




# THE SILVER SPRINGS SPIRIT

Silver Springs Community Association Official Newsletter


 5720 Silver Ridge Drive NW, Calgary AB T3B 5E5

 403-288-2616




Office Hours  
Monday to Friday  
8:30am to 3:30pm

 administration@siversspringscommunity.ca

 ssca\_calgary

 siversspringscommunity.ca

 ssca\_calgary



**Annual General Meeting**  
**6pm & 7pm January 9, 2025**  
**Silver Springs Community Centre**

**Please RSVP!**



## Happy New Year from the SSCA!

Please note that the office will be closed from Dec 21st - Jan 5th. We will reopen on January 6th for our regular hours Monday - Friday 8:30 - 3:30pm

## COMMUNITY EVENTS



<https://siversspringscommunity.ca/events/>

**SSCA Annual General Meeting**  
Thurs Jan 9 6pm & 7pm

**Preschool Open House**  
Thurs Jan 9 6:30pm - 8:30pm

**Senior's Afternoon Games**  
Mon Jan 13 & 27 1pm - 4pm

**Seniors Karaoke**  
Fri Jan 17 7pm - 10pm

**Seniors ABBA Candelight Concert**  
Sun Jan 31 6pm

**Seniors Calgary Philharmonic**  
Various Months in 2025

**Join our Events Committee!**  
administration@siversspringscommunity.ca

### 6pm - Meet the Board

Pizza and Refreshments. Provide your ideas and ask questions. Connect with members of the Board [Click here for details](#)

### 7pm - AGM Begins

Silver Springs Community Association year in review and vote for directors.



### Silver Springs Preschool - Open House

Join us on January 9 2025 from 6:30 to 8:00pm. Meet our amazing staff, tour our classrooms and learn about our impressive indoor and outdoor play-based programs for three and four year olds. Application for Sept 2025 enrollment begins in Jan 2025. Please see webpage for additional details. [Click here for details](#)

[Preschool@siversspringscommunity.ca](mailto:Preschool@siversspringscommunity.ca) | 403-288-2616



# TABLE OF CONTENTS

3	Community Safety	6	Outdoor Rink
7	Programs & Events	10	Dance Foundations
11	Fitness Classes	13	Preschool
14	Classifieds	15	Get Involved!
18	Edible Gardens	20	Seniors corner

## 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



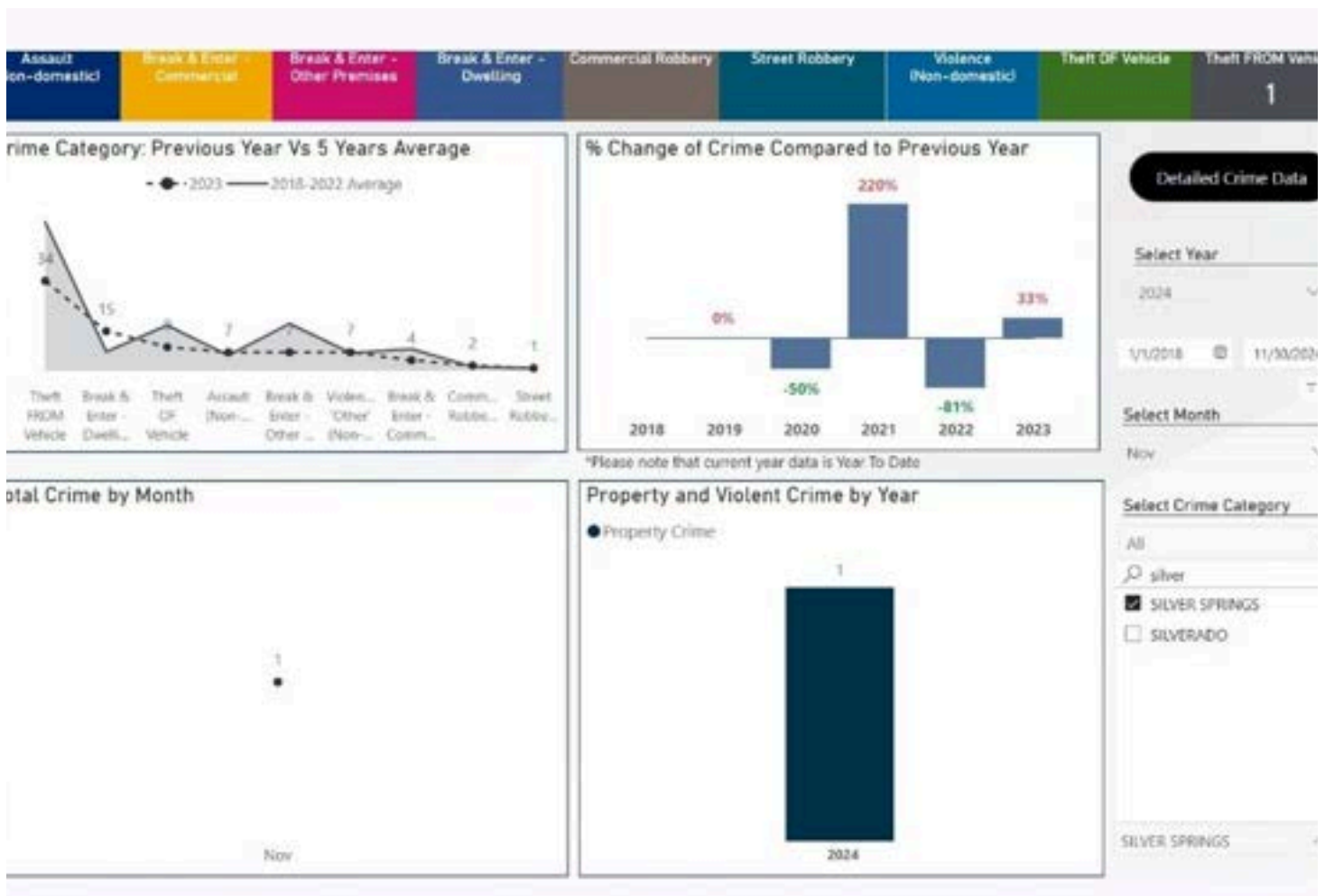
The Calgary Police Service has **NEW** statistical reports!

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>

**Silver Springs data from the new dashboard.  
Follow the link above to see all the of the details.**



# COMMUNITY SAFETY

Calgary



311 Online Services

## Traffic service requests

Submit a 3-1-1 service request

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

If your request is related to any of the following items, please submit a request to 3-1-1

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



CALGARY  
POLICE  
SERVICE

## Silver Springs Crime Statistics

Category	Frequency of Incidents in Silver Springs			
	Last 3 Months			2024 YTD *
	August	September	October	
Assault (Non-domestic)	2	2	2	10
Commercial Robbery				
Street Robbery				
Violence 'Other' (Non-domestic)	1	1	1	6
Break & Enter - Dwelling			1	4
Break & Enter - Commercial				5
Break & Enter - Other Premises				4
Theft OF Vehicle	1		2	8
Theft FROM Vehicle	3	2	2	10
Disorder	17	12	13	121

- Please note that the Crime Statistics available are approximately 2-3 months behind, and you can access the most up to date statistics on the CPS website.

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

# COMMUNITY SAFETY



Emergency  
Medical  
Services

## Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

### Plan ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.

# OUTDOOR RINK

## OPERATING HOURS: 9AM – 10PM

### RULES

- Please be courteous, respectful and share the ice
- Helmets and protective gear are strongly recommended
- This facility is operated by volunteers. Please help to keep it clean and safe for all the enjoy. Your help with snow removal from the ice and around the benches is greatly appreciated!
- No alcohol, drugs or rowdy behaviour is permitted.
- This facility is open to the public 7 days per week, unless otherwise posted.



As we complete another orbit under the sun, the time has come once again for the opening of the Silver Springs “ODR”. Our dedicated community volunteers began the ice-making process on November 20th, a tad later than usual but made up for it by utilizing the cooler weather to our advantage.

Each day, we organized six teams who worked in 3-hour shifts, tirelessly building up the ice from morning to night. By November 24th, we had successfully created a smooth, skateable surface with over 3 inches of ice depth across all rinks. The hard work has certainly paid off, providing a solid foundation that can withstand even the warmest chinook winds, ensuring our outdoor skating enthusiasts enjoy quality ice all season.

December brought some challenges with above-average temperatures; the north end of the main rink suffered a bit. However, with cooler nights and only needing minor repairs and a couple of additional floods, we quickly reclaimed our status as having some of the best outdoor ice in Calgary. Our rinks continue to be a favorite among families and skaters of all ages, thanks to the commitment of our seven teams, each consisting of 4 to 7 volunteers.

**Silver Springs takes great pride in maintaining top-notch outdoor skating facilities, and this is all possible due to our volunteers who sweep and flood the rinks daily throughout the winter. If you are interested in joining this rewarding volunteer activity, please get in touch: Jeremy Gukert at 403-805-2570 or [administration@silverspringscommunity.ca](mailto:administration@silverspringscommunity.ca)**

Come skate with us and enjoy the winter season on some of the best ice in the city! For more information and current news regarding these rinks, we encourage you to visit our outdoor rinks website at: Outdoor Rink – Silver Springs Community Association

# PROGRAMS & EVENTS



A Special Thanks you to our volunteers who made our event so special!

Marian	Simrah	Sherry
Kay	Teresa	Carol
Karen	Isra	Alice
Lauren	Shaiza	Colleen
Sarah	Panda	Miya
Alice	Lincoln	Panda
Tamara	Tim	



Much fun was had at Hello Winter on December 7th! We welcomed over 300 community members to our winter wonderland festivities. Santa made an appearance to the delight of the kids. We had crafts, skating, tobogganing, a sleigh ride, hot chocolate, and cookies.



Thank you to all of our wonderful sponsors!



Happy Fresh Market

Silver Springs Location

Style Encore

Silver Springs Location

Pharmasave

Silver Springs Location



Thank you!

# PROGRAMS & EVENTS



**Open House  
January 9 2025  
6:30 to 8:00pm!**

**Come meet our amazing staff,  
tour our classrooms and learn  
about our impressive indoor and  
outdoor play-based programs for  
three and four year olds.**



## **6pm - Meet the Board**

Pizza and Refreshments. Provide your ideas and ask questions. Connect with members of the Board.

## **7pm - AGM Begins**

Silver Springs Community Association year in review and vote for directors.

**RSVP Online**

[Click here  
for details](#)

---

## **Planning for Elementary School Registration in 2025?**

Many schools are hosting open houses in the month of January. Silver Springs is home to 3 different elementary schools. Please reach out to applicable school for more information and details for upcoming open houses.

### **WO Mitchell Elementary School**

511 Silvergrove Dr NW Calgary, AB  
T3B 4R9  
403-777-6100  
[WOMitchell@cbe.ab.ca](mailto:WOMitchell@cbe.ab.ca)

Spanish Bilingual



### **St. Sylvester Elementary School**

7318 Silver Springs Blvd NW Calgary, AB  
T3B 4N1  
403-500-2063  
<https://stsylvester.cssd.ab.ca/contact>

French Immersion



### **Silver Springs Elementary School**

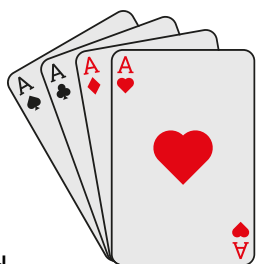
7235 Silver Mead Rd NW Calgary, AB  
T3B 3V1  
403-777-6070  
[SilverSprings@cbe.ab.ca](mailto:SilverSprings@cbe.ab.ca)



# 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](mailto:anndowli@telus.net)

## Indoor Pickleball

\$6 per player  
SSCA membership required

### Registered drop in:

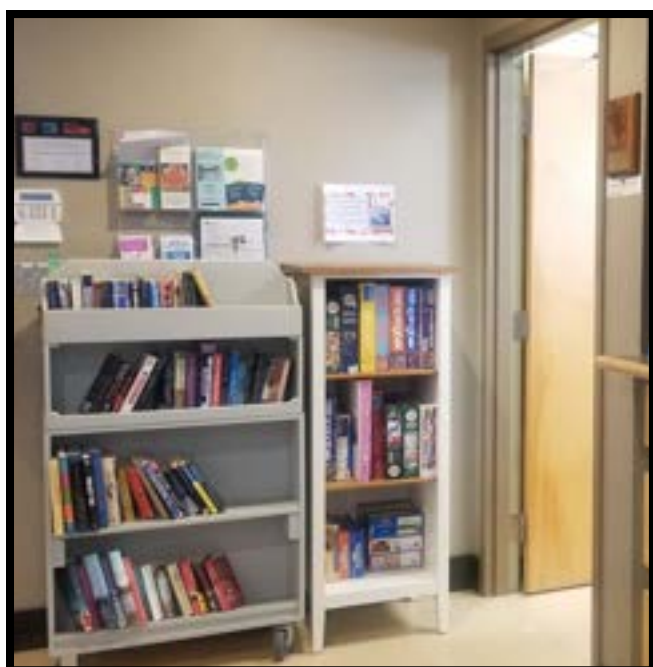
- **Tuesdays**  
1pm - 3pm
- **Fridays**  
10am - 12pm  
1pm - 3pm

For more details visit:

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



## Did you know that the SSCA has a **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!

We are especially in need of books for children and teens!

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

# DANCE FOUNDATIONS

Registration Opens November 25 at 9am  
[dancefoundations@silverspringscommunity.ca](mailto: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



Register  
Now

## 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.



# WINTER FITNESS CLASSES

Classes will resume on January 6 2025!



	Monday	Tuesday	Wednesday	Thursday
9:15-10:15am	Strength and Core* (9am start)	Proactive Adult*	Proactive Adult* (9am start)	Proactive Adult*
10:30-11:30am	<b>NEW!</b> Fusion			
11:15-12:15pm		Seniors Yoga		
12:45-1:45pm				Improver Line Dance
1:45-2:45pm				High Beginner Line Dance
3:00-4:00pm				Beginner Line Dance

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

## Price List

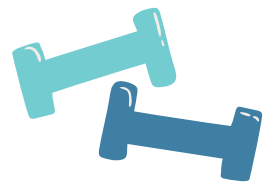
### Drop In Classes

Proactive Adult / Strength & Core: \$7.

Punch card available \$91 for Members, \$98 for Non Members

14 Classes included on Punchcard

**NEW!** Fusion



### Registered Classes (registration open now):

Fusion: January 20 2025 – March 31 2025 / 10 classes / \$100 (no class Feb 17 2025)

Seniors Yoga: January 14 2025 – March 25 2025 / 11 classes / \$110

Line Dance: January 16 2025 – March 20 2025 / 10 classes / \$100

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





# 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:** Build total-body strength! We focus on strengthening both the upper and lower body with various lifting techniques, utilizing timed intervals to maximize results. Each strength segment is paired with short cardio bursts—no choreography, easy-to-follow movements to elevate your heart rate. Core exercises are seamlessly integrated into the workout, followed by deep stretches to enhance flexibility and recovery. This class is open to all fitness levels.

**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-ins at a rate of \$12. SCENT FREE CLASS

**Fusion:** Experience the ultimate blend of fitness disciplines with our Fusion Fitness class! This dynamic workout combines the core-strengthening and flexibility-enhancing elements of Pilates, the mindfulness and balance of yoga, the muscle-toning and sculpting techniques of barre, and the invigorating aspects of general fitness. Designed to provide a comprehensive full-body workout, Fitness Fusion helps you build strength, improve flexibility and balance, and enhance overall fitness levels.

## **Proactive Adult Total Body Circuit:**

Get ready for a high-energy, full-body workout! This dynamic, station-based session is designed to challenge all major muscle groups while moving through a series of stations, each targeting different areas of the body. Between strength stations, you'll power through cardio intervals—no complicated dance moves, just simple, effective exercises to keep your heart rate up. The class wraps up with deep stretches to enhance flexibility and recovery. Suitable for all fitness levels—you control the intensity by selecting the weights and pace that fit your goals.

**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.



## Application dates for the 2025/2026 preschool year

- Current Students:** January 9th 2025  
**Alumni Families:** January 14th 2025  
**Silver Springs Residents:** January 16th 2025  
**Everyone:** January 20th 2025

## Application process for the 2025/2026 school year

- Parents will submit an application, similar to our registration form in previous years
  - (\$100 non refundable fee)
- Parents will indicate their preference for their child's class
  - 4 year old all day
  - 4 year old morning
  - 4 year old afternoon
  - Parents will receive an email, notifying them of placement

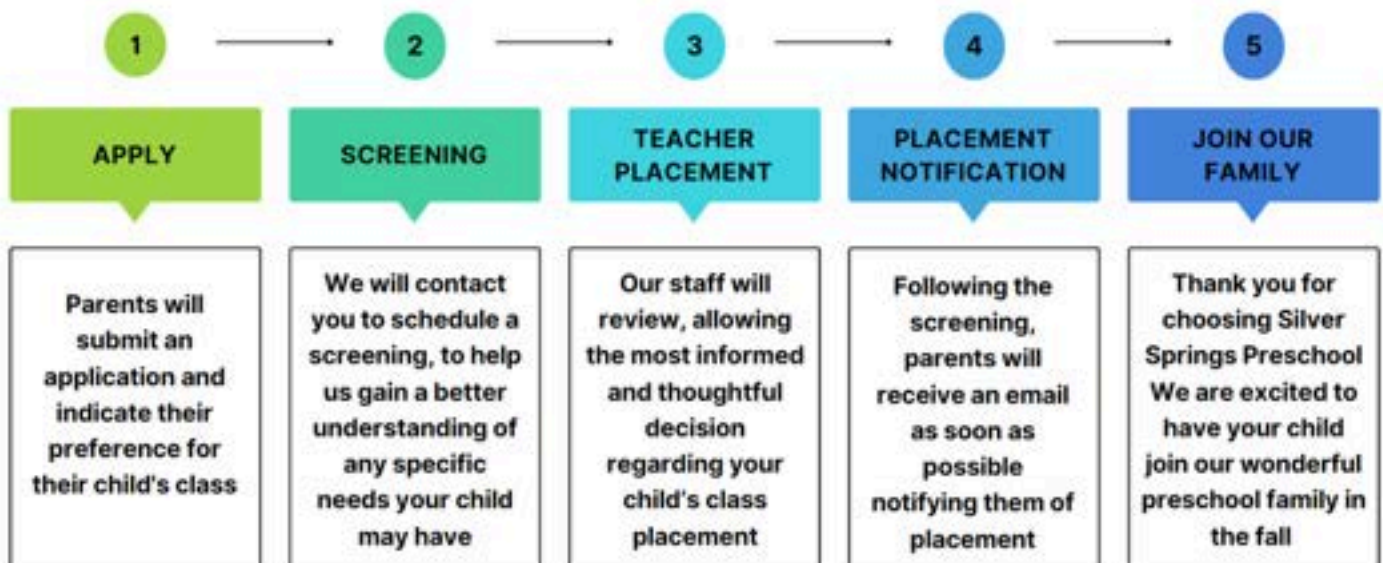
**Open House**  
**January 9 2025**  
**6:30 to 8:00pm!**

**Come meet our amazing staff, tour our classrooms and learn about our impressive indoor and outdoor play-based programs for three and four year olds.**

# Silver Springs Preschool Application Process

For our alumni families, Silver Springs residents and general public

Our staff will complete a thorough and thoughtful process to place students in classes for Fall 2025. The classroom placement process is complex and many factors enter into the decision-making process. Our goal is to ensure that every child is placed in an environment where they can thrive, feel supported, and be given the opportunity to learn and grow.



To learn more about our preschool: [silverspringscommunity.ca/preschool](https://silverspringscommunity.ca/preschool) or call 403-288-2616 for further information.

## 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

**Typist Needed:** Need a typist for 160-page hand-written memoir. 60 photos are included. Preferably someone with related experience for a book. Can meet in your home or mine in Silver Springs to fully discuss project and costs. Please call 403-288-0058.

**"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](mailto: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](mailto: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](mailto: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](mailto:butterflydayhome@hotmail.com)



**WE'RE  
HIRING**



The Silver Springs Community Association is an amazing place to work! We have an upcoming opportunity in Spring 2025. Reach out for more details: [careers@silverspringscommunity.ca](mailto:careers@silverspringscommunity.ca)

# GET INVOLVED!



**The AGM is open to everyone however you must have a current membership to vote.**

### **[Please RSVP Online](#)**

Stay up to date on what has been going on in Silver Springs (a year in review). Meet our Board of Directors, find out about upcoming initiatives and events, and help us to vote in new Directors.

**[Click here for details](#)**



## **Annual General Meeting January 9, 2025**

---

**Silver Springs Community Centre**

### **6pm - Meet the Board**

Pizza and Refreshments. Provide your ideas and ask questions. Connect with members of the Board

### **7pm - AGM Begins**

Silver Springs Community Association year in review and vote for directors.



# SILVER SPRINGS CURRENT 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](mailto: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](mailto:pumptrack@silverspringscommunity.ca)

o New Events o  
o Playground Updates o  
o Community Initiatives & Projects o  
o Additional Programs o



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](mailto:administration@silverspringscommunity.ca)



# SILVER SPRINGS CURRENT OPPORTUNITIES



As you may know, the Silver Springs Community Association 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. So far we have delivered a Summer, Fall, and Winter edition. We anticipate our Spring edition will be delivered in March.

## Newsletter Carriers Needed!

Quarterly Deliveries  
(Spring - Summer - Fall - Winter)  
[administration@silverspringscommunity.ca](mailto:administration@silverspringscommunity.ca)

Our Quarterly Updates are much different than the previous booklet, they are only one page (printed front and back) so much easier to carry! Route carriers needed for Silver Valley, Silver Creek, and Silver Brooke. Please out to [administration@silverspringscommunity.ca](mailto:administration@silverspringscommunity.ca).

## Spring Edition Coming in March!

Thank you for supporting the Silver Springs Community Association!



### **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](mailto: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](mailto:administration@silverspringscommunity.ca)

# THE EDIBLE GARDENS OF SILVER SPRINGS

## Edible Garden Updates

Everything looks peaceful and calm in the Edible Garden at this time of year, however there are numerous things happening behind the scenes in preparation for the upcoming season.

- In conjunction with BGSS we are working on plans for the Speaker Series '*The Growing Connection*'. Dates are the third Wednesday of the months March through June - (March 19, April 16, May 21 and June 18, 2025.) Further details will be announced once plans are confirmed. These informative talks are jointly hosted by EGG, BGSS and the Seniors' Group.
- Work is continuing to develop our web site. This web site will include a database of the plants in the garden.
- We plan to continue with the placement of pavers around the rest of the garden beds in the Food Forest which will prevent soil from washing down into the pathways when watering.
- The rain barrels will be replaced by a cube which has a larger capacity for water.
- Several of our gardeners assisted with the BGSS casino which will provide us with extra funds for some of the projects that were begun in 2024 and will continue next year.
- This year our excess produce has been in a red cooler placed on the picnic table for donation to anyone who wishes to share in our harvest. Plans are to replace this with a more permanent "Donation Station." A table like structure will be constructed below the bulletin board (in the Food Forest) with a cooler counter-sunk in it to hold produce. This will be more effective because it will be in shade as opposed to the sunny spot on the table. A steady string of foot traffic goes past this area so visibility and accessibility would be enhanced.
- Straw was placed over the strawberries to protect them.



# THE EDIBLE GARDENS OF SILVER SPRINGS

## Household Food Insecurity

Access to a nutritious, adequate and culturally acceptable diet for all people is essential to creating strong and thriving individuals and communities. Unfortunately, many households in Alberta can't achieve this due to financial constraints. Household food insecurity is a serious public health issue in Alberta that negatively affects physical, mental, social wellbeing, and society as a whole.

Food insecurity is a symptom of not having enough money to meet basic needs. When there isn't enough money, food is often then first thing that gets cut back. You might think that this doesn't impact that many people, but 1 in 4 households in Alberta experience household food insecurity and over 60% of households experiencing food insecurity have income from employment.

The best way to address food insecurity are actions that reduce the financial strain that people face.

The [Household Food Insecurity: Community Action Guide](#) describes several actions that communities can consider to help reduce food insecurity. For example:

Connect people to income supports and benefits

- Create programs to help community members with benefit navigation and income tax filing
- Help with getting government IDs, which is needed to access services and benefits
- Help with applying for special diet funding for those on social assistance

Shift to charitable responses that are income-based versus food-based

- When helping with basic needs, do so in a way that enhances choice and dignity. For example, providing grocery gift cards instead of food hampers.
- Provide low-cost transportation passes, free parking, and low fee recreation passes.

For more information about food insecurity in Alberta, visit [Household Food Insecurity in Alberta: A Background](#)

To learn more about actions that communities can take, visit [Household Food Insecurity: Actions in the Community | Alberta Health Services](#)





# ACTIVE SENIORS CORNER 55+

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

## **Silver Springs Annual Membership**

**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 for Seniors.**

**Click here: <https://silverspringscommunity.ca/membership/>**

### **Updates from Karen K**

#### **HAPPY NEW YEAR EVERYONE!!!!**

Well, we closed 2024 with a bang! 2 big events within 8 days of each other with a total of over 200 participants. Boy, am I tired!!!

Dec. 9- Coach Light Trip- although it did not go off as I had hoped or envisioned, I received many kind words. Lessons were learned. Thank you so much for your understanding.

Dec. 17- 2nd Annual Christmas Party- 96 Seniors attended this event. I believe everyone had a good time. Games were played, prizes were given. Door prizes were won. Photos and music. And a special surprise visit from Santa!!!

A big shout out to April Morlidge and the Triwood Community Centre Catering Team. The dinner was outstanding! They went beyond the call of duty to provide a beautiful turkey dinner with full, and I mean full, service.

It takes an army to pull an event of this magnitude off. Another big shout out goes to the volunteers and SSCA staff who helped with everything to make this event the success it was. There are too many to name individually and I might forget someone. You know who you are and I cannot thank you enough. So appreciative!!!

# ACTIVE SENIORS CORNER 55+

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



**Christmas Lights Coach Bus**



# ACTIVE SENIORS CORNER 55+

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



## Holiday Party



# ACTIVE SENIORS CORNER 55+

Prepared by Director of Seniors Resources and Engagement,  
Karen Kirnbauer, [karenk@silverspringscommunity.ca](mailto:karenk@silverspringscommunity.ca)

## UPCOMING EVENTS

**Fun & Games. Monday January 13 & 27 1pm - 4pm.** Drop in fee of \$2. You will need a SSCA membership. Refreshments will be served. Bring your favourite game (cards, cribbage board, board game). We will start this off simple and casual and see where we land. If I could get a show of interest (no commitment necessary), please contact me at [karenk@silverspringscommunity.ca](mailto:karenk@silverspringscommunity.ca) I have had couple of people who have offered to help me, but one or two more would be nice. Again please contact me at [karenk@silverspringscommunity.ca](mailto:karenk@silverspringscommunity.ca)

### **Karaoke Night: Friday January 17- 7:00 PM -10:00 PM**

The planning committee is in the process of finalizing the details. We will send them out to the SSCA seniors membership and the SSCA seniors group email once they are complete. Come and sing (or not). Organize a group sing (or not). Or just come and enjoy an evening of music and entertainment. This will be a fun night and a time to hear some amazing Silver Springers voices, have a few laughs and socialize. Stay tuned for more details.

**Friday Jan. 31-** Lily has organized a group of 14 that will be attending the **ABBA Candlelight Concert at Grace Presbyterian Church.** She will be contacting those who are going regarding carpooling. Stay tuned. Thanks to Lily for organizing this event. I have been to a couple of these concerts and they are outstanding!!!!!! Have fun!!!

### **February 28- Tribute to Gordon Lightfoot at the Calgary Folk Club.**

Registration will open in early February. More details will be in the February newsletter. I can tell you I have secured 28 tickets and there was a lot of interest when I first pitched this, so don't delay when registration opens.

## Get involved and help us to plan more great events!

**If you have any ideas for future events, please get involved! Reach out and join our subcommittee. As the expression goes "Many Hands Make Light Work." to help organize please contact: [karenk@silverspringscommunity.ca](mailto:karenk@silverspringscommunity.ca)**

**If you would like to join the Seniors group and receive reminders on upcoming events, contact: [karenk@silverspringscommunity.ca](mailto:karenk@silverspringscommunity.ca)**