

Sylvan Lake Community Calendar

The Community Calendar is an open bulletin board for non-profit community groups running free events open to the general public.

Submissions must be received by Tuesday at 12:00 p.m. and should be kept as concise as possible. We will edit for content and length.

We strive to publish all submissions we receive, however, due to the number of items or space availability, we are not able to guarantee publication. If you need to be sure your message runs, we suggest you place your message in the Classified section.

Deliver submissions to our office at **Suite 103, 5020 50A St., Sylvan Lake**, fax to **1-403-887-2081 (Toll-Free 1-888-999-2081)** or email to **editor@sylvanlakenews.com**. Be certain to include dates, times and contact information.

Special Events

Saturday, May 19 - Silent Auction and Veterans' Appreciation Day in support of Veterans Voices of Canada at Sylvan Lake community centre from noon to 5 pm. Free admission. Accepting non-perishable food items for Sylvan Lake Food Bank. Meet the Veterans at 'Veterans Corner', Red Deer Legion Pipe Band, military and 'Support Our Veterans' vehicles, military memorabilia display. For info call Allan Cameron 403-887-7114.

Saturday, May 19 - Dickson Store Museum opens for season. Please join us for homemade goodies and refreshments. Entertainment at 2 pm. Everyone welcome.

Friday, May 25 - Grand opening of the new Sylvan Lake RCMP detachment and Protective Services building. 11 am to 3 pm.

Friday, May 25-Sunday, May 27 - Red Deer & District SPCA's garage sale. Accepting all kinds of clean, gently used items. No clothing, shoes, computers, TVs, large appliances. Drop off May 2-22 at 5239 53 Ave., Red Deer (north of Superstore). For info contact Brenda at 403-309-6374 or bspark33@shaw.ca

Saturday, May 26 - Sylvan Lake & Area Community Partners fundraising auction at MySpace Garage. Accepting donations or items on consignment. Contact Alanna at 403-887-9989.

Saturday, May 26 - Having trouble navigating the perplexing world of Wills and Estate Planning? Lawyer Lani Rouillard will be at Sylvan Lake Library to answer questions from 1-3 pm. Call the library to register 403-887-2130. Seating is

limited.

Sunday, May 27 - Best Body Fitness Sprint triathlon, duathlon, Alberta Summer Games qualifier and Kids Splash and Dash. Volunteers always appreciated. Info at www.BBFsprint.ca.

Sunday, May 27 - Fahrfromhome 13, the meeting of Alberta's Volkswagen clubs at Sylvan Lake. Featuring 100+ vehicles in the parking lot on 50th Avenue beside the tourist information centre. 10 am to 3 pm.

Wednesday, May 30 - Sylvan Lake seniors bus to Calgary Casino. Leave 8:30 am. Phone Joan 403-887-7614.

Saturday, June 2 - Teddy Bear Tea Party at Sylvan Lake Municipal Library from 1-2 pm. Bring your favourite bear for a fantastically fun tea party. There will be a picnic with your favourite furry friend, stories and games. Free, registration required.

Saturday, June 2 - Muscles in Motion includes an 8 km trail run and Fire Fighter Fitness Challenge at Jarvis Bay Provincial Park in support of Muscular Dystrophy. Runner orientation at 8:45 am, run starts at 9 am. For info check the website personaltrainingsylvanlake.com and click on Muscles in Motion in the top bar.

Wednesday, June 6 - Seventh annual École Fox Run School open house.

Friday June 7 - Saturday, June 8 - Second annual Sylvan Lake Relay for Life for Canadian Cancer Society at H. J. Cody High School track beginning at 7 pm on June 7 and running until 7 am Saturday. Coordinator Katrina Johns is looking for teams and volunteers. Contact her at katrina.h.johns@gmail.com.

Sunday, June 17 - 10 am Father's Day run and walk. Beginning at Best Body Fitness. Info at www.BBFsprint.ca.

Weekly events

Mondays - Toastmasters Sylvan's Slick Speakers meet at Sylvan Lake Alliance Church, 4404 47 Ave. from 7-8:15 pm. Join Toastmasters now to become the speaker and leader you want to be. For info call Correna Rae 403-506-9643.

Mondays - Parents connecting parents. Join us for a mummies group focusing on parents. 10-11:30 am. Call Giselle at 403-887-9989 for info.

Tuesdays - Healthy Moms and Healthy Babes 10-11:30 am. Guest speakers. Call Giselle at 403-887-9989 for info.

Wednesdays - Drama Troupe meets at 10 am at Sylvan Lake Seniors Association. If interested call Jill at 403-318-9381 or come and join.

Wednesdays - Free family swim for families with preschool children. Noon to 1 pm. Sylvan Lake

Aquatic Centre. Must pre-register with Giselle 403-887-9989.

Thursdays - Sylvan Lake seniors bus to Red Deer. Pick-up 9:15 am. Returning to Sylvan 1:30 pm. Phone Mary 403-887-4579.

Thursdays - Ladies of the Patch. Does your partner work away from home for extended periods of time? 10 am. Open discussion, sharing tips and coffee. Call Giselle at 403-887-9989 for info.

Thursdays - Benalto Leisure Club invites you to an afternoon of games, socializing and refreshments from 1-3:30 pm. Call Mary 403-746-5237 or Tom 403-588-2620 for info.

Thursdays - Bingo at Sylvan Lake Seniors Centre. Precall at 6:30 bingo starts 7 pm.

Thursdays - TOPS Sylvan Lake chapter meets at Comfort Inn, Sylvan Lake. Weigh-in 7-7:30 pm followed by meeting. All welcome. For more information call Kari 403-887-7850.

Support Programs

Sylvan Lake Al-Anon (for families and friends of alcoholics) 8 pm Sundays, Presbyterian Church (north door), Kathy 403-887-4470 or Robyn 403-887-2961. 06/30/12

Sylvan Lake AA meetings. Tuesdays 7:30 pm Lions Hall; Sundays 8 pm Presbyterian Church (north door). For more information call male 403-887-4470, 403-887-4160 or female 403-887-4297. 06/30/12

Narcotics Anonymous meetings Thursday and Saturday nights at 7:30 pm at Sylvan Lake Bethany Care, 4700 47th Ave. 06/30/12

Are you having trouble controlling the way you eat? Overweight? Underweight? Obsessed with weight or dieting? You are not alone. No dues, no fees, no weigh-ins. Everyone is welcome. Food Addicts in Recovery Anonymous is a 12 step recovery program. For info call Harry at 403-887-2962 or Joan at 403-748-2433. 06/30/12

Are you raising your grandchildren? Come join us at our ACUSHLA meetings first Thursday of the month at Sylvan Lake Library from 1-3 pm. We meet to share and support each other. Questions, call Glenda (Sylvan Lake) 403-887-3849 or Sandy (Lacombe) 403-782-2960.

Groups & Activities

C.H.I.P.S. - Children's Indoor playspace is a non-structured playtime for children 0-5 years old. Riding, climbing and bouncing toys provided and parents and caregivers can socialize. Mondays 9-11:30 am; Wednesdays and Fridays 9:30-11:30 am; Thursdays 12:30-2:30 pm. at the community centre. Contact Wendy-Jo for info 403-887-5975.