



THE SILVER SPRINGS SPIRIT

Silver Springs Community Association Official Newsletter

5720 Silver Ridge Drive NW, Calgary AB T3B 5E5	403-288-2616	
administration@silverspringscommunity.ca	ssca_calgary	Office Hours
silverspringscommunity.ca	ssca_calgary	Monday to Friday
		8:30am to 3:30pm



REMEMBERANCE DAY - NOV 11TH

LEST WE FORGET

SSCA Board of Directors



We are looking for great candidates to join our board of directors in the next annual cycle (2025)

What we look for: Community members who love Silver Springs and want to be involved with an amazing organization! Experience in Leadership, Governance, Communications, or Human Resources would be considered an asset, however training would be provided for the right candidate.

What you get: To partner with community members who share the common goal of making Silver Springs a great place to live. Gain valuable skills and experience while making a difference in your community!

Alternatively you can join one of our volunteer groups or subcommittees:



- Planning & Development
- Events & Communications
- Outdoor Rink Crew
- SSCA Building Expansion
- Active Senior's group
- Garden Groups
- Winterspace
- Finance

Visit: www.silverspringscommunity.ca/volunteer
Contact: administration@silverspringscommunity.ca

UPCOMING COMMUNITY EVENTS

CHRISTMAS CRAFT MARKET
SAT NOV 16 10:00AM - 3:00PM

WILLS & ESTATE PLANNING - SENIORS
MON NOV 18 1:30PM - 4PM

SENIORS CHRISTMAS PARTY
TUES DEC 17 5:00PM - 9:00PM

HELLO WINTER
SAT DEC 7 12:00PM - 3:00PM

CHRISTMAS LIGHTS - SENIORS
MON DEC 9 6:00 PM - 9PM

LEGO COMPETITION
SAT JAN 18 12:00 - 3:00 PM

SSCA ANNUAL GENERAL MEETING
THURS JAN 9 7:00 PM

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SSCA Vision

To maintain a beautiful and vibrant community by supporting the evolving needs of our residents through communication, leadership and engagement.



SSCA Mission

To enhance quality of life by fostering community spirit, participation and engagement.


Board of Directors

President	patrick@silverspringscommunity.ca
Vice President	jeremie@silverspringscommunity.ca
Treasurer	lynda@silverspringscommunity.ca
Secretary	karenk@silverspringscommunity.ca
Community Safety	jon@silverspringscommunity.ca
Botanical Gardens	june@silverspringscommunity.ca
Seniors' Resources & Engagement	karenk@silverspringscommunity.ca
Edible Garden Group	kay@silverspringscommunity.ca
Membership Development	karenb@silverspringscommunity.ca
Community Development	darren@silverspringscommunity.ca
Director-at-Large	marny@silverspringscommunity.ca
Policies & Procedures	lily@silverspringscommunity.ca
Events	Open
Director-at-Large	margaret@silverspringscommunity.ca
Communications	Open

COMMUNITY SAFETY



Traffic service requests

 Call 9-1-1

Is this an emergency? (example: a serious injury motor vehicle collision)

Is this an incident currently in progress? (example: witnessing an impaired driver)

Is there an immediate danger to yourself or someone else? (example: road rage incident)

Submit a traffic service request

To report an ongoing traffic concern related to the following:

- Speeding issues
- School or playground zones
- Trucks / commercial vehicles
- Pedestrian safety issues
- Intersection safety issues
- Motorcycle issues
- Illegal turns

[https://www.coplogic.ca/dors/en/filing/su
bmitreport?dynparam=1729628138147
#prefilingQuestionsAnchor1](https://www.coplogic.ca/dors/en/filing/su
bmitreport?dynparam=1729628138147
#prefilingQuestionsAnchor1)

Submit a 3-1-1 service request

Is your request related to any of the following items?

- Signage
- Temporary barriers or barricades
- Traffic calming
- Transit

<https://calgarycwiprod.motorolasolutions.com/>

Contact Calgary Parking for violations

Complaints, where a specific violator or license number can be identified, should be referred to the non-emergency line at 403-266-1234 for appropriate dispatch response. Contact Calgary Parking for violations

[https://www.calgaryparking.com/about/co
ntact-us.html](https://www.calgaryparking.com/about/contact-us.html)

COMMUNITY SAFETY



Calgary Police statistical reports

These reports provide statistics on person and property crimes, disorder, traffic, domestic conflict, drugs, weapons, and youth crime in Calgary.

Here you can find Monthly community crime and disorder statistics and you can sort by Community to see details for Silver Springs.

<https://www.calgary.ca/cps/statistics/calgary-police-statistical-reports.html>

Category	Frequency of Incidents in Silver Springs			
	Last 3 Months			2024 YTD *
	July	August	September	
Assault (Non-domestic)		2	2	8
Commercial Robbery				
Street Robbery				
Violence 'Other' (Non-domestic)	1	1	1	4
Break & Enter - Dwelling				3
Break & Enter - Commercial	1			5
Break & Enter - Other Premises	2			4
Theft OF Vehicle	2	1		6
Theft FROM Vehicle		3	2	8
Disorder	17	17	12	106

PROGRAMS & EVENTS

Silver Springs Friendly Bridge Group Wednesdays at the SSCA 1 - 4pm

We meet on Wednesdays from 1-4 in the SSCA Boardroom to play casual, friendly Bridge. We do not teach the game. Players are expected to have played before or taken beginner lessons. We allow some simple questions while bidding and more experienced players may offer a bit of advice or clarification. We encourage all participants to use modern American Contract Bridge League bidding standards. Many of us use Audrey Grant's current resources. A Silver Springs Community membership is required. Participants pay \$2, per afternoon attended, for use of the room, Loonies or toonies only please. As this group is nearing capacity, please contact the community centre to inquire before dropping in. 403-288-2616.

Mah Jong Thursdays at the SSCA 1 - 4pm

Mah Jong – Join us at the community center for this fun game every Thursday 1-4pm. \$2.00 per person per afternoon attended. A Silver Springs Community membership is required. Please contact Anne for more information at: anndowli@telus.net

Free Entry!
Food bank donations
accepted & YYC Food
Trucks on site!

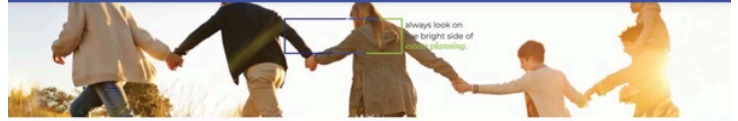
WE CAN'T WAIT TO SEE YOU AT THE

SILVER SPRINGS CRAFT MARKET

NOVEMBER 16 | 10AM-3PM | 5720 SILVER RIDGE DR NW



Estate Planning Information Session



Christianne Murphy, JD, TEP
Underwood Gilholme Estate Lawyers

underwood
gilholme

Phone: 403.909.3996
Fax: 403.288.8659
Email: christianne.murphy@willsandestates.ca
Website: willsandestates.ca
Address: #210, 4954 Richard Road SW
Calgary, AB T3E 6L1



Wills & Estate Planning

November 18 @ 1:30 pm - 4:00 pm
Silver Springs Community Centre
Register Online

Join us for an information on legal basics of creating an estate plan. Topics covered will include: Wills, Enduring Power of Attorney, and Personal Directives.



SSCA Pumpkin Walk **CANCELLED**

Cancelled due to lack of volunteers. We will try again in 2025. If you would like to help us keep this event going, let us know and we will contact you next year. Reach out to administration@silverspringscommunity.ca

PROGRAMS & EVENTS



Hello Winter
December 7, 2024
12pm - 3pm

Come & enjoy the holiday season here at the community center on December 7th 2024 from 12pm to 3pm. Activities include: horse & wagon rides, tobogganing, skating, crafts, hot chocolate...and a visit from Santa!

Volunteers needed for a variety of shifts!
Sign up [here](#).



LEGO Competition 2025
January 18, 2025
12pm to 3pm

Make your imagination come alive, brick-by-brick at our 19th annual LEGO competition! Entries will be \$5 each. Registration will open online December 4th 2024.

The competition has entries for creators aged 2 to adult. Full details will be available on our website in November!



Holiday Party - Seniors Group
December 7, 2024

The 2nd Annual Christmas Dinner and Party at the Community Centre on Tuesday, December 17 from 5pm-9pm. Cost is \$20 per person for SSCA Members. \$30 for Non-members. Catered dinner, drinks, music and fun! Happy Hour from 5pm – 6pm, with dinner served at 6pm. Limited number of tickets available. When tickets sell out there will be a waitlist. Registration opens on Tuesday, November 19 at 9:00AM.

NOVEMBER 2024



Christmas Light Tour - Seniors Group
December 9, 2024
6pm to 8:45pm

The group will depart on the coach bus from the community center at 6:00 PM and head to Confederation Park to view the lights, then continue down to Spruce Meadows to view their lights and back to the SSCA at approx. 8:45 PM. Cost will be \$5 per person for SSCA members. \$10 per person for non-members. Registration opens on Friday, November 15 at 9:00AM.

Buy your
2024/2025 SSCA
Membership to
save on
registration fees!

DANCE FOUNDATIONS

Registration Opens November 25 at 9am
dancefoundations@silverspringscommunity.ca



Winter Session: Jan 14/15/16

April 15/16/17 (14 weeks)

30 min class: \$125 Members/ \$140 nonMembers

45 min class: \$150 Members/ \$165 nonMembers

60 min class: \$175 Members/ \$190 nonMembers



Schedule

Tuesday

4:30-5:00 Pre-Dance (3-5)

5:00-5:45 Lyrical / Contemporary (6+)

6:00-6:45pm Acro/Cheer (6-8)

Wednesday

4:30-5:00 Pre-Dance (3-5)

5:15-5:45 Pre-Ballet (3-5)

6:00-6:45 Ballet (6+)

4:30-5:15 Jazz (6+)

5:15-6:00 Dance Variety (8+)

6:00-6:45 Musical Theatre (7+)

Thursday

4:30-5:00 Pre-Ballet (3-5)

4:30-5:15 Hip Hop (6+)

5:15-6:15 Acro / Cheer (8+)

5:15-5:45 Pre-Hip Hop (3-5)

6:00-6:45 Hip Hop Freestyle (6+)

6:30-7:15 Dance Variety (18+)

Class Descriptions

Ballet - Technically based training with a physiological focus. Builds coordination, balance and core dance skills.

Jazz - Influenced by a fusion of hip hop and ballet principles. Typically upbeat, fast in tempo, and includes a variety of movement types.

Hip Hop - Street styles including popping, locking, breaking, and house.

Acro/Cheer - Fusion of dance and gymnastics incorporating cheer techniques. Based on teamwork and flexibility.

Musical Theater - Fusion of dancing, singing and acting. Storytelling and characterization is emphasized.

Lyrical/Contemporary - Ballet-based technique with elements of jazz. Creative expression and individualism in dancer artistry.

Dance Variety - Learn to create original choreography and to collaborate with others.

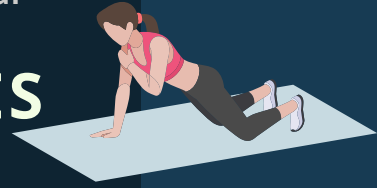
Dance Variety (18+) Dance Foundations Plus - Whether you are new to dance, an experienced dancer, or a past dancer looking to get back into dance, this 18+ class is a safe space for all adults (no matter the level or experience), to join a stress-free, low-cost community dance class. In this class, a variety of styles can be explored including styles like ballet, jazz, hip hop, contemporary, improv and heels. The styles you wish to work on will be discussed with the instructor during the first class, and the curriculum will be adjusted accordingly, making this a tailored and personable class for all participants.



Registration opens December 4th at 9am online for our Winter Session!

WINTER FITNESS CLASSES

The last date for our drop in fitness classes will be December 17. Classes will resume on January 6 2025!



	Monday	Tuesday	Wednesday	Thursday
9:15-10:15am	Strength and Core* (New start time 9am as of Nov 18)	Proactive Adult*	Proactive Adult* (9am start)	Proactive Adult*
10:30-11:30am				
11:15-12:15pm		Seniors Yoga		
12:45-1:45pm				Improver Line Dance
1:45-2:45pm				High Beginner Line Dance
3-4pm				Beginner Line Dance

*Proactive Adult and Strength and Core are drop in only. All other classes are registered.

Price List

Drop In Classes (no class Nov 11 - Remembrance day)

Proactive Adult / Strength & Core: \$7. Punch card available

Registered Classes (registration open online):

Seniors Yoga: September 10 to December 10 / 14 classes / \$140

Line Dance: September 12 to December 12 / 13 classes / \$130 *no class November 14

*All of our registered classes have a drop in fee of \$12



Registered drop in:

* Tuesdays 1pm - 3pm *

* Fridays 10am -12pm *

\$6 per player, SSCA membership required

For more details visit:

<https://silverspringscommunity.ca/indoor-pickleball-drop-in>



WINTER FITNESS CLASSES



Proactive Adult: An active class for those who want to keep moving with choreographed cardio patterns followed by free weights and mat work. Designed to promote muscle awareness and improve muscle tone. Balance exercises are a must. The choreography is alternated with interval workouts to keep the routine fresh every week!

Strength and Core: This class focuses on building strength in both the upper and lower body. Working with different counts as we lift weights. There will be a cardio interval (no choreography), followed by core work on the floor and stretches. Open to all levels. You choose the weight you want to use. Instructor Judi

Seniors Yoga – Classes will focus on gentle stretching, breathing exercises and meditation. It does not matter how flexible we are as long as we keep moving and do what we can. If this class is full but there is space due to absence, we will allow drop-in's at a rate of \$12. SCENT FREE CLASS Instructor: Marcy

Improver Line Dance – This class is suitable for our more advanced dancers. We will add to the basic step patterns and choreography will include a variety of tempos and rhythms. At this level the dance routines will have several turns and will often have restarts and tags. The choreography is typically 32-64 and involve several turns.

High Beginner/Beginner Plus Line Dance – This beginner plus class is for those people who have taken the beginner class and are ready for more of a challenge. There will be more turns and new step combinations to master. You are ready for this class when you are able to easily remember the basic dance steps that were introduced in the beginner class. You are also able to do most of the dances by memory.

Beginner Line Dance – There is no experience required for this class. Basic line dance steps and terminology will be taught. Wear supportive, comfortable shoes that have a smooth sole and comfortable clothing.

Parks4Paws Fundraiser to continue efforts for the Silver Springs enclosed off leash dog park and addition of small dog/training pen.

Parks4Paws had a successful event on October 12th and are still accepting donation funds (\$10 minimum) for a chance to win a ticket for 2 to fly anywhere Westjet flies. Taxes and fees applicable.

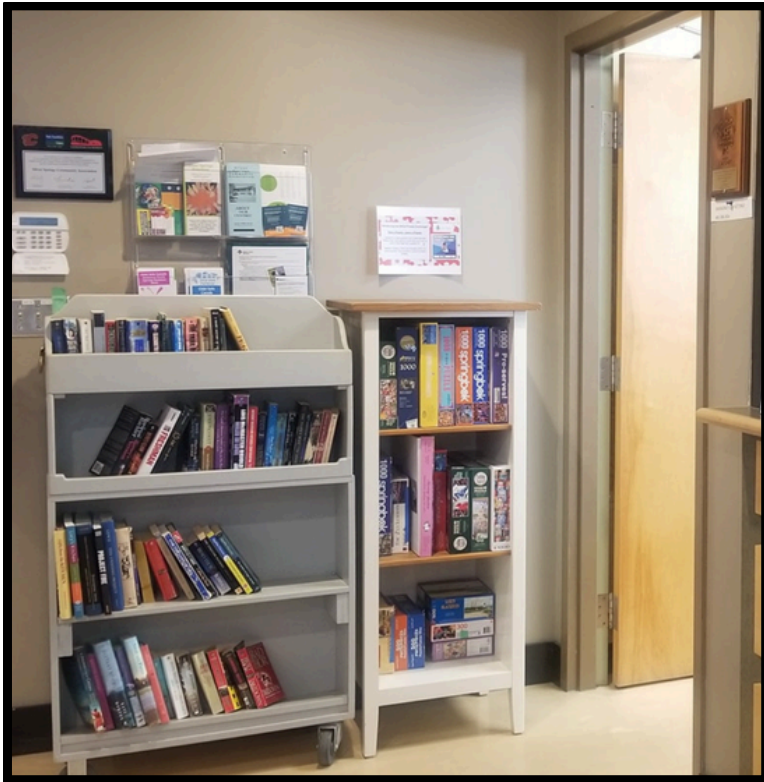
Please email parcsforpaws.yyc@gmail.com for email transactions, as well as your name, email, phone, & address. We will drop off your ticket(s) at your mailbox.

The winner will be contacted December 1st. THANK YOU for your contribution



WHAT'S HAPPENING IN SILVER SPRINGS

Did you know that Silver Springs has **Puzzle Exchange** and a **Book Exchange**?



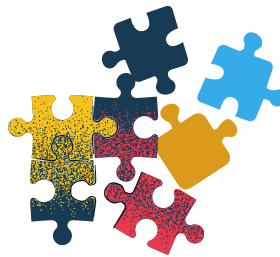
SSCA Puzzle Exchange

Take a puzzle, leave a puzzle.

SSCA Book Exchange

Take a book, leave a book.

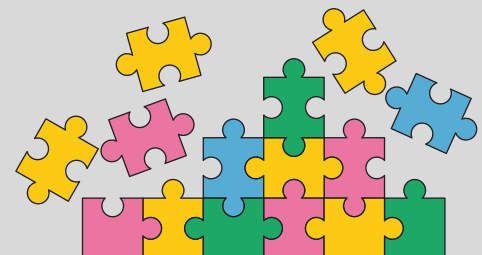
Located at the Silver Springs Community Centre. If you have books and puzzles that you no longer need, consider dropping them off for the book or puzzle exchange!



Did you know? Silver Springs resident Connie Dahl has completed one of the world's largest Jig Saw Puzzles! You may have seen her in the news in September!

Details:

- 40,320 pieces
- 530 hours over 90 days
- 22 feet long (almost 6.8 meters)
- Just over 6 feet tall (1.9 meters)



Classifieds - Support Local

Fall Clean-Up: Prune bushes and trees, edge flower beds and lawns, clean eaves troughs, repair fences. Also painting inside and outside, plumbing and household renovations. Reasonable rates, dependable, quality workmanship, friendly service. Please call Mehryar at 403-923-6441.

Melissa Hoang - Barber/Hairstylist:

10 years experience. Will make your hair the most beautiful it can be! New location special: 19.99 men/women haircuts. Located at Hair Cru Salon, 29 Crowfoot Rise NW. For more information, please text 587-888-1388.

Cleaning Services: Experienced and reliable with an eye for detail. Quality cleaning materials and police information check provided. Please call or text: Nancy at 587-284-4398.

John with Proper Carpentry & Handyman

Services: I help homes & businesses with renovations, basement developments, windows & doors, finish carpentry & flooring, drywall & tiling, decks, fences & general maintenance. Fully licensed & insured. Call/Text 403-613-8385. Email: john@propercarpentry.ca Website: www.propercarpentry.ca

"Anna Liza's Dayhome" is fun, active, nurturing, loving, and a safe dayhome in Silver Springs. Lots of indoor and outdoor activities. Provides school drop off and pick up. For more information email me at mosang_18@yahoo.com or call/text me at 403-861-8727.

Mountain View Tree Care. We're a small, fully insured tree service company located in Silver Springs. We specialize in tree removals, pruning, emergency tree work, and stump grinding all at affordable prices. Give me a call or email for a free quote: brock@mvtreecare.ca 403 478 8361

Nick Reynolds Plumbing:

Your Community Plumber' Local plumber with 25+ years experience available for all your plumbing needs. No job too big or small. And bathroom renos! Fully insured & Very reasonable rates. 403-618-2707 or e-mail nicksplumbing2005@gmail.com

Butterfly Dayhome: Experienced, quality love and care in Silver Springs. Age-related activities. Group piano lessons. Snacks and hot meals. 403 288-3390. butterflydayhome@hotmail.com

Silver Springs Preschool 2024/2025 Registration Status



3 Year Morning: Full, Waitlist
3 Year Afternoon: Full, Waitlist
4 Year Morning: Full, Waitlist
4 Year Afternoon: Full, Waitlist
4 Year All Day: Full, Waitlist

To learn more about our preschool take a virtual tour:
silverspringscommunity.ca/preschool or call 403-288-2616 for further information.



Silver Springs Preschool Winter Fundraiser

Growing Smiles & DeVry Greenhouses

- Poinsettias, wreaths, and holiday arrangements
- 24% profit for our preschool
- all ONLINE ordering



Routine

- Natural deodorants, hair, and skin care, amazing candles, and so much more from the iconic Calgary-based brand.
- 30% profit for our preschool
- all ONLINE ordering



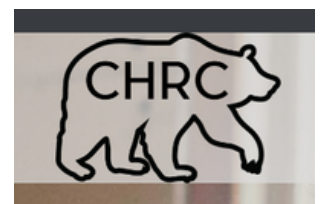
Pie Junkie

- Locally made, artisan, all-butter crust pies. Sweet and savoury options made fresh the morning they're delivered!
- Also tasty soups. And new this year - check out the frozen TV Dinners! They come frozen, unbaked. They take about 25 minutes to cook and make a great weeknight meal for busy parents!
- 15% profit for our preschool
- hard copy order forms with submitted cheques or cash



Calgary Heritage Roasting Company

- Bold and delicious coffee beans freshly roasted here in Calgary.
- Also, convenient and tasty instant coffee!
- 22% profit for our school
- hard copy order forms with submitted cheques or cash



Email: fundraisingcoordinator1@silverspringspreschool.com with any questions or to order!

GET INVOLVED!

*We ♥ our
Volunteers*



Board of Directors

We currently have two positions available on the SSCA Board of Directors! We are looking for great candidates with a passion for our community. No experience required, training is available for the right candidates.

SSCA Board of Directors

We are always looking for great candidates to join our Board of Directors in the next annual cycle (January 2025).

What we look for: Community members who love Silver Springs and want to be involved in an amazing organization. No experience necessary!

Director of Events

Do you have a passion for community events? Do you have great ideas and would like to help us take SSCA events to the next level?

Experience in Leadership, Governance, or Human Resources would be considered an asset.

Director of Communications

Do you have a passion for communications and great ideas for the SSCA? Would you like to be involved in developing the new SSCA Communication Strategy for community members?

What you get: To partner with other community members who share the common goal of making Silver Springs a great place to live. Gain valuable skills and experience, and make a difference in your community.

To find out more about our board, what we do at the SSCA, and available positions, please reach out:
administration@silverspringscommunity.ca

If you are interested in finding out more about our board, what we do at the SSCA, upcoming positions available, and our nomination process for 2025, contact:
administration@silverspringscommunity.ca

CURRENT SSCA OPPORTUNITIES



Botanical Gardens of Silver Springs

Volunteers are always needed and welcome - and you do not have to have a green thumb or special skills. All that is required is the willingness to be part of a project dedicated to making our world a little greener and more beautiful.

<https://bgss.ca/>



Edible Gardens of Silver Springs

Any interested gardener who wishes to have a voice in the operation of the garden is welcome to participate. This group meets on a 'as needed' basis, as well as communicating regularly by email. Garden members volunteer to be part of the Head Gardener Group and fill necessary roles such as chairperson, secretary, treasurer, communications, box steward, and newsletter editor, all communicating with the Silver Springs Community Association.

<https://silverspringscommunity.ca/community/edible-garden>



Drop-In Playtime

This program will run approximately twice per month in the fall, winter, and spring of 2024/2025. We are looking for individuals to help us run this program (setting up and taking down toys and play material) beginning September 2024. We are also looking for donations of children's books in good, used condition. events@silverspringscommunity.ca

Winterspace

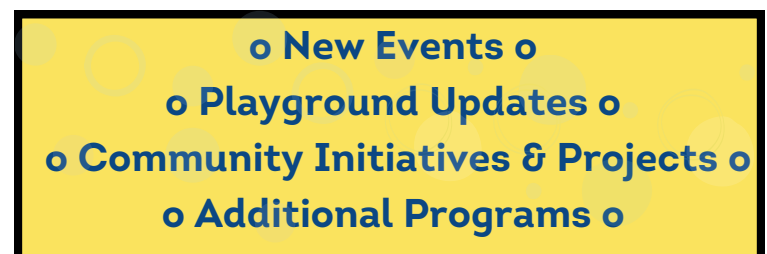
Opportunities to join the dynamic and innovative Winterspace Committee. Please complete the survey here:

<https://silverspringscommunity.ca/silver-springs.../>

Pumptrack Committee

Are you pumped about how great the Silver Springs Pump Track is, and want to make it even better? Consider joining the Pump Track committee! Have your say in future events and initiatives. Reach out to:

pumptrack@silverspringscommunity.ca



Did you know that many SSCA events were started by a community member who had a great idea? Did you know that a group of Community Members took the initiative to have the Silver Valley playground updated? If you have an idea or project for the community that you would like to champion, please reach out!

administration@silverspringscommunity.ca

CURRENT SSCA OPPORTUNITIES



[Walkers Needed to Delivery SSCA Quarterly Newsletters!](#)

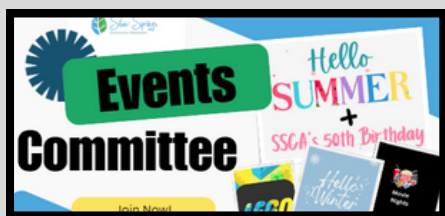
As many of you know, the SSCA switched to an electronic version of the monthly newsletter (The Silver Springs Spirit) a few years back. It's currently emailed out to members of the community with an active membership and available on our website [here](#). Our electronic newsletter is FANTASTIC and we can include much more information (in a faster time frame), than the previous booklet copy which had many limitations.

We've recently decided that in addition to our monthly electronic newsletter, we will plan to also distribute a short quarterly update to community member mailboxes. This will help us to reach more community members and also be more inclusive. We did a test run in June/July with our Summer Quarterly Update and it was very successful! We are all set to distribute a Fall Quarterly Update over the next few weeks and are setting up the delivery routes now.

Our Quarterly Updates are much different than the previous booklet, they are only one page (printed front and back) so much easier to carry! If you or anyone you know may be interested in signing up for a route either for the Fall edition this time or for a permanent route, please reach out to administration@silverspringscommunity.ca. We currently have 40 out of 60 routes spoken for already. Reach out early to secure the area of your choice!

Thank you for supporting the Silver Springs Community Association!

Fall Edition Available Now!



Events & Communications Committee

We are looking to build a committee that would support the SSCA board of directors with various marketing, communications, and community events. No special skills required, as we will provide training and onboarding for interested individuals. If you are interested and would like additional information, please reach out to: events@silverspringscommunity.ca



Community Centre Building Expansion

Seeking individuals to support the building expansion of the SSCA community Centre. Grant or fundraising experience in the non profit sector would be an asset!
administration@silverspringscommunity.ca



THE EDIBLE GARDENS OF SILVER SPRINGS

Fall clean up and garden projects

Thanks to all those who came out to prepare the garden for winter on September 28 during our annual Fall Cleanup. Many hands made quick work of the tasks such as pruning back perennial plants, protecting shrubs with chicken wire, raking leaves and putting away the hoses and other seasonal items. 31 gardeners were joined by the Cubs and Scouts, their parents and leaders who gathered leaves (carbon based material) for the compost. At this time of year, we produce more green (nitrogen based plant material) than we can deal with so we are appreciative that the BGSS allows us to take some of our excess plant material to their compost area. Several neighbours came by to assist with our fall cleanup and stayed to socialize following this work. We are very fortunate to have wonderful neighbours who watch over our garden and who come out to assist us in so many ways. We are well set up for next season.



In October, we also completed 2 improvement projects at the garden: Adding gravel and terracing the food forest. We received 4 cubic yards of pea gravel from the City of Calgary. Thank you to the volunteers who helped to distribute and rake gravel throughout all the interior garden pathways. This will help minimize weeds and improve overall appearance.

Another huge thank you to the volunteers who helped to edge the perimeter garden beds and terrace the slope on the north side of the food forest. Terracing will prevent erosion from rain and watering.

Over the winter, a planning meeting will be held to discuss the upcoming season and other projects. More information will be communicated when a date is selected.



THE EDIBLE GARDENS OF SILVER SPRINGS

159 Silver Springs Scenic Acres Cubs and Beavers.

For the second consecutive summer, the 159 Silver Springs and Scenic Acres were fortunate enough to have the opportunity to work with our community partners at the Silver Springs Edible Gardens. Our Beavers and Cubs groups were given the fantastic opportunity to work on a garden project and help the Edible Gardens group with some year-end cleanup for the Beavers North Star projects and the Cubs' Seeonee projects, which are top section awards for Beavers and Cubs graduating to Cubs and Scouts. I don't think any of us imagined how challenging a year this was going to be with all of the water restrictions, but having some time to reflect on things, I think the kids did the best they could do with limited resources and lots of hours were contributed to make our project a success!

At the start of our journey in May, Linda Higgins led our crew in getting a "Three Sisters Garden" planted, with squash, beans, and sunflowers, and we also planted vegetables in two garden boxes. Our intrepid gardeners planted kale, spinach, lettuce, carrots, and swiss chard. Kay Wilford also put on a few composting sessions with the kids helping with sifting for a bit of "extra credit." We learned a lot about composting, planting techniques, watering and resilience, and although our production may have been a little modest, I think we learned a lot about how important water is as a resource and how it's something we can't take for granted, and the kids had a great time learning about what it takes to grow food. There is so much to learn, and so many variables. There were great lessons learned and the kids had some great laughs and visits at our planting, composting and cleanup sessions.

We couldn't do any of this without our brilliant partners at the Edible Gardens. Kay Wilford, Linda Higgins, Liz McKay, and ALL of the volunteers were just so incredibly welcoming and helpful, and made this such a fun adventure for the kids.

We look forward to further opportunities with Edible Gardens and any other community organizations who would welcome us to join them in their endeavours.

Yours in Scouting,

159 Silver Springs Scenic Acres Cubs and Beavers.



THE EDIBLE GARDENS OF SILVER SPRINGS

Preparing your garden for winter

Next season's success starts at the end of this garden season. Here are some easy ways to prepare your garden for the coming winter.

- Add compost to your beds and cover with mulch (straw, leaves etc)
- Mulch your berry bushes
- Water perennial flowers and shrubs
- Cut back perennials. For more information on which perennials to cut back in fall, [Fall Perennial Care: How to Cut Back Perennials | The Old Farmer's Almanac](#)
- Protect trees, shrubs and roses by circling them with chicken wire and adding mulch inside the wire
- Turn off your outside water, disconnect hoses and empty rain barrels
- Clean and put away pots and other garden items
- Make a list of seeds that you will need for next season
- Write notes about your successes and things you would do differently next year





ACTIVE SENIORS CORNER 55+

Prepared by Director of Seniors Resources and Engagement,
Karen Kirnbauer, karenk@silverspringscommunity.ca

I am happy to report that the SSCA Seniors memberships exceeded the other SSCA memberships !!!

Memberships

Family: 243

Senior: 247

Associate Family: 57

Thanks to all who purchased their annual membership to support our great community association and our seniors programs. If you haven't purchased your membership, it's only \$10.00.

Click here:

<https://silverspringscommunity.ca/membership/>

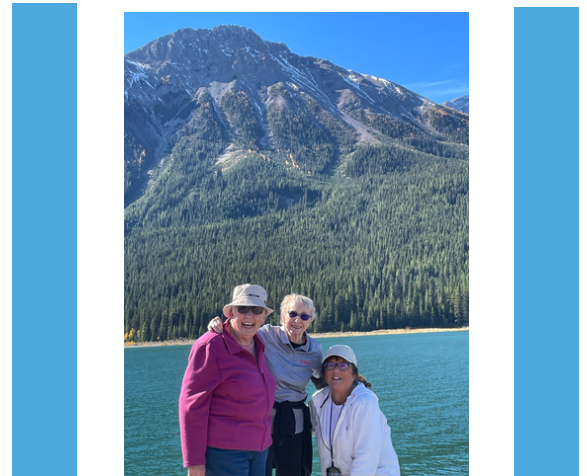
October Events

October 4th - "Meet Your Neighbour Project" - 12 SSCA Seniors met with 12 seniors from the NE Punjabi Community at the Genesis Centre to exchange stories and to get to know each other on a one-on-one basis. The idea being that this would dispel stereotyping, prejudice and tensions within the social fabric of Calgary. We each spoke about our history, immigration struggles, difficulties with integrating, language barriers, employment challenges and successes. Each group shared pictures of their childhood, weddings, graduations, etc. that initiated questions, leading to interesting conversations. The hope was to show that, beneath the surface, we are all the same, with the same hopes, fears, and dreams. We shared a delicious lunch, made new friends and will see each other again in March when the SSCA seniors group hosts the NE group for lunch, to continue to build relationships with other communities. Thanks to David Philips who is the Co-Chair for the City of Calgary Older Adults Advisory Table (OAAT), and the Age-Friendly Calgary Steering Committee, for facilitating this project and Gurcharan Thind, the head of the Calgary Women's Cultural Association, who organized the meeting room, lunch and the Punjabi Seniors Group.

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October 7th - 50 Seniors hopped on board the Sunshine Coach at 8:30 AM with Tim Hortons coffee and Timbits in hand, for the beautiful drive to William Watson Lodge. Upon arrival, we all got to do our own thing (hiked, walked, hung out in the Lodge and on the deck) and then met back in the lodge for a delicious lunch at noon. After lunch, some went for another walk, some played cribbage, others put their feet up and read, others closed their eyes and caught a few ZZ's, while others sat out on the deck, soaked up the sunshine and socialized. I had put my request in for a beautiful fall day and we were not disappointed. I think I may have a horseshoe hidden somewhere!! The weather for both our WWL trips (June and October) was outstanding. We arrived back at the Community Centre promptly at 4:30 PM, thanks to our amazing driver Doron.



A big shout out to all who helped with the coffee, Timbits, loading, lunch, set up, clean up, unloading, and photography. Many hands make light work. You know who you are. Could not have done it without you!!!!



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UPCOMING EVENTS

November 15: Unfortunately, I am not able to organize the CPO Seniors Open Rehearsal - Nicolas Namoradze plays Rachmaninoff for November 15 10:00 AM-12:30 PM. If you would like to attend independently, you can just show up at the Jack Singer Concert Hall at 9:30 with \$15.00 cash in hand and enjoy the performance. I hope to resume organizing the 3 remaining 2025 performances in February, March and May. Stay tuned.

November 18: In the SSCA Board room at 1:30 PM - Christianne Murphy will present a talk on Wills, Estate Planning, Personal Directives, Power of Attorney. Registration opens November 1 at 9:00 AM and is limited to 40 people. There will be a waitlist.

December 9: Coach Trip - Christmas Lights - We will depart from the Community Centre at 6:00 PM, head to 14th Street to view the Confederation Park lights, then continue down to Spruce Meadows to view their lights and back to the Community Centre at approx. 8:45 PM. Registration opens November 15 and is limited to 56 passengers. There will be a waitlist as I feel this event will be very popular and we would like every seat in the coach filled.

December 17: The 2nd Annual Christmas Dinner and Party in the Sunset Room at the Community Centre at 5:00 PM. This will be a very fun event with a full catered turkey dinner, music, games, and door prizes. Last years was so much fun. This one will be even better!! Registration will open November 18 at 9:00 AM with a limited number of tickets available. Register early so as not to be disappointed. There will be a waitlist.

February 28: Picking up the Pieces - A Tribute to Gordon Lightfoot featuring longtime friend and musical collaborator Benjamin Williams- sponsored by the Calgary Folk Club at Dalhousie Community . We have secured 28 tickets to this event. Registration will be February 3, 2025. Stay turned.

Get Involved!

If you have any ideas for future events and/or would like join our subcommittee to help organize please contact: karenk@silverspringscommunity.ca

If you would like to join the seniors group and receive reminders on upcoming events, again, contact Karen K and she will gladly add you to the group list.