



## FCSS Welcomes Aboard the 2023 Summer Programmers:

CHEYENNE GEORGE & CARSON SMITH



Please Do Not Hesitate TO Check Out

FCSS & TOWN OF FORT MACLEOD ONLINE



For Updated Information on events throughout the

SUMMER

**Facebook: Fort Macleod FCSS** 

Instagram: fcssfortmacleod

Town Of Fort Macleod: www.fortmacleod.com

FCSS: (403) 553-4491

Town Office: (403) 553 - 4425

fcsssummerprogrammer@outlook.com



# Register for 2023

# Summer Camp with

## FCSS!

Please come to the FCSS office doors on June 22 from 2:30 - 4:30 to register for camps!



Programs
available for ages
5-8 and 9+!



THE TOWN OF FORT MACLEOD INVITES EVERYONE TO
ATTEND THE

# BIG TRUCK PETING ZOO

DATE & TIME TOD

POPCORN, FREEZIES & COLD DRINKS WILL BE PROVIDED





# WEDNESDAYS JULY 5 TO AUGUST 16

Come Visit FCSS @ Market On Main 5:30 - 8 for

prizes, games and giveaways!





#### AT THE LIBRARY

#### Stories in the Park

Every Monday @ 10:30 am
Lioness Park
All ages welcome
Held at library when
weather inclement.

#### **Conversation Cafe**

An hour of insightful conversation

Coffee & cookies too!

Mondays

10:30-11:30am

#### **Drop-in Crafternoons**

Tuesdays 1-5 pm
Adults & children are
welcome to attend

Lego Family Drop-in Wednesdays 6-7 pm

**Boards and Decks** 

Drop-in
Tuesdays 9am-5pm
Board game fun for all ages

#### **Literacy Tent**

For ages 4 to 12 stories, activities, book giveaways July 5th 1-3 pm July 19th 1-3 pm at Lioness Park

#### **Beaded Bracelets**

July 12th 6:00pm

#### Camping Storytime with Val

July 13th 9am-5pm Stories, songs, crafts \*Pre register

#### **Candy Extravaganza**

July 17 Ages 14-18 6:30pm

#### **Nerf Gun Night**

Ages 14 & up July 27 6:30pm \*Pre register

#### All About The Grasslands

July 31st @1:30pm
Presented by CPAWS
All ages

#### Graffiti Art Night For Teens!

July 6 @ 6 pm

#### **Alberta Bat Society**

July 5th 6:30 pm Learn all about bats & a discussion on wind energy

For more information on summer programs give us a call at 403 553 3880



## Summer Reading Challenges!

Ahoy Bookaneers! What arrggh you reading this summer?

Ages 6 to 12

Pick up your treasure map and prepare to read and win!

Challenge begins June 26 & ends August 31

Kids can start at anytime throughout the summer

#### **Teen Book Bingo!**

Pick up your Bingo card anytime after June 26 for a chance to win a Park Place Mall Gift Card

And one for adults too!

Read a book, complete the rating card and have a chance to win a gift card from a local business!

#### AT THE LIBRARY!



For Teens
6:30pm
August 10th

**Destination Exploration** 

An exciting STEM event presented by University of Lethbridge August 14-18
9am-12pm
Ages 6 and up
\*Pre-register

Culture Days
Photo Contest

THEME: Wildflowers of Alberta

Winners will be chosen @
Alberta Culture Days Pop
Up Event
Sept 21, 2023
Submit your work by Sept
5th
All ages are welcome to
submit photos.

Join us every
Wednesday evening for
fun activities

@ Market on Main5:00 pm till 8:00 pm





DROP IN AT THE
SCOUTS HALL FOR
FUN SUMMER
CRAFTS

## MAKE IT MONDAY

AGES 9+ :

JULY 10 1:30-3:30

JULY 24 9:30 - 11:30

**AUGUST 14,21** 9:30- 11:30

AGES 5-8:

JULY 17, 31 9:30 - 11:30

AUGUST 21 1:30 - 3:30





#### CANADA DAY HOUSE DECORATING

We thought it would be great to show our support for Canada day around Town. Please sign up for a starter kit if you would like to decorate your house to celebrate! Families are encouraged to add their own flair and decorations! There will be prizes for all who participate & send us pictures. Please sign up at registration day or on Facebook

#### **Bike Parade**

We felt it would be a fun
opportunity for kids to decorate
their bikes and show them off to
an audience of community
residents and family members.
No need to register. Show up
between 1-1:30 with a decorated
bike and have the kids ready to
ride by 1:30. If you need
decorating supplies, please
contact FCSS and we will set you
up. Helmets MUST be worn.
AUGUST 10 - FCSS SIDE

PARKING LOT



Fort Macleod & District



July 12: RCMP 150 Musical Ride

July 1: Canada Day - Free admission

August 5: Heritage Days

August 26: NWMP Ride Finale

PLEASE GO TO THE
WEBSITE FOR
MORE DETAILS:
WWW.NVMPMUSEUM.COM

# PAPER TRANSFORMATION

@ ALLIED ARTS

**JULY 3-7** 

Kids (Ages 6-9) 10:30-12 Teens (Ages 10+) 2:30-3:30 pm

\$100



Kids (Ages 8-11) 10:30-12 Teens (Ages 12+) 2:30-4:00 pm



CPNTACT
LPRALEE
TP REGISTER

403-557-2443

Please note dates and times maybe subject to change

# ENVIRONMENTAL HRT CHMP

■ RIVER BOTTOM

## FUGUST 74-78

Kids (Ages 6-9) 10:30-12

\$85

Teens (Ages 10+) 2:30-4:00 pm Media Art

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August 21-25

Kids (Olges 6-9) 10:30-12 Teens (Olges 10+

Teens (Olges 10+)

\$85



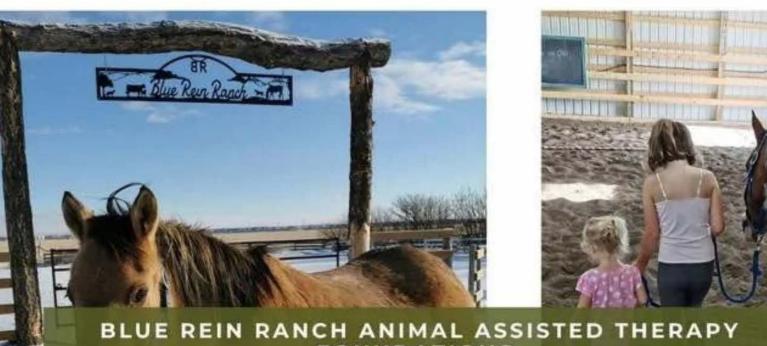


# COMING SOON)

Please like our
Facebook page. As
programs are
planned, we list
immediatly!! We
would be so happy to
see more faces in
the building.







FOUNDATIONS

# OPEN HOUSE

PONY RIDES,
BOUNCY CASTLES,
RANCH
DEMONSTRATIONS,
AND LUNCH
INCLUDED!

## **JULY 8 10-2PM**

ADULTS \$20 KIDS \$10 KIDS 3U FREE









# FRMILY BINGO NIGHT

AUGUST 10

6:30 - 7:30

Please join us at the gym

at the town office for

a night of Fun!

**No Registration** 

Required Please come see us to register & Join us for the race of the summer on July 13 from 6 - 8 PM Location TBD - Watch on Facebook

FAMILY AMAZING RACE

#### Note to Parents!

- ★ Campers must bring a bagged lunch each day (there is no
- ★ microwave)

Lunch will be spent outside at

- ★ the park; please bring sunscreen,
- ★ spray, a hat and a water bottle

These are not overnight camps

Campers need written

permission to walk home after camp





#### **BOOK NOW!**

Each camp has limited spots on a first-come, first-served basis.

Drop off your registration form or contact our office at 403-553-4404 and book your spot now!

Empress Theatre Office 245 24 St. Fort Macleod, AB TOL 0Z0 macleodempress.com



2023

SUMMER DRAMA CAMPS

#### Summer Theatre Camps - 2023



#### Stories with Character

Ages 8-14 10:00 a.m. – 4:00 p.m. Monday, July 10 to July 14 Campers will spend mornings doing creative activities focusing on acting and storytelling. They will work together with instructors to create, rehearse and perform an original short play. Performance will be Friday at 4:00 p.m. \$125

#### **Puppet Adventures**

Ages 6-10 9:00 a.m. – 1:00 p.m. Monday, July 17 to July 21

Campers will find, build, make, and invent their own puppet – find its voice and character and show it off! Kids will learn many new things in this half-day camp and have fun too. They will be able to take their puppet home and keep it forever.

Performance will be Friday at 1:00 p.m. \$65

Musical Theatre Triple Threat – Act, Sing, Dance

Ages 10-17 10:00 a.m. – 4:00 p.m. Monday, July 24 to July 28

Triple Threat campers will explore a variety of disciplines and work on scenes that will appear in the performance at the end of the week. If you are interested in being in our community musicals, this one is not to be missed!

Performance will be Friday at 4:00 p.m. \$125

#### Reader Theatre

Ages 6-10 9:00 a.m. – 1:00 p.m. Monday, July 31 to August 4

Bring your favourite storybook to camp and together we will put a scene from it on the stage. The acting out of dialogue helps participants improve their vocabulary, comprehension and retention in a safe, fun and collaborative setting.

Performance will be Friday at 1:00 p.m. \$50

#### A Forgotten Fairytale

Ages 10-17 10:00 a.m. – 4:00 p.m. Monday, August 14 to August 18 Campers put a spin on a well-known, popular fairytale to make their own modern-day fairytale.

Performance will be Friday at 4:00 p.m. \$125

#### Vaudeville Variety

Ages 10-17 10:00 a.m. – 4:00 p.m. Monday, August 21 to August 25

Campers will spend their days learning the exciting ins and outs of performing and create short vignettes that will appear in our variety show on Friday evening. Campers will explore a variety of styles throughout the week.

Performance will be Friday at 7:00 pm. \$125

Reserve your space through the ticketing page at MacleodEmpress.com or by calling our box office at 403-553-4404. The Empress Theatre is located at 235 Main Street, Fort Macleod.

The 2023 Summer Theatre Camp program could not exist without the ongoing support of community minded individuals, businesses and the following organizations and institutions.







CONTACT
LORALEE
403-557-2443

JULY 12,13

JULY 19, 20

AUGUST 3,4

AUGUST 9, 10

\$15 SESSION

WEDNESDAY

MORNING -KIDS

THURSDAY

AFTERNOONS - TWEENS



please note: times and dates are seject to change



# My Mini

## AND ME NATURE CRAFTS

August 3rd 9:30 -11:00

Location TBD - Please watch Facebook











# K

E

#### **Welcome to Stay N Play**

#### Fort Macleod & Granum

#### **Kids First Family Centre**

Here are a few ideas to help you understand our philosophy and get the most out of your time here with your children. If you have any questions or would like to discuss

Stay N' Play please feel free to call us. 587-787-1070

#### We Sit on the Floor with Children

This way we can be at their level and see things from their perspective, we are able to interact with them easily and give them our attention. This allows for a fun and loving circle time by fostering touching and snuggling.

When we are on the floor we are a participant when we sit on a chair, we are an observer

#### Children Lead the Play

Parents follow their children as they choose what they want to play with and how they will play with it under the supervision of their parent. Parents support the play by describing and naming what the child is doing and add to the play by asking or stating things like: "I wonder what this is for?" "Where is the...going?" or "I see that you are using...."

This kind of play encourages children to be fearless explores and builds their self-confidence and self esteem

#### **Ask Open Ended Questions**

By asking open ended questions that start with Who, What, Where, When and How. Parents are encouraging the child to think for themselves. This kind of interaction builds their brain capacity by problem solving, using their imagination, curiosity and creativity.

Ask Questions such as, "How will that work?"
"Where is he going?" and "What will happen next?"

#### Children Learn How to Learn not what to Learn

We focus on prompting curiosity, creativity, empathy and problem solving as opposed to learning numbers, colors, and names of objects. This helps the child to be successful in play by not having to give the right answers. Children learn that their individual input has as much value as the answer the adult is looking for.

This encourages the child to develop a love of learning and become a lifelong learner

#### Toys

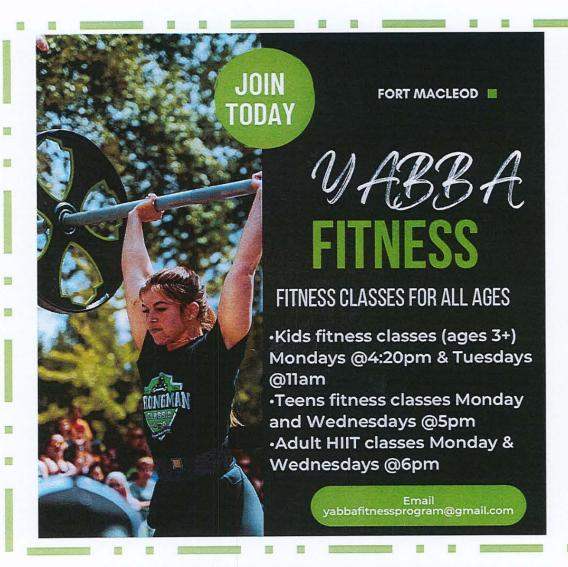
Toys are seen as materials for learning and are used for open ended, creative play, as opposed to being used only the "right" way or having "one main" purpose. The children and adults use the toys together with the adults asking open-ended questions that promote curiosity, creativity and problem-solving skills. When a child is ready to move on, together they put the toys back in the correct place to promote life skills and ensure the toys are ready for the next child to use.

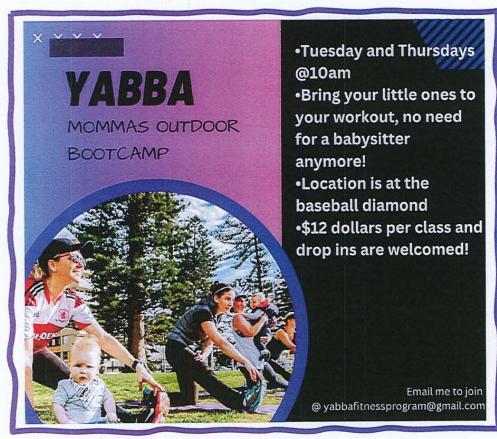
Toys are children's work tools

#### **Creative Art**

All creative art is done by the children with no set structure of format. Children are given a wide variety of materials enabling them to experience a totally free environment in which they can create whatever they choose and explore as long as they want. Adults are encouraged to respect the child's art by not adding anything to it. Children are encouraged to use their heart and soul when creating.

It is the process, not the product that we encourage.





## BREATHWORK

#### WHAT IS BREATHWORK?

Breathwork is a way to heal, release, and transform by using continual, focused and intentional breath patterns with guided support.

Chantelle is a trauma informed, accredited
Breathwork Facilitator. Chantelle creates a safe,
relaxing space to turn in and be with your breath.
Alongside beautiful music, she will teach and
guide your breath, supporting you on your
health, spiritual, and wellness journey.

#### **BENEFITS OF BREATHWORK**

Begins to clear out stuck energy
Strengthens intuition
Calms and grounds the nervous
system

Inspires creativity
Invites balance to the energetic body and immune system
Promotes deep relaxation, bliss, and natural sleep patterns
Helps in relieving anxiety, grief and stress

Invites healing for trauma Supports addiction recovery GROUP GATHER +
BREATHE IN THE
STUDIO

ONLINE
OFFERINGS
OF GROUP,
SLOW
SUNDAY
MEDITATION
, AND ONE
ON ONE
SESSIONS

CHANTELLE ALSO
COLLABORATES WITH
OTHER PRACTIONER AND
MODALITIES

ONE ON ONE

**SESSIONS** 

MORE INFORMATION, BREATHWORK SESSSIONS
+ WORK SHOPS
HAPPENING OVER THE SUMMER PLEASE VISIT

WWW.KINGOFWANDSWELLNESS.COM

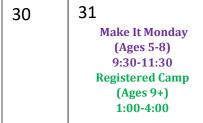
#### Contact Cheyenne or Carson

#### summerprogrammer@outlook.com

#### 403-553-4491 or on Facebook



Ionday Tuesda	ay Wednesday	Thursday	Friday	S
STAT Drop Ir NO FCSS Summer Kio (Families/all 1:30-3:0	k Off ages) Market On Main	Registered Leadership Camp Ages 13-15 9:00-1:00 @ KFFC	7	8
stered Camp Ages 5-8) :00-12:00 te It Monday Ages 9+) :30-3:30  11 11+ Program Stay Tund (Ages 5- 9:00-12:00	ed! Registered Camp (Ages 5-8) Camp 9:00-12:00 Market On Main	Family Amazing Race @ Rugby Field (6:00-8:00pm)	14 Foodie Friday (Ages 11-17) 11:30-1:30 @ KFFC	15
18 Registered (Ages 94) 1:00-4:00	Registered Camp (Ages 9+) 1:00-4:00	Registered Camp (Ages 9+) 1:00-4:00	Worry Box Presentation (9:30-11:00) @ FCSS Foodie Friday (Ages 11-17) 11:30-1:30 @ KFFC	22
stered Camp Ages 5-8) (Ages 5-8) (Ages 5-6)	Registered Camp (Ages 5-8) 1:00-4:00  Market On Main	Winter in July 9:30-12:00 (Ages 5-8) 1:30-4:00 (Ages 9+)	Registered Worry Box 9:00-11:00 @ FCSS (Ages 7+)  Foodie Friday (Ages 11-17) 11:30-1:30 @ KFFC	29
9:30-11:30  Registered Camp (Ages 5-8) 1:00-4:00	Stay Tune Registered ( (Ages 5-8)	(Ages 5-8)  Registered Camp (Ages 5-8)	Stay Tuned!   Registered Camp (Ages 5-8)   9:30-12:00 (Ages 5-8)   1:00-4:00   1:30-4:00 (Ages 9+)	Stay Tuned!  Registered Camp (Ages 5-8) 1:00-4:00  Market On Main  Registered Camp (Ages 5-8) 1:30-4:00 (Ages 5-8) 1:30-4:00 (Ages 9+)  Registered Camp (Ages 5-8) 1:30-4:00 (Ages 9+)  Foodie Friday (Ages 11-17)





#### July 2023- FCSS Summer Programming

- ALL Activities are FREE and INCLUSIVE.
- Activities that do not require parents, the children/ youth should be able behave appropriately for their age. Parents are welcomed to attend if it makes them more
  comfortable.

Registered Camps (ages 5-8 & 9+)- These camps are age appropriate and will keep your children very busy for the 3 hours they are attending!! There will be crafts, team activities, physical activities and even some time for brain breaks. Every week has a theme that is broken down by days. Don't worry- we have snacks and there will be a great mixture of indoor/outdoor time. Location: Scout Hall No adult required but registration is for the kiddos. There will be a limit of 20 kids.

**Registered Leadership Camp-** The goal of this camp is to discuss the importance of being a community leader. There will be games & mini games. At the end of the camp, youth will be invited/strongly encouraged to volunteer at one of the many events around Town. Registration Required for ages 13-15. Location: FCSS office

Registered Foodie Friday Youth ages 11-17. Sign up to enhance your cooking & baking skills, maybe! Activities will all be in the kitchen, making some type of food based on some popular TV food shows like Chopped, Nailed It and Leftovers!

Registration Required (We need to know for supplies) Location: Kids First Family Centre Limited to 10 people.

**Drop In Summer Kickoff (all ages)-** There will be large games, smaller carnival style games, relays, a small scavenger hunt, spin to win prizes and more! Location: **Lioness Park** Best for families but not required (all children, teens & individuals welcome.)

**Drop In- Make it Monday (ages 5-8 & 9+)-** There will be CRAFTS!! The children will have the opportunity to spend some non-screen time working on a craft project, depending on time maybe two projects Every week will be unique. No adult required. Location: Scouts Hall

**Drop In Amazing Race: Family Edition**- This will seem familiar but instead of not knowing where your opponents are, you will be with them the whole time. Shuffle clue start. This event is for families; sorry no individual players. Location: Rugby Field

**Drop In Winter in July-** You will feel like a seasonal traveller as we go back to the colden days! All activities will be based around winter activities, winter crafts and winter related games; maybe we will even see you at the Winter Olympics! No adults required. Two-time frames dependent on ages. Location: Scouts Hall

Worry Boxes Presentation- This one is for parents/caregivers! Is your little struggling with worry? Do you see them wanting to spend more time alone? This is all part of development, although sometimes environment plays a part. Amanda will go through a summary of worrying and how we can teach the littles coping skills. They will have the opportunity to build their own strategy box on July 28. Location: FCSS office

**Registered Worry Box** (Ages 7+)- We will learn some skills to cope with the stress, while we build our own worry boxes. We will have several growth mindset games to play. Location: FCSS office Max 10 participants

### August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11+ Programming Stayed Tuned!  Registered Camp (Ages 9+) 1:00-4:00	Registered Camp (Ages 9+) 1:00-4:00  Market On Main	Registered My Mini(s) & Me Nature craft 9:30-11:00 Registered Camp (Ages 9+) 1:00-4:00	4  Foodie Friday (Ages 11-17) 11:30-1:30 @ KFFC	5
6	7 STAT NO FCSS Programs	8 11+ programming Stayed Tuned!	9 Drop In- Teddy Bear Picnic (Ages 0-8/families) @ 1:30-3:00pm	10 Drop In-Bike Parade @ FCSS 1:00 set up 1:30-2:30 Drop In- Family Bingo Night GR Davis Gym 6:30-7:30pm	Foodie Friday (Ages 11-17) 11:30-1:30 @ KFFC	12
13	14 Make It Monday (Ages 9+) 9:30-11:30 Registered Camp (Ages 5-8) 1:00-4:00	15 11+ Programming Stayed Tuned!  Registered Camp (Ages 5-8) 1:00-4:00	Registered Camp (Ages 5-8) 1:00-4:00  Market On Main	17 Ice Cream Luau & Movie Night @ WA DAY Field 6:00-10:00 pm	Foodie Friday (Ages 11-17) 11:30-1:30 @ KFFC	19
20	21 Make It Monday (Ages 9+) 9:30-11:30  Make It Monday (Ages 5-8) 1:30-3:30	Back to School Connect/ Clothing Fest/Resource Fair 1:00-4:00	Back to School Connect/ Clothing Fest 9:00-12:00	Sumn is o	ner Programmi Over for 2023!!	26

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Registered Camps (ages 5-8 & 9+)- These camps are age appropriate and will keep your children very busy for the 3 hours they are attending!! There will be crafts, team activities, physical activities and even some time for brain breaks. Every week has a theme that is broken down by days. Don't worry- we have snacks and there will be a great mixture of indoor/outdoor time. Location: Scout Hall No adult required but registration is for the kiddos. There will be a limit of 20 kids.

**Registered Foodie Friday** Youth ages 11-17. Sign up to enhance your cooking & baking skills, maybe! Activities will all be in the kitchen, making some type of food based on some popular TV food shows like Chopped, Nailed It and Leftovers!

Registration Required (We need to know for supplies) Location: Kids First Family Centre Limited to 10 people.

Registered My Mini(s) & Me Nature Craft- This will be two hours of time spent with caregivers (mom, dad, grandparents, aunts/uncles), working on a craft that would look great in your yard! There were 2-3 options to choose from. No age limit so bring siblings; you are welcome to bring more adults to enjoy crafting a well. Let us know how many you will be bringing. At least 1 adult per family is needed for this day. Location: FCSS Offices (outside)

**Drop In- Teddy Bear Picnic** (Ages 0-8/families)- The teddy bears have taken over Fort Macleod and we want them to come for a picnic!! Bring your family and some more teddy bear friends. There will be a bear hunt, crafts, activities & snacks!! Location: Centennial Park

**Drop In- Bike Parade-** What a fun way for the kiddos to show off. We would encourage them to decorate (we will have extra decorations available. If you need to decorate, be at FCSS at 1:00pm. Parade will start at 1:30 in the FCSS parking lot. This will not take long (max 30 min.) but there will be a bit of an obstacle course.

Please use your child's riding ability to decide if they should participate if not too old.

Location: G.R Davis east parking lot.

Drop In Family Bingo Night- Bring the whole family for more family fun!! Play as many cards as you want- there will be prizes!! Location: GR Davis gym

**Drop In- Make it Monday (ages 5-8 & 9+)-** There will be CRAFTS!! The children will have the opportunity to spend some non-screen time working on a craft project, depending on time maybe two projects Every week will be unique. No adult required. Location: Scouts Hall

**Drop In Ice Cream Luau & Movie Night-** Bring the family to a favorite Fort Macleod activity with the addition of a movie night. We have not picked the movie yet but when we do, we will let you know!!

Location: WA DAY school yard.

Back to School Connect/Resource Fair and Clothing Fest- details will come at a later time.