

# TOWN OF DEVON Winter **PROGRAMS**





## Program Ideas?

We are always looking for great program ideas. Please let us know if you have any course ideas or if you would like to instruct a class. Contact Jordan Nielsen at 780-987-8332 or Jnielsen@devon.ca.

## Winter & **Spring Events**

#### **FEBRUARY**

February 3rd

Winter Walk Day

February 15th

Family Day

February 24th Pink Shirt Day

MAY May 1st-6th

Community Clean Up

## **Snow Busters Wanted!**

Do you have some time to spare? Can you offer someone in need assistance on a regular or even ad-hoc basis? Even if you can only do one hour every so often, you may be able to help someone who desperately needs it for yard work and / or snow shovelling. This service is aimed at helping low income seniors, disabled and temporarily infirm residents of Devon.

#### How it works...

Be a Registered Snow Buster If you can help we would love to hear from you. All volunteers would need to get a criminal and vulnerable persons check (at no cost to you) – letter supplied by the Town of Devon. Under 16s will need authorization from their parent / guardian. You provide your name, number and email and if anyone calls needing help, an email gets sent to all volunteers on the list - whoever can help out responds directly to the client. Easy huh?

Be an Independent Snow Buster Want to help but only your neighbours or block? If you can't or don't want to sign up to be a volunteer through FCSS but are still willing to help out... let your neighbours know – there are probably people who really need support on your street to help them get in and out of their homes. If you can get out and shovel a sidewalk or driveway, that would be great!

Be a Business Snow Buster If you have a Devon business license and offer snow clearing as a service, call the office and get on the list of providers. Do you offer discounts to low income seniors, disabled and temporarily infirm residents of Devon? What are your prices. Let us know!

In ALL cases: if you are planning to use an ATV or other off highway vehicle to support you clearing snow, you must register for a license with the Town of Devon Bylaw Department.





#### Benefits to you...

Looks good on your resume for work or college, it feels good to help people, contribute to your community, help build up skills, get you active, gain confidence and knowledge that you make a positive difference. Call 780-987-8325 to register or apply.





# Family & Community Support Services

#### **EARLY DEVELOPMENT INSTRUMENT**

As part of our ongoing commitment to the children of Devon, the programs we offer are being purposefully created with one or more of the five developmental domains in mind. Where you see the symbols by the programs you will know what domains they primarily focus on.

#### **DEVELOPMENTAL DOMAINS:**



#### Physical Health & Well-Being:

Encouraging physical growth and independence, gross and fine motor skills and coordination.



#### **Social Competence:**

Encouraging playing well with others, curiosity about the world, respect for adults and other children, behavior and following rules / instructions, independence, self-confidence and eagerness to explore new things.



#### **Emotional Maturity:**

Encouraging age-appropriate emotional understanding, empathy, reflection, controlled actions (thinking before doing).



#### Language & Thinking:

Encouraging reading, writing, classification of shapes, numbers, colours, size and concepts.



#### Communication Skills & General Knowledge:

Encouraging open communication of needs and wants in a socially appropriate way, storytelling and an appropriate awareness of the outside world.

#### WHAT IS FCSS AND HOW CAN WE HELP YOU?

FCSS or Family & Community Support Services is a preventative program designed to support individuals and families that may need help with some of the things life throws at them. By working in partnership with community groups and organizations, schools, and regional colleagues we are able to assist with:

- Subsidized counselling (where eligible)
- In-home outreach support for families experiencing particular issues
- General referral / guidance to reach other services (such as housing, food, mental health)
- Seniors assistance
- Tax assistance program
- Short courses on parenting, healthy eating, babysitting, teen awareness issues and many more

Regardless of background, many people need help at some point and whether it is for you, a family member, colleague or a friend, we are here to offer assistance and aim to help get you to the service you need quickly.

#### PARTICIPATION FUND

Did you know that financial assistance for any Town of Devon run program is available through the Participation Fund?

We believe in creating an inclusive community where all residents can lead a healthy and active lifestyle regardless of economic circumstance. Individuals are automatically approved if they are in receipt of CPP or OAS (and income under \$30,000), AISH, EI or Alberta Child / Adult Health benefits. Other funding is determined by family income and size. Maximum allowance is \$220 per family per fiscal year. Call 780-987-8325 for more info.

#### **BLOCK PARENT PROGRAM NEEDS YOU!**

The Block Parent Program of Canada is a registered charity and Canadian organization. Put into place to make your community safer for those who are lost, scared, vulnerable, or in distress. Along with 21 other Alberta Block Parent Programs, Devon Block Parent is a way for you to be involved as a safe home, or small business, in our community.

#### More info or to sign up:

Devon Block Parent Facebook:

https://www.facebook.com/groups/928684097203656/

Email: devonalberta.blockparent@gmail.com

Phone: 1-780-738-0906

Website: http://www.albertablockparent.com

# FREE INCOME TAX SERVICE (BASIC RETURNS) - MARCH 1 - APRIL 30 ONLY

If you are a low-income earner, a student, a senior, have a disability or are in receipt of social assistance you may qualify for this program. You automatically qualify if you are in receipt of CPP, OAS, AISH or Social Assistance AND your total household income is less than:

1 person	\$30 000
2 persons	\$35 000
3 persons	\$39 000
4 persons	\$43 000
5 nersons	\$48,000

Please note, we do not offer final returns. This service will not start until March 1 and is only available until April 30. To book, call AFTER Monday 23 February.

To book, please call 780-987-5011.



# Leduc Regional Parent Link Centre Programs



Located at Old Robina Baker School #5 Jasper Court S To register, contact:

780-979-2386 · 1-800-979-2386 lrplc@leduc-county.com

#### Stay'n'Play 🗰 💢





Are you looking for a program that encourages opportunities to connect with other children and adults in the community? This unstructured play time for (0-6 years) promotes active exportation and provides learning activities that support healthy child development. Join your child in engaging with others in fun, free and social environment.

Date & Tuesdays (closed Dec 23 & 30)

Time: 9:00am-12:00pm

Drop-ins welcome until 11:30am

#### Infants, Toddlers & Rookie Walkers 🍩







An interactive playtime for parents/caregivers and their infants (birth to under 2 years).

Date & Wednesdays Jan 13-Feb 17

Time: 1:30-2:30 pm Registration opens Dec 1/15

#### Laugh & Learn 🏙







This pro-social play program promotes school readiness skills. Opportunities for sharing turn taking, cooperation and self-regulation will be the focus. This is a parent participated program.

Date & Wednesdays Feb 24-Mar 30 Time: (closed March 16) 1:30-2:30 pm

Registration opens Feb 1/16

#### Budding Scientist







Hands on program that exposes young children to science and how things work. Experiment with things that go 'Boom!', mix potions, investigate cause and effect, draw conclusions, and explore the natural elements of the world in which we live.

Date & Time: Monday, Jan 25 2:00-3:00 pm Registration opens Dec 1/15

#### Creative Chaos 🗰







We supply the chaos; you bring the creative! This program encourages your child's desire to invent and explore. Children will use a wide range of non-traditional and recycled items to create masterpieces inspired by how the materials served to spark their imagination. Parents are encouraged to share recycled supplies from home.

Date & Time Monday, Feb 29 2:00-3:00 pm Registration opens Feb 16/16

## Child & Youth Programs

#### Preschool Yoga, Music and More





This is a fun parented class for 2 & 3 year olds that promotes motor, mental and social skills by fostering an enjoyment of movement through music, dance, yoga, song and more. Your children will enjoy an upbeat positive program that enhances your child's coordination, creative movement and language skills. The wide variety of activities keeps the little ones engaged and learning. Parents participate to encourage the little ones to follow.

#### Program Code: 0203PYM162

Date & Wednesdays, February 3-March 23

Time: 9:30am-10:15am Location: Community Center Age: 1-3 with parents (other siblings welcome)

Registration Deadline: January 27

#### **Devon Community Indoor Playground**

Spend some quality time with other parents while your children get to play. We have plasma cars, slides, climbing areas, a playhouse, kitchen, and may other fun toys light snacks and refreshments provided. Register full year online or in person – half year and drop can only be paid in person.

#### Program Code: 2409CIP142

Date: Thursdays, September 24 2015 -

May 26, 2016 Time: 9:30am - 11:30am

Location: Braun Hall, Community Centre

0-6 years Age:

Cost: Full year \$40, half year \$25 (after Feb 1) or drop in \$5 per family

For more info check us out www.devon.ca Parents are responsible for the active supervision of their children and helping with set-up &

#### Sportball Parent & Child (1111)







You've made the team! Sportball Parent & Child focuses on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills.



Program Code: 0123SPC162

Date: Saturdays, January 23-March 26

Time: 9:00am-9:45am

Location: Robina Baker Elementary School 2-3.5yrs (Accompanied by parent) Age:

Cost: \$155/10 sessions Registration Deadline: January 16

#### Sportball Coach & Child (111)

This program will help kids ages 3 and up develop independence and build confidence by attending classes "all by themselves." Coaches engage younger children with creative storylines and special themes and connect with older kids as leaders and mentors. Parents and caregivers are asked to remain outside during Coach & Child classes to minimize

distractions and encourage kids to partici-

Program Code: 0123SCC162

Date: Saturdays, January 23-March 26

Time: 10:00am-11:00am

Location: Robina Baker Elementary School

Age: 3.5-5yrs

pate on their own.

Cost: \$155/10 sessions

Registration Deadline: January 16

#### Sportball Multi-Sport 🗰 🔯







Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that

emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Program Code: 0123SMS162

Date: Saturdays, January 23-March 26

Time: 11:00am-12:00pm

Location: Robina Baker Elementary School

5-7yrs Age:

\$155/10 sessions Cost: Registration Deadline: January 16

#### Sportball Spring (iii) (1) **Break Camp**







Keep kids moving all Spring Break long! This program will help kids refine, rehearse, repeat with plenty of skill focused play, creative exploration and fun!

Program Code: 0123SSB162

Date: March 28/29 - April 1

9:00am-12:00pm (Half Day for 3.5-5yrs)

9:00am-4:00pm (Full Day for 6-10yrs)

Location: Community Center







#### Being Home Alone Safely



This self-care program is for young people aged 10-12 and siblings 8-10 who may be home alone for short periods of time. Parents are asked to attend the first session. Topics include: Parent and child expectations and ground rule, family council meetings, Handling emergencies, safety, first aid, responsibility and accountability and coping with "fears."

Program Code: 0219HAS142

**Date &** February 19 6:00-8:00pm, **Time:** February 20 9:00am-4:00pm

(please bring a bag lunch)

Cost:

Location: Community Center

Age: 8-12 years

Cost: \$25 first child, \$10 per sibling (children will share a manual)

**Registration Deadline:** February 12 Snacks will be provided

### Red Cross Babysitting Course



This is a child care course for ages 11-14 who may be responsible for the care and supervision of younger children. Topics include: business basics, caring for different ages and stages of children,

creating safe environments, and how to handle emergencies.

#### Program Code: 0129RCB142

Date & January 29 9:00am-4:00pm Time: (please bring a bag lunch)

Location: Community Center

**Age:** 11-14 years **Cost:** \$25

Registration Deadline: January 22

Snacks will be provided



# Family & Adult Programs

#### **Family Games Night**

Gather your families and friends and enjoy an evening out at the Devon Community Centre for a drop in games night. Check out the huge variety of board games to play from old family favorites to new puzzles and cooperative games! All ages are welcome to attend. Refreshments are provided.

Date: Thursday, January 28; Friday,

February 26; Thursday, March 24; Thursday, April 21; Friday, May 20; Thursday, June 23

Time: 6:30pm-8:00pm

Location: Claypool Room,

Community Centre

Cost: Free

#### **Drop-in Badminton (18+)**

Drop in for a friendly pickup game! No need to register. Badminton runs weekly, unless the school is closed or the gym is booked for a school event. The schedule is posted on the community calendar at www.devon.ca All abilities welcome.

**Date:** Tuesday nights, starting January 5

**Time:** 5:00pm-7:00pm

Location: Robina Baker Elementary School,

1 Jasper Court South

Cost: Free

#### Zumba Gold (Low Impact)

Zumba Gold is modified to suit the needs of the active mature participant, as well as those just starting their journey to a fit and healthy lifestyle. Zumba is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun!

Program Code: 0908ZUG162

Date: Mondays & Wednesdays January

4-June 22 (no class Feb 15, Mar 28,

& May 23)

**Time:** 5:30 – 6:15pm

Location: Braun Hall, Community Centre

Cost: 10 punch pass \$45 – includes GST.
Punch Pass valid for any 10 class-

Punch Pass valid for any 10 classes between January 4 – June 22





#### **Haitian Feast Cooking Class**

Join local Haitian chef, Adeline with Cooking Under the Mango Tree for a unique cultural experience. Learn to cook with flavor using authentic tools, then sit down at a nice table setting to share the Haitian food you have created. Participants will cook Haitian rice and beans, pickliz (spicy coleslaw), beet salad, baked chicken and fresh fruit juice all made fresh from scratch with natural ingredients.

Program Code: 0304HFC162

**Date:** March 4 **Time:** 6:00pm-9:30pm

Location: Devon Community Center

Cost: \$56 includes GST
Registration Deadline: February 26

#### **DIY Body Products**

Have fun using your imagination, saving money, and making your very own body products! Make yourself: whipped butter lotion, skin stimulating salt/sugar scrub, attractive layered salts and nutritious facial masques – all from raw ingredients (no bases used). Start the spring off with new products. Great ideas for Mother's Day!

**Devon Community Center** 

Program Code: 0414DIY162

 Date:
 April 14

 Time:
 6:00pm-9:00pm

Location:

Cost: \$60 + GST Registration Deadline: April 7



#### Goodbye MEALTIME Struggles!

Are you a parent of a child six months to five years? Want more ideas to make mealtimes more pleasant? This could be the introductory workshop for you. Join in a discussion with other parents, a pediatric occupational therapist (OT) and a registered dietician (RD) to:

- Learn more about how children grow and develop eating skills
- Explore the many reasons behind mealtime struggles and decide which first step strategies best for your child and family
- Learn about setting a consistent routine, connecting with your child, introducing healthy new foods and appropriate portion sizes

Registration required as places are limited. This program is not suitable for children who have complex medical / feeding concerns.

Program Code: 1702GMS142

Date: Wednesday, February 17
Time: 6:15pm-8:30pm

Location: Claypool Room, Community

Cost: Free

Register: online www.devon.ca/recreation

or 780-987-8325

Registration Deadline: February 9



### COMPASS for the Caregiver Facilitator Training

Join us for three days of facilitator training for the delivery of the COMPASS for the Caregiver Workshop; a program designed to empower caregivers and promote their well-being over nine modules.

Who could attend: Individuals who ARE caregivers, social agency staff, community professionals, outreach staff, those who work in the caregiving field, have previous caregiving experience, and have a strong desire to make a difference in the life of a caregiver.

Training conducted by the Alberta Caregivers Association Master Facilitators.

**Date:** April 4-6 **Time:** 9:00am-3:00

Cost:

Time: 9:00am-3:00pm
Location: Claypool Room, Community Centre

\$50 (reimbursed on completion)
Any Devon resident who wishes to
attend this training but cannot afford the upfront payment, please

contact 780-987-8325.

Register: 780-453-5088

Registration Deadline: March 28

# Oh no...We cancelled the program!

Excellent programs are sometimes cancelled when everyone waits until the last minute to register. Decisions about class cancellations are made one week prior to class start dates. Please make sure classes run by

## **REGISTERING EARLY!**

Programs must meet minimum registration to run. If a program needs to be cancelled, there will be a full refund to the participants and a minimum of 5 business days' notice given. Withdrawal from a program requires 5 business days. You will receive a full refund minus a 10% administration fee. Withdrawals with less than 5 days' notice are not eligible for a refund.





#### **Navigator Training for Professionals and Health Providers**

If you are working in the healthcare field, community services, or with a social service agency, this one-day Navigator professional development program is for you.

Few caregivers fully understand all of the implications of their caregiving role, the impact on themselves or those in their care. Participants come away with a greater ability to identify caregivers early in their caregiving journey; support caregivers to adopt preventative, selfcare practices; and, facilitate caregiver access to timely and appropriate resources and referrals.

Training conducted by the Alberta Caregivers Association Master Facilitators.

Date: March 15 Time: 9:00am-3:00pm Location: Claypool Room, Community Centre

Cost: Register: 780-987-8325 Registration Deadline: March 7





## Dale Fisher Arena

CSA-approved helmets required for all children and youth. They are also strongly recommended for all participants during ice activity.

#### Public Skating 🚺



Mondays & Wednesdays Thursdays Saturday & Sunday

12:00pm-1:00pm 6:10pm-7:10pm 4:00pm-5:00pm

Also on many school PD and Early Dismissal days All levels of skaters welcome

#### **Noon-Hour Shinny**

Drop in, lace up your skates, put on your helmet and shoot the puck around with friends!

Tuesdays & Thursdays 12:00pm-1:00pm

#### Parent & Tot Skating (iii)





Parents, grandparents or guardians: bring your pre-schoolers to the arena for Parent & Tot skating! Help your little skater learn the basic fundamentals of skating. Practice falling down and getting up, balancing, marching, scraping one foot (introduction to stopping), gliding, and turning on the spot!

Mondays & Wednesdays 10:30am-11:30am

#### **Adult & Senior Skate**

All levels of skaters are encouraged to come out and strap on your skates.

Tuesdays & Thursdays 10:30am-11:30am

#### **Evening Mixed Adult Shinny**

Date The 2<sup>nd</sup> Monday of every month Time 10:15pm-11:15pm

Located at: 32 Haven Avenue 780-987-4242



- 1. Go to devon.ca
- 2. Click on the **Recreation Portal**
- 3. Select Facilities + Dale Fisher arena
- 4. Click on Calendar





## Community Bus

#### WHAT IS IT?

A door-to-door service that takes you to appointments, shopping and entertainment in town and surrounding communities. Open to everyone, including those in wheelchairs or mobility scooters, parents with strollers or shopping carts (subject to space and car seat criteria).

#### **HOW DOES IT WORK?**

To ride the bus, select your day / destination, based on our standard schedule, call us and let us know where you need to go (and if there is a specific appointment time) and we will come and get you.\* It is that easy.

Did you know that when we drop you off, you aren't stuck in one place the whole time? You can go to more than one destination in the same town – just call and we will take you to your next location. All for the same, single low cost!

#### **NEW FOR 2015**

- Route to and from Edmonton Century Park ETS/LRT on Tuesdays.
- Added pick up locations. Live on the west side of Hwy 60 on Graminia Road? Call us and we will pick you up on our way to Spruce Grove or into Devon on Tuesdays or Fridays. For those who don't mind driving a little way but not to the malls, you can also arrange to meet at Independent grocery car park for trips into the city or Leduc.

No charge for preschoolers – restrictions on height / weight and car seats apply. See website for full details www.devon.ca – community bus.

## Call to Book: 910-1960

Minimum 24 hours' notice for out of Devon trips



#### **SCHEDULE**

DAY	DESTINATION	SCHEDULE	DEVON PICK UP Starts	DEPART DESTINATION
Monday	Leduc	(September - April)	9am	1pm
Tuesday	Century Park - Edmonton	Year Round	7:15am	5pm
	Devon	Year Round	8:30am	2pm
Wednesday	West Edmonton Mall Bonnie Doon • Kingsway	First Wednesday of month either (in rotation)	10am	3pm
	Spruce Grove	Third Wednesday of month	10am	3pm
	Casino	Last Wednesday – January, April, July and October	10am	3pm
Thursday	Devon	Year Round	9am	2pm (12:30 Jul/Aug)
	Daycamp	Summer/Spring Break	1pm	4pm
Friday	Leduc	Second and Fourth Friday	10am	2:30pm

#### **PRICING**

DESTINATION	COST (RETURNS - MULTIPLE PICK UP/ DROP OFF)
Devon	\$5
Leduc / Spruce Grove / Casino	\$9.75 (\$10 Jan. 1)
Malls	\$15
Century Park	\$12

#### Buy an in-town pass and save!

10 trips for the price of nine. Purchase at the Town office.

## LARGE PRINT SCHEDULE:

www.devon.ca or 780-987-8325