



DEVON 2017

PROGRAM GUIDE

WINTER

WINTER FUN FOR ALL!

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COMMUNITY DIRECTORY

Town Office Main780-987-8300
 Programs.....780-987-8332
 Family & Community Support Services780-987-8325
 Town Events780-987-8331
 Community Bus.....780-910-1960
 Dale Fisher Arena.....780-987-4242
 Dale Fisher Arena Bookings780-987-8328
 Devon Adult Learning Council.....780-738-3252
 Devon Public Library780-987-3720

PARTICIPATION FUND

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

The Town of Devon believes in creating an inclusive community where all residents can lead a healthy and active lifestyle regardless of economic circumstance. Families are automatically approved if they are in receipt of AISH, EI or Alberta child / adult health benefits. Other funding is determined by family income and size. Maximum allowance is \$230 per family per year. Visit www.devon.ca to complete the online form. Or call **780-987-8325 / fcss@devon.ca** for more information or a copy of the form.

CANADIAN TIRE JUMPSTART FUNDING

Strong communities include strong kids. We believe all kids should have the chance to run, skate, play, and grow. Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4-18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self esteem and confidence.

Applications for assistance can be submitted from January 15 to June 1 for spring/summer programs, and from July 1 to November 15 for fall/winter programs.

Visit www.devon.ca to download the form. Or call **780-987-8332 / jhiggs@devon.ca** for more information or a copy of the form.



WINTER EVENTS

FEBRUARY 1 Winter Walk Day

FEBRUARY 20 reFRESH Air Family Day Event

APRIL 21 Volunteer Appreciation Night

APRIL 22-28 Community Clean Up



WINTER ACTIVITIES

Lace up your skates in Centennial or Ravine park

Snow shoe in the river valley



TAKE A NATURE WALK

Cross country ski groomed trails in the river valley



TAKE THE KIDS TOBOGGANING

TRY WINTER FATBIKING



FAMILY AND COMMUNITY SUPPORT SERVICES

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.



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

To go through the FCSS program where inquiries come in from the public to request help, all volunteers need to get a criminal and vulnerable persons check (at no cost to you). Under 16's will need authorization from their parent / guardian. When all that is done if anyone calls needing help, an email gets sent to all volunteers on the list and whoever can help out responds directly to the client. Easy – you only do what you can do, no pressure.

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.

Be a Business Snow Buster

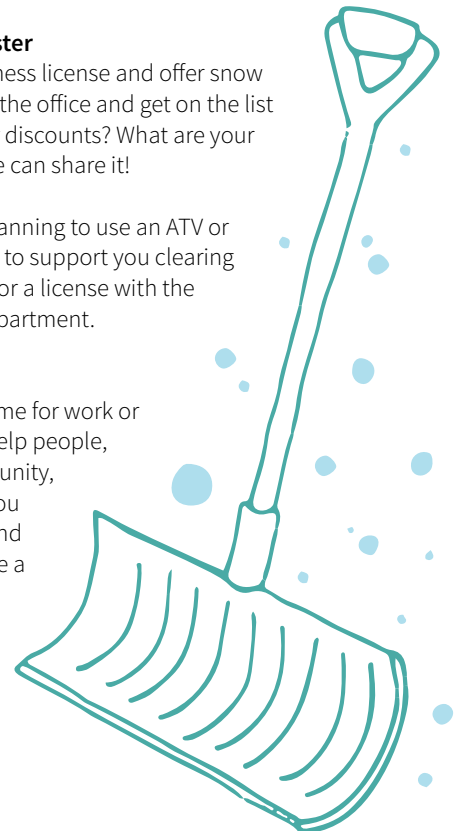
If you have a Devon business license and offer snow clearing as a service, call the office and get on the list of providers. Do you offer discounts? What are your prices? Let us know so we can share it!

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 **780-987-8308** to register or apply.



COMMUNITY SERVICES OUTREACH

Older Adults and 65+

Community Service Outreach – Older Adults and 65+ Support program is there to connect you to available resources, assist with applying for benefits and subsidies, coordinate temporary short term respite (via our service providers), and can provide referrals to other agencies. The service coordinates and hosts information sessions, events and activities for older adults.

65+ Support also offers two housekeeping programs, both of which are available to clients aged 65 or over and / or clients with disabilities / restrictive medical needs. These services are available with or without subsidy (following an income based assessment).

Youth and Family

This program offers short-term support through one-on-one visits that assist individuals or families to make healthy skill-based improvements in their lives. It is available to children, teens and families in need. The program strives to enhance, strengthen and stabilize families who are experiencing life stress and/or change. Each family circumstance is unique. Family strengths, assets and action-planning will be utilized. Reasons for referrals may include separation or divorce, loss, communication/conflict, parenting strategies, budgeting and more.

For more information on either program, call at **780-987-8308** or email CSOC@devon.ca

IT'S GOOD TO TALK - SUBSIDIZED COUNSELLING SERVICE

Sometimes you might need some additional support to help you through a difficult or stressful time and a referral to mental health services doesn't seem appropriate. We can help eligible families to receive a limited number of subsidized counselling sessions.

Devon FCSS works together with Karunia Counselling and Family Counselling Centres. Subsidies are based on income. Broadly - for those who do not have children under 18 living at home, you may qualify if you earn less than \$50,000 per household and for those with children under 18 at home this threshold increases to \$75,000.

For a subsidized referral please contact FCSS Coordinator at **780-987-8325**.

Mental Wellness.

#YouGotThis

Social. Emotional. Physical.

So, what is #YouGotThis?

Having good mental health means having the ability to 'bounce back' from difficult experiences. The Town of Devon Family and Community Support Services (FCSS) and Recreation departments are working together on a long-term approach to support our residents in achieving this.

The aim is to provide tools, opportunities and experiences to promote competence, enhance self-esteem, and build a sense of well-being for individuals.

If you need support at any time, please call **1-800-232-7288**



CHILD & YOUTH PROGRAMS

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.

Arabesque Parents and Tots



Parents and Tot classes focus on the first level of LTAD: Active Start learning FUN-damental movements such as running, jumping, twisting, kicking, throwing, catching, and link them together into play. Parents will be actively involved.

Date:	Wednesdays, January 18-March 8
Time:	9:30am-10:15am
Location:	Claypool Room, Devon Community Centre
Age:	2-3 years
Cost:	\$75
Registration Deadline:	January 11

Rainbow Rhythmics



At the Rainbow Rhythmics level, we focus on learning fundamental movements (running, jumping, twisting, kicking, throwing, catching) and link them together into play, as well as learning fundamental skills and building overall motor skills by focusing on the ABCs of athleticism – agility, balance, coordination, and speed. For your first class wear as many colours as you want!

Date:	Wednesdays, January 18-March 8
Time:	10:15am-11:00am
Location:	Claypool Room, Devon Community Centre
Age:	3-5 years
Cost:	\$75
Registration Deadline:	January 11



LOCAL YOUTH EXPERIENCE.

LOCAL YOUTH EXPERIENCE

WHAT INTERESTS YOU? PROGRAMMING FOR EVERYONE!

AMPED MUSIC CLUB LOCAL LEADERS YOUNG AUTHORS VIRTUES
 DRAMA BIG EVENTS YOUTH CAFE COME TOGETHER MORE INFO
WWW.LOCALYOUTH EXPERIENCE.COM



BUILDING CONNECTIONS BETWEEN YOUTH AND COMMUNITY SINCE 2013

100%
FREE

AGES
11-17

FOLLOW US!!!

LOCAL IS PROUDLY SUPPORTED BY...

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.

Date:	Saturdays, January 21-March 25
Time:	9:00-10:00am
Location:	Robina Baker Elementary School
Age:	5-7 years
Cost:	\$155/10 sessions
Registration Deadline:	January 16

Sportball Coach & Child

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 participate on their own.

Date:	Saturdays, January 21-March 25
Time:	10:00-11:00am
Location:	Robina Baker Elementary School
Age:	3.5-5 years
Cost:	\$155/10 sessions
Registration Deadline:	January 16

Sportball Parent & Child

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.

Date:	Saturdays, January 21-March 25
Time:	11:00am-11:45am

Location:	Robina Baker Elementary School
Age:	2-3.5 years (Accompanied by parent)
Cost:	\$155/10 sessions
Registration Deadline:	January 16

Sportball Just the Game

Play for the love of the game. Classes start off with warm ups and quick skills refreshers before getting right into sport-specific game play. Coaches act as referees, teaching skills through league-style games and a few key drills. There is a strong focus on skill development, team play, and most importantly on having fun. Our Sportballers will leave the class with the skills, confidence, and excitement they need to lead an active lifestyle.

Date:	Saturdays, January 21-March 25
Time:	12:00-1:00pm
Location:	Robina Baker Elementary School
Age:	9-12 years
Cost:	\$155/10 sessions
Registration Deadline:	January 16

Einstein's

Athletes Geek Week

Sports and Science have come together in one amazing camp. Our camp will get kids moving, making new friends, working on incredible science projects and get to watch some EPIC Science experiments. Our Sweaty scientists will experience multiple different sport activities as well as go on some incredible adventures. Everyday will have a different fun theme. From Magic and Potions to learning the amazing science of space exploration. Learn cool science facts and impress your friends with amazing science experiments that you can try at home. Sweaty Science is a great way to develop both the mind and body of an active and curious child. Science + Activity = Awesome!

Date:	March 27-31
Time:	8:30am-4:30pm
Location:	Devon Community Centre
Age:	5-9 years
Cost:	\$250
Registration Deadline:	March 20

Red Cross Babysitting Course (Formerly Home Alone Safety)



This is a child care course for ages 11-14 who may be responsible for the care and supervision of younger children.

Date:	Tuesday, January 31 (PD DAY for schools)
Time:	9:00am-4:00pm (please bring a bag lunch)
Location:	Claypool Room, Devon Community Centre
Age:	11-14 years
Cost:	\$25
Registration Deadline:	January 24

Red Cross PeopleSavers Course (Formerly Home Alone Safety)



This program provides school-aged children with injury prevention and first aid knowledge and skills. It gives them the confidence to respond appropriately to emergency situations. We will focus on levels 3 & 4 for ages 8-12.

Date:	Friday, February 10
Time:	8:30am-12:30pm (please bring a bag lunch)
Location:	Claypool Room, Devon Community Centre
Age:	8-12 years
Cost:	\$25 first child, \$10 per sibling
Registration Deadline:	February 3

Stay n Play

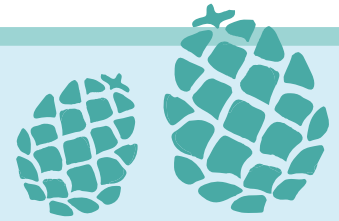


Are you looking for a drop-in program that enables you to be actively involved in your child's play and learning? Drop in and enjoy an interactive playtime with your child. By following their lead you can support their play while building self-confidence and self-esteem. You will discover how to encourage your child to develop a love of learning through play!



Date & Time:	every Tuesday, 9:00am-12:00pm
Location:	Old Primary School (5 Jasper Court)
Cost:	Free
Hosted by Leduc Parent Link Call 780-955-3555 ext. 3290 Web www.leduc-county.com	

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.

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 many other fun toys. Light snacks provided. Register full year online or in person – half year and drop in must be paid in person.

Date:	Thursdays until May 25
Time:	9:30-11:30am
Location:	Braun Hall, Devon Community Centre
Age:	0-6 years
Cost:	Free
For more info check us out on Facebook. Parents are responsible for the active supervision of their children and helping with set-up & take-down.	



FAMILY PROGRAMS

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:	Jan 12, Jan 27, Feb 9, Feb 24, Mar 9, Mar 24, Apr 6, Apr 28
Time:	6:30pm-8:30pm
Location:	Thursdays @ Community Centre, Fridays @ Discovery Place
Cost:	Free

Drop In Basketball

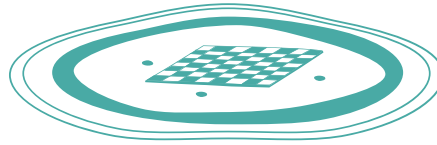
Drop in to play some basketball on Wednesday evenings! Please bring your own equipment and indoor shoes. All ages are welcome, no registration required. Schedule & cancellations posted on community calendar at www.devon.ca. All abilities welcome.

Date:	Wednesdays, January 4-April 26
Time:	6:30-8:00pm
Location:	Riverview Middle School Gym
Cost:	Free

Snow Shoeing 101

Out our backdoor we have terrific snow-shoeing opportunities. Learn some of the ins and outs of equipment and techniques, trek a short distance into the forest for a warm tea and a snack before heading back.

Date:	Saturday, January 14
Time:	1:00-3:00pm
Location:	To Be Announced
Cost:	\$15 (includes GST)
Registration Deadline:	January 6
Snowshoes will available for rental free of charge with thanks to Shift Happens Bicycle Repair	



Intro to Winter Camping

Some real advantages like no bears, no bugs, and water everywhere! Various gear, and will show the option of a couple of different winter camping styles.

Date:	Saturday, February 4
Time:	1:00-3:00pm
Location:	To Be Announced
Cost:	\$12 (includes GST)
Registration Deadline:	January 27

Introduction to Wild Teas

Many things to pick on in the woods for wild tea for flavor and medicine. Good knowledge to have so you can augment your commercial supplies at home, or have the freedom of not needing to pack tea with you when on outdoor adventures.

Date:	Saturday, March 4
Time:	1:00-3:00pm
Location:	To Be Announced
Cost:	\$12 (includes GST)
Registration Deadline:	February 24

Outdoor Project Series 1

Project 1 will be making a simple triangular pack frame to haul things on your back old school! You will be impressed at the magic of a triangle, plus you'll learn some basic knife skills, a couple of impressive knots, and take home a usable article!

Date:	April 8
Time:	1:00-3:00pm
Location:	To Be Announced
Cost:	\$20 (includes GST)
Registration Deadline:	March 31

Cooking Under the Mango Tree: Baked Sweet Potato Rice

You will learn how to make Baked Sweet Potato Rice from scratch with Adeline with hands on learning. After the meal is ready you will sit at a nice table to enjoy the meal that the class has prepared. There will be also a display table with Haitian craft and some foods.

Date:	Saturday, February 4
Time:	5:00-7:00pm

Location:	Devon Community Centre Kitchen
Cost:	\$50 (includes GST)
Registration Deadline:	January 27
*Minimum of 6 registrations required	

Vietnamese Cuisine

Traditional Vietnamese cooking is greatly admired for its fresh ingredients, with the balance between fresh herbs and meats to cook to reach a fine taste; Vietnamese food is considered one of the healthiest cuisines worldwide. Yixin will demonstrate how to make authentic Vietnamese cuisine, grilled Shrimp with Green Papaya and Mango Salad, Yummy Pho.

Date:	Wednesday, February 8
Time:	6:30-8:30pm
Location:	Devon Community Centre Kitchen
Age:	All ages
Cost:	\$45 (includes GST)
Registration Deadline:	*Minimum of 5 registrations required

Authentic Chinese Cuisine

Each region of China has its own variations of wonton, examples include Beijing, Sichuan, Jiangnan, Jiangxi, Guangdong (Canton), Fujian, ect. Yixin will demonstrate how to make authentic Cantonese Wonton, that's the type of wonton that is most seen on restaurant menus.

Date:	Wednesday, March 8
Time:	6:30-8:30pm
Location:	Devon Community Centre Kitchen
Age:	All ages
Cost:	\$45 (includes GST)
Registration Deadline:	*Minimum of 5 registrations required

Cooking Under the Mango Tree: Haitian Pizza

You will learn how to make Haitian Pizza from scratch with Adeline with hands on learning. After the meal is ready you will sit at a nice table to enjoy the meal that the class has prepared. There will be also a display table with Haitian craft and some foods.



Date:	Saturday, March 25
Time:	5:00-7:00pm
Location:	Devon Community Centre Kitchen
Cost:	\$55 (includes GST)
Registration Deadline:	March 20
*Minimum of 6 registrations required	

Japanese Cuisine

In this session we will continue use the expensive ingredients(sushi grade salmon, pink tuna, arctic surf clam) to make Bento boxes- include sushi and sashimi, beef shoga-yaki, green salad, tempura and rice.

Date:	Wednesday, April 5
Time:	6:30-8:30pm
Location:	Devon Community Centre Kitchen
Age:	All ages
Cost:	\$50 (includes GST)
Registration Deadline:	*Minimum of 5 registrations required

Raising Kind Kids

The Virtues Project™ helps parents to awaken the qualities of character that exist in potential in their children. By speaking the language of virtues, setting virtues-based boundaries and recognizing teachable moments, we bring out the best in our children – and ourselves. We become mentors helping our children to become compassionate, courageous, respectful, confident and purposeful. The greatest gift we can give our children is the authentic self-esteem that comes from developing their virtues – becoming contributors rather than consumers. The world needs people willing to take personal responsibility. Let it be this generation.

This interactive and inspirational two hour session will provide a foundation in the first strategy of The Virtues Project™: Speaking the language of virtues.

Date:	Tuesday, February 28
Time:	6:30-8:30pm
Location:	Grounded Coffee House (3 Superior St #102)
Cost:	Free
Who to attend:	Parents/Guardians
Registration Deadline:	February 17
Call 780-987-8308 to register or for more information.	

Healthy Meals on a Budget

Learn some tips for meal planning to help make your dollar stretch. This workshop will offer a selection of recipes to sample and you will make a meal to take home.

Date:	Monday, March 20
Time:	6:00-8:00pm
Location:	Devon Community Centre, Claypool Room & Kitchen
Cost:	Free
Who to attend:	Adults
Registration Deadline:	March 10 Call 780-987-8308 to register or for more information. Registration is limited for this event.

Your Family's Guide to Goal Setting

This workshop aims to uncover your family's identity while learning the steps to effective goal setting and decision making based on the foundation of a positive mindset. Families will engage in group activities, facilitated introspection, and shared exploration of key concepts to gain a thorough understanding of what binds them as a family unit, what they want in life, and how to achieve it.

Date:	Tuesday, April 25
Time:	6:30-8:30pm
Location:	Devon Community Centre, Claypool Room & Kitchen
Cost:	Free
Who to attend:	Parents and Children Note: this is an interactive workshop please consider young children's ability to participate.
Registration Deadline:	April 18th Call 780-987-8308 to register or for more information. Registration is limited for this event.

Goodbye MEALTIME Struggles!

Are you a parent of a child six months to five years? Want more ideas to make mealtimes for 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 meal-time 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.

Date:	Wednesday, April 26
Time:	6:15pm-8:30pm
Location:	Claypool Room, Devon Community Centre
Cost:	Free
Register:	online www.devon.ca/recreation or 780-987-8325
Registration Deadline:	April 19



ADULT PROGRAMS

Drop In Basketball

Drop in to play some basketball on Wednesday evenings! Please bring your own equipment and indoor shoes. No registration required. Schedule & cancellations posted on community calendar at www.devon.ca. All abilities welcome.

Date:	Wednesdays, January 4-April 26
Time:	8:00-10:00pm
Location:	Riverview Middle School Gym
Cost:	Free

Drop In Badminton

Drop in for a friendly pickup game! No need to register. Badminton runs weekly on Tuesdays, unless the school is unavailable. Schedule & cancellations posted on community calendar at www.devon.ca. All abilities welcome.

Date:	Tuesdays
Time:	5:00-7:00pm
Location:	Robina Baker Elementary School Gym
Cost:	Free

Intro to Fatbiking 101

A fatbike is a mountain bike that is designed to accommodate oversized tires that can reach widths up to and in excess of 5" wide. This uniquely wide characteristic makes these bikes more versatile in soft conditions, such as snow, mud and sand. As such, fatbikes are another great outdoor winter activity. The same features that make them great in the snow, also make them stable and smooth and a tonne of fun for beginner to advanced riders. This intro will offer first hand opportunity to give these bikes a try, with some light instruction and a group trail ride, in Devon's beautiful river valley.

Date:	February 12
Time:	12:00-3:00pm
Location:	Meet at Voyageur Park
Cost:	Cost: \$25
Age:	18+ (*one bike available for a 9-11 yr old with guardian present)
Notes:	Dress for winter outdoor activity. Warm boots, gloves, pants, jacket and a light toque or ear warmer that will fit under a helmet. Bring a helmet if you don't want to use a rental.

Dance Fitness (Low Impact)

This Zumba inspired workout is 45 in of simple dance moves and choreography that anyone can do. A great low impact workout!

Date:	Mondays & Wednesdays continuing until January 2
Time:	5:30-6:15pm
Location:	Devon Community Centre, Braun Hall
Cost:	10 punch pass \$45–includes GST *Punch Pass valid for any 10 classes from January 2017–June 2017

Senior Strength

Seniors strength working is for adults 50 and older who would like to start working on strength training. This is a beginner class so no experience is required. If you are experienced with strength training, this is probably not for you.

Equipment needed: yoga mat, light dumbbells (2,3,5 lbs)

Weight training is not dangerous for older people as long as you take a few precautions:

- Talk to your doctor
- Take advice about medications
- Drink sufficient fluids – more if it's hot
- Stop if something hurts – other than the discomfort of muscular effort
- Start slowly and work up to heavier weights and more repetitions to suit your existing level of fitness and capability

Date:	Mondays, starting January 2
Time:	6:30-7:15pm
Location:	Devon Community Centre, Braun Hall
Cost:	10 punch pass \$45 – includes GST *Punch Pass valid for any 10 classes from January 2017 – June 2017



FREE Income Tax Service (basic returns)

March 1 – April 28 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	Please note, we do not offer final returns. To book, please call 780-987-5011 .
2 persons	\$35 000	
3 persons	\$39 000	This service will not start until March 1 and is only available until April 28. To book, call AFTER Monday 20 February.
4 persons	\$43 000	
5 persons	\$48 000	

Older Adults and Seniors Series

In Partnership with: Devon Central Pharmacy, Devon Adult Learning Council, RBC (Diane Hawrelak), Kopacz Law Office (Agnieszka Kopacz), Home Instead Senior Care, Discovery Place, and the Office of the Public Guardian and Trustee.

January 5 from 2:00-3pm	Nutrients and Vitamins
January 19 from 2:00-3:30pm	Personal Directives, Wills and Power of Attorney
February 2 from 2:00-3:30pm	Senior Housing Options
February 16 from 1:30-2:30pm	Scarf exercises and Chair Yoga
March 16 from 6:30-7:30pm	Drumfit (a fun, easy to learn workout for all fitness levels and abilities)
April 6 from 1:00-2:30	Financial Exploitation of Seniors
May 4 from 2:00-3:30	Guardian and Trusteeship
Location: All events hosted at the Pioneer 73 Club (29 St. Lawrence Ave)	
Cost: Free	
Registration Deadline: 1 week prior to the event. Call 780-987-8308 to register or for more information.	



how to REGISTER

1. Go to **devon.recdesk.com**
2. If you are a new user, create an account or login to your existing account
3. Select **Programs**
4. Scroll or search for the program you are interested in
5. Select **Register**



Caregivers Together

You may not see yourself as a caregiver. You might think you are just taking care of a person who needs you. You might think you are just doing what any wife, husband, sibling, child or friend would do. Start thinking of yourself as a caregiver and you will see how important your job is and how much support you might need.

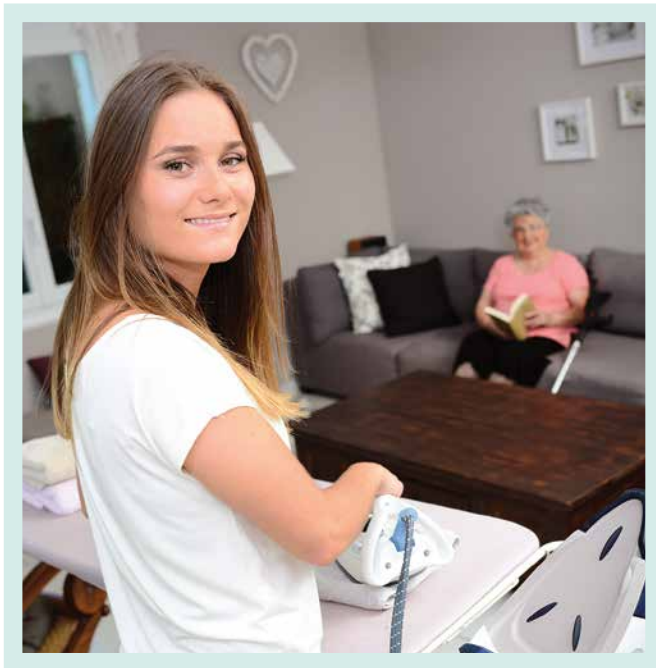
The purpose of this group is to provide a safe, supportive and non-judgmental opportunity for people in a caregiver role to connect. The group will provide resource sharing and education in a fun, respectful and confidential way.

The group is open to new members at any time and is completely free – tea and coffee will be provided.

Thursdays at the Roadhouse Grill (in the Key West Inn):

Jan 26, Feb 23, Mar 23, Apr 27, May 25 & Jun 22

For more information: **780-987-8308**



Drop-In Indoor Winter Walking

Do you need a free, safe space to walk indoors away from the ice and snow?

This is provided as a space to walk and is not a set program. You can drop in anytime between these hours.

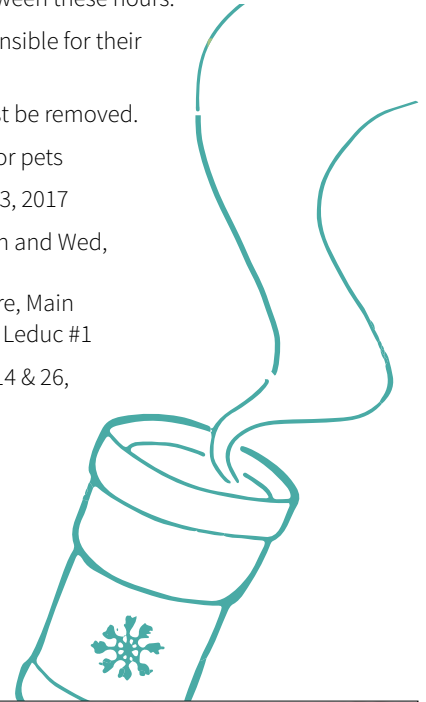
- Participants are responsible for their own safety.
- Outside footwear must be removed.
- No strollers, scooters or pets

October 17, 2016–April 13, 2017

Current availability*: Mon and Wed,
9:30-11:30am,
Devon Community Centre, Main
Hall • Fri, 9:30-11:30am, Leduc #1

*Closed December 5, 7, 14 & 26,
and January 2.

For more information:
780-987-8308



re:FRESH AIR

Be KIND to your MIND.
Get out and UNWIND.

ALL FREE
Everything PROVIDED

Try 20 minute led session of:
Snowshoeing
Cross Country Skiing
Nature Trail Walking

Relax with:
Campfire & Bannock
Therapy Dog
Wilderness Survival Tips
Hot Chocolate, Hot Apple Cider &
Cookies

Limited FREE home to site
bus service
Book 780-910-1960

February 20, 1-3pm

Devon Lions Campground (on-site parking available)

In partnership with: Devon Lions Club, Devon Nordic Ski Club,
Wildside Wilderness Connection, Monica & Spirit, and Shift Happens

Mental Wellness. Social, Emotional, Physical.     #YouGotThis



DALE FISHER ARENA

CSA-approved helmets are mandatory for all children and youth. They are also strongly recommended for all participants during ice activity. No hockey sticks during public skate.

Public Skating

All levels of skaters welcome

Tuesday & Thursday 10:30-11:30am

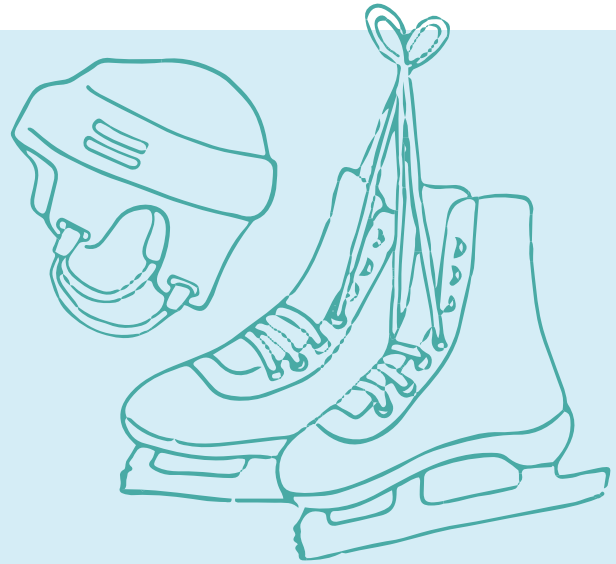
Thursday evening 6:15-7:15pm

Saturday & Sunday 4:00-5:00pm

We may add additional times on school PD and Early Dismissal days

Adult Noon-Hour Shinny

Monday - Thursday 12:00pm-1:00pm



Parent & Tot Skating

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

Adult Mixed Shinny

Second Monday of every month 10:15-11:15pm

CHECK OUT THE ONLINE ARENA SCHEDULE

1. Go to devon.ca
2. Click on the recreation portal
3. Select the link to view the arena schedule

32 HAVEN AVENUE | 780-987-4242

Connect with us on Social Media!



@TownofDevon



@TownOfDevon



DevonAlberta



@townofdevonab



www.devon.ca

780-987-8300

1 Columbia Avenue West
Devon, AB T9G 1A1

DEVON ADULT LEARNING COUNCIL

**112-32 ATHABASCA AVENUE
780-738-3252**

**E: office@devonadultlearning.ca
www.devonadultlearning.ca**

Office Hours:

Tuesdays and Thursdays 11am to 5pm or call for an appointment

The provincial community adult learning councils promote a vision that adults acquire and build on foundational learning skills through vibrant learning communities.

Funding for Literacy and Foundational Skills provided by

Alberta  **Advanced Education**

Literacy and Foundational skills

- Are needed for work, learning and life
- Are the foundation for learning all other skills
- Help people evolve with their jobs and adapt to workplace change

Literacy is not just reading and writing. We can help you learn how to:

- Use and fill out forms and documents
- Become comfortable with numbers, budgets or balancing your cheque book
- Talk to others so they understand you
- Be able to listen and understand others
- Think critically to solve problems
- Use a computer, cell phone or other technology
- Get along with co-workers and people in your community

Education and Training are your keys to a better job and a better life

If you are in the planning stages of upgrading or advancing your education, or are currently working on studies, the Devon Adult Learning Council can help. We can also assist you in your search for suitable work with access to a computer and internet, job postings, resume assistance and referrals to government assistance.

You are invited to drop by our office to find out “What’s Happening” in and around our community, to look at our Job Board, to access Learner support services, to volunteer, or to sign up for a program. Everyone is welcome!

Conversation Café

Every Tuesday and Thursday
2 – 4 pm • No fee

Drop in for coffee and a visit with other adults who are learning English as a second language.

ELL Self-study Video DVDs available to use during office hours

1 on 1 Tutoring for English Language Learning, GED prep – No fee for tutoring sessions. Ongoing intakes.

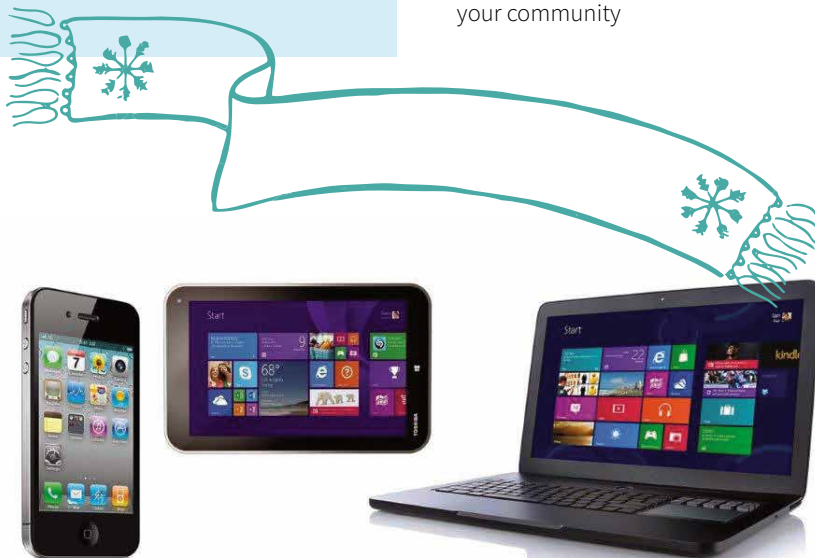
We offer free one-on-one tutoring for adult learners who need help with fundamental reading, writing and English as a Second Language. The program coordinator matches volunteer tutors with learners with the purpose of meeting the learner’s needs and goals. Volunteer tutors and learners coordinate times when they can meet.

DALC can provide Proctoring for exams during office hours

Parenting Skills and Literacy Program

February 2 to April 20 • Thursdays
9:30 – 11:30 am • 12 sessions

DALC is pleased to recognize the sponsorship of the DEVON LIONS CLUB for their donation towards the provision of this program. Their generosity allows us to waive the usual fee of \$163 for this 12



In today’s world keeping up with skills in use of computers, tablets, cell phones and other technology is critical to success in many aspects of work and life in general.

Devon Adult Learning Council can help you learn!

week session. Registrations will be based on financial need. Limit of 8 registrants for this session.

Topics include: Building Self Esteem in our Children; Let's practice Talking so the Children will Understand Us; Listening Skills; Positive Discipline; Why do Children Make me So Angry?; Conflict Management; Let's Talk about Food; Is My Home Safe for My Children?; Families as Teams.

Beginning Word Processing for Seniors

March 1 • Wednesday 1 – 3 pm • \$10 fee

We will be exploring Wordpad and how it can be used for word processing, letters etc. We will cover basic word processing techniques and tricks.

Beginning Internet for Seniors

March 8 • Wednesday 1 – 3 pm • \$10 fee

Using a browser, we will look at search techniques; and we will discuss internet safety.

Beginning Email for Seniors

March 22 • Wednesday 1-3 pm • \$10 fee

Learn how to set up an account with gmail online, download attachments, receive emails, compose/add attachments, and awareness of email safety issues.

Get Comfortable with Computers LEVEL 1

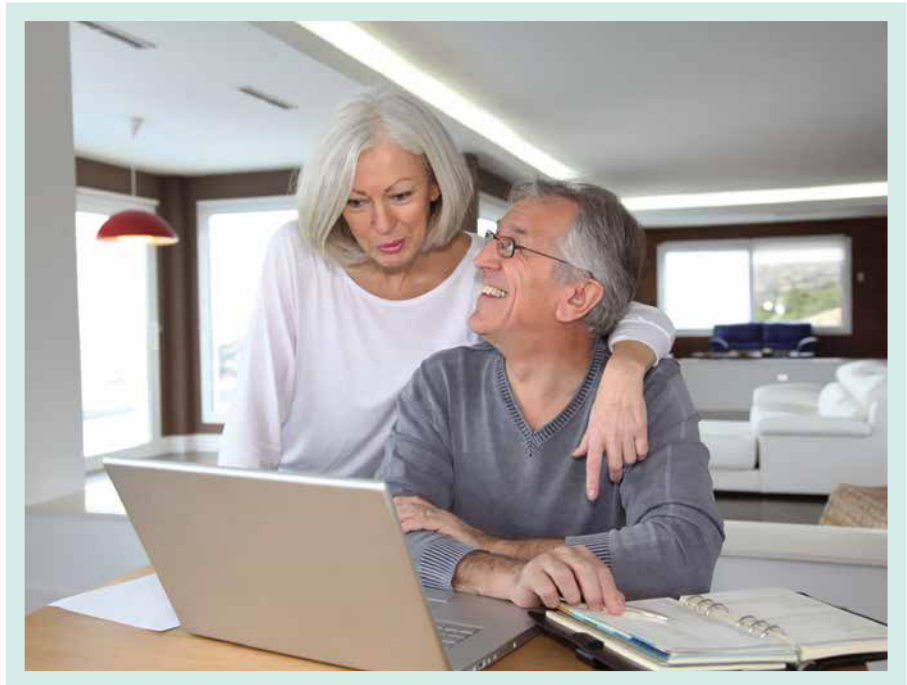
April 5, 12 and 19 • Wednesdays 1 – 3 pm
3 sessions \$30

This hands-on class is for those new to the computer. The class will show the basics from log in, mouse controls, tool bar uses, manage and search for files and basic email.

Get Comfortable with Computers LEVEL 2

April 26, May 3 and May 10th
Wednesdays 1 – 3 pm • 3 sessions \$30

This program is the next step after "Get Comfortable with Computers Level 1". You will learn how to navigate the internet, attach files through email, download pictures from your camera, internet safety as well as other valuable subjects to help you manoeuvre around the computer.



Resume and Cover Letter Workshop

January 24 • Tuesday 9 am-4 pm • No fee

This 1 day workshop will provide you strategies that effectively present your assets to employers. Learn the "Do's and Don'ts" of resume writing, gain practical techniques and tips for creating a cover letter and targeting employers. Bring your current resume to use for reference. Deadline for registration is January 17, 2017.

Wills and Estates

March 23 • Thursday 2 pm • No fee

Thinking of preparing or updating your will? Agnieszka Kopacz, Barrister and Solicitor and Notary Public of Kopacz Law Office in Devon, will provide you with an overview of some of the common issues that should be planned and considered.

The Law and Living Together

April 20 • Thursday 2 pm • No fee

Are you aware of the legal rights and responsibilities of people living together as spouses and how they differ from those of married couples? Topics for discussion will include care / support of children, inheritance and property. This session is presented by Agnieszka Kopacz, Barrister and Solicitor and Notary Public of Kopacz Law Office in Devon.

Are you ready for Retirement?

April 11 • Tuesday 2 pm • No Fee

Planning now can help you enjoy a more secure retirement. Developing stronger money skills can help you tackle retirement decisions and make retirement not only feasible, but fun as well. All of your questions will be answered by RBC representative Diane Hawrelak.

ST. JOHN AMBULANCE FIRST AID TRAINING

Emergency and Standard First Aid –
April 8 & 9 • Saturday/Sunday 8 am-6 pm

First Aid in Child Care – April 22 & 23
Saturday/Sunday 8am-6pm

Call Instructor for fees and to register
780-987-2560 no later than 1 week prior to course date.

JOIN OUR TEAM OF VOUNTEERS

If you want to: meet new people; gain experience for future work; experience different cultures; and support people in your own community; then join the Devon Adult Learning Council team of volunteer Tutors. We will provide you with free training opportunities. Call us today to find out more. Every moment is worth it when you see a student begin to dream beyond what they knew to be possible. Be the difference in someone's life today!

DEVON PUBLIC LIBRARY

CHILDREN & YOUNG ADULT PROGRAMS

All programs require registration

Baby Bunting

Focuses on the experience of adults and children enjoying the pleasure and power of using rhymes, songs, and stories together.



Date:	Tuesdays, January 17 – March 21
Time:	10:00-10:45am
Location:	Devon Public Library Program Room
Age:	0-2 with caregiver
Cost:	Free
Registration Deadline:	ongoing

Magic Time

Through this program, language skills are developed to increase the child's reading readiness.



Date:	Wednesdays, January 18 – March 22
Time:	9:30-10:30am
Location:	Devon Public Library Program Room
Age:	2.5-5 with caregiver
Cost:	Free
Registration Deadline:	ongoing

Magic Time Classics

Explores the various adaptations or retellings of favourite folk tales, fairytales, and myths, expanding our understanding of the world.

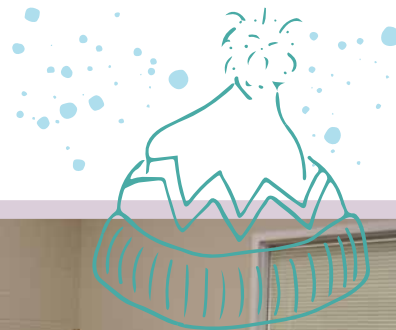


Date:	Tuesdays, January 17 – March 21
Time:	1:30-2:15 p.m.
Location:	Devon Public Library Program Room
Age:	3-5
Cost:	Free
Registration Deadline:	ongoing

Devon Nature Nuts

Nature Nuts will explore our neighbourhood of winter birds in this session. Explore Devon's birds through crafts, songs, and games.

Date:	Friday, January 20
Time:	10:00-11:00am
Location:	Devon Public Library Program Room
Age:	3-5
Cost:	Free
Registration Deadline:	Tuesday, January 17



A.I.M.B.O.T. LEGO Club

DPL, in partnership with the Alberta Institute of Mentors & Builders of Tomorrow (A.I.M.B.O.T.) will be hosting a Lego Club where kids will be encouraged to use their imagination and creativity to solve problems.

Date:	Tuesdays, January 10 & 24, February 14 & 28, March 14 & 28, April 11 & 25
Time:	4:00-5:30 pm
Location:	Devon Public Library Program Room
Age:	6-16
Cost:	\$20.00 per meeting for materials.
Registration Deadline:	The Saturday before the workshop.

Early Dismissal DAZE

Kick back & enjoy a movie on our big screen on early dismissal days. Popcorn & drinks are provided.

Date:	Wednesdays, February 1, March 1, and May 3
Time:	2:30-4:00pm
Location:	Devon Public Library Program Room
Age:	6-12
Cost:	Free
Registration Deadline:	Noon, Tuesdays, January 31, February 28, and May 2

The Joe Show!

Spend the afternoon being entertained by illusions, ventriloquism and comedy, then learn how to do some magic tricks of your own! Each participant will leave with materials to dazzle your friends and family.

Date:	Wednesday, April 5
Time:	2:30-5:00pm Parents and family are invited from 3:45-5:00pm
Location:	Devon Public Library Program Room
Age:	6-16
Cost:	\$10.00 for take home magic trick materials.
Registration Deadline:	Friday, March 31



ADULT PROGRAMS

All programs require registration unless otherwise specified.

Celebrate Your Past, Present and Future!

The babies are grown and the hormones have changed but that shouldn't limit you from creating a new beginning! Connect with your new dreams and birth a new chapter in your life. Start by taking a step back and shining a light on some of the "miss-takes" of your past. Be grateful for this wisdom and life lessons as you begin to plant new seeds for your future. Ann Sinnott will help you discover how to tap into a new vision for your future and how to avoid feeling 'stuck' in the present. It's time to bloom and move forward to creating the life you really want.

Date:	Thursday, January 26
Time:	7:00-8:30pm
Location:	Devon Public Library Program Room
Cost:	Free
Registration Deadline:	Monday, January 23

Chocolate and Whiskey Tasting

Join the Fairy Booze Mother, Sash McCauley, from 'A Smashing Life' as she presents "Whiskey 101". We will learn about production and taste a range of 6 different whiskies and styles pairing them with six 'Jacek Chocolates'! Try something new and discover whiskey!!

Date:	Thursday, February 23
Time:	7:00-9:00pm
Location:	Devon Public Library Program Room
Cost:	\$25.00 per person or \$40.00 per couple
Registration Deadline:	Friday, February 17 at Noon.

The Golden Lady

Everyone loves colour and sound. Spend an evening with Jackie from 'Golden Lady Wholistics' and learn how colour and sound affect our health.

Date:	Tuesday, March 7
Time:	7:00-8:30pm
Location:	Devon Public Library Program Room
Cost:	Free
Registration Deadline:	Monday, March 6 at Noon

Understanding "Muscle Testing"

"Talk" with your subconscious (intuition) via your body. Discover how the energy of food, cell phones, supplements, words and music impact your field. Experiment with several methods to find which works best for you. You may bring your own items to test.

Date:	Thursday, March 16
Time:	7:00-8:30pm
Location:	Devon Public Library Program Room
Cost:	Free
Registration Deadline:	Tuesday, March 14

Mindfulness: Finding Peace in a Busy World

Peace; happiness; harmony – these are not easy to define yet we all know when we don't have them. How do we go about finding deeper contentment in life, in relationships, at work, at the core of our being, in our body and in our mind? Join Judy Cooper to find the calmer, kinder and more peaceful contentment waiting for us by learning to surf life's waves in the busyness of life.

Date:	Mondays, March 20 & 27
Time:	6:30-8:30pm
Location:	Devon Public Library Program Room
Cost:	Free
Registration Deadline:	Thursday, March 16

A Visit by Gerry Rasmussen, Illustrator

Join the illustrator of the international syndicated comic strip, Betty, for a hands on interactive family event! Gerry will take the whole family on a creative journey as you slowly turn circles into an actual comic book character!

Date:	TBA (watch our website)
Time:	TBA
Location:	Devon Public Library Program Room
Cost:	Free

ONGOING ADULT PROGRAMS

Stirring the Inkwell

Develop, explore and celebrate your literary gifts with this monthly creative writing workshop. No experience is necessary.

Date:	First Wednesday of each month
Time:	6:45-8:00pm
Location:	Devon Public Library Program Room
Cost:	Free

Cardmaking with Wendy

Wendy will provide you with step-by-step instructions on how to create your own personal cards.

Date:	Second Monday of each month
Time:	5:30-6:30pm OR 7:00-8:00pm
Location:	Devon Public Library Program Room
Age:	13+
Cost:	\$6.00 for 3 cards (to be paid at time of registration)
Registration Deadline:	Tuesday, Friday before

DPL Book Club

A great way to discover new books and make like-minded friends! Everyone welcome!

Date:	Fourth Thursday of each month
Time:	7:00-8:00pm
Location:	Devon Public Library Program Room
Cost:	Free

Heart of Wellness Exercise

Zookinesis is a mild exercise for seniors based on Tai-chi, chi-gung and yoga. It is performed while sitting in a chair.

Date:	Every Monday & Wednesday (except Statutory holidays)
Time:	11:00am
Location:	Devon Public Library
Cost:	Free

Watch our website for updates and additional upcoming programs.



101, 17 Athabasca Avenue
Devon, AB T9G 1G5

Website: www.devonpubliclibrary.ca
Phone: 780-987-3720



Everyone's COMMUNITY BUS!

CURRENT SCHEDULE (subject to change each year)

DAY	DESTINATION	SCHEDULE	PICK UP	DEPART
Mon.	Leduc	Year Round	9am	1:30pm
Tue.	Devon	Year Round	8:30am	2pm
	West Edmonton Mall Bonnie Doon Kingsway	First Wednesday of month either (in rotation)	10am	3pm
Wed.	Spruce Grove	Third Wednesday of month	10am	3pm
	Casino	Last Wednesday – January, April, July and October	10am	3pm
Thu.	Devon	Year Round	9:30am	2pm (12:30 Jul / Aug)
	Leduc	Second and Fourth Friday	9:30am	2:30pm
Fri.	Leduc (pilot)	Ring & Ride essential appointments	7am	Varies

Ring & Ride
780-910-1960

Pricing (round trip)

\$5.00 - Devon

\$10.00 - Leduc, Spruce Grove,
River Cree, Costco

\$15.50 - Malls (Bonnie Doon,
Kingsway, Southgate, West
Edmonton Mall)

Minimum numbers required

Rent the bus.
Ask us how!

- available to Devon residents and limited service within Graminia area.
- door to door service within Devon.
- pick up service at scheduled meeting points for rural residents.
- available on bus days for your scheduled appointments in the Edmonton region.

- shopping, entertainment.
- fun trips – birthday parties, movie trips, special events.
- shopping, entertainment.

**Certain restrictions apply regarding transportation of children. Visit www.devon.ca for details*

