

2020 DEVON FALL

PROGRAM GUIDE



FALL HAPPENINGS IN DEVON

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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 \$250 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 / programs@devon.ca** for more information or a copy of the form.

COMMUNITY DIRECTORY

Town Office Main	780-987-8300
Programs & Events	780-987-8332
Family & Community Support Services	780-987-8325
Parks.....	780-987-8331
Community Bus.....	780-910-1960
Dale Fisher Arena	780-987-4242
Facility & Sport Field Bookings	780-987-8328
Devon Public Library	780-987-3720

FALL & WINTER EVENTS

SEPT 1 - 25: CULTURE MONTH

SEPT 14 - SEPT 18: COMMUNITY AWARENESS WEEK

OCT 24: FAMILY HALLOWEEN EVENT

NOV 28: CHRISTMAS IN THE PARK

DEC 4: SENIORS TEA AND JINGLES DELIVERY



the kindness project kindness

noun: the quality of being friendly, generous, and considerate

did you know that acts of kindness are a key contributor to mentally healthy communities?

kindness, as research has shown, also makes us happier, improved physical health, slows ageing and improves relationships.

let's start a conversation about kindness in Devon...

**For more information, contact:
Heather at hacres@devon.ca**

#YouGotThis

*the kindness conversations.
let's talk...*

- can you share an experience of when someone showed kindness and it had a positive impact on you?
- can you share a story about a time where you showed kindness? how did it make you feel?
- do you consider Devon to be a kind community? can you give an example?
- if Devon was known as one of the kindest communities, what would that look like?
- what could you do to help show kindness in Devon?

...because kindness matters

Building Community One Neighbour at a Time

Why be Neighbourly?

Socially connected neighbourhoods are safer, healthier, and happier. Research tells us that when we know our neighbours, it:

- Helps us feel safe when we watch out for one another
- Improves our physical & mental wellness
- Reduces isolation & increases our sense of belonging

- Saves time & money by helping out & sharing resources
- Supports healthy development of kids & youth

Volunteer to be a Neighbourhood Connector

- Have a friendly chat with the closest 10-20 households in your area
- Help neighbours connect at an activity at least once per year

WANT TO BE A NEIGHBOURHOOD CONNECTOR?

Contact: Heather Acres,
Community Development Facilitator
780-987-8300 or hacres@devon.ca



FAMILY & COMMUNITY SUPPORT SERVICES

FCSS is the first call

If your question is

“Who can help with...”

- Knowing where to start
- Parenting strategies / guiding my family through difficult situations
- Getting subsidized counselling services
- Taxes for lower income families
- Housekeeping support for eligible seniors / disabled persons
- Support after a crisis or abusive situation
- Finding and accessing addiction services
- Locating resources for your mental health
- Not being able to afford food
- What to do when I have lost my job, home or income
- Informative and fun workshops and programming

..... *We're here to help!*

I AM GROWING UP

From the day I am born, I am growing up.

I am learning from the world around me.

I am building foundations for life.

Help me be everything I can be.

I am curious.

Show me the wonders of my community.

Fuel my imagination through talking, reading, and playing.

My brain is making new connections every day.

I am amazing.

I am a child.

See me.

Hear me.

Know me.

iAMGROWINGUP.CA

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, and 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.

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 **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**.

**You are not alone.
If you need help, make the call. Please.**

Connect 24/7
to speak to trained support workers

Information & Resources:
2-1-1

Support & Crisis:
1-800-232-7288

FALL PROGRAMMING

This year has brought many changes! Keep a lookout at devon.ca/programguide for any updates to programs and events offered.

FALL ACTIVITY KITS

Looking for some at-home activities to celebrate all Fall has to offer? We bring the fun to you with our Fall Activity Kits. Get moving, get crafty, and spend some time with friends and family. For full descriptions, visit devon.ca/activitykits

RECREATION KITS

Four kits are available to sign-out for a weekend of fun for all ages, free of charge to Devon residents. Kits are available to borrow from Thursday – Monday each week, delivered straight to your door.

Kit Options: Little Play Kit, Jumbo Games Night, Backyard Extravaganza, and more!

Dates Available:

September 24 – December 10

*Please note, kits will need to be dropped off to the Town of Devon Office.

Sign-up to borrow a kit at devon.ca/activitykits

THEMED ACTIVITY KITS

Register for our themed activity kits to get resources, crafts, games and activities delivered to your door. Every month offers something new, free of charge to Devon residents.

September: Culture Month

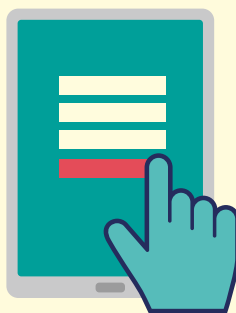
October: Family Memories

November:
Christmas in the Park

December:
Winter
Wonderland



HOW TO REGISTER for programs



Registration is easy! Just follow these steps:

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**

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.

Developmental Domains



Social Competence



Language & Thinking



Physical Health & Well-Being



Emotional Maturity



Communication Skills &
General Knowledge

CHILD & YOUTH PROGRAMS

Devon Community Indoor Playground



Spend some quality time with other parents while your children get to play. We have ride on cars, slides, climbing areas, a playhouse, kitchen, and many other fun toys. Once per month there is a hosted session that focuses on the five developmental domains.

It is the intention to open this program with limitations in October. This may change, and will be subject to all current health and safety guidance. Please follow the Devon, AB Indoor Playground Facebook page for all updates.

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. Limited class sizes and safety precautions will be in place.

Date:	Saturdays, Sep 26 – Dec 12 (No class Oct 10, 24 & 31)
Time:	9:00am-9:45am
Location:	Devon Community Centre
Age:	2-3.5 years (Accompanied by parent)
Cost:	\$145/9 sessions
Registration Deadline:	September 20

Local Youth Experience

"MAKE THE FRIENDS THAT YOU DIDN'T KNOW YOU NEEDED"

OPEN 5 NIGHTS A WEEK (SEPT-JUNE)
AGES 11 - 17
100% FREE

**OPEN WEDNESDAY NIGHTS
IN JULY AND AUGUST**

FIND MORE INFO ON WWW.LOCALYOUTHEXPERIENCE.COM

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. Limited class sizes and safety precautions will be in place.

Date:	Saturdays, Sep 26 – Dec 12 (No class Oct 10, 24 & 31)
Time:	10:00am-11:00am
Location:	Devon Community Centre
Age:	3.5-5 years (Accompanied by parent)
Cost:	\$145/9 sessions
Registration Deadline:	September 20

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. Limited class sizes and safety precautions will be in place.

Date:	Saturdays, Sep 26 – Dec 12 (No class Oct 10, 24 & 31)
Time:	11:15am-12:15pm
Location:	Devon Community Centre
Age:	5-7 years
Cost:	\$145/9 sessions
Registration Deadline:	September 20

Red Cross Stay Safe! Course



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 while staying home alone.

Date:	Saturday, November 7
Time:	9:00am-1:00pm (please bring a bagged lunch)
Location:	Devon Community Centre
Age:	8-12 years
Cost:	\$20
Registration Deadline:	October 30

Red Cross

Babysitting Course



This is a childcare course for ages 11-16 who may be responsible for the care and supervision of younger children.

Date:	Saturday, November 21
Time:	9:00am-4:00pm (please bring your own snacks)
Location:	Devon Community Centre
Age:	11-16 years
Cost:	\$30
Registration Deadline:	November 13

FAMILY PROGRAMS

Virtual Games Night

Gather your friends and families to enjoy an evening of drop-in games! Each games night will have different games to play, with fun for everyone. Stay tuned for updated dates on our Community Events Calendar at devon.ca!

The 28 Day Connection Challenge

You are probably already doing it anyway! Can you spare 30 minutes per day to connect with family, friends, and / or social circle for 28 days to be entered to win \$200 or \$100 gift card? The 28-day Connection Challenge is a great opportunity for you and your family to enjoy time together, learn new skills and really connect. Best of all it is free to enter and lots of fun. Oh, and did we mention, YOU get to choose your family prize (to a maximum of \$200 total). The challenge runs for the month of November. Learn more about the challenge and get your game sheet/rules at devon.ca/connections

Make One, Give One

Make one meal for you and give the other to someone who may need the cheer – just in time for Christmas! Includes jars of ingredients for 2 batches of biscuits, and 2 kinds of soup. Assembled at an AHS certified facility. #YouGotThis

Date:	Friday, December 11 Delivery
Time:	Daytime
Location:	Doorstep Delivery
Age:	Suitable for ages 8+, with supervision
Cost:	\$15 (limited availability)
Registration Deadline:	December 4 *Devon residents only

Outdoor Guided Walking

Looking to walk the beautiful Devon river valley trails in Voyageur Park? Trail is paved and flat, led by a guide at a social distance. Great opportunity to meet new people. Full walk is approximately 1 hour or opt to do half for 30 minutes.

Date:	Thursdays in September *weather permitting
Time:	10:00am
Location:	Voyageur Park (meet at bike skills parking lot)
Age:	All, children must be accompanied by an adult
Cost:	Free
Registration Deadline:	None For more information contact 780-987-8308 or CSOC@devon.ca

ADULT PROGRAMS

Community Connections Café

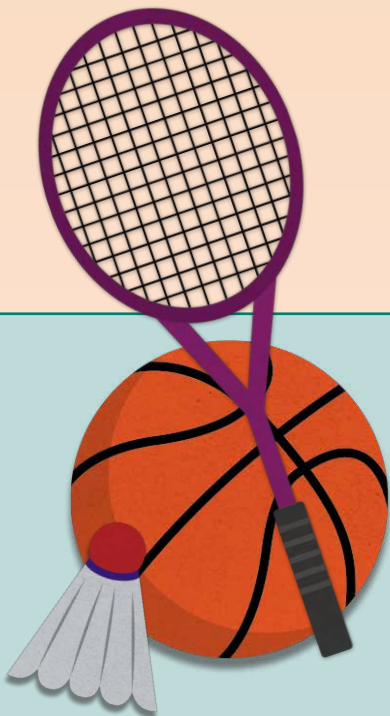
Hear informative presentations by local Devon and area folks about a variety of topics, all within the subject of “well-being”. This is a great way to meet and connect with people in our area, share knowledge, and learn new topics. This is a recurring monthly event. For more information, contact Heather or Cyndie at 780-987-8300.



Date:	First Tuesday of each month
Time:	7:00pm-8:30pm
Location:	Devon Community Centre
Age:	Youth 15+ and Adults
Cost:	Free
Registration Deadline:	None

Virtues Pick Café

Join us online for a positive and uplifting coffee morning every Tuesday for 10 weeks to explore what Virtues are, what they may mean to you, how to recognize them in yourself and others and why they are important, while learning how to be your best self and enhance your relationships. This is very low key and designed to create a sense of community, connection and enhancement of how you view yourself and others. Everyone is Welcome – we encourage people to come to as many of the 10 sessions as they can, but full attendance is not mandatory.



DROP-IN RECREATION

A variety of drop-in programs are organized throughout the year, including badminton, basketball, pickleball and more. Programs are offered to a variety of ages. Curious about what we have offered? Check devon.ca/dropin for updates!

Date:	Tuesdays, September 15 – November 17
Time:	10:30am-12pm
Location:	Virtual (Zoom)
Age:	Youth 15+ and Adults
Cost:	Free
Registration Deadline:	None Contact Heather at hacres@devon.ca for Zoom link

Pace of Grace

- How will you bring peacefulness into your life?
- How can you do things that bring you joy and gratitude?

This 5-session program is based on Linda Kavelin Popov's book, *A Pace of Grace*, and is designed to help us live a more peaceful and joy-filled life!

A Pace of Grace helps us to reclaim our energy, our time, and our health. Simple practices grounded in the virtues of a sustainable life open us to a new flow of grace. **A Pace of Grace** offers a program to Purify Your Life, Pace Yourself, Practice the Presence, and Plan a Sustainable Life. It contains guidelines for wellbeing which can free us from stress, and support us to live with joy, balance and vitality.

Date:	Tuesdays, September 29 – October 27
Time:	1:30-3:30pm
Location:	Virtual (Zoom)
Age:	Adults
Cost:	Free
Registration Deadline:	Monday, September 21 - To register or for more information about this program, please contact Heather at hacres@devon.ca

Trivia Tuesdays

Know your music, general knowledge, sports?? Want to get out and have a fun night in the fall? Play alone or with a team – your choice! We encourage a maximum of five per team. Prize each week. Part of the #YouGotThis Adult series. Social distancing rules apply.

Date:	Tuesdays October 6 – November 3
Time:	6:30pm-8:00pm
Location:	Marci's
Age:	Adults – families are welcome

Cost:	Free
Registration Deadline:	None

BINGO

Enjoy an evening of playing Bingo, you may even get lucky and win a prize! Seating will be socially distanced and safety protocols will be in place.

Date:	Wednesday, November 4
Time:	6:30pm-8:00pm
Location:	Devon Community Center
Age:	Adults
Cost:	\$10 (includes playing cards and dauber)
Registration Deadline:	October 28

Drop-In Indoor Winter Walking

Do you need a free, safe space to walk indoors away from the ice and snow? You can drop in anytime between the hours below.

- This is provided as a space to walk and is not a set program.
- Participants are responsible for their own safety.
- Outside footwear must be removed.
- No strollers, scooters or pets

Starts: October 5 – April 12, 2021

Current availability: Mon and Wed, 9:30–11:30am, Devon Community Centre, Main Hall

** See online community events calendar for closure dates and updates.*

Check 'n' Chat Friendly Connection Service

This is a new service that will be starting in November. Open to anyone who may welcome a weekly check in and chat with a community volunteer. Volunteers will have basic training, information on resources, and can offer a friendly ear to help keep you feeling connected to your community. They will be screened for a criminal record check.

Please note, they are not trained counsellors and will not be able to provide personal details or meet in person. If at any time you are in distress or the volunteer feels concerned, then you will be redirected to professional support.

If you have questions or would like to register for this service please call 780-987-8325 or email FCSS@devon.ca

Intimate Partner Violence

What is intimate partner violence all about? How many people are impacted by intimate partner violence? How do you know a relationship may be abusive? Do you know how to talk about it, or how to help? Riseup Society of Alberta is offering a session about this real social problem in our community.

Date:	Monday, December 7
Time:	6:30pm-9:30pm
Location:	Devon Community Center
Age:	Adults
Cost:	Free
Registration Deadline:	October 30 To register, call 780-987-8325 or email FCSS@devon.ca

Stress Reduction Series

Stress is a natural part of life. However, it can become toxic and have a negative impact on our lives. Learn strategies to help manage and reduce stress in your life. This series will be focused on mindfulness practices.

Date:	Thursday, October 1 – November 5
Time:	7:00pm-8:30pm
Location:	Devon Community Center (*or Zoom depending on restrictions)
Age:	Adults
Cost:	Free
Registration Deadline:	October 21 To register, call 780-987-8325 or email FCSS@devon.ca



Tea & Jingles

While we cannot do the singalong and get-together, we can bring the literal tea and jingles to you to enjoy! Register for a good old fashioned mug, tea, cookies, and, of course, jingle bells to be delivered to your door. You can then join us for a virtual tea and chat on Friday Dec 6 if you would like (we will provide details with delivery).

Date:	Wednesday, December 4
Time:	Daytime
Location:	Doorstep Delivery
Cost:	Free (limited numbers, Devon residents over 65 years of age only)
Registration Deadline: November 27 - To register, call 780-987-8308 or email CSOC@devon.ca	

Trivia Nights – Christmas Special

Think you know Christmas? This will put your knowledge to the test! Prizes for the winners and runners up! Social distancing will apply.

Date:	Tuesday, December 15
Time:	6:30pm-8:30pm
Location:	Marci's
Age:	Adults – families are welcome
Cost:	Free
Registration Deadline:	None

INDIGENOUS-BASED PROGRAMS

We offer various cultural based programs and events throughout the year including beading workshops, speaker presentations and many others. We are committed to strengthening the relationship with Indigenous Peoples across the land, as well as supporting our Indigenous and non-indigenous residents through cultural programming and events. Partnering with Indigenous Nations will allow for our communities to come together to learn about various Indigenous cultures, languages and traditions.

For a current list of upcoming events and programs, go to devon.ca/indig-events.

Here's a sneak peek of our cultural based programs and events coming up:

nehiyaw culture and language programs

The Town of Devon is collaborating with various Treaty Six First Nations to promote an understanding of nehiyaw culture, language and way of life to Devon residents. Through this educational opportunity, participants can develop a better understanding of one another, whether they be Indigenous or non-indigenous.

We are planning on offering Cree language and culture classes beginning in the fall. Stay tuned for more information!

Talking Circles

Devon works with various Nation members to hold talking circles, which allow residents to learn about Indigenous cultures, ask questions, and receive guidance and wisdom. Stay tuned for upcoming dates!

Virtual Sharing Circle

Join Elder Sydney Courtepatte of Michel First Nation for a series of online sharing circles. Sharing circles have been used by Indigenous Peoples for centuries to provide a safe and caring space for everyone to talk and receive knowledge, guidance and support.

If you would like to talk or be present for some social interaction, we welcome you. This is a public opportunity, but this is a safe and respectful place. Please be mindful of others and their experiences. This is not a counselling service.

Date:	Every Wednesday evening in October
Time:	6:00pm-7:00pm
Location:	Online
Age:	Adults
Cost:	Free
The link to join available at devon.ca/indig-events or on the Devon FCSS Facebook Page	

Residents for Reconciliation

Residents for Reconciliation events give residents an opportunity to learn about various topics from speakers including the impacts of colonization, the residential school system, sixties scoop, treaties, Indigenous rights, and Indigenous cultures. Upcoming dates will be released throughout the Fall!

DALE FISHER ARENA

The safety of our community members is important to us. All drop-in public skate programs are on hold until further notice. We hope to see you in our drop-in public skate, once we are able to resume safely.

ONLINE ARENA SCHEDULE AND UPDATES:

1. Go to devon.recdesk.com
2. Click on calendar
3. Choose Dale Fisher arena from the drop down menu.

**32 HAVEN AVENUE
780-987-4242**



GETTING HELP & SUPPORT

The information below provides basic details of what support we can offer.
Please contact us for more information or if you need assistance.

We are here to help you.

Food, Shopping & Financial Support

Contact the FCSS office at 780-987-8300 for support with:

Not being able to afford / access food.
Shopping support service.
Bills, rent, housing, income, or other financial issues.



Transportation

The community bus is running to Leduc on Monday mornings and on Tuesdays and Thursdays in Devon. 780-910-1960.

For other out of town needs there is Drive Happiness for seniors. 780-424-5438.

Mental Health & Wellness, Counselling & Domestic Violence Supports

Devon FCSS has programs to support mental wellness and assist with domestic violence situations, including one-on-one's, workshops, and resources / referrals. 780-987-8308.

Eligible residents can access subsidized counselling with registered therapists and all residents can get referrals to other mental health supports. 780-987-8325.

24/7 Mental Health Support / Crisis: 1-800-232-7288
Family Violence Info Line: 310-1818
Leduc & District Victim Services: 780-980-7232 (office hours)

Devon Virtual Support & Chat Groups

Devon FCSS is working with staff, Local Youth Experience, and volunteers to offer the following options:

Virtues Cafe • Youth Check-In • Grief and Loss • Caregivers • Parent Social
50+ Coffee Chat • Check 'n' Chat service (see full advert in this guide for details)

None of these programs are counselling or therapy. They are offered for general support and connection purposes. Contact the FCSS office for details or follow the FCSS Facebook page.

We are in this together. #YouGotThis

All of this information, and more, can be found online at www.devon.ca/FCSS
If you are unsure, can't find what you are looking for, or have questions:
780-987-8300 or email FCSS@devon.ca or CSOC@devon.ca
Out of office hours, call 2-1-1



Everyone's Community Bus!



CURRENT SCHEDULE (subject to change each year)

DAY	DESTINATION	SCHEDULE	PICK UP	DEPART
Mon.	Leduc	Year Round	9:00	1:00 pm
Tue.	Devon	Year Round	9:30 am	3:30 pm
Wed.	Service temporarily suspended			
Thu.	Devon	Year Round	9:30 am	3:30 pm
Fri	Available for private rental			

- Devon service is available ANYTIME during the hours listed – call for a ride.
- Door to door service within Devon.
- We can now take children of all ages
- Masks are mandatory, until otherwise notified

Ring & Ride 780-910-1960

Pricing (round trip)

\$5.00 - Devon

\$10.00 - Leduc

Rent the bus*

(from \$27 p/h.) Ask us how!

*Rental Service temporarily suspended

.....

Visit
devon.ca/bus
for details and updates

