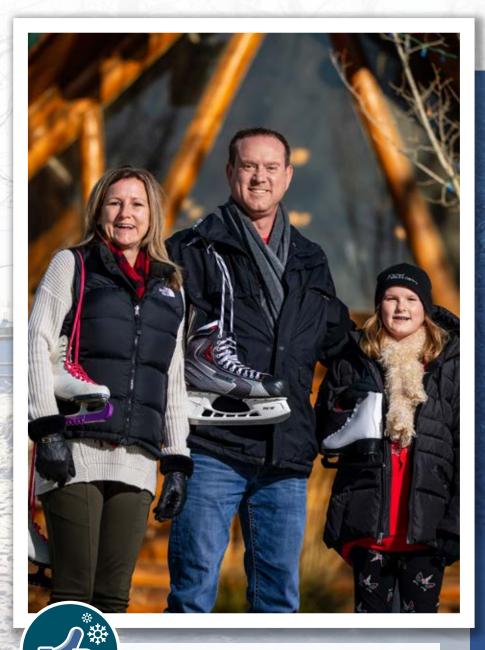
There are also many neighbourhood parks and playgrounds located throughout Spruce Grove that are an ideal spot to have a winter picnic, build snowmen and make fresh snow angels! Find the full list at www.sprucegrove.org/parks.

My kids love calling all their buddies out to the outdoor rinks around Spruce Grove and getting a nice fun game of shinny going. - Lenore Johnson, Resident



Councillor Dave Oldham:

"My favourite winter activity is skating at Central Park with my family! Robyn, our two daughters, and I love being outside and it's the lights that make Central Park come alive, making this a spectacular spot to spend time in the winter. If you haven't experienced Central Park at night with the lights on, I hope to see you out this winter enjoying time with friends and family!"



Councillor Jeff Acker:

"My favourite winter activity has always been skating around the oval in Central Park. My family and I love the atmosphere of all of the Christmas lights and smell of the fire as we travel around the circle meeting with old friends and making new ones!"

LACE UP YOUR SKATES!

Lace up your skates this winter and take advantage of free public skating at one of these outdoor ice surfaces:

Outdoor rinks. These rinks are typically enclosed with boards and include nets making them the perfect spot for a game of shinny.

Find them here:

- Aspenglen Rink, 180 Grove Dr.
- · Brookwood Rink, 460 King St.
- Lakewood Rink, McLeod Avenue and Lawson Boulevard

Leisure ice surfaces. These are located in a park setting and are ideal for free skating. Find them here:

- · Heatherglen Park Leisure Ice, 1 Heatherglen Dr.
- Westview Park Leisure Ice, Westview Crescent off Woodhaven Drive

Skating path. A great place for beginners to learn how to skate, these are flooded outdoor surfaces.

Find them here:

- · Central Park Skating Oval, 454 King St.
- · Jubilee Park Skating Path, 510 Grove Dr.

Public skating is also available weekdays from noon to 1 p.m. at the Agrena (no sticks or pucks permitted).

The City's outdoor ice surfaces operate on a first come, first served basis and are not available to rent. They are maintained until February, weather permitting, and are flooded once a day, except on statutory holidays or in inclement weather. The City also reserves the right to close outdoor ice surfaces based on conditions. To check the status of outdoor ice surfaces, visit www.sprucegrove.org/ice.

66

Definitely tobogganing with family and friends. It's a nice walk from our house to Jubilee Park, with a tobogganing hill and skating oval.

- David Schuster, City of Spruce Grove staff



Councillor Erin Stevenson:

"My favourite activities involve Jubilee Park. With the family, tobogganing on the hills in the park is always a favourite, mostly because it requires no athletic ability whatsoever and everyone can do it. Nothing better than letting gravity put the smile on your face as the snow hits your cheeks and you hear the joyous laughs from the kids as you speed down the hill!

If I'm looking for some exercise, I snowshoe around the park and on the trails in the forest. It's literally as easy as walking and you burn a ton of calories! Snowshoes have come a long way since I learned as a little kid, and it's just a great way to explore our nature spots in the city while staying on top of the snow."



trekking poles. One of my favourite places to go snowshoeing with my wife Debra is in Jubilee Park; it's just a wonderful way to spend time together and enjoy the beauty of nature that is right here in our backyard."

66

I love taking my dogs for long walks through Heritage Grove Park and letting them loose at the Marlboro Off-Leash Park! They love the snow, and I love them getting tuckered out! - Julie Cousins, City of Spruce Grove staff



Councillor **Michelle Gruhlke:**

"My favourite winter activity is the light up event at Central Park. I love the excitement of the anticipation of waiting for Santa. The thousands of lights and wonderful colours are so glorious and the feeling of wonder they exude for the winter months makes me wish they would stay on all year. Plus, there are fire pits, skating, hot chocolate, maple syrup candy, hot dogs and fireworks! It is an event not to be missed!"



DON'T FORGET ABOUT FIDO!

If your family includes members of the furry and four-legged variety, be sure to check out one of the City's two off-leash parks this winter. The Cpl. Jim Galloway Memorial Off Leash Area is fenced and has a designated area for small pups, while the Marlboro Off-Leash Park is unfenced and accessible through the Heritage Grove Park trail system. Both are great options for you and your dogs to get some exercise! For more information visit www.sprucegrove.org/parks.

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Tobogganing because it is an event the whole family can participate in with warm clothes and a thermos of hot chocolate. - Maureen Hurley, Resident

The lights at Central Park are magical! We try to go daily once they are lit. If the weather permits, we enjoy skating or walking the loop, otherwise we will park the car and enjoy looking at all the enchanting lights.

– Bonnie Kaufman, Resident

We love to go to the parks and play in the fresh snow! Aspenglen Park and McKean Park have beautiful open spaces perfect for snowman-making, sledding down little hills and making snow angels!

- Tatrina Mohr, Resident

Cross country skiing at the Links and Chickakoo Lake – thanks for track setting these! - Tim Ferris, Resident

We are new and it is our first winter in this wonderful Spruce Grove. We're excited and we want to learn to skate on ice!

- Jessica Diaz, Resident

Sledding with the kiddos on the hill at Central Park. - Shawn Johnson, Resident



LIGHT UP THE NIGHT!

Each year Central Park, located at 454 King St., is magically transformed into a winter wonderland when the lights are turned on during the annual Christmas in Central Park event, which is typically held in November. The trees in the park are decorated with thousands of lights, providing a beautiful backdrop to go for a skate or a walk, or just hanging out and building a snow fort!



HEAD FOR THE HILLS!

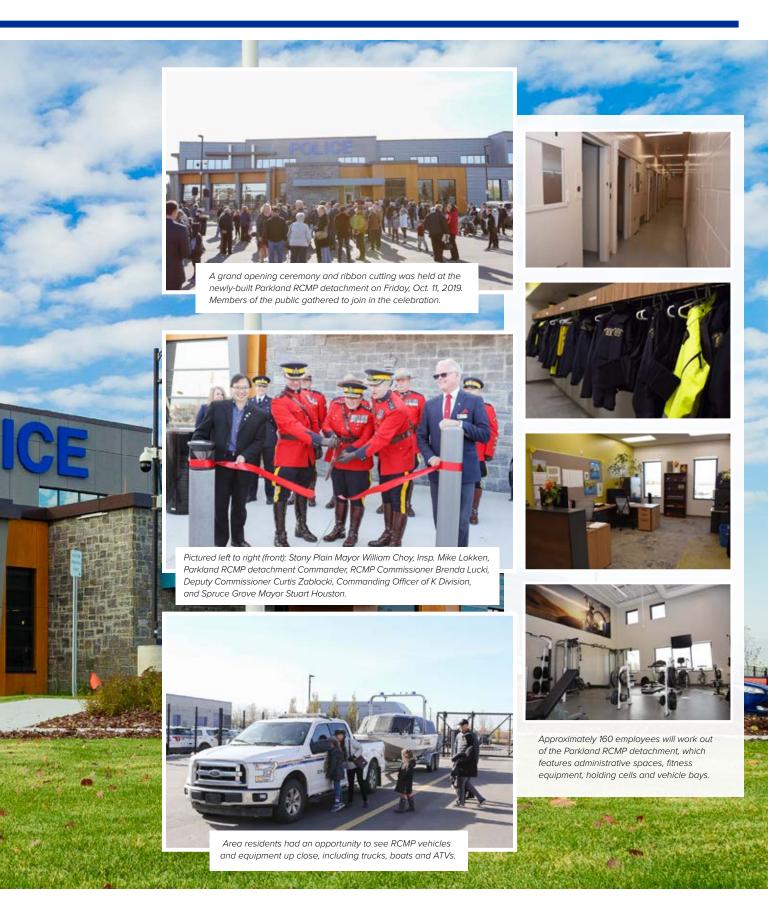
Take your family and friends out for a day of free fun on a local hill. These tobogganing locations are inspected and maintained by City staff and are recommended for sledding.

- Fuhr Sports Park (next to the Rotary Playscape) 9 Tri Leisure Way
- Hilldowns Park, east of Fairway Drive
- · Jubilee Park, 510 Grove Dr.
- Spruce Village Park, 10 Victoria Ave.



Learn more about ways to stay active this winter at www.sprucegrove.org/winteractivities.



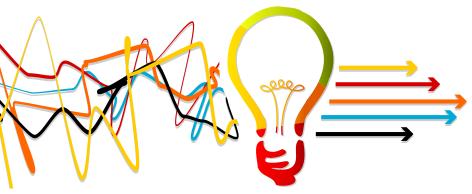


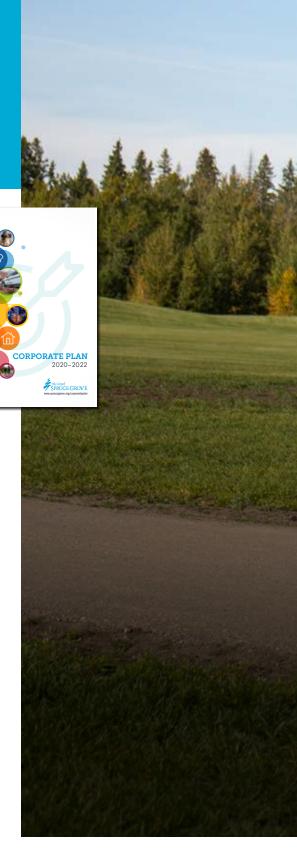
The Road Ahead

A look inside the City's 2020-2022 Corporate Plan and Reframe 2020

Spruce Grove City Council has approved the 2020-2022 Corporate Plan, which is a reflection of where the City is today including reduced growth rates, a rise in debt servicing costs and reductions in provincial funding.

This plan is the City's guiding document for governance, community development and service delivery. It also sets the municipal tax increase and any changes to utility, solid waste or franchise fees. The goal of the plan is to maintain the City's existing service levels, while also meeting the needs of a growing community, at an affordable rate and sustainable pace.







Growth rates and debt servicing costs

In recent years, the City has been in the fortunate position of having a significant amount of growth, and has made investments and decisions based on those growth rates.

This includes investing in new capital projects and services, such as:

- the new Protective Services building;
- a new Parkland RCMP detachment through a partnershipwith the Town of Stony Plain;
- · improved underground infrastructure; and
- · local transit, along with a variety of service enhancements to our community.

However, growth rates have now slowed down and the City's debt servicing costs, combined with inflation and launching a local transit service, have had a significant impact on the City's financial position. In 2020, 8.68 per cent of the tax base will be supporting debt service.

Provincial budget impacts

The recent provincial budget has resulted in a \$831,153 reduction in funding to the City through reduced or eliminated grants, including Municipal Sustainability Initiative funding, and changes in provincial fine revenue collection.

Department savings

To prepare for this year's municipal budget, City departments reviewed both their 2019 budget forecast and their 2020 status quo budgets to determine where cost saving adjustments could be made, and as a result identified a combined \$3.9 million in adjustments. This was accomplished by deferring or removing various initiatives, including not hiring any new full-time municipally funded staff next year, and identifying only what was critical to continue in 2020.









Looking to the future

Reframe 2020 - Building a Great City

As a result, City Council and Administration have decided that 2020 will be a reframing year for the organization.

What does this mean?

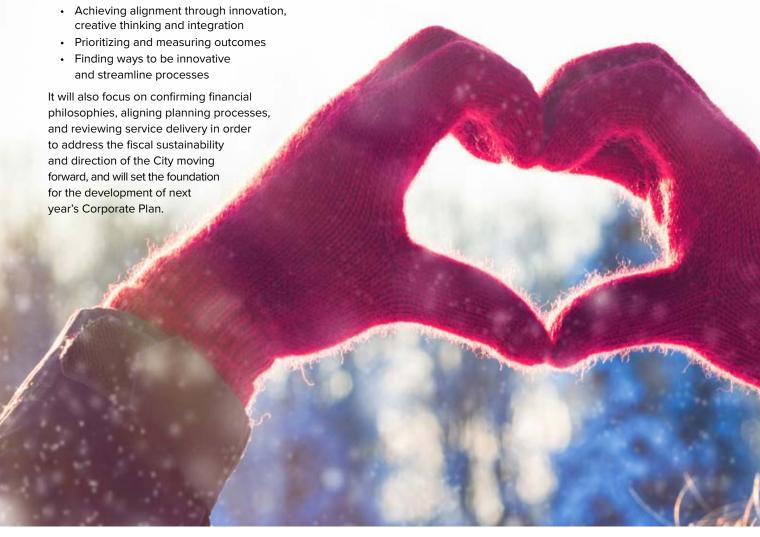
This reframing year will be an opportunity for Administration to work closely with City Council to review and confirm Council's strategic direction for the organization.

This process will be about:

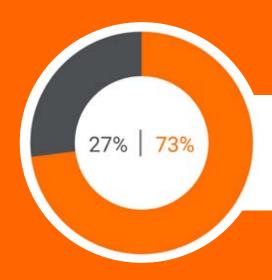
· Identifying where the City wants to go and how to get there

How will this affect 2020?

The 2020-2022 Corporate Plan was built with this change in strategy and direction in mind and, therefore, it represents only what Administration believes is critical to proceed in 2020. It is a "hold the line" budget.



The 2020 budget in brief



Operating budget = \$86.5 million

This pays for providing day-to-day services to residents

Capital budget = \$32.2 million

This pays for long-term investments, like infrastructure and facilities

Revenue sources for 2020

The City of Spruce Grove's revenue comes from a variety of sources:

- 35.7% Property taxes: Paid by Spruce Grove property owners to help cover the costs of the services they use within the City. Residents pay approximately 76 per cent of total property taxes, while businesses pay the remaining 24 per cent.
- **36.2% User fees:** The cost of utilities, fines and permits and facility rentals.
- 15.1% Capital grants: Funds the City receives from the provincial and federal governments, as well as neighbouring municipalities.
- **2.7% Operating grants:** Funds the City receives from the provincial and federal governments, as well as neighbouring municipalities.
- 3.1% Developer contributions: Funds developers pay directly to the City that are used for new growth for roads, water and sewer, as well as regional parks and recreation facilities.
- 5.5% Contributed capital assets: Items such as roads and sewers, which are put in by developers and then transferred to the City to own and manage.
- 1.6% Other

The City also collects levies on behalf of the provincial government for education and on behalf of the Meridian Foundation for local seniors housing. The City does not use this funding and passes it on directly to both the Province of Alberta and the Meridian Foundation. The City also does not set or control the amount of these levies.





Property taxes - 3.9% increase = \$7.37/month

City Council has approved a 3.9 per cent municipal tax increase for 2020. The actual mill rate will be set in May 2020 and property tax notices will be sent out at the end of May. This will have a monthly impact of \$7.37 for a household with a median assessed value of \$364.500.



Utility rate (water and sewer) - 2.0% increase = \$1.67/month

There will be a 2.0 per cent increase in the utility rate next year, which will translate into a monthly cost of \$1.67 for households with monthly consumption of 14 cubic metres of water.



Solid waste collection

There is no increase to the solid waste collection rate for 2020.



Franchise fees (natural gas) - 5.0% increase = \$2.27/month

Franchise fees for natural gas will be increasing by 5.0 per cent for 2020, or \$2.27 per month. There will be no increase to electric franchise fees.

The City charges franchise fees to utility providers for the exclusive right to provide service and access lands within Spruce Grove. These fees compensate the City for direct costs, restrictions on planning and development due to utility rights of way, as well as inherent risks related to utility access. The utility provider then charges these costs to their customers, which typically appear on a utility bill as a "local access fee" or "municipal franchise fee". Franchise fees are also an equitable way to distribute these costs to all utility users, including buildings or organizations, such as schools and churches, that don't pay property taxes.



NEW - Storm utility rate

Council approved a proposal to implement a new storm utility rate by April 2020. This utility will specifically fund stormwater related infrastructure and maintenance. The implementation plan for the storm utility rate will be brought forward to Council early in the new year. Detailed discussion will take place in 2020 that will include a bylaw, public hearing and proposed rate schedule.

Services for residents

2020 budgeted distribution of your tax dollars

Homeowners with a house that has a median assessed value of \$364,500 can expect a \$2,357 property tax bill annually, which is equivalent to approximately \$196 a month and includes a \$7.47 increase for 2020. The distribution of these tax dollars to various service categories is illustrated below.





The City's revenue sources, including property taxes, are used to provide a variety of programs and services to Spruce Grove residents and businesses. This includes:

- Administrative support
- Community programs and events
- **Economic development**
- **Family and Community Support Services**
- Planning and engineering services
- **Protective Services** (Fire Services and Enforcement Services) and RCMP
- Recreation and parks/playgrounds
- Road maintenance, including street sweeping and snow removal
- Social development
- Supporting community organizations (ex: Spruce Grove Public Library and the Allied Arts Council)
- Sustainability
- **Transit services**
- Utilities



How is the budget spent?

The City's 2020 budget includes \$102.1 million in expenses.



\$20.7 million -Utilities



\$20 million -**Emergency** and enforcement services



\$19.4 million -Parks and roads



\$10.4 million -Facilities and equipment



\$10.3 million -Programs, events and recreation



\$8.5 million -Corporate operations



\$5.1 million – Information Systems



\$3.7 million -Development support



\$2.7 million -Tax collection



\$1.3 million -Economic development

www.sprucegrove.org/corporateplan

Protective Services building expansion complete

Focus now shifts to renovation phase

The City's Protective Services building, which is home to Spruce Grove Enforcement Services and Fire Services, has recently undergone an extensive transformation, as work on a significant expansion project wrapped up in August 2019.

The expansion features administrative spaces, equipment bays, a three-storey training tower, 17 private dormitories for the City's firefighters and more.

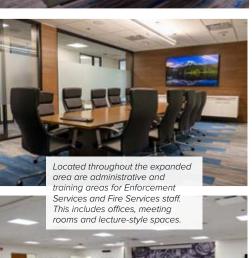
With staff now working out of the newly expanded space, work has shifted to the second and last phase of the \$23.6 million project, which is renovating the existing facility.



Once complete, the entire facility will accommodate 75 staff with room for future growth. The renovation phase is anticipated to be complete in early 2020.









Students from Spruce Grove Composite High School constructed a custom kitchen table for the Protective Services building expansion and renovation project. Of the 15 students involved, the project was led by five students in Grades 10, 11 and 12 as part of their construction, fabrication and design studies throughout the 2018-19 school year.

The table weighs roughly 1,000 pounds, was built in three sections and features a 16-foot solid walnut top. A Spruce Grove Fire Services ladder was incorporated into its base to pay homage to the history and growth of fire services in the community.





to reach a high window.





Reduce your WASTE-LINE

Tips to kick start a green routine

If you're looking for a New Year's resolution that is simple, effective and will have a positive impact on the environment, then we have a suggestion for you:

Kick start a green routine in your household by incorporating environmentally-friendly practices into your everyday activities to help reduce your waste-line.

"There are many simple, yet very effective, ways to cut down on the amount of plastic with the City of Spruce Grove. "Recycling is important, but we also need to look for ways to reduce and reuse where we can to maximize our impact."





IF YOU'RE NOT SURE WHERE TO START, CONSIDER THESE TIPS FOR AROUND THE HOUSE. IN THE KITCHEN, WHEN YOU'RE ON THE GO OR BUSY SHOPPING LIKE A PRO.

AROUND THE HOUSE

- · Reduce or eliminate unnecessary mail by saying no to flyers and cancelling unwanted subscriptions.
- · Cut up old textiles, like towels and sheets, to make rags for cleaning.
- Make your own non-toxic cleaning products. This will not only reduce the amount of plastic you bring home, but could save you money!
- · Try using bar soap or shampoo in the shower instead of shampoo or body wash that comes in a plastic container.



SHOP LIKE A PRO

- · Carry reusable shopping bags at the mall and while running errands. They can be used for all kinds of purchases, not just groceries.
- · Shop at your local thrift store for new-to-you items. Remember to pay it forward by donating gently-used clothing and household items when you're done with them.
- Use mesh produce bags made of natural fibres or recycled material instead of the plastic ones in the grocery store.



IN THE KITCHEN

- Try beeswax wraps and washable, reusable fabric bags as an alternative to plastic cling wrap and food bags.
- Skip the paper towel and cleaning wipe if a dish cloth or rag and soap can handle the mess or do the job.
- Pick up a set of reusable storage containers for when you're at home or on-the-go. Intended for long-term use, this type of container is often made of rigid plastic, glass or stainless steel.
- Buy in bulk to reduce packaging. For example, products like yogurt and applesauce can be purchased in large containers rather than individual serving sizes.



ON THE GO

- · Use a thermos for coffee, tea or your favourite hot beverage.
- · Skip the bottled water and carry a reusable option, like a stainless steel bottle, instead.
- · Keep reusable straws and cutlery in your purse, pocket or car so they're on-hand when you need them.
- · Get to know your local tailor and shoe repair shop. They can help extend the life of some of your favourite items before you have to replace them.







a new winner will be selected). Winners must be able to pick up





WASTE COLLECTION

BLUE BAG Recyclables

Weekly collection (year-round)

- Includes:
- · Hard plastics, tubs and bottles (no lids)
- Aluminum and tin food cans, pie plates and containers (clean, in original shape)
- Magazines, newspaper, flyers and catalogues
- Cardboard and boxboard
- Wrapping paper (no foil)
- · Office paper

GREEN CART Organics

Monthly collection*: December 2019 to March 2020

Weekly collection: Mid-April to mid-November 2020 Includes:

- Yard waste
- Food waste
- Soiled paper and cardboard
- Shredded paper (in compostable bag/box)

BLACK CART

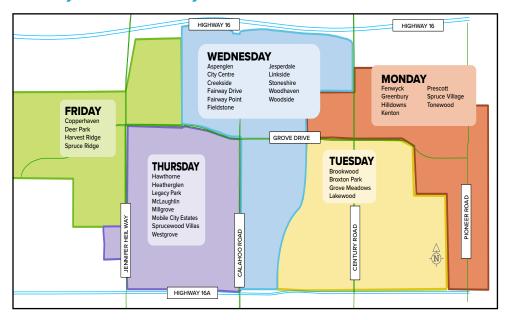
Garbage

Weekly collection (year-round)



- Plastic bags, film, wrap and packaging
- Plastic clamshells (e.g. berries, bakery items)
- Aluminum foil
- Styrofoam
- Tetra Paks without deposit
- Take-out and single-serve plastic containers
- · Single use plastic items (e.g. cutlery, straws)

Weekly collection days



More information

Report a broken or damaged cart or missed collection: 780-962-7584 Visit www.sprucegrove.org/waste

Eco Centre

The Eco Centre is located at 50 Diamond Ave.

Hours:

Monday-Saturday: 10 a.m. - 5:30 p.m.

Sunday: Closed

Statutory holidays: Closed

www.sprucegrove.org/ecocentre



Cart lids must be completely closed for pick up and out by 7 a.m. on your collection day.



^{*}Occurs during the second full week of the month





Calling for snow in Spruce Grove

Whether it comes in the form of light flurries or a full blown blizzard, you can expect to see snow in the forecast this season. Don't be caught off-quard. Learn how snow removal works in our community and what you need to do when it arrives.

Which roads are the highest priority?

The City removes snow from streets on a priority basis so that the roads that are most travelled are cleared first. At any time, snow removal in one area may be temporarily suspended so crews can revisit higher priority roads that have received additional snowfall.

City streets are prioritized in this order:

- 1. Highway 16A
- 2. Arterial roads
- 3. Emergency access ways
- 4. Snow routes and collector roads
- 5. City Centre area
- 6. Commercial and industrial roads
- 7. City-owned parking lots
- 8. Residential streets
- 9. Alleys



Know where to go when it snows!

The status of snow removal progress on snow routes and residential streets is regularly updated online during periods of snowfall, so you'll know when you need to move your vehicle(s) from the street.

Check it out at www.sprucegrove.org/snow.



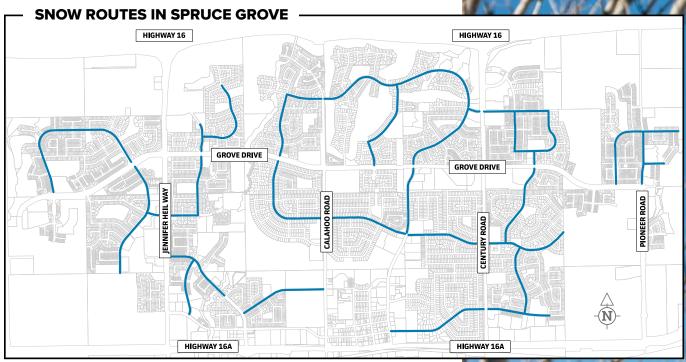
Snow routes

Snow routes are the main, high-traffic roads within subdivisions and are identified year-round by permanently-affixed signs on street lamps or posts. Parking is permitted on snow routes until they are declared active, which typically happens following a snowfall accumulation of at least five centimetres. Snow routes may also be activated to allow for removal of previously plowed snow from the boulevards.

When snow routes are active:

- · Yellow signs will be posted along the snow route at least 24 hours before snow removal will begin.
- Residents have 24 hours from the time the sign is posted to remove all vehicles from the route.
- · Vehicles that are not removed will be towed.
- Parking will be permitted when snow removal is complete and the yellow signs have been removed.





A larger version of this map is available at www.sprucegrove.org/snowroutes.

This map is current as of Nov. 14, 2019







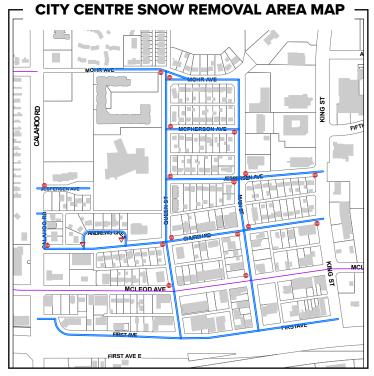


City Centre snow removal

All roadways in the area between Calahoo Road and King Street, and between Highway 16A and Mohr Avenue (including Mohr Avenue) are part of the City Centre area for snow removal. Typically, this area will be cleared of snow following snow routes.

When City Centre snow removal is active:

- · White signs indicating the day that snow removal will start will be posted in the City Centre at least 48 hours before snow removal will begin.
- · On-street parking is not permitted from the scheduled start date indicated on the sign.
- · Vehicles that are not removed will be towed.
- Parking will be permitted when snow removal is complete and the white signs have been removed.



A larger version of this map is available at www.sprucegrove.org/citycentresnow.

This map is current as of Nov. 14, 2019



Residential snow removal

Snow removal from residential streets is handled separately from snow routes. The schedule for residential snow removal rotates each year, so the subdivision at the top of the list (and plowed first!) one year moves to the bottom of the list the next. If you live in a new subdivision, the developer is responsible for snow removal until the City takes ownership of the roads and utilities from the developer. To find the residential street snow removal map, which outlines the current residential clearing rotation, visit www.sprucegrove.org/snow.

When residential street snow removal is active:

- Orange signs indicating the day that snow removal will start will be posted at the entrance to subdivisions at least 72 hours before snow removal is scheduled to begin.
- · On-street parking is not permitted from the scheduled start date until snow removal is complete.
- Vehicles that are not removed will be towed.
- Parking will be permitted when snow removal is complete and the orange signs have been removed.



What are my responsibilities?

As a property owner in Spruce Grove, you are responsible for removing snow and ice from public sidewalks adjacent to your property within 48 hours of a snowfall. Keep in mind:

- · Snow from your sidewalk, walkway, driveway or parking pad, cannot be placed on a roadway.
- Under the City's Traffic and Municipal Utility Services bylaws, you are not permitted to shovel or blow snow onto hydrants, roadways, public property or into alleys, as this can cause access problems and has the potential to lead to spring flooding.
- You are also encouraged to clear snow from fire hydrants to help provide the most effective response in a fire emergency.



www.sprucegrove.org/snow





Beat the backup

There's no harm in pouring a bit of bacon grease down the sink or flushing that makeup remover wipe down the toilet, right?

Wrong. Those small actions may seem harmless, but in reality items like these can block municipal sewer lines, create a nasty backup and make a really big mess – a mess that could cost you, your neighbours and the City both time and money to repair.

Wastewater from every toilet, shower, kitchen sink, dishwasher and bathtub is connected to a single sewer pipe leading away from your home. If that pipe gets clogged due to the improper disposal of items - from food scraps to dental floss - it can lead to interrupted sewer services and your basement flooding with sewage. Not only is that gross, but it can also be very expensive to fix.

Help do your part to beat the backup by properly disposing of household items, as well as fats, oils and grease.

Store it. Don't pour it.

In the kitchen, fats, oils and grease (FOG) include food scraps, meat fats, lard, cooking oil, butter/margarine and sauces, and should never be poured down the drain. Even when washed away with hot water and soap, these items will clog the sewer lines when they cool and solidify. Instead, store fats, oils and grease, until you're ready to dispose of them properly.

Fats and grease:

- Store in a certified compostable container. Once cooled and solidified, dispose of the compostable container in your green organics cart.
- Store in a reusable container. Once cooled and solidified, scrape into your green organics cart.

Cooking oil:

- · Small amounts of cooking oil can be soaked into a paper towel and placed in your green organics cart.
- Larger amounts of household cooking oil should be placed in a sealable container, labelled as cooking oil and taken to the Eco Centre (located at 50 Diamond Ave.). Please note: commercial quantities of cooking oil cannot be accepted at the Eco Centre.

www.sprucegrove.org/FOG









AWARDS OF **EXCELLENCE**

In 2003, the City established the Awards of Excellence program as a way to recognize outstanding community members who have made a significant achievement to Spruce Grove and achieved national or international recognition in one of seven categories:

- Athletics
- Arts
- Education
- Environment
- Innovation
- Community Service
- · Special Citation for Significant Achievement

Since the program began, 25 individuals and one team have been inducted into the Awards of Excellence program and nominations are currently open for the 2020 award year.

SUBMIT A NOMINATION

Do you know someone who you'd like to nominate for an Awards of Excellence? Nominations are open for the 2020 award year!

For information on how to submit a nomination visit www.sprucegrove.org/aoe.

WALL OF FAME

Located in Central Park, the Awards of Excellence sculpture of recognition is a vibrantly coloured piece of public art that displays all the names of the program's inductees. The next time you're at the park, take a stroll by the sculpture to see all the names of past recipients





JENNIFER HEIL ATHLETICS, 2005

"I am a reflection of our community. Being recognized by the City of Spruce Grove's Awards of Excellence program helped fuel my confidence ahead of the Olympic Games, knowing that the community was with me each step of the way. It is great to see Spruce Grove's longstanding tradition of recognizing its citizens' contributions to the community continue on."



DARWIN PARK

COMMUNITY SERVICE, 2015

"I truly appreciated being recognized for my volunteerism through the City's Awards of Excellence program. One of the biggest benefits, for me, relates to the longer-term impact of being a family role model in the community and helping to share and instill an attitude of service in others. I believe we all have an obligation to serve and donate our time and talents to the betterment of our community, and I have always felt I gained more than I gave over the years."



LORNA KEMP

ARTS, 2010

"I was absolutely delighted to be nominated for and awarded the 2010 Award of Excellence for my work in the field of art. The awards ceremony was the highlight of the process and I still cherish my award, which holds a place of honour in my living room to this day. Should you or someone you know deserve to be nominated for this award, please nominate them so they get the recognition they deserve."



GEORGE B. CUFF COMMUNITY SERVICE, 2008

"None of us serve our community with the thought in mind that maybe someday we will be recognized for our contribution. That is not what service to others is all about. Rather, it is a selfless attitude of wanting to do our share to help others that inspires us; some to serve in the arts; others in the multitude of sports; some in leadership; others in some quiet obscure way of making the place better for all. We serve because we care. We are awarded with recognition because others noticed that we cared enough to give of ourselves. None of us seek to be recognized: it finds us. That is the beauty of it."



DR. DONALD F. LEGATT

INNOVATION, 2008

"Nearly 12 years have passed since I received the Award of Excellence for Innovation in 2008. It was a momentous day in my life - I still remember the July 1 presentation when Mayor Houston presented the award. In addition to feeling humbled and very grateful, I felt proud of my city. The fact Spruce Grove honours its residents this way clearly demonstrates what a caring, supportive community it is. My wife and I are truly fortunate to call Spruce Grove home."



LESLEY MCEWAN

ATHLETICS, 2015

"This award brings our community together and provides the perfect opportunity and stage for all residents to celebrate the dreams our fellow neighbours have realized! I would strongly encourage anyone who knows of a Spruce Grove resident who has had significant achievement in their area of passion and expertise to nominate that individual for this award."



CINDY BARRATT

ARTS, 2008

"Not only was it truly an honour to be nominated and recognized by my peers and colleagues from the Allied Arts Council, but to be further recognized by the City of Spruce Grove and the community in general for my involvement and contributions to the arts community, as well as my accomplishments as an artist, was extremely rewarding. Receiving the Award of Excellence is still very special and meaningful to me."



JUDY KESANKO

EDUCATION, 2005

"What an honour to receive the City of **Spruce Grove's Award of Excellence** in its first year! The little glass tree stands proudly in our home, as a reminder of that honour. Plus, being included in the group of exceptional citizens who have received this award is truly humbling."



DR. JASON ACKER

INNOVATION, 2009

"I was honoured to receive the Award of Excellence in 2009, which I am pleased to share with other community members who have distinguished themselves through their achievements and community service. Spruce Grove is an amazing community where we have friends and neighbours who are making outstanding contributions that need to be recognized. Please consider submitting a nomination so that we can recognize the excellence in Spruce Grove!"

www.sprucegrove.org/aoe









HORIZON Performing Arts Centre

2020 SHOWS

eclose personal!







City Hall Ticket Centre 315 Jespersen Ave. Spruce Grove

> Monday – Friday 9 a.m. - 4:30 p.m.

> 780-962-8995 OR 1-888-655-9090

Box Office at Horizon Stage, 1001 Calahoo Road, is open one hour prior to performances





Rythmo!

Saturday, January 11 - 2 p.m.

Interactive Music

Tickets: \$12 All Ages

Recommended Age: 4 years and up

Running Time: Approx. 50 minutes - no intermission

Free preshow activities for children in the lobby

from 1 - 1:45 p.m.

samajam.com

Tease and Tassels Workshop

Thursday, January 16 - 7 p.m.

Join the Cheesecakes for a 3-hour burlesque workshop and learn how to bump, shimmy, and tassel twirl! Women only - ages 16 and up Adult Content Warning

Price: \$30

Location: Ward School of Dance 215 First Ave.

Call 780-962-8995 or visit horizonstage.com to register before January 13



Cheesecake Burlesque Revue

Friday, January 17 - 7:30 p.m.

Theatrical Comedic Dance

Recommended Age: 16+ Adult content warning

Tickets: \$35 Adults. \$30 Students & Seniors

cheesecakeburlesque.com



Ken Lavigne: Three Knights with a Tenor

Saturday, January 25 - 7:30 p.m.

Popular Music Celebration

Tickets: \$40 Adults, \$35 Students & Seniors

kenlavigne.com



Rattle and Strum

Monday, January 27 - 10 a.m.

Music for Very Young Audiences

Tickets: \$12 Adults. \$6 Children

Group pricing available for schools and daycares.

Recommended Age: 6 years and under

Running Time: Approx. 50 minutes - no intermission

rattleandstrum.com



Exultation

Tuesday, January 28 - 7:30 p.m.

Classical Music with Spoken Word

Tickets: \$35 Adults, \$30 Students & Seniors

sarahhagen.com

brendanmcleod.ca



Tiny Islands

Saturday, February 1 - 2 p.m.

1920s and 30s Jazz Music

Tickets: \$12 All Ages

Recommended Age: 4 years and up

Running Time: Approx. 50 minutes - no intermission

Free preshow activities for children in the lobby

from 1 - 1:45 p.m.

timsars.com

horizonstage.com



Ben Crane

Thursday, February 6 - 2 p.m. Western Music and Storytelling

Tickets: \$25 All Ages bencrane.com



A Touch of Cole

Saturday, February 15 - 7:30 p.m. Tribute to Great Jazz Singers

Tickets: \$35 Adults, \$30 Students & Seniors shelleytime.com/a-touch-of-cole



The Abrams

Saturday, February 22 - 7:30 p.m **Country Music**

Tickets: \$35 Adults, \$30 Students & Seniors theabramsmusic.com



Singer Songwriter Night with Ryan Langlois

Saturday, March 7 - 7:30 p.m. Acoustic Music Exploration

Tickets: \$25 All Ages ryandlangloismusic.com



Billy McGuigan's **Rock Legends**

Friday, March 20 - 7:30 p.m.

SOLD OUT

The Audience Customized Tribute Concert Tickets: \$40 Adults, \$35 Students & Seniors billymcguigan.com



The Slocan Ramblers

Sunday, March 22 - 7:30 p.m.

Bluegrass Music

Tickets: \$35 Adults, \$30 Students & Seniors slocanramblers.com



BOOM starring Rick Miller

Friday, April 17 - 7:30 p.m Multi-Disciplinary Theatre

Tickets: \$40 Adults, \$35 Students & Seniors boomshow.ca



Going Wild with Brian Keating

Friday, May 22 - 7:30 p.m.

Nature Stories

Tickets: \$25 All Ages

goingwild.org

hor age.com





















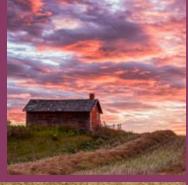
















Spruce Grove Family and Community Support Services (FCSS) is a partnership between the City of Spruce Grove, Parkland County and the Province of Alberta. The mandate of FCSS is to provide locally-driven, preventative social initiatives to enhance the well-being of individuals, families and the community.









Information and Referral Services 780-962-7618

Spruce Grove FCSS offers professional information and referrals by connecting people with programs and services in the community. Our front-line reception staff are Certified Community Resource Specialists and are professionally designated through the Alliance of Information and Referral Systems (AIRS). For after-hours information, call 2-1-1.

INDIVIDUAL CLIENT SERVICES

Case Management

Spruce Grove FCSS caseworkers work collaboratively to assess individual needs, develop service plans, advocate for multiple services, and empower individuals and families to increase their knowledge, skills and supports in order to build resiliency and prevent a future crisis from occurring. Appointments can be made with a case manager by calling 780-962-7618.

Seniors Support

Spruce Grove FCSS provides services, programs, and outreach to seniors and persons with disabilities. Services include sharing government program and housing information, assistance with completing forms, referral and outreach services.

Home Support

The Spruce Grove Home Support Program is a light housekeeping service that provides support to eligible seniors, persons with disabilities and families. The program maintains a referral list of qualified home support workers who help clients remain in their own homes by doing housekeeping tasks that they are unable to do themselves. FCSS facilitates the matching of independent home support workers with eligible residents. For information regarding eligibility, services and subsidies for persons with low income, call 780-962-7618.

Counselling

Counselling has been identified as an effective method to help individuals improve their well-being and quality of life. Spruce Grove FCSS provides free short-term, individual, couple and family counselling services to eligible residents. Following a brief screening to determine eligibility, clients may be offered counselling through FCSS or referred to an appropriate resource in the community. Counselling services are offered at Aspire Psychological Services, located at 301–131 First Ave. in Spruce Grove. For more information, call 780-962-7618 or email fcss@sprucegrove.org.

Community Volunteer Income Tax Program

Do you need help completing your income tax and benefit return? Spruce Grove FCSS, in partnership with Canada Revenue Agency (CRA), provides year-round tax preparation services for eligible individuals with a modest income and a simple tax situation. CRA trained volunteers will complete your taxes at no charge. For more information, call 780-962-7618 or email fcss@sprucegrove.org.

211 Alberta – Edmonton and Area

211* is a 24-hour information and referral line that helps connect people to a full range of essential social, health and government services in their community.

We will help you find resources related to:

- Basic needs (food, clothing, shelter and financial assistance)
- Counselling and support groups
- Death and bereavement
- Emergency and crisis lines (violence, sexuality, substance abuse, etc.)
- Emotional and mental health information
- **Employment**
- Healthcare
- Legal services
- Parenting and childcare (education, playschools and counselling)
- Recreation and social programs
- Services for seniors
- Social programs
- Special needs
- Transportation
- Volunteer opportunities

The 2-1-1 service is available in Spruce Grove, Stony Plain and most areas of Parkland County. All calls are free and confidential and TTY access is available for the hard of hearing. Callers outside of the service area can connect to the 2-1-1 service by dialing 780-482-INFO (4636). For more information, visit www.sprucegrove.org/211. 2-1-1 is also available via text message between 8 a.m. and 8 p.m. Text 2-1-1 from your mobile device. Online chat services are also available during this time.

*Service not available in all areas of Parkland County.



Program Registration

Many of our programs are the result of partnerships with local businesses and other agencies. Spruce Grove FCSS would like to thank its partners and sponsors for their generous support.

Program registration starts Tuesday, Jan. 7, at 9 a.m.

- Registration is on a first-come, first-served basis.
- Fees must be paid in full at the time of registration.
- Registration is required for all sessions unless otherwise stated.
- Subsidies are available to low-income families.
 Please ask for details.

How to register

- · Registering online is easy! Just follow these steps:
 - 1. Go to www.sprucegrove.org/onlinereg
 - 2. Create an account or login to your existing account
 - 3. Select "Register for programs online"
 - 4. Scroll or search for the desired program
 - 5. Select "Add to Cart" and follow the prompts
- By phone: 780-962-7618 using Visa or MasterCard
- In person: Spruce Grove FCSS office, 105-505 Queen St.

Oh no! We cancelled the program!

Sometimes our favourite programs get cancelled when everyone waits until the last minute to register. Each of our programs requires a minimum number of registrations. Decisions on class cancellations are made one week prior to the class start date (unless otherwise indicated).

Join the fun by registering early!

Refund policy

Full refunds will be issued upon cancellation of a program or workshop. Upon withdrawal by a resident, the full registration fee less \$5 per registrant will be refunded, or applied to another program, up to five business days prior to the start of the program.

FCSS Programs

Coffee with a Cop

Building relationships, one cup at a time. Coffee with a Cop brings community officers and the community members they serve together for coffee to discuss issues and learn about each other.

Wednesday, Jan. 22 2-3 p.m. McDonalds 310 St. Matthews Ave., Spruce Grove

Tuesday, April 21 6:30-7:30 p.m. Spruce Grove Public Library 35-Fifth Ave., Spruce Grove

A partnership between Parkland RCMP, Spruce Grove FCSS, McDonalds, Spruce Grove Enforcement Services and Parkland County Enforcement Services.

New Beginnings Listening Circles

Join the New Beginnings Listening Circle as we share various gifts, wisdom, stories, and teachings from our local Indigenous community and neighbours. An opportunity to listen deeply, learn and establish a sense of community in a safe, sacred space. Gain a mutual understanding of one another regardless of our various backgrounds.

Wednesdays: Feb. 12, March 4 and April 1 5:30-8 p.m. Spruce Grove Public Library 35-Fifth Ave., Spruce Grove Free

A partnership between Spruce Grove Public Library and Spruce Grove FCSS.





Block Party Program

Get to know your neighbours this summer through the City's Block Party Program! Block party registration will open May 1. Hosts who register a block party with the City will receive a handy Block Party Guide and be eligible to receive a \$100 food voucher to help purchase groceries for the party. For details, visit www.sprucegrove.org/blockparty.

Community Kitchen

The Community Kitchen aims to create social connections through the preparation of food. The program creates an environment for personal growth and social development to enhance interpersonal skills and increase resiliency. Participants take part in two sessions: one for planning and recipe selection, and one for cooking. Meals are divided among the group to take home. This subsidized program supports those with low incomes.

Spruce Grove FCSS 105-505 Queen St., Spruce Grove For more information, call 780-962-7618.

English Conversation Circle

Are you new to Canada? Want to get to know people in your community? Want to practise your English speaking skills? Join our weekly English Conversation Circle. A great way to practise your English speaking, enhance interpersonal skills and make new friends. Leaders will help you learn new words and phrases, and explain conversations you have had.

Wednesdays, starting Jan. 8 1-3 p.m. Border Paving Athletic Centre 9 Tri Leisure Way, Spruce Grove

A partnership between Tri-CALA and Spruce Grove FCSS.

FCSS Youth Mentorship

The FCSS Youth Mentorship Program offers a safe place where youth can find community and build genuine relationships with their peers and adults who care about them. Youth are invited to participate in free drop-in activities and registered programs at the Lions Log Cabin.

Lions Log Cabin 454 King St., Spruce Grove Tuesday-Friday: 3-6 p.m. Saturday: 1-7 p.m. Sunday and Monday: Closed

The FCSS Youth Mentorship monthly calendar of activities and programs is available at www.sprucegrove.org/FCSSyouth.

Mess with Stress (ages 10-12)

Stress is normal and sometimes even a good thing. This interactive and preventative program is designed to teach youth healthy ways to cope with stress and to assist them in handling stressful situations that come their way. This class will provide useful resources and tips. Participant drop-off will begin 10 minutes before the course is scheduled to begin.

Lions Log Cabin 454 King St., Spruce Grove

Registration required – www.sprucegrove.org/onlinereg For more information, including program dates and times, call 780-962-7618.





The Studio (ages 14-18)

In this female-focused mentorship program, high school students participate as mentors and contribute to their community by positively giving back. Participants have the opportunity to participate in and help plan weekly activities. Topics may include self-esteem, community, safety, goal setting and volunteerism. Participant drop-off will begin 10 minutes before the course is scheduled to begin.

Thursdays (January-June) 3:30-5:30 p.m. Lions Log Cabin 454 King St., Spruce Grove

Registration required – www.sprucegrove.org/onlinereg For more information, call 780-962-7618.

A partnership between the Parkland RCMP and Spruce Grove FCSS.

FCSS Volunteer Opportunities

Volunteering is a great opportunity to meet new people and gain valuable experience and skills. To get involved in your community or for more information, call 780-962-7618 or email fcss@sprucegrove.org.

Community Volunteer Income Tax Clinic (CVITP)

Lend a hand! Tax filing support has been identified as an important poverty reduction strategy. Completing an income tax and benefit return can support individuals to move out of poverty, repay debts, and develop a savings strategy by ensuring that existing benefits are not disrupted and financial supports are maximized. Spruce Grove FCSS, in partnership with Canada Revenue Agency (CRA), provides year-round tax preparation services to eligible individuals with a modest income and a simple tax situation. The CRA provides tax software and online-training for volunteers, and FCSS organizes and further trains volunteers to identify whether clients may be missing any benefits or financial supports for which they are eligible. If you have a basic understanding of income tax and would like to become a CVITP volunteer, please call 780-962-7618 or email fcss@sprucegrove.org.

Volunteer Centre

Spruce Grove residents seeking volunteer opportunities can contact the Stony Plain Volunteer Centre at 780-963-8583 to be connected with local, available volunteer opportunities. The volunteer centre connects Spruce Grove agencies needing support with volunteers to enhance, support or deliver agency programs. It also provides a central point of access to the volunteer community by bringing people and community needs together.

Youth (ages 12-24)

Volunteerism not only provides opportunities for youth to contribute to their community, but also creates meaningful experiences that increase life skill development, self-esteem and opportunities for future employment and education. As a volunteer you will receive a reference letter acknowledging the hours you contribute. Get involved in your community! For more information about volunteer opportunities for youth, call 780-962-7618 or email fcss@sprucegrove.org.





The Spruce Grove Parent Link Centre, operated by Alberta Parenting for the Future (apfa), joins a network of **57 Parent Link Centres across Alberta** to provide parents/caregivers with free parenting and play programs, resources, information and family support.

Parents/caregivers can participate in a wide variety of activities that will strengthen their family connections, including programs that:

- Support childhood development and positive parent and child interaction
- Focus on information and services in the tri-municipal region
- · Highlight what to expect from their child and when/where to find support
- Strengthen parental skills, increase parental confidence and outline practical tips from staff
- Outline strategies to positively manage developmental and behavioural concerns
- Connect parents and caregivers with others in the community

DEVELOPMENTAL DOMAINS



Physical Health & Well-Beina



Social Competence



Emotional Maturity



Language & Thinking



Communication Skills & General Knowledge

Early Learning and Care

Baby Sign





Tick Tock Time (ages 0-4 years) A fun and interactive group experience

to attend.

10:30-11:30 a.m.

10:30-11:30 a.m.

St. Michael's Grove Manor

600 King St., Spruce Grove

Fridays: Jan. 24-March 13 and

Spruce Grove Public Library

35 Fifth Ave., Spruce Grove

April 17-June 5

for parents, their babies and young

children focusing on the pleasure and

Children's imagination and early language

April 15–June 3

power of rhymes, songs and stories.

skills develop while the parent-child

Wednesdays: Jan. 22-March 11 and

bond strengthens. Parents are required





(ages 0-12 months) Baby sign language is the practice of using symbolic gestures to enhance verbal interactions with your child. All human beings naturally use meaningful motions. Just as your baby learns to wave goodbye or shrug their shoulders, your baby can also learn to use gestures to communicate their needs, express their interests and ask questions long before they can talk. Teaching your baby sign language enables you to communicate more effectively and create language experiences that support early literacy. Parents are required to attend.

Tuesdays: Feb. 11-25 from 1-2 p.m. May 12-26 from 10:30-11:30 a.m.

Parent Link Centre 344 Pioneer Road, Spruce Grove

Registration required - www.eventbrite.ca

A partnership involving the Spruce Grove Public Library.







Parent and Tot Drop-in (ages 0-5 years)





This is a great opportunity for parents and their children to enjoy games, crafts, songs and rhymes that promote and strengthen the parent-child bond.

Registration required - www.eventbrite.ca

A partnership involving St. Michael's Grove

Manor and the Spruce Grove Public Library.

Tuesdays: Jan. 14-June 16 (No group March 24)

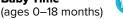
10-11:30 a.m. Parkland Village Community Centre 60-53222 Range Road 272

Wednesdays: Jan. 8-June 24 10-11:30 a.m. Parent Link Centre 344 Pioneer Road, Spruce Grove

Thursdays: Jan. 9–June 25 10-11:30 a.m. St. Andrew's United Church 1A Fieldstone Drive, Spruce Grove

A partnership involving Parkland County and St. Andrew's United Church.

Baby Time



An enjoyable and engaging time for you and baby! Sing songs, read books, tell stories and play hand games to enhance parent/child attachment, social skills and healthy child development.

Mondays: Jan. 27–Feb. 10 and April 27–May 11

10:30-11:30 a.m. Spruce Grove Public Library 35 Fifth Ave., Spruce Grove

Registration required - www.eventbrite.ca

Spruce Grove Parent Link Centre

344 Pioneer Rd., Spruce Grove Online: www.apfa.ca

Phone: 780-963-0549 Email: info@apfa.ca Facebook: @apfa.ca

Hours of operation Monday-Thursday: 9 a.m.-2:30 p.m. Friday and Saturday: 9 a.m.-12 p.m. Sunday: Closed Closed all statutory holidays



Crafternoons

(ages 3-5 years)



A chance to explore, experiment, exercise imagination and experience creativity. In these sessions, everyone is an artist. Parents are required to attend.

Thursdays: Jan. 23, Feb. 20, March 19, April 23 and May 21 1-2 p.m.

Parent Link Centre

344 Pioneer Road, Spruce Grove

Registration required - www.eventbrite.ca

YogaKids

(ages 3-5 years)





Integrate mindfulness and movement with learning strategies for children. In this class, we will blend yoga sequences, energizing music and books, yoga-inspired games and plenty of smiles. Parent participation is required.

Tuesdays: Feb. 4-25

10-11 a.m.

Parent Link Centre

344 Pioneer Road, Spruce Grove

Registration required - www.eventbrite.ca

Parents' Friday Morning Coffee

Join us for a play date! Socialize with other





parents while your children play in a cheerful, relaxed environment. This program gives parents a chance to develop new friendships for themselves and their children, share ideas and support one another along the journey of parenthood.

Fridays: Jan. 17-June 5

(No group Feb. 14, Feb. 21, April 10 and April 24)

10-11:30 a.m.

Border Paving Athletic Centre 9 Tri Leisure Way, Spruce Grove

Drop-in

Story Surprise







Humans are emotional creatures. Hearing stories and storytelling allows us to digest information more easily because it connects that information to emotions. It is an effective way of teaching and helps us relate to one another. Join us for a special visit from the Spruce Grove Public Library for children and their grown-ups to listen and interact with stories.

Every other Friday: Jan. 10-May 29 10-10:30 a.m. Parent Link Centre 344 Pioneer Road, Spruce Grove









Family Support

Young Moms

If you are under 25 years of age and are parenting or expecting a baby, this group is for you. We offer a supportive environment in which to share the experiences, joys and challenges of parenting as a young mom. There are educational sessions and many opportunities to socialize. Childcare is available.

Wednesdays: Jan. 15-June 17 (No group March 25)

3:30-5 p.m. Border Paving Athletic Centre 9 Tri Leisure Way, Spruce Grove

For more information - call 780-963-0549

Twins, Triplets and More!

A place to come together for families who have, or are expecting, multiples. In this play group, we get to know and support one another while sharing in the beautiful chaos that is twins, triplets and more. Siblings are welcome.

Wednesdays: Jan. 15-June 17 (No group March 25)

10-11:30 a.m.

Saturdays: Jan. 11, Feb. 8, March 14, May 9 and June 13

10-11:30 a.m.

Border Paving Athletic Centre 9 Tri Leisure Way, Spruce Grove

Drop-in



Parent Education



What is Triple P?

When you're a parent, everyone has advice. But with so many conflicting opinions around, how do you know what's best and what works? The Triple P - Positive Parenting Program is a world-acclaimed parenting program that gives you the skills to manage misbehaviour and prevent problems from happening in the first place. From toddler tantrums and a teenager's defiance to bedtime dramas and outright disobedience, Triple P helps you work through the issues that affect families everywhere. Triple P is a toolbox of ideas; you choose the tools you want to make your family life better. Adapt Triple P's ideas to suit your culture, beliefs and personal situation, use them to build better relationships with your child, solve problems, become a more confident mom or dad, and give your child the best start to life. One-off seminars, detailed group courses or personal support available. Triple P is supported by 30 years of ongoing scientific research and is used in 25 countries worldwide. Triple P One-on-One Sessions are available and Triple P is also available online www.triplep-parenting.net. For more information, call 780-963-0549.

Triple P Discussion Groups

If your child melts down in the supermarket, won't go to bed without a fight or just doesn't listen, Triple P Discussion Groups are short, small group sessions that can help by offering tips and suggestions for dealing with your child's challenging behaviour. You'll see video clips showing other parents successfully dealing with the same issues and you'll be encouraged to share your thoughts with other parents in the group. You'll also be given a workbook with simple exercises and information to help you try new strategies at home. Topics include bedtime routines. dealing with disobedience, hassle free shopping, and managing fighting and aggression.

Triple P Primary Group

Parenting can be a little easier when we have some positive strategies in our parenting tool box. This program for parents/caregivers offers insight into the reasons why children misbehave and suggests ways to manage the behaviours when they happen. Learn to build a strong relationship with your child and feel more relaxed about parenting. This group is for parents with children ages 2-12. For more information, call 780-963-0549.



The Allied Arts Council holds several art classes for children and adults throughout the year. We provide professional instruction of many mediums to beginners and advanced learners. For more information, visit www.alliedartscouncil.com.

Gallery and office hours Monday-Saturday: 10 a.m.-5 p.m. **Closed Sunday and all statutory holidays**

How to register

Online: www.alliedartscouncil.com

By phone: 780-962-0664 By email: alliedac@telus.net

Adult

Introduction to Drawing

Have fun exploring the essentials of drawing with Susan Casault.

Wednesdays: Jan. 8-Feb. 12 9 a.m.-12 p.m. \$145 + supplies

Acrylic Workshop

Paint step-by-step with Tina Bourassa.

Sunday, Jan. 26 10 a.m.-2 p.m. \$50 + supplies

Photography 101

From auto to the great beyond with Al Dixon.

Saturday, Feb. 22 10 a.m.-4 p.m. \$50, must bring your own camera





Photography 201

Images with impact with Al Dixon.

Saturday, March 21 10 a.m.-4 p.m. \$50, must bring your own camera

Photography 301

Creative mastery with Al Dixon.

Saturday, April 18 10 a.m.-4 p.m. \$50, must bring your own camera

Using Lightroom Effectively

Photo editing with Al Dixon.

Saturday, May 9 10 a.m.-4 p.m.

\$50, must have access to personal Lightroom software

Introduction to Relief Printmaking (ages 18+)

Relief Printmaking: Where the ink sits on the surface of the plate and not in the carved grooves. Learn linocut printmaking and create black and white and colour prints with Lisa Matthias.

Mondays: Feb. 17-April 6 6:30-9 p.m. \$120 + supplies

Oil Painting like the Masters

Have fun exploring the techniques of Renoir to Cezanne, Van Gogh, Kandinsky and more with Lisa Matthias.

Thursdays: Feb. 20-April 9 7-9:30 p.m. \$120 + supplies





All Occasion Card Class

Join Christina Giese and create five beautiful cards. Saturday, Feb. 1 10 a.m.-1 p.m. \$60 includes supplies and stamp set to take home

Acrylic Workshop

Paint step-by-step with Tina Bourassa.

Sunday, Feb. 23 10 a.m.-2 p.m. \$50 + supplies

Introduction to Coloured Pencil

Have fun exploring the essentials of coloured pencils with Susan Casault.

Wednesdays: Feb. 26-March 25 9 a.m.-12 p.m. \$145 + supplies

Acrylic with Lucy Bates

Paint with Lucy in her distinctively Canadian style.

Mondays: March 2-April 6 1-4 p.m. \$150 + supplies

White Apple Blossoms in Acrylic

Explore the beauty of white florals with dark backgrounds and complimentary colours with Dianna Hanna.

Saturday, March 21 10 a.m.-4 p.m. \$65 + supplies

Acrylic Workshop

Paint step-by-step with Tina Bourassa.

Sunday, March 29 10 a.m.-2 p.m. \$50 + supplies

Birds in Coloured Pencil

Learn to draw life-like birds in this intermediate workshop with Susan Casault.

Wednesdays: April 8-May 13 9 a.m.-12 p.m. \$145 + supplies

Mother's Day Sampler Frame

Join Christina Giese and create a handmade sampler floral frame just for mom.

Saturday, April 11 10 a.m.-1 p.m. \$75 includes supplies and 8" x 8" sampler frame

Acrylic Basics

Learn techniques and colour theory as Cindy Barratt gets you painting in acrylic.

Thursdays: April 16-June 4 6:45-9:45 p.m. \$200 + supplies

Watercolour Workshop - Springtime Reflections

Capture water and reflections in an enchanting spring scene with Cindy Barratt. Focus on brush stroke, technique exercises, discussion, demonstrations and individual assistance.

Saturday, April 18 10 a.m.-4 p.m. \$65 + supplies

Acrylic or Watercolour Development Painting

Designed for intermediate students to take their projects to the next level with instruction from Cindy Barratt.

Mondays: April 20-June 15 (No class May 18) 1-4 p.m. \$200 + supplies





Pastel Workshop

Explore the smoothness and bendability of pastels with Tina Bourassa.

Saturday, April 25 10 a.m.-2 p.m. \$50 + supplies

Acrylic Workshop - Greens and Trees

Learn brush stroke and technique with Cindy Barratt to mix a wide range of greens to paint trees.

Sunday, May 3 10 a.m.-4 p.m. \$65 + supplies

Palette Knife Painting in Acrylic

Explore wet-on-wet and several techniques with Dianna Hanna.

Saturday, May 9 10 a.m.-4 p.m. \$65 + supplies



Father's Day Sampler Frame

Join Christina Giese and create a handmade masculine frame just for dad.

Saturday, May 16 10 a.m.-1 p.m. \$75 includes supplies and 8" x 8" sampler frame

Drawing in Pen and Ink

Learn to draw with different mediums, explore lines, texture, and values in both a loose and precise style with Susan Casault.

Wednesdays: May 20-June 24 9 a.m.-12 p.m. \$145 + supplies

Pastel Workshop

Explore the smoothness and bendability of pastels with Tina Bourassa.

Saturday, May 30 10 a.m.-2 p.m. \$50 + supplies

Children and Teens

Babble Dabble Do (ages 4-5 as of Jan. 1, 2020)

This fun and interactive class will teach colour, shape, painting and drawing with Tina Bourassa. Small class sizes and child friendly activities with different projects every six weeks. Students can take one or all sessions. Parents are welcome to participate.

Wednesdays: Jan. 8-Feb. 12, Feb. 19-March 25, April 1-May 6 OR May 13-June 17

1-1:45 p.m. \$60 includes supplies

Home School Art Classes (ages 6–12, Grades 1–6)

Students will learn the elements of art and the principles of design through drawing, sculpture, painting and mixed media with Tina Bourassa. Art classes meet the Alberta curriculum and standard reports are available upon request.

Wednesdays: Jan. 8-March 25 OR April 1-June 17 2:30-3:30 p.m. \$120 includes supplies

Art Attack (ages 6-12 as of Jan. 1, 2020)

Using various mediums, learn to paint in different styles, watercolour and acrylic with Tina Bourassa. Abstract art, sculpture and soft pastels will also be discovered. New projects every session.

Wednesdays: Jan. 8-Feb. 12, Feb. 19-March 25, April 1-May 6 OR May 13-June 17

4-5 p.m. OR 5:15-6:15 p.m. \$60 includes supplies

Teen Art Attack (ages 12-17)

A continuation of Art Attack. Longer class times, more advanced projects and materials will challenge your teen. Students can take one or all sessions. New projects every session.

Thursdays: Jan. 9-Feb. 13, Feb. 20-March 26, April 2-May 7 OR May 14-June 18

4:30-6 p.m. \$90 includes supplies





Hours of operation

Monday: 10 a.m.-6 p.m. Tuesday-Thursday: 10 a.m.-9 p.m.

Friday: 10 a.m.-6 p.m. Saturday: 10 a.m.-6 p.m.

Sunday: 12-6 p.m.

Closed all statutory holidays

Innovation Lab hours

Monday: 1-5:30 p.m.

Tuesday-Thursday: 1-8:30 p.m. Friday and Saturday: 1-5:30 p.m. Sunday and statutory holidays: Closed

35-Fifth Ave. P: 780-962-4423 F: 780-962-4826 E: library@sqpl.ca

Facebook: @SpruceGroveLibrary Instagram: @sq_library

Available to all community members, these programs are free, run on a drop-in basis and unless otherwise specified, will take place between Jan. 13 and May 29. Please note: there will be no programming from March 23-27. If a program requires Wi-Fi or a computer/device and you do not have one, visit the library for free online access.

Reading Clubs

No matter where you are, how cold it is outside, or what time it is, access storytime and reading fun! Join this digital community that has new monthly themes for kids, teens and adults.

All ages

Registration required for Teen Club on Instagram www.sgpl.ca/programs/virtual-reading-clubs

Sponsor the Stacks

Personalize our collections with your tastes by purchasing new books, movies, games, and music at a discounted price and receive a charitable tax receipt. Plus, you'll be the first person to enjoy the new item!

Ages 18+ For more information, visit www.sqpl.ca/services/sponsor-the-stacks

Study Space

Quiet study space available daily at the back of the library and in library meeting rooms upon availability. Collaborative spaces are available outside the art gallery and at the front of the library.

All ages Daily

Library Tours

Are you or your group interested in learning more about SGPL and what we can offer? Book a free tour today in-person with one of our library staff or visit www.sgpl.ca/services/library-tours.

All ages Registration required



Intrigue Stations

Visit our Intrigue Stations for make-and-take activities daily, with new content every two weeks! Visit www.sgpl.ca/programs/intrigue-stations for themes.

All ages Daily

Tales Through Time and Space

Travel out of this world experiencing interactive songs and stories that develop school readiness.

Ages 2–6 (with their caregivers; babies and siblings welcome) Tuesdays 10:30-11 a.m.

Baby Babble

Enjoy songs, finger-plays, group story time, and more as you and your baby build bonds and friendships. Then stay and play with other caregivers and enjoy some social time.

Ages 0-12 months (with their caregivers; siblings welcome) Thursdays 10:30-11 a.m.

Kids Pokémon Club

Calling all Pokémon trainers! Battle, trade cards or create masterpieces in a safe and inclusive space. Remember to bring your Pokémon Club membership card. Fill it up and win a prize!

Ages 7-12 Tuesdays 6:30-7:30 p.m.

Coffee and Crib

Visit the library to play cribbage and enjoy a warm beverage. This welcoming group formerly met at Spruce Grove FCSS and now invite you to join them at their new location.

Ages 60+ Tuesdays 1-3 p.m.

Write On

Learn different styles of writing, such as essays, screenplays and graphic novels. Challenge your imagination with creative writing prompts in this safe and inclusive space.

Ages 18+ Wednesdays 6:30-8 p.m.

No School Days

Enjoy movies throughout the day with free popcorn. The Innovation Lab will be open all day so come on by to create and explore! Movies may have a PG rating and may not be suitable for all children.

Fridays: Feb. 7, March 27 and May 15

Cohesive Family Support Group

Self-care, information workshops, and fun activities for parents and caregivers of children living with a disability and/or complex medical needs. Childcare is provided while caregivers attend workshop.

Saturdays: Jan. 25, March 28 and May 23

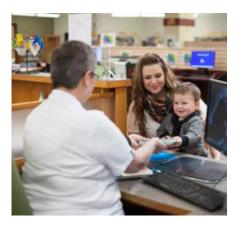
10 a.m.-12:30 p.m.

This program is presented in partnership with the Foundation for Cohesive Communities.

Family Literacy Celebration

In anticipation of Family Literacy Day, join us in the New Sensory Corner for Singing with Sylvia, a special performance by children's entertainer Sylvia Chave. For more information about Sylvia, visit www.singingwithsylvia.com.

All ages (geared towards ages 0-6) Saturday, Jan. 25 For performance time, visit www.sgpl.ca.



Online Resource Help

Curious about downloading eBooks and eAudiobooks on your smart device or e-reader? Visit www.sqpl.ca or visit the information desk in-person for drop-in eBook help.

Ages 18+ Daily In-person from 1:30 p.m.-Close eResources available online: 24/7 access

Readers Advisory Service

Not sure what to read next? Have a research question? Visit the library and stop by the information desk for recommendations and assistance from a trained library professional.

Ages 18+ Daily 1:30 p.m.-Close

Don't have a library card? Scan here to register now!



