

citypulse

FALL 2019

Your connection to the City of Spruce Grove

FALL PROGRAMS GUIDE

There's something
for everyone

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Inside Council Chambers

An introduction
to your local
government

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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	Mayor and Council	780-962-7604
Arena/Agrena	780-962-2031	Parks Maintenance	780-962-7584
Building Permits	780-962-7582	Permit Inspections Hotline	780-962-7576
Business Licences	780-962-7588	Pioneer Cemetery	780-962-7584
City Hall Ticket Centre	780-962-8995	Planning and Development	780-962-7582
Compliance Requests	780-962-7582	Public Library	780-962-4423
Development Complaints	780-962-7582	RCMP	
Development Permits		• Administration	780-960-6500
• Commercial	780-962-7582	• Complaints	780-962-2222
• Residential	780-962-7634 ext 173	Recreation Services	780-962-7579
Districting/Zoning	780-962-7582	Residential Waste	780-962-7584
Economic Development	780-962-7608	Roads and Drainage	780-962-7584
Enforcement Services		Seasonal Sports Field Hotline	780-962-7602
• Complaints	780-962-7586	Specialized Transit Service (STS)	780-962-2456
• Inquiries	780-962-7585	Street Light Repairs (Fortis)	780-310-9473
Engineering	780-962-7582	Taxes	780-962-7634 ext 119
Facility Bookings	780-962-7579	TransAlta Tri Leisure Centre	780-960-5080
Family and Community Support Services (FCSS)	780-962-7618	Transit (ETS Bus Link – 24 hour)	780-442-5311
Fire Services – Administration	780-962-4496	Tourism/Visitor Information	780-962-2561
Human Resources	780-962-7634 ext 107	Utility Billing	780-962-7597
Lot Grading	780-962-7634 ext 174	Utility Hook Ups	780-962-7597
		Water and Sewer Trouble (24 hour)	780-962-7584



Stay in touch

 info@sprucegrove.org

 [@CitySpruceGrove](https://twitter.com/CitySpruceGrove)

 [@CityofSpruceGrove](https://www.instagram.com/CityofSpruceGrove)

 www.sprucegrove.org/citypulse

 [facebook.com/sprucegrove](https://www.facebook.com/sprucegrove)

 [youtube.com/CityofSpruceGrove](https://www.youtube.com/CityofSpruceGrove)



Can you feel the Pulse?

Because we sure can! It's in the everyday conversations we have with our neighbours, the local activities we enjoy with our friends and families, and our vibrant business community who collectively create the heartbeat of our city.

Like an undercurrent, you can feel a strong sense of community pride pulse through Spruce Grove as the city continues to grow and develop into a modern, urban centre with beautiful green spaces and amenities for all ages.

And as this work continues, sharing important information with you about how to get the most out of life in Spruce Grove is what each issue of **CityPulse** is all about.

In fact, since the very first edition of **CityPulse** was printed back in 2014, our goal has been to strengthen the connection between the City and our residents by sharing news about City programs and services, projects that are underway or planned, and other topics that may be of interest to you as a community member.

We've published 17 issues to date, shared information on everything from snow removal and waste collection to transit service and City Centre revitalization, and

have seen images of local families, business owners and City staff grace the pages along the way.

Inside this issue, you'll meet two new faces at the City — Councillor Jeff Acker, who was recently elected to Spruce Grove City Council in a by-election (on page 26), and City Manager Simon Farbrother (on page 8).

You'll also find a special feature about municipal government, which provides an overview of how Spruce Grove City Council and City Administration work together to meet the needs of a growing community, who's responsible for what, how decisions are made and what your role is in the civic process. Turn to page 27 for those details!

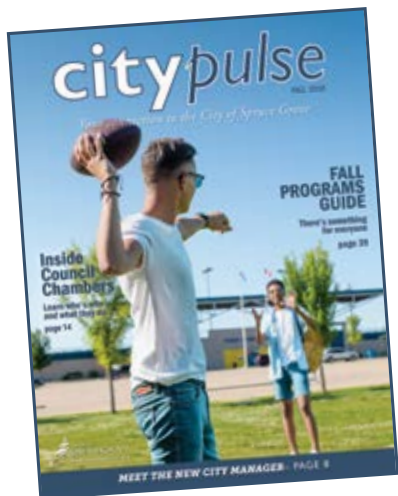
We've also included some content that is seasonal in nature, as well as information you can use year-round, so we hope you enjoy reading along and keep the magazine handy as a go-to resource over the coming months.

Have a story idea or a topic that you'd like to see covered in an upcoming issue? Let us know! Email us at corpcomm@sprucegrove.org with your feedback. We're always listening and would love to hear from you.

Happy reading Spruce Grove! Feel the Pulse.

CHECK OUT OUR FALL PROGRAMS GUIDE ON PAGE 39!

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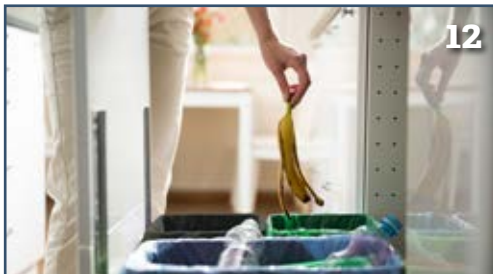
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Professional instruction for learners of all skills and ages.

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Enjoy a quiet study space, share story time with your child, brush up your resume and more!



UPCOMING EVENTS

VOLUNTEER FAIR

Spruce Grove Hall, Heritage Park
Stony Plain
www.sprucegrove.org/volunteerfair

SEPT.
18



OCT. 6-12 **FIRE PREVENTION WEEK**
Not every hero wears a cape
Plan and practice your escape

www.sprucegrove.org/FirePrevention19



CANADIAN RED CROSS RECRUITMENT INFORMATION NIGHT

Acheson Fire Station
www.sprucegrove.org/CRCvolunteers

OCT.
7



OCT. 26* **MINI MONSTER BASH**
Heritage Park Pavilion
Stony Plain
www.minimonsterbash.com

*Please note the printed version of CityPulse has the incorrect date for this event.



REMEMBRANCE DAY

TransAlta Tri Leisure Centre
Spruce Grove
www.sprucegrove.org/remember

NOV.
11



NOV. 30 **CHRISTMAS IN
CENTRAL PARK**
Central Park, Spruce Grove
www.sprucegrove.org/christmas



FOR MORE INFORMATION VISIT
WWW.SPRUCEGROVE.ORG/EVENTS

Back to school

As another school year begins, both motorists and pedestrians are reminded to be alert and aware as traffic increases on local streets and sidewalks. Obey all posted speed limits, use and follow traffic signals, and remember that flashing red lights and/or an extended stop sign on school buses means motorists must stop.



www.sprucegrove.org/safety

Bike safety tips

When exploring Spruce Grove on two wheels, keep in mind all cyclists under the age of 18 are required by law to wear a bike helmet. It's also a good idea to wear bright clothing and reflective gear so you are easily seen. You can also register your bike with a free service called Bike Index, so if it's stolen, bike shops, police and individuals can help reunite you with it.



www.sprucegrove.org/bikesafety

Community garden

Did you know the Spruce Grove & District Agricultural Heritage Society recently started a community garden? The Spruce Grove Agriculture Community Garden, which is located at 455 King St., celebrated its official grand opening in June. The City of Spruce Grove is one of several supporters of this initiative, which is managed by the society.



www.facebook.com/sgacgarden

Winter RV storage

If you own a recreational vehicle, you can't store it on your front/side yard, or on your driveway from Nov. 1 to April 30. Throughout the year, a trailer can be parked on the street for up to 72 hours, but it must be attached to a vehicle and in compliance with other City bylaws and the City's Traffic Safety Act. A recreational vehicle can also be parked on or within a back parking pad year-round.



www.sprucegrove.org/RVstorage

Off-leash parks

If you are looking for some off-leash fun for your furry family members, visit one of two off-leash parks in Spruce Grove. The Marlboro Off-Leash Park is unfenced, while the Cpl. Jim Galloway Memorial Off Leash Area is fenced and includes a designated section for small dogs.



www.sprucegrove.org/parks

Connect with us

Check out the City's online engagement website, Connect Spruce Grove, to stay updated on various plans, projects, and initiatives that may interest and impact you as a community member. No account is required to view the site, and a quick sign up will let you provide comments, take surveys and keep you in the loop. Sign up today and connect with us!



<https://connect.sprucegrove.org>

CITY HALL



MEET THE **CITY MANAGER**

Simon Farbrother joined the City of Spruce Grove as City Manager in July 2019. Simon, who previously served as City Manager in Spruce Grove from 1997 to 2004, brings with him extensive municipal leadership experience and a keen understanding of the area. We caught up with Simon on his first week back at City Hall to chat about the opportunities he sees for our community and what enticed him to return to Spruce Grove.

Q&A





MEET THE CITY MANAGER

Q&A



You respect your past, but you live your future – and this is my future.

- Simon Farbrother



The majority of your career has been in public service. What are some of the highlights of that journey and how will that impact your approach here in Spruce Grove?

Simon: My first municipal job was with the City of Leduc and while I was there, I had the opportunity to work in a variety of departments, including Planning and Engineering, GIS (Geographic Information System), Public Works and, eventually, with the Corporate Leadership Team. My time in Leduc provided me with a good understanding of municipal government, and how different areas need to work together to effectively serve the community.

From there, I came to the City of Spruce Grove in my first role as City Manager. A major highlight was helping to negotiate the construction of the TransAlta Tri Leisure Centre, which was the first regional recreation project to be a full partnership between a City, a Town and a County in Alberta. We were also recognized for our work on our corporate culture, receiving international recognition from the International City/County Management Association in 2001.

What made you head east, for the position of City Manager with the City of Waterloo?

Simon: It was an opportunity to be at the epicenter of Canada's tech sector, and to work for a larger municipality. During my time there, the City of Waterloo was recognized as an Intelligent Community of the Year due to a combination of the booming tech sector, the presence of the University of Waterloo – which was, and still is, seen as a tech incubator of

sorts – and the work that was happening to collaborate across various sectors including local government, health, education and technology. I was also able to focus on building partnerships to benefit the larger community, like the work we did with the University of Waterloo to put a Library/YMCA facility on university lands.

That experience in Waterloo served you well when you came to the City of Edmonton.

Simon: Absolutely. I joined the City of Edmonton as City Manager in 2010 and had six successful years with the organization. We improved corporate culture and made great strides with our event strategy, which brought events including the 2015 FIFA Women's World Cup and the ITU International Triathlon to Edmonton. The new downtown arena project was definitely one of my biggest accomplishments and it's had a huge, and lasting, positive impact for the community. I am extremely proud of that work, and the entire team who came together to make it happen.

And now you find yourself in Spruce Grove, so the obvious question is: why come back?

Simon: Truthfully, I don't consider this to be returning to somewhere I've already been. Yes, I previously worked in this community, but Spruce Grove has changed tremendously in the past 15 years and is now very different from when I was here before, with new challenges and opportunities. You respect your past, but you live your future – and this is my future.

QUICK FACTS

- Born and raised in England
- Studied Economics and Geography at the University of Portsmouth
- Completed a Master's Degree in Arts and Geography from the University of Alberta
- Certified as a Registered Professional Planner
- Named one of Alberta's 50 most influential people by Alberta Venture magazine
- Awarded the Queen Elizabeth II Diamond Jubilee Medal in 2012 for his contributions to the municipal government profession
- Past president and board member (2007-2014) of the International City/County Managers Association
- Past president (2006-2007) of the Canadian Association of Municipal Administrators



- Past president of the Alberta Association, Canadian Institute of Planners
- Member of the Board of Directors, Commonwealth Games Canada
- Believes in people
- "Old" soccer player



What appealed to you about coming to the City of Spruce Grove?

Simon: I wanted to be part of building a community. In the early days, Spruce Grove was very much a satellite city, and now there's a maturing of the community and we are transitioning to a more integrated, complete urban environment. There are strategic infrastructure decisions to be made. There are alignment decisions to be made with neighbouring municipalities. Our population is growing and there is great opportunity for capacity building within the community, council and the organization.

I also have an alignment, an allegiance to and an understanding of this region. I have a real knowledge of this city, as well as the larger regional picture, and I'm excited about translating that into my role with the City.

You have more than 25 years combined service in municipal government. What has kept you on this path over the years?

Simon: I've always loved working in municipal government. This is a vocation for me; it's kind of in my blood. I have strong public sector values and firmly believe in the role of municipal government in building and sustaining a civil society, which is where we need to be.

Each community I've served has taught me something along the way, and I also take pride in the contributions I've made at each stop. Municipal government is fundamentally about public service, and I'm looking forward to working with council, staff and the community to improve our service delivery and build this city.



www.sprucegrove.org/waste



FALL INTO A WASTE ROUTINE

The arrival of fall is often a time when families get back into a routine. Summer holidays are over, the kids are back in school and extra-curricular activities kick into high gear. Having a routine can help make those busy schedules a bit more manageable, so why not extend the idea to your household waste collection? Any time is a great time to start a waste routine! Not only will it save you time, but it can also help keep unnecessary items out of the landfill.

In Spruce Grove, the City runs a comprehensive waste collection program that features four main ways to dispose of unwanted household items: a black waste cart, a green organics cart, blue bag recycling and the Eco Centre. There's also a handy waste sorting app to help you sort with success.

Learn about the City's waste collection services and a variety of tools you can use to create your own waste routine and keep it going strong all year long.





Blue bag recycling

Blue recycling bags are used to collect products that can be recycled. Blue bags are picked up every week with no limit on the number of bags you can put out. There have been some recent changes to the items that can – and can't – be placed in your blue recycle bag, but there are still plenty of items that are eligible for recycling!

For example, the following items are accepted in your blue recycle bag:

- Hard/rigid plastic containers, tubs and bottles, but no lids or caps (e.g. detergent, condiment or shampoo bottles; margarine and yogurt containers; ice cream pails)
- Aluminum and tin food cans, pie plates and containers (clean and in their original shape)
- Books with front and back covers removed
- Magazines, newspaper, flyers and catalogues
- Office paper, envelopes and craft paper
- Flattened cardboard
- Boxboard (e.g. cereal, cracker, cookies, tissue boxes)

Some items that are not accepted in your blue recycle bag include:

- Soft/flexible plastics, such as plastic clamshell containers (e.g. berries, salads, bakery items)
- Single use plastic cups (e.g. pudding, applesauce, yogurt)
- Plastic bags, film and wrap (e.g. grocery bag, food wrap, re-sealable bags)
- Glass (clean glass jars can be taken directly to the Eco Centre for recycling)
- Single use plastic items (e.g. cutlery, straws, coffee pods)
- Styrofoam (e.g. packaging material, meat tray, take-out containers)

Use the City's online waste sorting tool, available at www.sprucegrove.org/sort, to sort with success. If your blue recycle bag has an item in it that is not recyclable, it will be tagged during collection and left behind. Don't be discouraged! We urge you re-sort your bag and place it out for collection the following week. Remember, every item recycled is one less item sent to the landfill.

www.sprucegrove.org/recycle

**REDUCE.
REUSE.
THEN RECYCLE.**

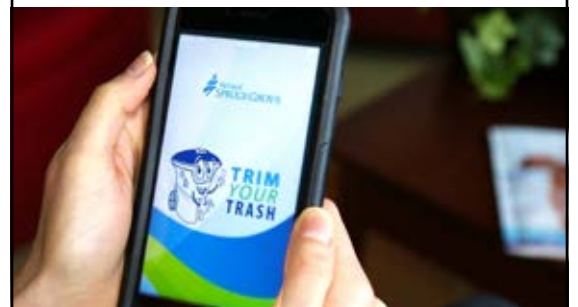
Did you know the three R's of recycling are in order of priority? Before you recycle, try first to reduce the amount of plastic/packaging you use or buy, and reuse containers, shop second-hand or fix what you can before replacing!

ALL ITEMS PLACED IN YOUR
BLUE RECYCLE BAG MUST BE CLEAN AND
FREE OF FOOD, LIQUIDS AND DIRT.

Sort with Success

Download the City's waste sorting app and online guide to what goes where. Search individual items and learn how to properly sort household waste. It's easy to use and FREE for any iOS or Android device.

www.sprucegrove.org/sort



RETURN FOR REFUND

Any item with a deposit, including glass bottles, beverage Tetra Paks and soda cans, can be returned to the bottle depot for a refund. For more information visit www.albertadepot.ca.



Catch it

Use a kitchen catcher lined with a compostable bag as a clean, convenient and low-odour way to easily collect food waste. Keep it on your kitchen counter for easy access and when it's full, toss the compostable bag in your organics cart. Spruce Grove residents can pick up a free kitchen catcher at the Eco Centre (50 Diamond Ave.), Spruce Grove City Hall (315 Jespersen Ave.) or Public Works (21 Century Close).

Green organics cart

Green organics carts are used to collect food waste, yard waste and soiled paper. These carts are collected on a weekly basis from mid-April to mid-November, and monthly from December to March. When placed out for collection, organic material must fit inside your green organics cart with the lid completely closed and must weigh less than 200 pounds. If you have extra organics, it can be disposed of at the Eco Centre for no charge.

The following items are accepted in your green organics cart:

- Food waste (e.g. vegetable peels, meat bones, coffee grinds)
- Paper towels, napkins and tissues
- Shredded paper
- Greasy paper food containers (e.g. soiled pizza box)
- Yard waste (e.g. dried flowers, leaves)

www.sprucegrove.org/organics



Use the following tips and tricks to get the most out of your green organics cart:

- Line your cart with newspaper for a quick and inexpensive solution to items sticking to the sides.
- Trap wet waste in paper towel, newspaper, paper bags or cereal boxes to avoid a mess.
- Minimize odours by freezing meat, fish and other odorous items until collection day.
- Store your cart in a dry place as rain and snow allow water to collect inside the cart which can cause damage or hinder emptying.



MORE INFORMATION

Report a broken/damaged cart or missed collection: 780-962-7584



DID YOU KNOW?

GREEN ORGANICS CARTS
AND BLACK WASTE CARTS
ARE NUMBERED AND
ASSIGNED TO EACH PROPERTY.
IF YOU MOVE, PLEASE LEAVE
THE CART BEHIND FOR
THE NEXT OCCUPANT.



DID YOU KNOW?
 THERE ARE TWO SIZES OF BLACK WASTE CARTS AVAILABLE TO RESIDENTS — A SMALL CART (120 LITRES) AND A REGULAR CART (240 LITRES). TO EXCHANGE YOUR REGULAR CART FOR A SMALL CART AT NO CHARGE, PLEASE CALL 780-962-7584.

Black waste cart

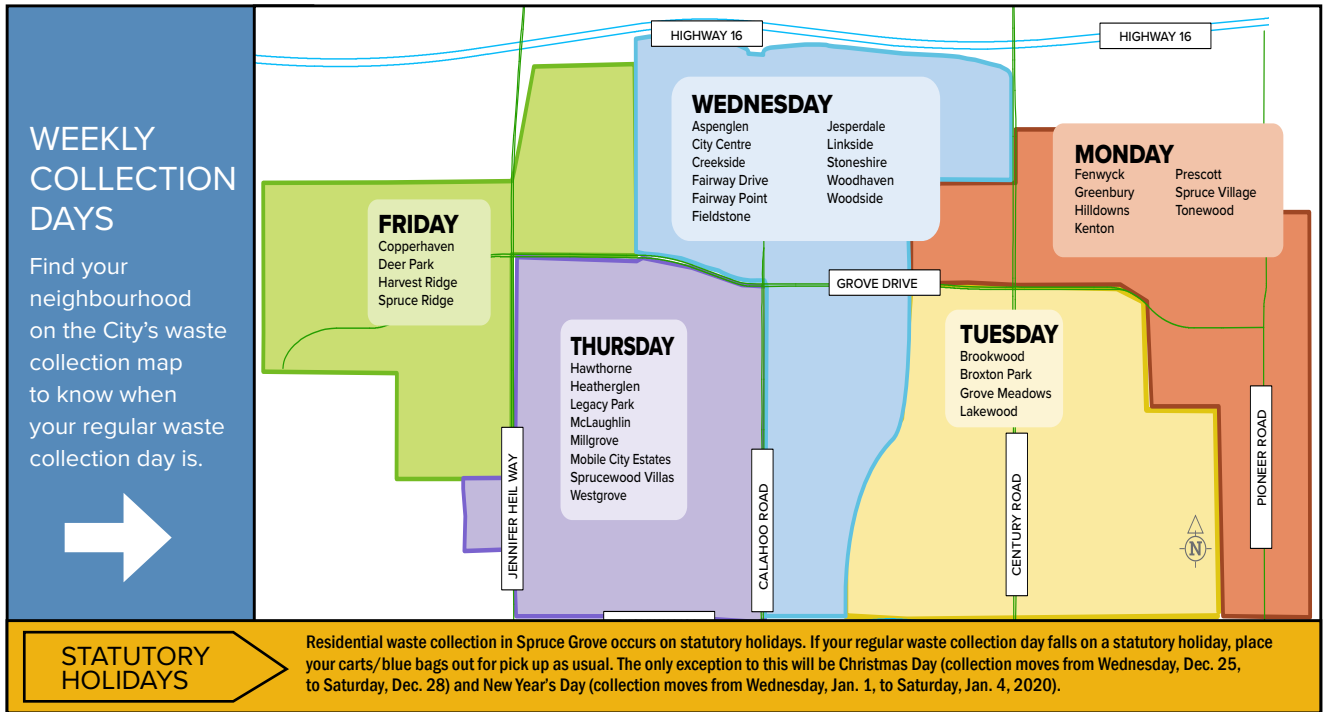
Black waste carts are used to collect household garbage and are picked up every week. To ensure successful collection, your household garbage must fit inside your black waste cart with the lid completely closed and must weigh less than 200 pounds. If you have extra garbage, it can be disposed of at the Eco Centre for a fee.

The following items belong in your black waste cart:

- Plastic bags, film, wrap and packaging
- Soft/flexible plastics such as plastic clamshell containers (e.g. berries, salad, bakery items)
- Single use plastic items (e.g. straws, cutlery)
- Diapers and wipes
- Craft paper (used), bows, ribbons
- Candles
- Glass (clean glass jars can be taken directly to the Eco Centre for recycling)
- Styrofoam

www.sprucegrove.org/waste





Make room in your black waste cart

Maximize space in your black waste cart by ensuring all organic material and acceptable recycling items are placed in the right spot.

Eco Centre

So how do you dispose of items that can't go in your black waste cart, green organics cart or blue bag, like an old couch, TV or cans of paint? That's when a trip to the Eco Centre is in order! The Eco Centre is a drop-off facility where residents can take large items, electronics, hazardous household waste, glass jars/containers, construction material, tires, propane tanks and more. Some items are subject to a disposal fee.

50 Diamond Ave.

Monday to Saturday: 10 a.m.–5:30 p.m.
Sunday: Closed
Statutory holidays: Closed

www.sprucegrove.org/ecocentre





Awards of Excellence

SPRUCE GROVE

RECOGNIZING EXCELLENCE

City inducts two individuals to Awards of Excellence program

Two local athletes who translated their skills on the ice into medals at both the Paralympic Games and the Olympic Games have been inducted into the City of Spruce Grove's Awards of Excellence program this year.

Team Canada para ice hockey defenceman Steve Arsenault and Team Canada ice hockey goalie Ben Scrivens have both been recognized in the Athletics category for their achievements. They were presented with their awards during the City's Canada Day Celebration on July 1 at Jubilee Park.

The Spruce Grove Awards of Excellence program was established in 2003 as a way for the City of Spruce Grove to recognize outstanding community members who have made contributions in the areas of athletics, arts, education, the environment, innovation, community service or significant achievement.

This is the highest form of recognition offered by the City and to be eligible, a nominee must have made a significant contribution to the City or have achieved national and/or international recognition in the nomination category.

Ben Scrivens, left, and Steve Arsenault were inducted into the City of Spruce Grove's Awards of Excellence program this year.

STEVE ARSENAULT

Steve Arsenault began his para ice journey in 2005 when he was named to Canada's National Para Hockey Team. A steady force on the blue line in his position as defenceman, Steve has competed in two Paralympic Winter Games, winning silver at PyeongChang 2018 and bronze at Sochi 2014.

In addition to being a Paralympian, Steven has won two gold medals (2013 and 2017) and one silver medal (2015) at the IPC Para Hockey Championships, and multiple gold and silver medals at the World Sledge Hockey Challenge.

In his youth, Steve played able-bodied hockey in Spruce Grove, but lost mobility in his hip due to avascular necrosis of the femoral head. This condition results in the death of bone tissue due to a lack of blood supply, causing severe joint pain. A rapid growth spurt at age 10 weakened Steve's femur and pelvis and complications after surgery caused the femur to lose its spherical shape and strength. However, rather than quit playing hockey, Steve used his industrious attitude and skills to successfully transition into the sport of para ice hockey.



Steve now works with other para ice hockey players as a mentor and coach. He currently leads Team Alberta's para ice hockey team as their head coach and since he took on the role, his teams have yet to be defeated and have won four consecutive national championships. He also works with Canada's National Para Hockey Development Team.

Today, Steve lives in Stony Plain and works as a general contractor. He enjoys spending time with his two daughters, Hana and Lena.

BEN SCRIVENS



Ben Scrivens started his hockey career at the age of six with Spruce Grove Minor Hockey. He completed his Midget year in Spruce Grove before going on to play in the Alberta Junior Hockey League for two seasons, completing his time in the AJHL in the starter goalie position with his hometown team, the Spruce Grove Saints.

During his time with the Saints, he was selected to the Northern Alberta AJHL All Star Team to play in the Viking Cup and following an MVP performance, he was offered a scholarship and opportunity to play hockey at Lynah Rink, home of Cornell University's Big Red Men's Hockey Team.

While at Cornell, Ben won Eastern College Athletic Conference Goalie of the Week numerous times and was named to multiple all-star teams. He was also active in organizing a Teddy Bear Toss fundraiser with proceeds being donated to the Franziska Racker Centers and The Cancer Resource Center of the Finger Lakes. As a senior, Ben earned First Team All-American honours as well as being a finalist for the Hobey Baker Award as the top player in men's National Collegiate Athletic Association hockey. It was during his time at Cornell that Ben met his wife Jenny, who was a goaltender with the university's Big Red Women's Hockey Team. He graduated from Cornell with a degree in Hotel Administration.

After completing his collegiate career, Ben joined the National Hockey League when he signed a contract with the Toronto Maple Leafs. In 2013 he was traded to the Los Angeles Kings and then he returned closer to home, playing for the Edmonton Oilers from 2013-2015, during which time



he set an NHL record for most saves (59) in a regular season shutout. While playing in Edmonton, he wore goalie masks that were designed and painted by two local artists with schizophrenia to help raise awareness around the stigma surrounding mental health. Following the 2014-2015 season, both masks were auctioned off with proceeds going to the Alberta Mental Health Association and the Schizophrenia Society of Alberta.

He finished his time in the NHL with the Montreal Canadiens in 2015-2016 and then moved to the Kontinental Hockey League, playing with Dinamo Minsk in Belarus in the 2016-2017 season and then Salavat Yulaev Ufa in Russia in the 2017-2018.

A unique opportunity presented itself in 2018 when Team Canada asked Ben to join the 2018 Olympic Canadian Men's Hockey Team. Ben played three games for Canada at PyeongChang 2018, posting a 1.61 GAA to help the team win the bronze medal.

Today, Ben has retired from professional hockey and returned to university where he is working towards his Master's degree in Social Work with an emphasis on Policy and Restorative Justice.



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 going back to 2005, including this year's two inductees, Steve Arsenault and Ben Scrivens

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.



OUTSTANDING ACHIEVEMENT RECOGNITION PROGRAM

Help celebrate our local talent!

Do you know an individual, team, group or organization that has accomplished an outstanding achievement in the areas of athletics, fine arts, academics or cultural activities?

Nominate them through the City of Spruce Grove's Outstanding Achievement Recognition program.

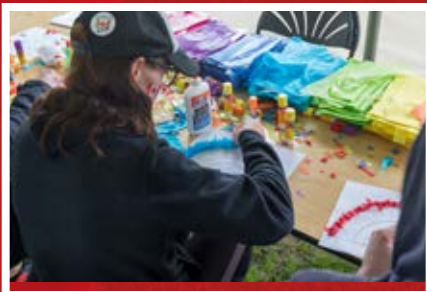
To be eligible, nominees must have noted accomplishments for first, second or third place at a provincial, national, international or invitational competition or event.

Learn more and submit an application at www.sprucegrove.org/outstandingachievement.



CITY OF SPRUCE GROVE
CANADA DAY
Celebration





A BIG thank you to all of our volunteers, vendors, sponsors and partners for their hard work and dedication on Canada Day.

Serving the COMMUNITY OF CHOICE



MAYOR
STUART HOUSTON
shouston@sprucegrove.org



COUNCILLOR
MICHELLE GRUHLKE
mgruhlke@sprucegrove.org



COUNCILLOR
CHANTAL MCKENZIE
cmckenzie@sprucegrove.org



COUNCILLOR
DAVE OLDHAM
doldham@sprucegrove.org



COUNCILLOR
WAYNE ROTHE
wrothe@sprucegrove.org



COUNCILLOR
ERIN STEVENSON
estevenson@sprucegrove.org

MEET YOUR **NEW COUNCILLOR**

*Served two terms as alderman
Elected to third term as
councillor in 2019 by-election*

BUSINESS AND PROFESSIONAL HISTORY:

- Web application developer
- Owner, Broadport Canada Inc. 1996-2019

PREVIOUS COMMUNITY INVOLVEMENT:

- Past-chair of St. Thomas Aquinas Parent Council and St. Joseph Parent Council

- St. Joseph School Playground Society member
- Served on various boards and committees during previous council terms, including the Spruce Grove Public Library Board, TransAlta Tri Leisure Centre Board and Capital Region Board (CRB) Regional Transit Board

HOBBIES OR INTERESTS:

- Camping
- Travelling
- Reading



COUNCILLOR
JEFF ACKER
jacker@sprucegrove.org

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



INSIDE COUNCIL CHAMBERS

An introduction to your local government

From building roads and maintaining parks to hosting events and planning for new growth, the City is responsible for managing a wide portfolio of local programs, services and other amenities. This direction comes from the City's long-term strategic plan, which outlines Spruce Grove City Council's vision for the future of Spruce Grove, and focuses on identifying – and meeting – the needs of both current and future residents.



LEARN THE LINGO!

The **strategic plan** is a 20-year planning document that ties together the necessary requirements to purposefully move the City forward and achieve Spruce Grove City Council's vision for Spruce Grove. To view the most recent strategic plan, visit www.sprucegrove.org/strategicplan.



BUT WHAT REALLY HAPPENS TO PUT ALL THOSE PARTS IN MOTION?

Follow along in this introduction to your local government, which outlines how City Council and City Administration work together to meet the needs of our growing community, who's who, how decisions are made and what you can do to get involved in the civic process.

WHO'S WHO AND WHAT THEY DO

There are several key groups who play an important role in keeping the wheels of municipal government turning. Learn who's who, what they do and your role in moving our community forward.

City Council

Spruce Grove City Council is comprised of one mayor and six councillors who serve four-year terms. There are no 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.



DID YOU KNOW?

In Spruce Grove, City Council members are not elected by ward. Instead, they are elected-at-large, meaning they represent the community as a whole.



Spruce Grove residents

That's right! As a Spruce Grove resident, you play a crucial role in the structure and evolution of the City. By electing members of City Council, you hold an important civic responsibility in selecting the leaders and decision makers of our community. You can also attend council meetings, participate in consultation opportunities and volunteer to serve on boards, committees and task forces that work with council on special initiatives. For details, visit www.sprucegrove.org/volunteer. By staying informed, voting and getting involved, you play an active role in shaping our future.



City Manager

The City Manager is the administrative head of the City and plays a key leadership role as the liaison between City Council and City Administration. Responsible for the overall management of the organization, the City Manager informs council members on day-to-day operations and ensures policies, programs and the strategic plan are implemented. Turn to page 8 to learn about Simon Farbrother, Spruce Grove's City Manager.



Administration

Administration is comprised of hundreds of employees who specialize in various areas of expertise and work together to run/develop the City. Administration provides services to the community and equips City Council with information and expertise so they can make informed decisions that impact Spruce Grove residents.

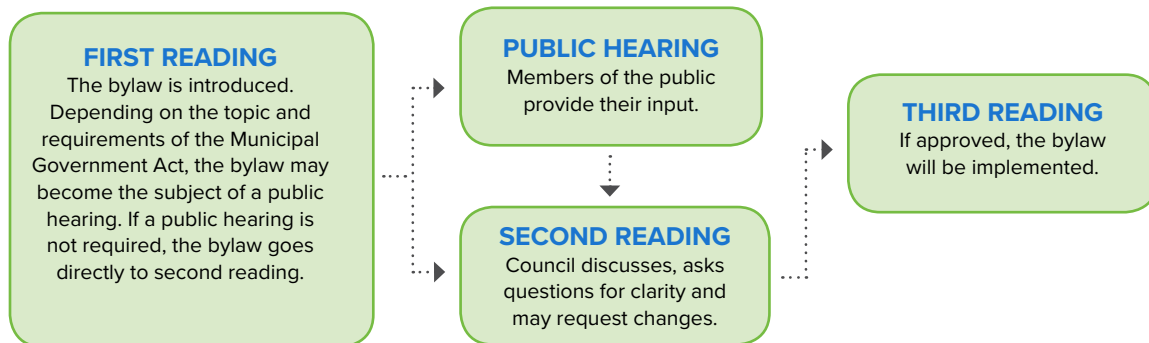


HOW DECISIONS ARE MADE

As Spruce Grove continues to grow, a variety of topics, projects and initiatives come before City Council in the form of reports, presentations and recommendations so they can make decisions and set an overall direction for the City. When council is required to make a decision, they put the matter to a vote. Each council member has an equal say and a majority vote decides. Administration is then empowered to make strategic and day-to-day operational decisions that collectively bring council's direction to life.

A roadmap to the bylaw process

A bylaw is a series of rules related to a specific topic that the community must follow. The City's bylaws touch on a range of topics, including dog and domestic animal control, utility services, property tax and smoking in Spruce Grove. But before a bylaw is approved or implemented, it must go through three stages: first, second and third reading. Each reading comes before City Council for consideration and depending on the topic and requirements of the Municipal Government Act, may become the subject of a public hearing. Council votes on each stage and if at any time the reading is not carried, the process ends. For a list of approved bylaws that may be of interest to you, visit www.sprucegrove.org/bylaws.



Public hearing

- Public hearings are all about public input! They are an opportunity for you to speak directly to City Council and to share information, feedback, concerns, suggestions and/or support for a proposed bylaw/topic. Alternatively, you can provide a written submission in advance of the public hearing date.
- Once a public hearing closes, the bylaw moves to second reading and council cannot receive any new information on the topic before making a decision.
- Public hearings occur during council meetings and are advertised on the City's website and in the local newspaper (*The Grove Examiner*). Additionally, properties in the affected area are individually notified.
- For more information about the public hearing process, including a list of upcoming public hearings, visit www.sprucegrove.org/publichearings.



GROWING OUR CITY

Planning and managing the growth of a community is a big job! To keep us on track and moving in the right direction, the City uses its Municipal Development Plan, a number of area structure plans and the Land Use Bylaw to help guide development in Spruce Grove.



As an overall blueprint, the Municipal Development Plan gives a birds-eye view on how the community as a whole is expected to grow over time, as well as how the city relates to other communities in the Edmonton Metropolitan Region today and in the future. For more information about the City's Municipal Development Plan, *Our Bright Future 2010–2020*, visit www.sprucegrove.org/MDP.

Then, area structure plans (ASPs) focus in on how smaller, more specific areas of the city are expected to evolve. For example, the City has a West Central ASP, a Railway Avenue Area ASP and an East Campsite Business Park ASP, to name a few. To view all the City's ASPs, visit www.sprucegrove.org/areastructureplans.

Zooming in even closer, the Land Use Bylaw is used to determine where certain types of buildings or amenities are permitted within a specific area and how they can be used. This includes everything from large retail shopping centres and residential housing to signs on storefronts and backyard decks. For more information about the City's Land Use Bylaw, visit www.sprucegrove.org/landusebylaw.

Over time, City Administration, landowners and developers may propose changes—also called amendments—to the Municipal Development Plan, area structure plans and the Land Use Bylaw so that pieces of land can be used in new or different ways. These changes are brought to City Council for consideration and, eventually, a vote. But, before any decision is made, these amendments must go through the process of first, second and third reading — and become the subject of a public hearing.



LEARN THE LINGO!

Established by the Government of Alberta, the **Municipal Government Act** is the law that all Alberta municipalities must follow when shaping their communities.



ATTEND A MEETING

Council meets at least three times per month (with the exception of July and August). 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. So, what's the difference?

City Council meetings

City Council meetings are when members of council consider bylaws, hold public hearings, hear from Administration and public delegations, discuss business items and make decisions. There is also a question and answer period when members of the public can ask questions that are concise and specific. Questions may be referred to City Administration for further investigation, but in all cases, you will receive a reply.

If required, City Council can hold a special council meeting in addition to the regular meeting schedule.

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. The next organizational meeting will be held on Monday, Oct. 28, at 4 p.m. in Council Chambers.

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.

Corporate plan review meetings

Each fall, the recommended corporate plan is presented during a series of corporate plan review meetings and amended based on committee deliberations and council direction. This year, these meetings are scheduled for Monday, Oct. 28, at 4:30 p.m., as well as Tuesday, Oct. 29 and Wednesday, Oct. 30, at 4 p.m. (if needed) in Council Chambers. End times may vary.



LEARN THE LINGO!

The **corporate plan** is one of the City's guiding documents and prioritizes all projects and initiatives. It outlines the following year's budget, sets the municipal tax increase and any changes to the utility, solid waste or franchise fees. The 2019–2021 Corporate Plan is available at www.sprucegrove.org/corporateplan.

A **motion** is a formal proposal that is brought to City Council and Committee of the Whole meetings for council to vote on. Based on a majority vote, a motion can be carried, tabled or defeated.



MISSED A MEETING?

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



Meeting summaries

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



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.

A **delegation** is a group of people who formally present to council during a meeting. Delegations are given up to 10 minutes to make their presentation.

Council will move into **closed session** to discuss confidential matters, such as third party business interests or personal privacy, law enforcement, intergovernmental relations and economic interests. These sessions are permitted under the Freedom of Information and Protection of Privacy Act and are not open to the public. Typically, a closed session takes place at the end of a City Council meeting.

f /trileisure

t @trileisure

i /trileisurecentre



TransAlta
Tri Leisure Centre

YOUR TRI Active Life

FALL 2019

Aquatics | Children & Youth
Programs | Adult Fitness Programs
Drop-in Programs & Activities
Professional Services

REGISTRATION OPENS:

August 20 | Members
August 22 | Non-Members



Stephanie Labbé
TLC Ambassador
2016 Olympic Bronze
Medalist, Women's Soccer
North Carolina Courage
(NWSL)

KidSport Parkland

So All Kids Can Play

KidSport Parkland helps economically disadvantaged children take part in organized sports by providing financial assistance to kids under the age of 18 who need help to offset the cost of registration fees.

Get involved:

- Apply for assistance
- Make a donation
- Host an event
- Volunteer as a board member

www.sprucegrove.org/kidsport





Central Park
450 King Street



HORIZON STAGE

Performing Arts Centre

2019 SHOWS

up close
& 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

horizonstage.com

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





Nice Horse

Friday, September 20 – 7:30 p.m.

Country Music

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

nicehorsemusic.com



Lloyd Spiegel

Saturday, September 21 – 7:30 p.m.

Blues Guitar Music

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

lloydspiegel.com



Christine Hanson's The Cremation of Sam McGee

Saturday, September 28

LIMITED SEATING

Activities in the lobby starting at 6 p.m.

Performance at 7:30 p.m.

Multi-Disciplinary Celebration

Tickets: Free for Alberta Culture Days – Limit 4 per transaction. Does not count toward discount package total.

cremationofsammcgee.com



Kenny Hess: The Songs That Wrote Country Music

Saturday, October 5 – 7:30 p.m.

LIMITED SEATING

Classic Country Music

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

kennyhess.com



Family Programming

TerZetto

Tuesday, October 8 – 6:30 p.m.

Physical Theatre

Tickets: \$12 All Ages – Not eligible for discount, does not count toward discount package total

Recommended Age: 5 years and up

Running Time: Approx. 55 minutes - no intermission

Free preshow activities for children in the lobby from 5:30 – 6:15 p.m.

laubergine.qc.ca/en



Jimmy Rankin **SOLD OUT**

Tuesday, October 22 – 7:30 p.m.

East Coast/Country/Roots Music

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

jimmyrankin.com



Red Dirt Skinners

Saturday, November 2 – 7:30 p.m.

Folk/Folk Rock Music

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

reddirtskinners.com



Jake's Gift

Thursday, November 7 – 7:30 p.m.

Dramatic Historical Theatre

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

jakesgift.com



Christopher Hall and the Comic Quartet

Saturday, November 9 – 7:30 p.m.

Classical Music with a Sense of Humour

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

comicorchestra.com



Mac Daddy: The Fleetwood Mac Experience

Friday, November 29 – 7:30 p.m.

Saturday, November 30 – 7:30 p.m.

LIMITED SEATING

Rock Music Tribute

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

macdaddy.ca



Nadeau Ensemble: A Prairie Christmas

Saturday, December 7 – 2 p.m.

Saturday, December 7 – 7:30 p.m.

Celtic Harp Christmas Music

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

janellenadeau.com



A Night of Strictly Business... Christmas Business

Saturday, December 14 – 7:30 p.m.

Christmas Cabaret

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

strictlybusinesstheatre.com

2020 SHOWS

JANUARY:

- 11** Rythmo!
- 16** Tease and Tassels Workshop
- 17** Cheesecake Burlesque Revue
- 25** Ken Lavigne: Three Knights with a Tenor
- 27** Rattle and Strum
- 28** Exultation

FEBRUARY:

- 1** Tiny Islands
- 6** Ben Crane
- 15** A Touch of Cole
- 22** The Abrams

MARCH:

- 7** Singer Songwriter Night with Ryan Langlois
- 20** Billy McGuigan's Rock Legends **LIMITED SEATING**
- 22** The Slokan Ramblers

APRIL:

- 17** BOOM starring Rick Miller

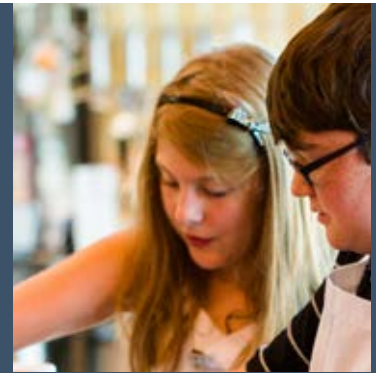
MAY:

- 22** Going Wild with Brian Keating

*Programming subject to change without notice



Fall Programs Guide





Caring Connections
Call 780-962-7618

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

FCSS connects people with program and service information related to:

- Basic needs
- Finances
- Emotional and mental health
- Parenting and childcare
- Senior services
- Recreation and social programs
- Volunteer opportunities
- Housing
- And much more!

FCSS staff are available to work with you to assess your situation and find the most appropriate program or service to meet your needs. After hours and on weekends, people simply need to call 2-1-1.*

*Service not available in all areas of Parkland County.

Green Book

Spruce Grove FCSS, Stony Plain FCSS and Parkland County work collaboratively to develop The Green Book Community Resource Directory. This directory contains a summary of the community resources and support groups in the tri-region and is a valuable tool for anyone looking for services. The Community Resource Directory is available free of charge at the Stony Plain Town Office, Stony Plain FCSS, Spruce Grove FCSS and Parkland County offices. Please call 780-962-7618 (Spruce Grove), 780-963-8583 (Stony Plain) or 780-968-8888 (Parkland County) for more information.

Case Management Services

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.

Counselling Services

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 (CVITP)

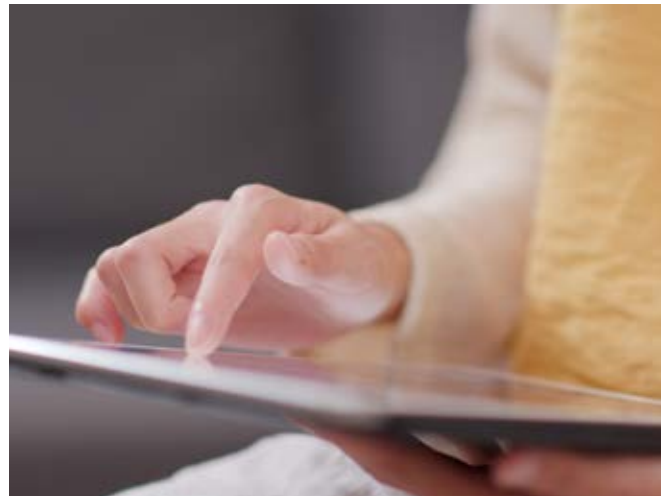
Do you need help completing your Income Tax and Benefit Return? Spruce Grove FCSS, in partnership with Canada Revenue Agency (CRA), provides year-round tax preparation services for eligible individuals with a modest income and a simple tax situation. CRA trained volunteers will complete your taxes at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

FCSS Programs

FCSS provides programs for seniors, youth, adults and families. Many of our programs are the result of partnerships with local businesses and other agencies. Our partners are named in individual program descriptions. Spruce Grove FCSS would like to thank all its partners and sponsors for their generous support.

Program registration starts Tuesday, Aug. 27, 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

- Online. Registering online is easy! Just follow these steps:
 1. Go to www.sprucegrove.org/online
 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 Adults



DROP-IN 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.

Thursday, Oct. 24
10–11 a.m.

St. Andrews United Church
1 A Fieldstone Dr., Spruce Grove

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

New Beginnings Listening Circle

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, understand, 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: Oct. 2 and Nov. 6
5:30–8 p.m.

Spruce Grove Public Library
35–5th Ave., Spruce Grove
Free (includes light dinner and refreshments)

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

English Conversation Circle

Are you new to Canada? Would you like to get to know people and make new friends in the community and practise your English speaking skills? Join our weekly English Conversation Circle! Leaders will help you learn new words and phrases, and explain conversations you have had. For more information, call 780-591-3355.

Wednesdays: Sept. 18–Dec. 11
1–3 p.m.

Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
Free

A partnership between Tri-CALA and Spruce Grove FCSS.

INFORMATION SESSIONS

Estate Planning and Wills

Discuss the purpose of writing a will, what is involved in making a will and common mistakes. A legal representative will present information and answer questions.

Thursday, Oct. 24
6:30–8:30 p.m.

Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
Free

Registration required – call 780-591-3355

A partnership between Tri-CALA and Spruce Grove FCSS.

PERSONAL DEVELOPMENT PROGRAMS

Applied Suicide Intervention Skills Training (ages 16+)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop.

Saturday, Oct. 26–Sunday, Oct. 27
8:30 a.m.–4:30 p.m.

Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
\$150/person (please bring a bagged lunch)
Registration required – www.sprucegrove.org/onlinereg
or call 780-962-7618

Cut It Out – Salons Against Domestic Abuse

The Cut it Out campaign provides education, awareness and skills for salon professionals to safely refer clients to community resources. As a salon professional, get information and learn strategies to better recognize and respond effectively to a client who may be experiencing abuse.

Thursday, Nov. 7
8–9:30 a.m.

Stony Plain FCSS
107 Forest Green Plaza
4613–52 Ave., Stony Plain
Free

Registration required – www.eventbrite.ca

A partnership between Parkland Area Response to Family Violence Committee (PARFVC), Stony Plain FCSS and Spruce Grove FCSS.



PERSONAL DEVELOPMENT AND WELLNESS PROGRAMS

SafeTALK (ages 16+)

Learn to recognize and engage persons who might be having thoughts of suicide and how to connect them with community resources related to suicide intervention. Topics include moving beyond common tendencies to miss, dismiss or avoid suicide, identifying people who have thoughts of suicide and how to apply the TALK steps.

Thursday, Sept. 12
5:30–9 p.m.
The Agrena
9 Agrena Road, Spruce Grove
\$50/person

Registration required – email pfcss@stonyplain.com
or call 780-963-8583

A partnership between the Coordinated Suicide Prevention Program (CSPP) and Spruce Grove FCSS.



Journey Through Grief and Mourning

Find comfort, hope and encouragement in this facilitated support and educational group. Using music, art and talking circles, an atmosphere of safety, security and trust is developed so each member feels safe and supported to work through their grief and mourning.

Wednesdays: Sept. 25–Nov. 27
6–9 p.m.
Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
Free

Registration required – call 780-963-6151

A partnership between Alberta Health Services and Spruce Grove FCSS.

COMPASS for the Caregiver

COMPASS is a program that gives caregivers the tools to better manage the unique demands and challenges they experience. Topics include stress and burnout, dealing with difficult emotions like guilt and grief, putting yourself first and navigating the system. You can attend all or pick a few. COMPASS provides a safe place for caregivers to share their experiences with others who understand.

Tuesdays: Sept. 10–Oct. 29
10 a.m.–12 p.m.

Stony Plain FCSS
107 Forest Green Plaza
4613–52 Ave., Stony Plain
Free

Registration required – www.sprucegrove.org/onlinereg
or call 780-962-7612

A partnership between Stony Plain FCSS and Spruce Grove FCSS.

Indigenous Awareness Training

Explore historical events of the past and how they pertain to today's context. Through a series of facilitated segments, you will also become familiar with a variety of Indigenous protocols, terminology and initiatives related to the 2015 Truth and Reconciliation Report of Canada.

Thursday, Nov. 7

9 a.m.–4 p.m.
Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
\$60/person (please bring a bagged lunch)

Registration required – www.sprucegrove.org/onlinereg
or call 780-962-7618

Handling Anger

Learn how to express anger without hurting yourself, others or your relationships. This six-week program is facilitated by a representative from Aspire Psychological Services and will help you to think your way through life instead of reacting to it. This is a fast-paced, practical course that will help you change the destructive force of anger into positive energy at your work and home.

Wednesdays: Oct. 30–Dec. 4
6:30–8:30 p.m.

Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
\$60/person

Registration required – www.sprucegrove.org/onlinereg
or call 780-962-7618

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, enhances interpersonal skills and increases 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.

A partnership between the St. Andrew's United Church Thrift Shop and Spruce Grove FCSS.

FCSS Volunteer Opportunities for Adults

Community Volunteer Income Tax Clinic (CVITP)

Lend a hand! Tax filling 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. The tax clinic 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 while Spruce Grove FCSS organizes and trains volunteers to identify when clients may be missing any benefits or financial supports. If you have a basic understanding of income tax and would like to become a CVITP volunteer, please contact the CVITP Coordinator at 780-962-7583 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 volunteer opportunities. As a central point of access, the centre brings people together to meet community needs by connecting volunteers with Spruce Grove agencies in need of support.

Volunteer Fair

This event is a great opportunity for residents to learn about local volunteer opportunities. Volunteering is a great way to meet new people while gaining valuable experience. Come out and learn all the ways that you can give back to your community.

Wednesday, Sept. 18

6:30–8 p.m.

Heritage Park

5100–41 Ave., Stony Plain

A partnership involving Spruce Grove FCSS, Stony Plain FCSS, Parkland County, the TransAlta Tri Leisure Centre and the Parkland Area Volunteer Action Committee.





FCSS Seniors and Persons with Disabilities

Seniors/Persons with Disabilities Resource Centre

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

Spruce Grove Home Support Program

The Spruce Grove Home Support Program is a light housekeeping service that provides supports to 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 of Spruce Grove and Parkland County. For information regarding eligibility, services and subsidies (for persons with low income), call 780-962-7618.

Seniors Dance Night

Would you like to enjoy a fun night out, complete with entertainment and snacks? Seniors and friends are invited for an evening of music, dancing, friendship and fun.

Second Monday of each month
(third Monday if a statutory holiday falls on the second Monday)
6:30–8:30 p.m.

Spruce Grove Pioneer Centre
301 Jespersen Ave., Spruce Grove
Free (donations accepted), drop-in
For more information call 780-962-7618



Seniors Coffee Afternoon

If you are 55+ and interested in meeting other seniors from the community, join us for a casual and pleasant coffee afternoon. Refreshments provided.

Tuesdays
1–3 p.m.
Spruce Grove FCSS
105–505 Queen St., Spruce Grove
Free (donations accepted), drop-in

The Adventures in Aging Conference

Join us at the 12th annual Adventures in Aging Conference for seniors! This fun and informative day features a keynote by Jim Hole on Medicinal Cannabis, aging in place, technology, musical entertainment, senior Shumka dancers, fun movement breaks, an aging well presentation, door prizes, display booths and a delicious lunch. Tickets must be purchased in advance. Tickets will not be available at the door. Tickets available at Spruce Grove FCSS, Stony Plain FCSS and the Parkland County office. For more information call 780-962-7618.

Thursday, Oct. 10
9 a.m.–3:30 p.m.
Holy Trinity Catholic Church Hall
200 Boundary Rd., Spruce Grove
\$25/person

A partnership involving the Adventures in Aging working committee.

FCSS Youth



Registered programs

Many of our courses are now being offered on PD days as well as right after school. Find the date and time that will work for your schedule. For a more detailed description of these courses, visit www.kidproofcanada.com. For all weekend and after school programs, participant drop off will begin 10 minutes before the course is scheduled to start. Registration is required, visit www.sprucegrove.org/onlineereg or call 780-962-7618.

WEEKEND COURSES

Babysitter Training (ages 11–14 years)

Join us as we offer Kidproof Canada's number one course in the country. Babysitter Training is designed to increase positive values of caring and responsibility while building confidence and providing the hands-on experience and skills needed to be a great babysitter.

Saturdays: Oct. 26 OR Dec. 7

9 a.m.–4 p.m.

Lions Log Cabin

454 King St., Spruce Grove

\$60/person (includes a babysitter's handbook and wallet card)

Saturday, Nov. 2

9 a.m.–4 p.m.

Parkland Village Community Centre

60–53222 Rge. Rd. 272

\$60/person (includes a babysitter's handbook and wallet card)

Home Alone + First Aid (ages 10+ years)

This is a mix of Kidproof's top Home Alone course and Emergency First Aid. The fun and active course teaches planning and decision making. Participants are given tools on how to respond to medical emergencies and are empowered to be at home alone.

Saturdays: Oct. 5 OR Nov. 23

9 a.m.–1 p.m.

Lions Log Cabin

454 King St., Spruce Grove

\$55/person

Saturdays: Sept. 28 OR Dec. 14

9 a.m.–1 p.m.

Parkland Village Community Centre

60–53222 Rge. Rd. 272

\$55/person

AFTER SCHOOL COURSES

Conflict Resolution (ages 10–14 years)

This course is designed to teach children appropriate conflict resolution skills with peers, educators and parents. This valuable program gives students the ability to resolve or diffuse a situation in a healthy and productive manner before it becomes out of control, dangerous or violent.

Wednesday, Nov. 6

4:30–6:30 p.m.

Lions Log Cabin

454 King St., Spruce Grove

\$32/person

Bullyproofing (ages 7–11 years)

This Kidproof program is designed to be preventative and proactive so that children can avoid being bullied, and if they are bullied, know how to stop it. In an interactive, non-threatening manner, children learn how to become “bullyproofed.”

Wednesday, Oct. 16
4:30–6:30 p.m.
Lions Log Cabin
454 King St., Spruce Grove
\$32/person

Mess with Stress (ages 10–12 years)

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. Stress is normal and sometimes even a good thing. This class will highlight how stress can affect you mentally, physically and emotionally, and will provide useful resources and tips.

Wednesday, Nov. 20
4:30–6:30 p.m.
Lions Log Cabin
454 King St., Spruce Grove
Free

**PD DAY COURSES****Junior Gourmets (ages 8–12 years)**

Junior Gourmets aims to create social connections through the preparation of food. Youth are valuable in the kitchen and this program creates an environment for personal growth and social development by enhancing interpersonal skills, increasing resiliency and confidence.

Friday, Oct. 11
9 a.m.–3 p.m.
Spruce Grove FCSS
105–505 Queen St., Spruce Grove
\$75/person (includes lunch and a snack; make sure you bring a ‘to go’ container for leftovers)

FCSS Youth Mentorship Program

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 drop-in at the Lions Log Cabin in Spruce Grove to take part in various weekly programs. All activities are free.

Lions Log Cabin
454 King St., Spruce Grove
School year hours (starting Sept. 1):
Tuesday–Friday: 3–6 p.m.
Saturday: 1–7 p.m.
Sunday and Monday: Closed

To view the FCSS Youth Mentorship Program’s monthly calendar, please visit www.sprucegrove.org/FCSSyouth.

FCSS Youth Groups

The Studio (ages 14–18 years)

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 help plan weekly activities. Topics may include self-esteem, community, safety, goal setting and volunteerism.

Thursdays (September–June)

3:30–5:30 p.m.

Lions Log Cabin

454 King St., Spruce Grove

Free

Registration required — call 780-962-7618

A partnership between the Parkland RCMP and Spruce Grove FCSS.

Parkland Village Youth (ages 12–17 years)

Looking for something to do on Tuesdays? Come check out Parkland Village Youth. Each week you'll be able to try something new while spending time with your friends. Help plan activities, games and special events, including movie nights, cooking, indoor/outdoor games, attending local youth events and volunteering.

Tuesdays and every other Wednesday (September–June)

7–9 p.m.

Parkland Village Community Centre

60–53222 Rge. Rd. 272

Free

HERstory makers (ages 12–17 years)

In this female-focused mentorship program, participants will enjoy a variety of activities, including spa nights, movies, indoor/outdoor games and discussion topics. Through positive peer mentoring, we will focus on decision-making, self-esteem and life skill development.

Every other Wednesday (September–June)

7–9 p.m.

Parkland Village Community Centre

60–53222 Rge. Rd. 272

Free

To view a monthly calendar for Parkland Village Youth and HERstory makers, visit www.sprucegrove.org/youth.



FCSS Volunteer Opportunities for Youth

We want you! The City of Spruce Grove is giving youth in the community an opportunity to volunteer throughout the year. As a volunteer you will receive a reference letter for future employment and the hours you contribute could count toward credits at school. Volunteering is a great opportunity to meet new people and gain valuable experience and skills. Get involved in your community and have your voice heard! To sign up or for more information, call 780-962-7618 or email fcss@sprucegrove.org.



FCSS Support Groups

Caring Friends Bereavement Support Group

This confidential and informal bereavement support group is led by trained bereavement counsellors. Participants have an opportunity to share their feelings and understand the emotions associated with grief in a safe, supportive environment.

First Thursday of the month

7–8:30 p.m.

Stony Plain FCSS

107, 4613–52 Ave., Stony Plain

Free, drop-in

For more information call 780-963-8583.

Living with Loss to Suicide

This self-help group supports participants through listening, sharing and caring. It offers a shared experience, strength and hope.

Last Monday of the month

7–9 p.m.

Spruce Grove FCSS

105–505 Queen St., Spruce Grove

Free, drop-in

Registration required — call 780-342-1340

Parkland Caregivers Group

The Parkland Caregivers Support Group offers caregivers a chance to take a short break from their caregiving role, grab a coffee or some breakfast, and connect with others who can relate to what they are going through. The group provides an opportunity to share caregiving experiences and resources in a safe and understanding environment.

Every second Saturday of the month

8–9:30 a.m.

Smitty's Family Restaurant

16 Nelson Dr., Spruce Grove

Free, drop-in

For more information call Caregivers Alberta at 780-453-5088.



FCSS 211

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.

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-Being
-  Social Competence
-  Emotional Maturity
-  Language & Thinking
-  Communication Skills & General Knowledge

Early Learning and Care

Baby Sign

(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.

Mondays: Oct. 21–Nov. 4
10:30–11:30 a.m.

Spruce Grove Public Library
35 Fifth Ave., Spruce Grove
Registration required – www.eventbrite.ca

Tuesdays: Oct. 1–15
1–2 p.m.

Parent Link Centre
344 Pioneer Road, Spruce Grove
Registration required – www.eventbrite.ca

A partnership involving the Spruce Grove Public Library.

Tick Tock Time

(ages 0–4 years)

A fun and interactive group experience for parents, their babies and young children focusing on the pleasure and power of rhymes, songs and stories. Children's imagination and early language skills develop while the parent-child bond strengthens. Parents are required to attend.

Wednesdays: Sept. 25–Nov. 13
10:30–11:30 a.m.

St. Michael's Grove Manor
600 King St., Spruce Grove
Registration required – www.eventbrite.ca

Fridays: Sept. 27–Nov. 15
10:30–11:30 a.m.

Spruce Grove Public Library
35 Fifth Ave., Spruce Grove
Registration required – www.eventbrite.ca

A partnership involving St. Michael's Grove Manor and the Spruce Grove Public Library.

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: Sept. 26, Oct. 24, Nov. 21
and Dec. 12

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: Oct. 1–22
10–11 a.m.

Parent Link Centre
344 Pioneer Road, Spruce Grove
Registration required – www.eventbrite.ca

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.

Tuesdays: Sept. 10–Dec. 17
(No group Nov. 12)

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

Wednesdays: Sept. 11–Dec. 18
10–11:30 a.m.

Parent Link Centre
344 Pioneer Road, Spruce Grove

Thursdays: Sept. 12–Dec. 12
(No group Nov. 14)

10–11:30 a.m.
St. Andrews United Church
1A Fieldstone Drive, Spruce Grove

A partnership involving Parkland County and St. Andrews United Church.

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](https://www.facebook.com/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



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: Sept. 13–Dec. 13
(No group Oct. 11)

10–11:30 a.m.

Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
Drop-in

Story Surprise

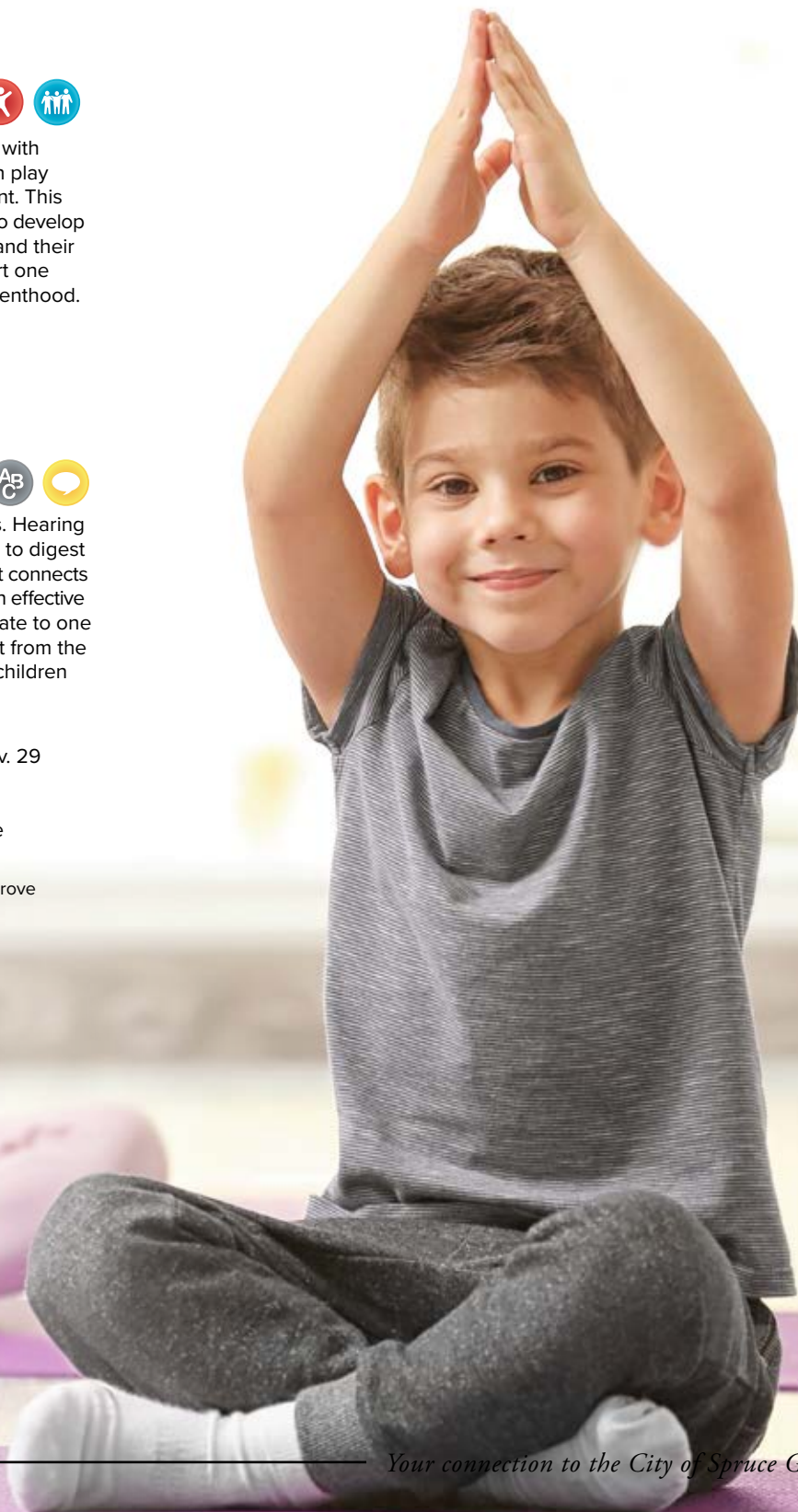


Humans are emotional creatures. Hearing stories and storytelling allows us to digest information more easily because it connects that information to emotions. It is an effective way of teaching and helps us relate to one another. Join us for a special visit from the Spruce Grove Public Library for children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

Every other Friday: Sept. 20–Nov. 29
10–10:30 a.m.

Parent Link Centre
344 Pioneer Road, Spruce Grove
Drop-in

A partnership involving the Spruce Grove Public Library.





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: Sept. 18–Dec. 11
(No group Dec. 4)

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

For more information – call 780-963-0549

Twins, Triplets & 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 or more. Siblings are welcome.

Wednesdays: Sept. 18–Dec. 11
(No group Nov. 13)

10–11:30 a.m.
Border Paving Athletic Centre
9 Tri Leisure Way, Spruce Grove
Free, 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. Choose from a one-off seminar to detailed group courses or personal support. 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 at 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 take-home 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.

Saturdays: Sept. 28–Nov. 2
(No group Oct. 26)

9:30–11:30 a.m.
Parent Link Centre
344 Pioneer Road, Spruce Grove
Registration required – www.eventbrite.ca
Limited childcare available



Infant Massage

Touch is an infant's first form of communication. Through massage we can effectively communicate as well as understand what an infant is saying to us. Infant massage assists in the growth and development of a baby's body, mind and spirit. In addition, it can bring relief to complaints of colic, constipation, respiratory disorders and sleeping difficulties. A Certified Infant Massage Teacher (CIMT™) will teach the art of infant massage to parents or caregivers in the presence of their babies. For more information, call 780-963-0549.

How to register

Online: www.alliedartscouncil.com

In person: Melcor Cultural Centre
35–Fifth Ave., Spruce Grove

By phone: 780-962-0664

By email: alliedac@telus.net

Gallery and office hours

Monday–Saturday: 10 a.m.–5 p.m.
Closed Sundays and all statutory holidays

Adult Classes

Friday Night Oil Painting

This four-week course is taught at your level so you can learn at your own pace. Daphne uses positive encouragement to guide you through the paintings of your choice. Bring in your own reference images or use ones provided. There will be a focus on composition, colour theory, mixing, brush handling and other techniques.

Fridays: Sept. 6–27
6–9 p.m.

\$110 plus supplies
Instructor: Daphne Côté

Beginner Zentangle

Zentangle drawing is like yoga for the mind. An easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases creativity and focus, provides artistic satisfaction and will increase your sense of personal well-being.

Saturday, Sept. 7
2–4 p.m.

\$60 includes all supplies
Instructor: Dolly Bolen

Relief Printmaking

In this seven-week course, students will carve and print both black and white, and colour woodcut pieces. Students will learn to safely carve intricate images in plywood and to ink up and print their carved woodblocks onto paper.

Sundays: Sept. 8–22, Oct. 6–27
and Nov. 3 (No class Oct. 13)

1–4 p.m.
\$125 plus supplies
Instructor: Lisa Matthias

Watercolour Pencil

Have a set of watercolour pencils but not sure what to do with them? Bring your set to class and see the beautiful art you can achieve with your water-soluble pencils. Photo reference will be provided.

Wednesdays: Sept. 11–Oct. 16
9 a.m.–12 p.m.

\$145 plus supplies
Instructor: Susan Casault

All Occasion Card Making

Create four beautiful cards for your card stash: a birthday, thank you, sympathy and blank card to ensure you have one for every occasion. No experience necessary, beginners welcome.

Wednesday, Sept. 11
7–9 p.m.

\$40 includes all supplies
Instructor: Christina Giese

Abstract Acrylic

Practise a variety of acrylic techniques and create interesting backgrounds, glazes, layers, collages with a few treasures and high density textures. Play with colour and share interesting ways of creating an abstract original.

Saturday, Sept. 14
10:30 a.m.–3:30 p.m.

\$65 plus supplies
Instructor: Dianna Hanna

Camera Mastery

Students with a strong desire to learn how their camera works can take their digital photography skills to the next level. Level 1 covers practical photography knowledge and camera operations. Level 2 covers pre-visualizing the photo you want to take. In Level 3, students explore powerful creative tools like depth of field, aperture and shutter speed. In Level 4, students practise using Lightroom, photo editing software.

Saturdays: 10–4pm
Level 1 — From Auto to the Great Beyond: Sept. 14

Level 2 — Images with Impact: Oct. 26

Level 3 — Creative Mastery: Nov. 16

Level 4 — Lightroom: Dec. 7

\$50/person/level or \$175 for all four
Instructor: Al Dixon

Coloured Pencil Workshop

Project: Hummingbirds in a Nest

Saturday, Sept. 21
9 a.m.–2 p.m.

\$65 plus supplies
Instructor: Susan Casault

Alcohol Ink

Learn easy techniques to create a bright and fun project. Crystal will walk you through the steps, including which supplies you need, basic techniques and which surfaces can be inked. You'll complete a couple beautiful pieces of fine art that you can proudly display in your home. Please bring \$10 for potential supply upgrades (cash only).

Monday, Sept. 30
6–9 p.m.

\$50 includes supplies
Instructor: Crystal Fisher

Acrylic Basics and More

Basics for beginners and further developmental instruction/projects for those with acrylic experience. Colour theory and mixing, exercises in brush strokes, composition and more will be covered through discussion, demonstrations and hands-on painting projects.

Thursdays: Oct. 3–Nov. 21
6:45–9:45 p.m.

\$200 plus supplies
Instructor: Cindy Barratt





Painting Night

Join us, bring a friend and enjoy this step-by-step painting challenge. You will also be able to browse through our Christmas craft store in December!

Fridays: Oct. 4 and Dec. 13
7–9 p.m.

Instructor: Tina Bourassa

Christmas Whack-A-Stack

Get a jump start on your holiday cards this season! Create 20 beautiful cards (five designs, four of each design) to have in time for mailing. Your cards will be sure to impress. No experience necessary, beginners welcome. Please feel free to bring a bagged lunch/snacks. Supplies included.

Saturday, Oct. 5

10 a.m.–4 p.m.

Adults (18+): \$75

Ages 6–17: \$40 with an accompanying adult

Instructor: Christina Giese

Acrylic or Watercolour Developmental Painting

In this eight-week course, paint seasonal landscapes, mountains and florals, or a project of your choice. Receive demonstrations and hands-on individual assistance with technique and composition. Beginner to intermediate level.

Mondays: Oct. 7–28, Nov. 4–25 and Dec. 2–9 (No class on Oct. 14 or Nov. 11)
1–4 p.m.

\$200 plus supplies

Instructor: Cindy Barratt

Digital Painting (ages 12+)

Learn to digitally paint using your iPad and Apple Pencil in the Procreate app. All skill levels welcome. Must have supplies downloaded, tested, batteries full and ready to go so there are no technical difficulties the day of. We will explore and play with this new medium. This course will show you how other artists are using it and how you can too.

Monday, Oct. 7

5–9 p.m.

\$50 (Must bring your own Apple Pencil and iPad with the Procreate app loaded)

Instructor: Daphne Côté

Fabulous Fall Landscapes in Watercolour

Capture the bold exciting colours of an autumn landscape. Watercolour techniques, such as wet 'n wet, dry brush and adding details will be explored. There will be demonstrations, discussion, exercises and individual assistance to help you learn colour mixing, various techniques and brush strokes.

Saturday, Oct. 19

10 a.m.–4 p.m.

\$65 plus supplies

Instructor: Cindy Barratt

Technology Basics for Artists

This course is meant to explain the basics of how to use your phone, tablet and/or computer. Sending five emails with 10 pictures each will be a thing of the past! This course is geared towards absolute beginners. You will learn about different apps and how to use them on your mobile phone or tablet. Topics include email, the Google family of programs and how to download apps. We will discuss which basic apps are needed to maintain good relationships with galleries and other organizations.

Friday, Oct. 25

6–9 p.m.

\$25

Instructor: Jaime Rathor

Acrylic Painting

This workshop is a step-by-step approach in grasping techniques in acrylics. Learn techniques in fur and feathers, and watch your animals come to life. Beginner and intermediate.

Saturday, Oct. 26

10 a.m.–2 p.m.

\$55 plus supplies

Instructor: Tina Bourassa

Christmas Colouring Card Making

Create four beautiful Christmas cards using watercolour pencils, alcohol blends and a few other techniques that will make your cards stand out this holiday season! No experience necessary, beginners welcome. Registration includes one new holiday stamp set. Supplies included.

Saturday, Oct. 26

3–7 p.m.

Adults (18+): \$55

Ages 6–17: \$40 with an accompanying adult

Instructor: Christina Giese

Alcohol Ink — Advanced

This workshop will build on the previous alcohol ink classes. New and more challenging items will be available. You'll complete a couple beautiful pieces of fine art that you can proudly display in your home. Please bring \$10 for potential supply upgrades (cash only).

Monday, Oct. 28

6–9 p.m.

\$50 includes supplies

Instructor: Crystal Fisher

Animals in Graphite

Learn the essentials for creating life-like drawings of animals by using line, tone, texture and composition. Draw a diverse selection of animals, both wild and domestic, using different techniques to capture wrinkles, fur and shining eyes. Participate in various drawing exercises and experiment with different drawing techniques. Some drawing experience will be helpful. Instruction will include demonstrations as well as individual guidance.

Wednesdays: Oct. 30–Dec. 4

9 a.m.–12 p.m.

\$145 plus supplies

Instructor: Susan Casault

Social Media for Artists

An extensive hands-on four-week course that gives you the space to learn social media from the absolute basics. Work on your own device to set up and use social media platforms.

Fridays: Nov. 1–22

6–9 p.m.

\$80

Instructor: Jaime Rathor

Coloured Pencil Workshop

Project: Bat Eared Fox

Saturday, Nov. 2

9 a.m.–2 p.m.

\$65 plus supplies

Instructor: Susan Casault

Fun with Watercolour

Each week explore a fun watercolour project using various watercolour techniques. For beginner and intermediate students.

Mondays: Nov. 4–25

6:45–9:45 p.m.

\$110 plus supplies

Instructor: Cindy Barratt



Acrylic – Winter Red Birdhouse

Perfect for the upcoming season, capture a red birdhouse nestled in the snow. Teaching will include the basics of acrylic painting, colour usage, mixing and brush stroke exercises as well as demonstration and individual assistance.

Saturday, Nov. 16
9 a.m.–2 p.m.
\$65 plus supplies
Instructor: Cindy Barratt

Charcoal Portraits

Learn about anatomy and proportion, and how to create a variety of textures using charcoal and erasers. Experiment with different techniques to make people and animal portraits come to life with depth (3D), character and personality.

Sundays: Nov. 17–24
10 a.m.–4 p.m.
\$110 plus supplies
Instructor: Daphne Côté

Pastel Workshop

Learn step-by-step techniques in pastel. This fun medium can create a smooth or textured surface depending on your subject matter. Explore landscapes and wildlife, and complete two to three pieces of art.

Saturday, Nov. 23
10 a.m.–2 p.m.
\$55 plus supplies
Instructor: Tina Bourassa

Learning to Create an Art Business

If you want to live off your art income, you need to sell your art! But that requires accepting that you are running a business. Designed for any artist who wants to create a successful, full-time business. This introductory workshop will focus on target market, market research, business planning, as well as marketing and selling.

Friday, Nov. 29
5:30–9:30 p.m.
\$30
Instructor: Jaime Rathor

Portrait and Figure Painting Weekend

Choose between full figures or portraits, and your choice of painting medium: acrylic, oil, watercolour, gouache or digital painting. This class puts an emphasis on colour theory, skin tones, anatomy, composition and texture. Work from photos and real life (with a clothed model).

Saturday, Nov. 30 and Sunday, Dec. 1
10 a.m.–4 p.m.
\$110 plus supplies
Instructor: Daphne Côté

Teen Classes

Evening Drawing

(ages 15+)
Students will learn to observe accurately, understand proportion, create depth and volume through value, create interesting compositions, as well as one- and two-point perspective. Using pencil, ink, charcoal and other drawing media in their work, students will complete numerous studies and exercises, and create several final projects.

Wednesdays: Sept. 18–Nov. 6
(No class Oct. 2)
7–9 p.m.
\$90 plus supplies
Instructor: Lisa Matthias

Teen Art Attack

(ages 12–17)
Using various mediums, learn to paint in an impressionistic style like Monet and Degas. Abstract, sculpture and soft pastels will also be discovered. New projects every session.

Thursdays: Oct. 3–Nov. 14 (No class Oct. 31)
4:30–6 p.m.
\$90 includes all supplies
Instructor: Tina Bourassa



Children's Classes

Unless otherwise noted, children must be in Grade 1 or six years old as of Sept. 1, 2019.

Babble Dabble Do

(ages 4–5 as of Sept. 1, 2019)
This fun and interactive class will teach colour, shape, painting and drawing. Small class sizes and child friendly activities will keep your child interacting. Parents are welcome to stay and participate.

Wednesdays: Sept. 11–Oct. 16
OR Oct. 23–Nov. 27

1–1:45 p.m.
\$60 includes supplies
Instructor: Tina Bourassa

Home School Art Classes

(Grades 1–6)
Students will learn the elements of art and the principles of design through drawing, sculpture, painting and mixed media. Art classes meet the Alberta curriculum and standard reports are available upon request.

Wednesdays: Sept. 11–Nov. 27
2:30–3:30 p.m.
\$120 includes supplies
Instructor: Tina Bourassa

Art Attack

(ages 6–12)
Using various mediums, learn to paint in an impressionistic style like Monet and Degas. Abstract, sculpture and soft pastels will also be discovered. New projects every session.

Wednesdays: Sept. 11–Oct. 16
OR Oct. 23–Nov. 27

4–5 p.m. OR 5:15–6:15 p.m.
\$60 includes supplies
Instructor: Tina Bourassa

Santa's Workshop

Create four one-of-a-kind Christmas gifts for your family during this fun, holiday workshop.

Wednesdays: Dec. 4 OR Dec. 11
4:30–6:30 p.m.
\$45 includes supplies
Instructor: Tina Bourassa



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@sgpl.ca
Facebook: @SpruceGroveLibrary Twitter: @sg_library Instagram: @sg_library

Unless otherwise specified, these programs are free, available to all community members, operate on a drop-in basis and run from Sept. 8–Nov. 29. If you do not have a computer/device or Wi-Fi, visit the library for free online access.

Virtual Storytime and Reading Clubs

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

All ages
www.sgpl.ca/programs/virtual-storytime
www.sgpl.ca/virtual-reading-clubs

Sponsor the Stacks

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

Ages 18+
For details: www.sgpl.ca/support-sgpl/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 offer? Book a free tour with one of our library staff.

All ages
Registration required — www.sgpl.ca/services/library-tours



New! Intrigue Stations

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

All ages
Daily

Baby Sign

Learn simple one-word signs to help your baby communicate their needs and wants before they can speak. Play songs and hand games while you are learning.

Ages 0–12 months
Mondays: Oct. 21–Nov. 4
10:30–11:30 a.m.
Registration required —
call 780-963-0549

This program is presented in partnership with Alberta Parenting for the Future.

Tales Through Time and Space

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

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

Baby Babble

Back by popular demand! Enjoy songs, finger-plays, group story time as you and your baby build bonds and friendships. Stay and play with other caregivers and enjoy some social time.

Ages 0–12 months (with caregivers;
babies/siblings welcome)
Thursdays
10:30–11 a.m.

Tick Tock Time

The parent-child bond, integral to the growth of a child's language skills, is strengthened through various types of play as children learn to discover, create and problem solve in a safe, caring environment.

Ages 0–4 years (with caregivers)
Fridays: Sept. 27–Nov. 15
10:30–11:30 a.m.
Registration required —
call 780-963-0549

This program is presented in partnership with Alberta Parenting for the Future.

Children's Yoga

A yoga class for the whole family to enjoy. A great opportunity to try something new, get active and spent fun family time together.

Recommended for ages 4+
(with caregivers)
Saturdays: Sept. 7, Oct. 5 and Nov. 2
10:15–11:15 a.m.

This program is presented in partnership with Simply Liv Yoga & Massage.

Kids Pokémon Club

Play Pokémon Go, battle and trade cards, or make a Pokémon-themed masterpiece in a safe and inclusive space.

Ages 7–12 years
Tuesdays
6:30–7:30 p.m.

New! Geek Club

Crazy about Harry Potter, Disney, video games and whatever else you enjoy most? Geek out every Tuesday and share your passion and interests with others.

Ages 13–17 years
Tuesdays
6:30–7:30 p.m.

No-to-School, Yes-to-Fun Days

Spend these special Fridays tinkering in the Innovation Lab during extended hours and watching movies with FREE popcorn. Movies rated PG may not be suitable for all ages.

Ages 5–17 years (children under the age of 12 must be accompanied by an adult caregiver)
Fridays: Oct. 11 and Nov. 15
10 a.m.–5:30 p.m.

Resume Writing Workshop

Are you looking for work but not sure where to start? Visit us and learn how to build an effective resume using e-Resource Cypress Resume.

Ages 16+
Thursday, Sept. 26
6–7 p.m.

Registration required — email reference@sgpl.ca or call 780-962-4423 ext. 103

Write On

Challenge your imagination with creative writing prompts in this safe and inclusive space.

Ages 18+
Wednesdays
6:30–8 p.m.

Encouraging Clear Speech Workshop

Join a Speech Language Pathologist Assistant and other parents to learn how to help your child develop new sounds and where to get more help for your child.

Ages 18+
Wednesday, Oct. 2
7–8:30 p.m.
Registration required — 780-342-1320

Online Resource Help

Curious about downloading e-Books and e-Audiobooks on your smart device or e-reader? Visit www.sgpl.ca or visit the Information Desk in person for help.

Ages 18+
Daily
In person: 1:30 p.m.–Close
Online: www.sgpl.ca

Readers Advisory Service

Not sure what to read next? Have a research question? Visit 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!





City Hall

315 Jespersen Ave. T7X 3E8

Phone: 780-962-2611

Monday to Friday 8:30 a.m. – 4:30 p.m.

www.sprucegrove.org

