

Calmar

JANUARY

CHRONICLE



First Night Festival

December 31, 2016

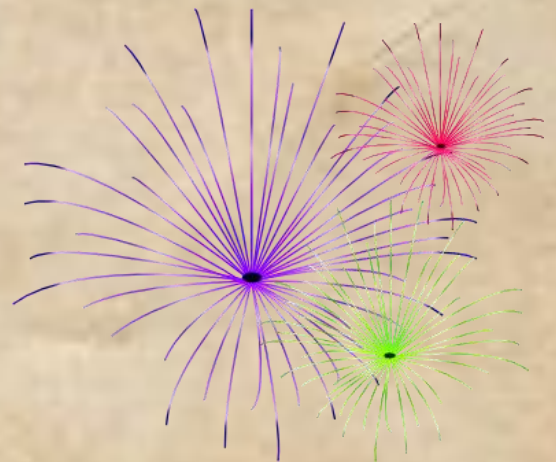
6:00 PM

Fireworks @ 8:30 PM

Mike Karbonik Arena

Spreading the Christmas Spirit!

In a selfless act of kindness local business owners, Dawn Logan-Potter and Wendy Cranston, went out of their way to spread holiday joy to residents in Calmar and surrounding communities by hosting a Christmas dinner at the Senior's Centre on Christmas Day. Approximately 80 guests joined them for an afternoon filled with laughter, a wonderful meal and Christmas spirit! They would like to thank the wonderful volunteers who dedicated their time, and all of the businesses for the fabulous donations.





SPECIAL FOR CALMAR RESIDENTS:



**BUY 1 GALLON OF BEN AND GET
2ND GALLON
HALF PRICE. REG \$ 49.99 GALLON.
Offer only valid with this Coupon**

The Carpet Studio/ Benjamin Moore
4931 55 Ave,
Edmonton, Alberta T6B 3S3

CALMAR FAS GAS

CONVENIENCE STORE - LIQUOR STORE - CARWASH



Darrin & Kathy Mills
5001 - 50 Ave. P.O. Box 1200
Calmar, AB. T0C 0V0
email - dkmills_123@hotmail.com

Conv. Store 780-985-7224
Liquor Store 780-985-3334
Fax 780-985-3334

LITRE LOG

BUY MORE GAS. GET MORE CASH.

Jackie Bedell
Interior Designer/Color Consultant



Calmar Fitness Winter Session

January 17 - March 23 (10 Weeks)

BodyPump

Tuesdays at 6:30 p.m.

BodyPump is a 1 hour circuit class that works every muscle in your body! Great for beginners to advance students.

10 Week Session Dates: **Jan. 17 - Mar. 21**

10 Week Pass: **\$100**

Drop-in: **\$12**



HIIT Maximus

Thursdays at 6:30 p.m.

HIIT Maximus is a 45 Minute aerobic & strength conditioning workout that will get your heart pumping!

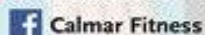
10 Week Session Dates: **Jan. 19 - Mar. 23**

10 Week Pass: **\$100**














Drop-in: **\$12**

All classes are held at the Calmar Community Centre located at the corner of **48a Ave & 49 Street**. The 10 Week Pass can be used for both Tuesday & Thursday classes.

For more information text or call **Brittany** at **780-298-7936** or check-out our Facebook page!



CALMAR PUBLIC LIBRARY PROGRAMS JANUARY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 	2 	3 11 AM - 5 PM 3:00 - 4:30 Dungeon & Dragon (13 & older) 	4 11 AM - 8 PM 10-11 Parent Link (0-5 with caregiver) 2:30 Lego (6 - 12) 6:30 Knitting (Everyone)	5 11AM - 5 PM	6 11AM - 5 PM	7 11 AM - 3 PM	
8 	9 11 AM - 8 PM 11:30 Zook (Adult)	10 11 AM - 5 PM 3:00 - 4:30 Dungeon & Dragon (13 & older)	11 11 AM - 8 PM 10-11 Parent Link (0-5 with caregiver) 6:30 Knitting (Everyone) 7:00 Managing Stress & Anxiety through Meditation	12 11 AM - 5 PM 3:30 Pokemon (6-12) 	13 11 AM - 5 PM	14 11 AM - 3 PM	
15 	16 11 AM - 8 PM 11:30 Zook (Adult) 	17 11 AM - 5 PM 3:00 - 4:30 Dungeon & Dragon (13 & older)	18 11 AM - 8 PM 10-11 Parent Link (0-5 with caregiver) 6:30 Knitting (Everyone) 7:00 Women & Monday	19 11 AM - 5 PM	20 11 AM - 5 PM	21 11 AM - 3 PM	
22 	23 11 AM - 8 PM 9 - 11 Parent Link (0-5 with caregiver) 11:30 Zook (Adult) 6:30 Cookbook Club (Adult)	24 11 AM - 5 PM 3:00 - 4:30 Dungeon & Dragon (13 & older)	25 11 AM - 8 PM 10-11 Parent Link (0-5 with caregiver) 6:30 Knitting (Everyone)	26 11 AM - 5 PM 3:30 - 4:30 Tween Book Club (7-12 years) 	27 11 AM - 5 PM	28 11 AM - 3 PM	
29 	30 11 AM - 8 PM 6:30 Adult Book 	31 11 AM - 5 PM 3:00 - 4:30 Dungeon & Dragon (13 & older)	<p>For up to date information Check out our webpage www.calmarpubliclibrary.ca</p>				 Like us on  facebook



SCREEN TEST IS COMING TO:

Thorsby
Community Centre

January 23 & 24

To book a mammogram
appointment call:

1-800-667-0604
(toll free)

1 in 8 women in
Alberta will be
diagnosed with
breast cancer in her
lifetime

A mammogram can
help find breast
cancer
2 - 3 years before it
can be felt

Women 50-74 are
recommended to
have a screening
mammogram every
2 years and may
self-refer

To learn more about
breast, cervical, or
colorectal cancer
screening in Alberta
visit:

**SCREENING
FOR LIFE.CA**

Positive Discipline for Everyday Parenting

Increasingly, parents are being advised to use positive discipline, but parents often ask, "what is positive discipline and how do I do it?"

Parents will have an opportunity to learn short-term and long-term goals, create a positive home climate, understand how children think and feel, problem solve in challenging situations and learn how to apply the same principles a cross a wide range of situations.

Dates: Mondays, Jan. 16 to Feb. 13 and Feb. 27
Time: 6 to 8 p.m.
Location: Beaumont FCSS Office
5817—Rue Eaglemount
Limited childminding is available
Register: Call 780-979-2386 or email
lrplc@leduc-county.com



*"We are apt to forget that children watch examples better than they listen to preaching."
— Roy L. Smith*



RESUME AND COVER LETTER DEVELOPMENT WORKSHOP.....



Create your own individualized cover letter and resume to get you an interview. Participants will receive a completed resume.

Jan. 19, 2017 | 9 a.m. – 4 p.m.
Leduc Alberta Works Office (4901 - 50 Ave)

FREE | Call 780-980-7109 to Register

**Snacks and refreshments will be provided*



www.Leduc.ca



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



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



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



AA is a non profit organization with 1 meeting a week, in Calmar.

Is drinking a problem? Alcoholics Anonymous can help. Call 587.784.3285 or go to area78.org for meeting time and location.

The sole purpose of Alcoholics Anonymous is for men and women coming together to share their experience, strength, and hope that they may recover and help others to recover from alcoholism. AA is a self-supporting organization; AA is not affiliated with ANY religious, political or activist groups; AA does not keep records of attendance or case history; AA does not try to control members; AA is about staying sober and helping others to achieve sobriety.

When you can't get to meetings... the meeting can come to you—AA offers On-line meetings.

Senior's Centre

HAPPY NEW YEAR TO YOU ALL!

January 6: Foot Nurse, Call Aileen @587.991.4132 for appointment.


January 11: Monthly general meeting @ 1:00

January 18: Member Birthday Celebrations—Bring family or friends, Enjoy!

January 24: Music Jammers @ 1:00—Light Lunch, \$4.00/person—Public Welcome

Membership fee of \$10.00 is due by January 31, 2017.





Calmar Pharmacy Ltd

5002 - 50 Ave, Calmar AB T0C 0V0
 Front Store: 780.985.3142
 Pharmacy: 780.985.3121
 Website: www.calmarpharmacy.com

Family owned and operated since 1977

Hours of Operation
 Mon. - Sat. 9:00 am to 7:00 pm
 Sun. & Holidays: 11:00 am - 5:00 pm

The Calmar and District Christmas Elves wish to Thank all of the Community Members, Volunteers and Local Businesses for their support during the 2016 Christmas Elves Campaign. Your Support provided for those in our community in need of our services.

You have all made a positive difference and touched many lives through your kindness and generosity.

Thank You

We



Advertising

Contact:

Leah Ofstedahl

Email:

lofstedahl@calmar.ca

Phone: 780.985.3604

Town of Calmar

4901—50 Avenue

PO Box 750

Calmar AB T0C 0V0

NewsLetter DEADLINE

15th of the month!

OPTIONS:

\$100.00 Full Page

\$75.00 Half Page

\$50.00 Quarter Page

\$25.00 Business Card

COMMUNITY GROUPS
ARE FREE
ADVERTISE WITH US!

Collection of Real Trees will be January 9, 2017.

Please have your trees out by 7:00 am at curbside.

Thank you.

The Town office will be closed on January 2, 2017.

new owners

the salty dog



Public house

open DURING RENOVATIONS

happy hour: 4 – 7 pm
drink and food specials
vlt's and sports!
live events

5150 – 50 avenue, calmar, ab