		JANUARY 2015
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PAN	EIW	
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ann an		FIDOT MIGHT OOAF
's Insi	d e	FIRST NICHT 2015
MAS Lights	2	
undraiser	2	"Suzy Snowflake", Balloon Artist,
's Centre	3	"Rainbow", Airbrush Face Painting
s Classes	3	Bonfire
Access	4	Free Hat Dogs and Public Skating!
Library	4	Free Hot Dogs and Public Skating!
Skate	5	December 31, 2014 STARTS @ 6:00 PM
won Do	5	Mike Karbonik Arena
ting Debt	5	Firamarka @ 0.90
		Fireworks @ 8:30

Colmar Preschool Society COMEDY NIGHT and SILENT AUCTION Featuring: Kerry Unger

Saturday, February 28, 2015 Doors Open: 6:30 PM - Show Starts: 8:00 PM Calmar Legion

50/50 Draw

Wha

Country XI Grad Fu

Senior's

Fitness

Open .

Public I

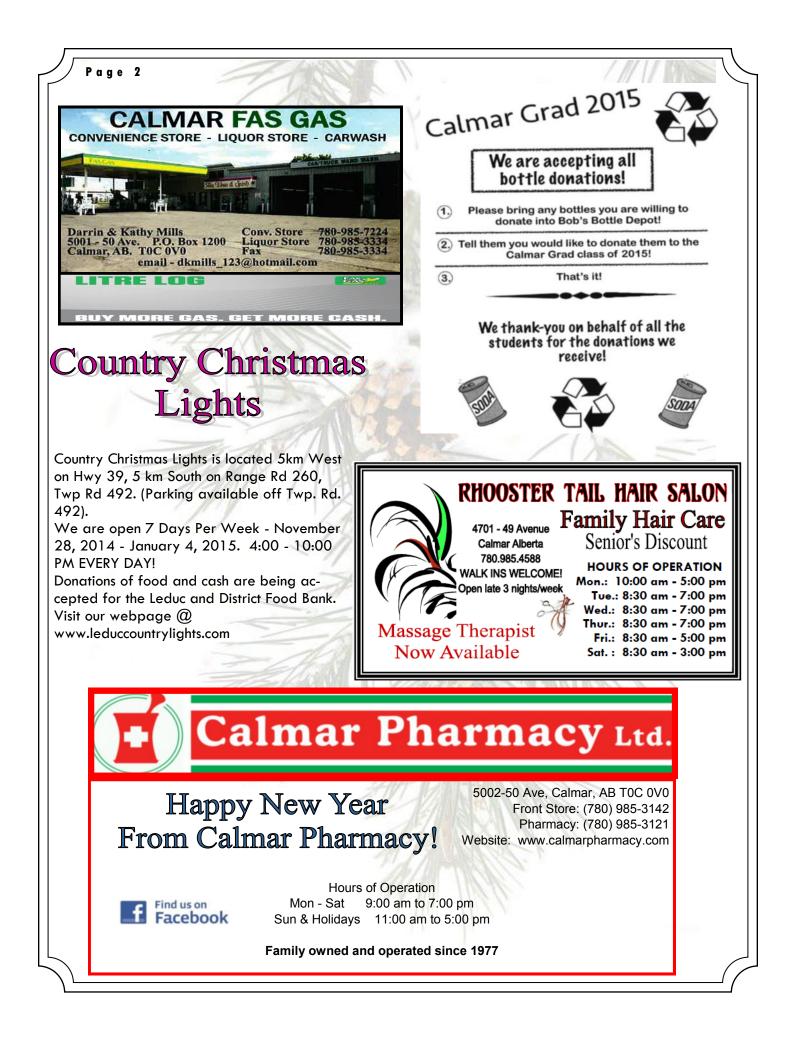
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Tae Ky

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Tickets: \$25.00

Dance to Follow Music by DJ Party Beatz





and strength conditioning workout. This 45 minute interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided!

high intensity interval training

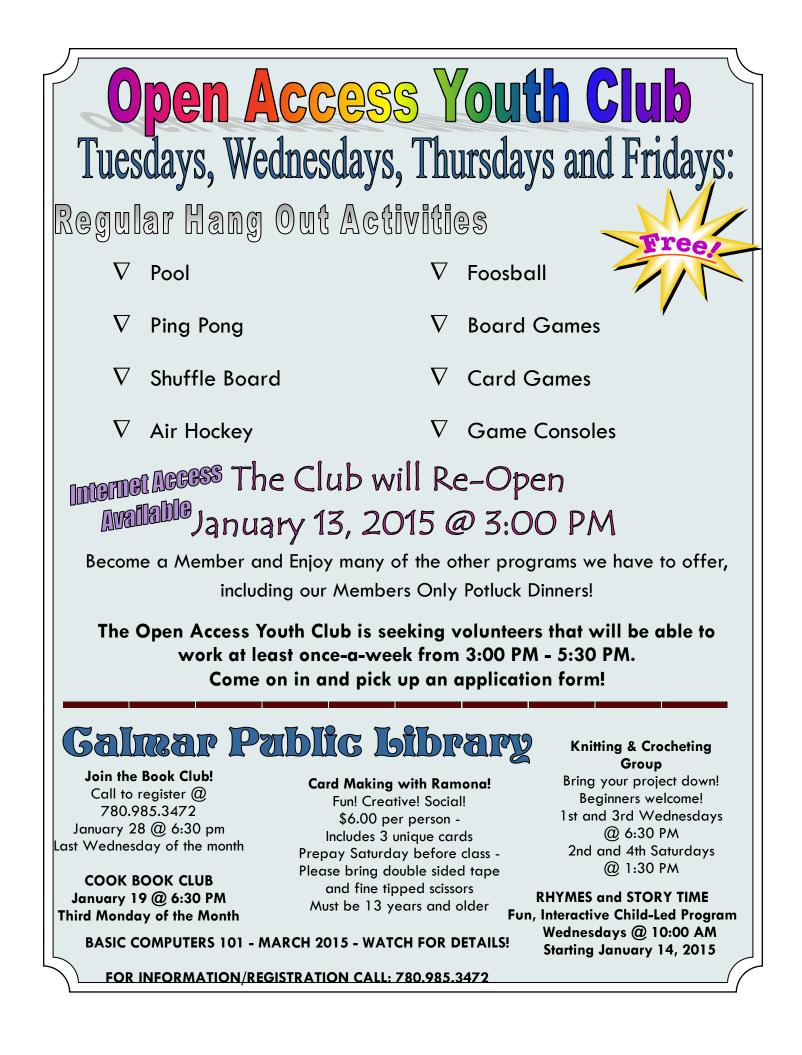
\$100.00 for a 10 Punch Pass \$12.00 Drop-In Rate. Punch passes can be used for either class!

BodyPump is an hour long circuit training class that will work every muscle in your body! We will incorporate short bursts of cardio with strength training exercises that focus on your upper body, lower body and abdominals. In this class we will be using our body weight, light weights and dynabands to completely tone and strengthen the whole body. BodyPump is a great class for beginners with modification movements to challenge more advanced students!

Fitness Classes Starting January 20, 2015! Calmar Community Hall Contact Brittany @ 780.298.7936

or Bryce @ 780.850.0151 for More Information





Attention!!! All Hockey and Ringette Players!



Improve your skating skills to play better Hockey

CANPOWERSKATE 10 week Session - January 8, 15, 22, 29, February 5, 12, 19, 26 and March 5 and 12, 2015! LEVELS 1 & 2 - Novice/Atom/U10 - 4:00 - 5:00 PM LEVELS 3 & up - PeeWee/Bantam/U14 - 5:00 - 6:00 PM MIKE KARBONIK ARENA -REGISTRATION DEADLINE: JANUARY 5, 2015 Contact Darlene Massey to Register @ 780.497.1555 or pdmassey@telus.net. If you have any questions please call Kim Kelly @ 780.222.2494



BLACK GOLD TAE KWON-DO

COURTESY - INTEGRITY - PERSEVERANCE - SELF CONTROL - INDOMITABLE SPIRIT

PROVIDING QUALITY, FAMILY

FOCUSED MARTIAL ARTS

INSTRUCTION

IN CALMAR, ALBERTA



PLEASE CALL or EMAIL DANIEL

780.985.7245

dtblush@telus.net

FOR GENERAL INQUIRIES AND REGISTRATION INFO

Join the Gateway Family Church for an encouraging Study in:

Eliminating

Thursday Evenings Starting January 29, 2015 7:00 PM 37A Parkview Crescent Contact Alice Hager @ 780.498.2986

ls Debt overwhelming you?

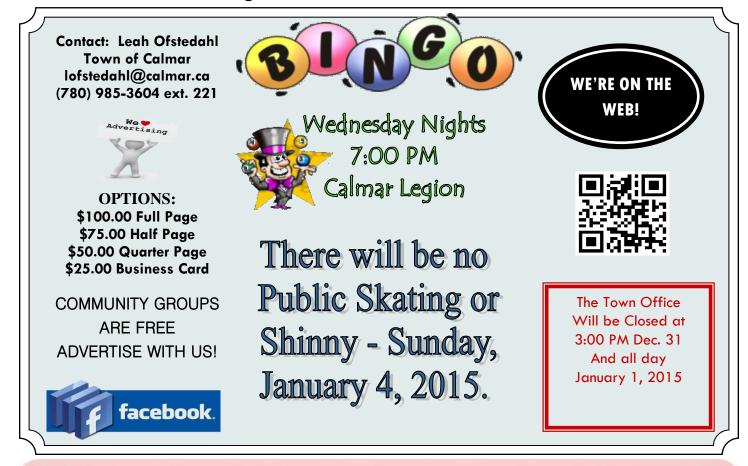
There is no denying that debt takes a toll on us financially, emotionally, relationally, and spiritually. That's why this study is so crucial.

Join us for a 6 - 10 week class to learn to attack debt and become debt free.

Special video presentations from Dave Ramsey, Chuck Bentley, Chip Ingram and others, with encouraging messages for you on how to become financially free.

FACE THE FEAR. ATTACK DEBT. BE FREE!

Advertising Deadline: The 15th of each month!



On behalf of the recipients of the Christmas Hampers,

A Very Special Thank You

From the Calmar and District Christmas Elves.

Your Generous Support and Donation is greatly appreciated by all.

Your contribution made it possible for the Calmar Christmas Elves Program to supply much-needed food supplies, gift cards for fresh food and Children's Gifts.

Your compassion has truly made a difference in the lives of many families in our community who

struggle during the holiday season.

Thank you, Calmar Prairie Players for your Performances to help support us!

Sincerely, the Calmar Christmas Elves Team,

Darlene Behiel, Tracy Gordon and Yvonne Pearson

THANK YOU ALL!