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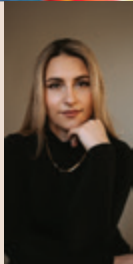


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Mid-Sun Community Association

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Community Seniors Programs	Joan Trotz and Darleen Hornaday seniors@midsun.org

CONTACTS

Mid-Sun OOSC Program	Servicing St. Theresa of Calcutta School 403-256-4422 childcare@midsun.org
Midnapore OOSC Program	Servicing Midnapore School 403-254-0288 midnaporeoosc@midsun.org
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Spiritual Community Church of the West
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Mountain Creek Community Church
Campbell-Stone United Church
Southview Church
Knexions Church
Bonavista Baptist Church
St. Patrick's Church
Trinity Mennonite Church
Grace and Glory Foursquare Church
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McKenzie Towne Church Midnapore



We are looking for enthusiastic people to join our volunteer base and lend a helping hand with community events such as, June Jamboree, Community Cleanup, Annual Casino Fundraising, and more. If you would like to get involved with community events, please email your interest to info@midsun.org.

Mid-Sun Social Seniors' Card Group

It's hard to imagine that we are at the midpoint of summer. So many events are happening during this month. Whether you enjoy a farmer's market, one of the many concerts or festivals, a carnival, a Heritage Day activity, or Global Fest fireworks display, you are able to find it in Calgary. Visits with family and friends, outdoor barbeques, picnics, and travel often keep us busy. Celestial events in August include a partial view of the Solar Eclipse on August 12, the Perseid Meteor Shower Peak, August 12 to 13, and a Partial Lunar Eclipse on August 27. Every August day offers a plethora of event choices.

Even with the busy month, Mid-Sun Seniors make time for a weekly card and games session at our Lake Midnapore summer location. Lake membership is not required as you will be a guest of Mid-Sun Seniors. If you wish to attend or just see what we are about, please contact us by email at seniors@midsun.org. We will require your name for the entrance list. If you prefer an early evening activity, we will also offer a monthly Pub Nite gathering in August.

August Activities

Card and Games

Thursday, August 6, 13, 20, 27, 1:30 to 3:30 pm

Lake Midnapore Social Room, 185 Midlake Blvd (Main Entrance)

No Card and Games will take place on Thursday, September 3.

Cards and Games will resume at our regular location, Mid-Sun Community Centre, on Thursday, September 10.

Pub Nite

Enjoy a meal and conversation with other seniors at a local venue. Please contact us at seniors@midsun.org for the date, time, and location.

If you are interested in the activities of Mid-Sun Social Seniors' Card Group or have any questions, please contact seniors@midsun.org or the community centre at 403-254-8058. We look forward to meeting you. Enjoy a fantastic month.



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Mid-Sun Menu

Our Mission: Create Community Connections
Registration starts Wed, Aug 19

www.midsun.org

Children & Youth

Soccer Stars

Academy style program follows the FUNdamentals curriculum, focusing on age appropriate games and activities.

Martial Arts (Taekwondo & Capoeira)

Build confidence, discipline, respect & physical fitness while learning fundamental taekwondo techniques in a fun, supportive and engaging environment.

French Together (Parent & Child Class)

Each session our class will learn through songs, stories, movement and hands on activities.

Art & Music Programs

Watercolour Painting: Intermediate

Gabriele has over 30+ years of experience teaching watercolour. Join her for a very informative and hands on class

Line Dance with Julian

This program provides an amazing opportunity to improve your fitness and line dance skills! The small group environment and the large gym space enhance learning

See our website
for details on
schedule and
pricing!

Pickleball

Pickleball Lessons - Step 1 (Beginner)

Learn the Rules, Fundamentals, etiquette and safety of Pickleball.

Pickleball Lessons - Step 2 (Novice)

Begin your journey of technique perfection, learning how to take your level of play a step up!

Pickleball Lessons - Step 3 (Intermediate)

Take your level of play from amateur to competitive with a focus on mastering techniques.

Pre-Reg Pickleball (Tuesday)

Registration opens one week before!

Pre-Reg Pickleball (Friday)

Registration opens one week before!

Pickleball Pre-Paid Pass

Purchase a 10 visit pre-paid pass and get the 11th visit for FREE!

(FREE with Membership) Walking Club

Mondays & Thursdays, indoor space dedicated to walking, socializing and staying safe!

(FREE with Membership) Social Seniors

Thursdays 10:00 am - noon & 1:30 pm - 3:30 pm, Coffee, tea, snacks, goodies, games, conversation & more!



Mid-Sun Menu

Fitness, Movement & Yoga

Gentle Yoga with Terri

Terri specializes in de-cluttering the mind and body through conscious breath and movement. Her classes provide a safe and nurturing environment for growth and transformation.

(Evening) Total Body Workout

Each class begins with a warm-up, a fresh cardiovascular and strength workout each week, and finishes with stretching and balance work.

(Daytime/Evening Floor) Hatha Yoga with Tanya

Hatha Yoga is practiced at a Slower Pace, with a focus on breathing, controlled movements, and stretching the body.

Strong at Every StAGE

This program is dedicated to helping individuals of all ages unlock their full strength potential while improving movement quality.

Older Adult & 50+ Programs

Adult & Seniors Mobility Training

Focus on improving your ability to move well through a guided program which will improve your quality of life.

50+ Gentle Seated Strength & Stretch

Each class will begin with a warm up and introduces exercises and teaches you how to do each exercise safely with correct form.

50+ Seated Yoga for Flexibility

No getting down and up off the floor in this class! We use a chair to create an enjoyable and safe environment to improve range of motion, balance, flexibility and strength.

50+ Seniors Balance & Bones

This self-paced small group environment is a great opportunity to receive guidance and motivation from an experienced personal trainer.

50+ Semi Seated Wellness

This engaging class focuses on gentle seated exercises that promote strength, balance, and coordination.

UPCOMING EVENTS

2026

Merry Mid-Sun Market

Saturday - November 21st

Christmas Movie Night

Friday - December 11th

Seniors Holiday Mid-Day Dinner

Tuesday, December 15th

2027

Tentative Spring

Seniors Week

Tuesday - June 1st

June Jamboree

Saturday - June 19th

NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Summer Is Here!

Please keep your eye on our website, www.midnaporelake.ca, or our Facebook page for updated park and office hours.

We are excited for our summer season.

Rule Reminder

Watercraft Regulation #3 which states that diving or swimming from any MLRA watercraft is strictly prohibited.

As always, please remember to bring your own life jackets if you intend to venture past the swimming area. The safety of our members and their guests is our primary concern.

Movie On the Beach

Save the date, our Movie on the Beach event is scheduled for August 8, 2026. We are excited to again be welcoming the YYC food trucks. Follow Facebook or Instagram for details or check the website.

Midnapore Lake Bookings

For your Lake Room, Cookshack, and Large Group Bookings please call the office staff at 403-256-0550.

President's Message

Summer is in full swing, and there's no better place to be than right here at the lake! Whether you're soaking up the sun on the beach, paddleboarding, kayaking, or just cooling off in the water, we hope you're making the most of these beautiful August days. Remember to "Respect the Water" and know your limits. Please review water safety as part of your visit and make note of the rescue stations.

Mark your calendars for our "Movie on the Beach" night happening August 8! Bring your blankets, chairs, and the whole family for a fun evening with onsite food trucks. The movie selection will be advertised closer to the event.

A big thank you to everyone who attended our AGM in June—your involvement helps keep our community strong and vibrant. This is the first publication following that event. If you are interested in volunteering for our fall events, please pop into the office and add your name to our callout list. Volunteers are a precious resource that allow us to have events like the Pumpkin Hunt, Skate with Santa, and our Egg Hunt each year.

See you at the lake!

Jen Hawkins

President@midnaporelake.ca



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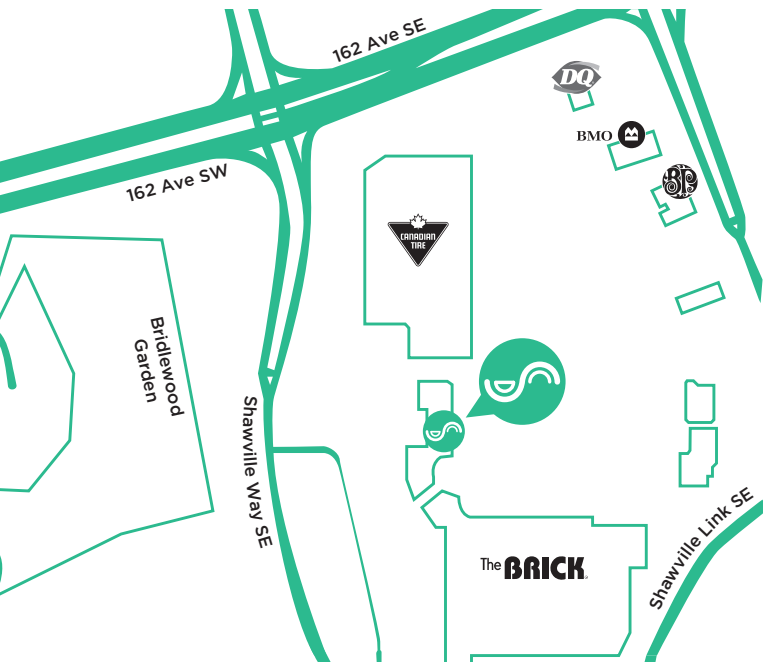


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GAMES & PUZZLES

Guess the Flower

1. This native wildflower, known as the Devil's Nettle, grows in small clusters of single-coloured blooms. The most common variety is white, but other light colours, such as yellow and peach, may also be found.
2. This flower, featuring bright red and orange hues, became the floral emblem of the province of Saskatchewan in 1956.
3. This member of the buttercup family is one of the first plants to bloom during Alberta's spring.
4. This flower is famously known for following the sun – but mature plants primarily face east.
5. This plant, known for its unique heart-shaped bloom, has cultivars native to both North America and Eastern Asia.
6. This blue flower, a native perennial, is easy to remember from its distinctive yellow centre!

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NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

Park Hours and Amenities

Current park and office hours, along with available amenities, are available on our website. For additional park status updates and seasonal information, follow us on Facebook and Instagram.

July Highlights

Stampede Breakfast

We served pancakes and sausages to over 2,000 people!

Thank you to all the volunteers who helped make this event a huge success.

Upcoming Events

- Fall Festival – Date TBD
- Movie in the Park – Date TBD

Volunteers Needed for Events

Our Special Events Committee is working hard to bring some new and exciting events to the lake. To make these events a success, we rely on the support of dedicated volunteers. If you or a family member can spare a little time to help, we'd love to have you involved. Please email office@lakesundance.org to learn more or to sign up.

Tennis and Pickleball Courts

Help us keep the courts in great condition and make sure everyone has a chance to play!

- The courts are to be used for tennis and pickleball only.
- Please wear court shoes. Black-soled shoes or hard-soled shoes can damage the surface.
- Keep chairs and other hard objects off the courts to help protect the playing surface
- Courts are available on a first-come, first-served basis.
- During busy times, please limit matches to 30 minutes so everyone has the opportunity to play.
- Members are welcome to bring up to three guests to enjoy the racquet courts.

Stay Connected

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- Visit our website for updates: www.lakesundance.org.
- Not receiving our email newsletter? Sign up under the "forms" tab on our website to stay informed.



MLA Calgary - Fish Creek

Myles McDougall

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It is hard to believe we are halfway through summer. July was a very busy month with the many community events and Stampede events that I was able to attend. I want to thank everyone who attended my constituency Stampede BBQ. It was so nice to see so many new and familiar faces; it was a great day filled with community fun!

Despite the afternoon downpour, Canada Day was fantastic, and I was lucky enough to celebrate it with the residents of Parkland and Lake Bonavista at each of their events. I also really enjoyed the Deer Run Pre-Stampede Breakfast! It was a fantastic event where I was lucky enough to talk with many constituents while I served pancakes.

I want to share some important information with everyone. The Canadian Bankers Association has launched a new Financial Abuse Prevention Hub to help protect older Canadians, including Albertans, from financial harm and strengthen their financial security. This centralized resource offers practical tools and guidance to help seniors recognize the signs of financial abuse, understand what it looks like, and know where to seek help. It also includes a Fraud Prevention Toolkit and access to Your Money Seniors, a free seminar program delivered by volunteer bankers in communities across Canada, which local seniors' groups can request online or by phone. The need for these resources is significant: nearly one in three Canadians knows someone who has experienced financial abuse, yet only about a quarter of incidents are reported.

The Hub includes practical tools such as guidance on identifying financial abuse and where to get help, a Fraud Prevention Toolkit, and access to the Your Money Seniors seminar program delivered by volunteer bankers across the country.

Seniors' groups can request a free seminar at cba.ca or by calling 1-800-263-0231. If you have questions about this program, please feel free to call my office.

I hope everyone is able to enjoy the last month of summer vacation with family and friends before the business of the new school year starts in September.

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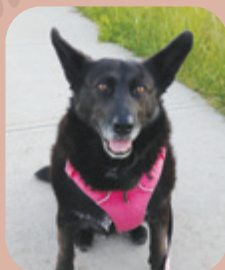
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