# winter 2025 COMMUNITY GUIDE



# A Warm Welcome from Mayor Miller:

I want to thank our local residents and those visiting our community for taking the time to read our publication. I encourage you to dive into our community guide and discover the array of recreational and artistic endeavors awaiting you. Join a local club, attend a workshop, or simply explore our parks and cultural venues – the possibilities are endless.



From lively sports leagues to tranquil painting classes, there's something for everyone to enjoy. Whether you're a seasoned pro or just starting out, our community offers a supportive and inclusive environment where you can pursue your interests and connect with like-minded individuals.

Back Row/Left to Right: Councillor Brad Eamon, Councillor Ron Boisvert, Councillor Sid Sood, Councillor Nathan Taylor Front Row/Left to Right: Councillor Norm Noel, Mayor Maureen Miller, Councillor Gary Ward



# WHAT'S IN OUR GUIDE

**Town Facilities Recreation Centre Reunion Station Sporting Facilities Clancy Richard Arena** CAP Arena Curling Rink Baseball Diamonds Campgrounds Ironhorse Campground **Overnight Campground** St. Paul Golf Course **Tourism Centre** St. Paul Fire Department **Aquatic Centre** Family & Community Support Services Lakeland **Family Resource Network** Parks & Playgrounds Lagasse Park / Splash Park St. Paul Municipal Library Alberta's Iron Horse Trail Farmers' Markets Midweek Farmers' Market Friday Farmers' Market Fee Assistance Kidsport Jumpstart School Directory

#### **Not-For-Profit Community Groups**

ACFA Regionale de Saint -Paul **BFWC** Counterculture Youth Aboriginal Headstart Program Boys & Girls Club of St. Paul **Community Adult Learning Program Community Garden Society** Girl Guides Iron Horse Ultra Race 100 Lakeland Cross Country Ski Club MADD Lakeland & Area NEMA St. Paul 4H Multi-Club St. Paul & District Arts Foundation St. Paul & District Minor Hockey St. Paul & District STEAM Society St. Paul AG Society St. Paul Barracudas Swim Club St. Paul Curling Club St. Paul Desna Ukrainian Dance Club St. Paul Family Day Homes St. Paul Friends of Playschool St. Paul Figure Skating Club St. Paul Football St. Paul Gymnastics Club St. Paul Karate-Do St. Paul Legion Branch 100 St. Paul Minor Baseball St. Paul Museum St. Paul Pickleball Club St. Paul Search & Rescue St. Paul Soccer St. Paul Tennis Club St. Paul Visual Arts Centre St. Paul Youth Council **Emergency Services Contact** 

**Community Directory** 

1 .



# TOWN FACILITIES Recreation Centre 4802- 53 Street

This facility features a spacious hall, multi-purpose room and kitchen. A perfect venue for weddings, graduations, rodeo dances, corporate functions, trade shows and reunions.

### **Recreation Hall:**

- Accommodates up to 600 people and 470 with chairs and tables
- Bar area available and full sized kitchen
- · Sound system, projector and screen and accent lighting
- Staging available

### Multi-Purpose Room:

- Accommodates up to 125 people with chairs and tables
- · Perfect for meetings, corporate training and family functions

## Kitchen:

 Commercial sized kitchen directly attached to the Multi-Purpose Room & Hall

For Current Rates please go to out website at www.stpaul.ca or call our Facility Coordinator at 780-645-1771.

# **Reunion Station**

## 4112- 53 Avenue

This facility is ideal for family gatherings such as birthday parties, family reunions or small wedding receptions. Walking distance to the Iron Horse Campground.

- Accommodates up to 125 with chairs and tables provided at the venue
- Full sized kitchen which can be rented or used for catering
- Projector screen onsite for use with internet access

## Outside the Facility:

- Picnic tables
- 2 Briquette barbeques (briquettes not provided)
- Large fire pit
- Playground

For Current Rates please go to out website at www.stpaul.ca or call our Facility Coordinator at 780-645-1771.



# SPORTING FACILITIES

## Arenas

The Town of St. Paul currently has 2 indoor arenas the Clancy Richard and the CAP which both have concessions available.



5306 - 48 Avenue

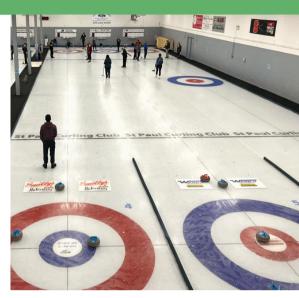
- Can hold up to approximately 1350 people
- Home to the Jr. B Canadiens
- Hosts events such as hockey tourna ments, figure skating competitions and carnival and the Lakeland Rodeo Finals

# **Curling Rink**

4802 - 53 Street

This facility includes:

- 6 Sheet curling surface
- lounge area
- viewing room
- can hold approximately 1150 people



## **Baseball Diamonds**

- Jaycee Ball Diamond located North of the Recreation Centre
- 5 diamonds located South of the Clancy Richard Arena
- 2 diamonds located at the Regional High School

To rent the Ball Diamonds please call our Facility Coordinator at 780-645-1771.



## **CAP** (Community Arena Project)

5314 – 48 Avenue Facebook: @CommunityArenaProject

• Can hold up to 650 people

Youth Rate

• Hosts events such as hockey tournaments and summer camps



## **ARENA ICE RENTAL RATES**

Rates: September 2024 - April 2025

<b>Clancy Richard</b>	Hourly	
Adult Rate	\$172.00	
Youth Rate	\$103.00	To rent the Arenas, please call our Facility Coordinator at 780-645-1771.
Adult Rate	\$162.00	

\$97.00

# **CAMPGROUNDS** Iron Horse Campground

Located on the North-East side of Town with easy access from any direction. We have a large entrance and wide lanes for easy maneuvering with a sani-station right at the entrance. Our sites are deep with ample room between each.



### The Iron Horse Trail is practically

on your doorstep! Great for hiking, biking, horseback riding, ATVing, and more! We are located next to the Reunion Station event facilities, playground and soccer complex. Enjoy fishing? We have a fully stocked trout pond.

### Services:

- 44 Sites with 30 & 50 amp power, water and sewer, fire pits & tables

- 38 Sites with 30 & 50 amp including water, sewer
- 7 Overflow sites with power only
- Fire pits and picnic tables.
- Coin showers & laundry room
- Firewood is available for purchase
- 10 Horse covered stalls with a large field that can be used for horses and equipment

Iron Horse Campground 4012 – 53 Avenue Contact Number: 780-614-4244 Email: campground@stpaul.ca Reservations: www.campreservations.ca

# **Overnight Campground**

This treed campground is conveniently located one block off Main Street next to the St. Paul Golf Course, and adjacent to the Recreation Grounds which include: the AG Corral and Rodeo Grounds, Playground and Five Ball Diamonds, Jaycee Ball Park, Recreation Centre Hall, Curling Rink, Municipal Library (computer and internet access), St. Paul Museum, Skate Park, Aquatic Centre, Visual Arts Centre, the UFO Landing Pad and Tourism Information Centre.



### Services:

- 24 Sites with power 16 Sites without power Fresh water fill station
  - Sani-dump Free hot showers Fire pits and picnic tables
  - Children's playground nearby Firewood is available for purchase



# TO BOOK A SITE: WWW.CAMPRESERVATIONS.CA

# ST. PAUL GOLF COURSE 4601 – 57 Street



The St. Paul Golf Course is located on the West side of Town. The facility is home to a beautiful 18-hole golf course, Pro Shop and Tin Cup Restaurant. The fairways and greens are kept in pristine shape. Our professional staff are always willing to help you with your golfing needs with Men's Night being offered on Tuesday's and Ladies Night being on Wednesday's.

### **Tournaments and Corporate Events:**

The St. Paul Golf Course is ideal for private and public functions. We are available to host tournaments and the Clubhouse Restaurant, Tin Cup, is available to provide catering. We'll custom build a tournament package that fits your budget. Please inquire for further information. Following your round, stop by the Clubhouse for a drink, bite to eat and a relaxing seat on the patio overlooking the course.

Golf Club Manager: Sean Hovelkamp Contact Number: 780-645-4077 Email: shovelkamp@stpaul.ca Web: www.stpaulgolfcourse.com Facebook: @StPaulGolfCourse

2024 Green Fees	9 Holes	18 Holes
Junior (13-17)	\$15.00	\$25.00
Adult	\$27.00	\$42.00
Senior 55+	\$27.00	\$42.00
	_	

## 2024 Membership Fees

Adult Single (18+)	\$950.00
Adult Couple (married/common law)	\$1,500.00
Senior Single (55+)	\$855.00
Senior Couple	\$1,350.00
Family (couple + their children under 18)	\$1,600.00
Young Adult (18-25)	\$450.00
Junior 17 & Under	\$100.00

\*Please visit our website for current rates\*

## Book Tee Time Online: www.stpaulgolfcourse.com



# TOURISM CENTRE

## 4902-53 Street

The Tourist Information Centre is open seasonally with a tentative schedule beginning May Long Weekend until September Long Weekend. Hours of operation are determined at the beginning of the season. Built in 1967, the Landing Pad stands for unity. That was the dream in 1967 and it is the dream today. We hope you'll feel it when you walk through the door; you are very welcome here. Everyone is. Whether you need to stretch your legs from travelling or are a local



looking to find a unique gift, we have you covered! We offer a wonderful boutique shopping experience in St. Paul, representing over 50 local artisans. Come enjoy the gift shop and 360 degree views of St. Paul while sipping a steaming latte. The kids will enjoy our weekly crafts, as well as challenging scavenger hunts. Our visitor information staff is trained to help you find what you're looking for on your travels through this gorgeous section of our province!



St. Paul Tourist Information Centre/ UFO Landing Pad Contact Number: 780-645-6800 Email: infotourist@stpaul.ca Web: https://www.stpaul.ca/UFO-Landing-Pad Facebook: UFO Landing Pad St. Paul Instagram: ufolandingpadgallery

# ST. PAUL FIRE DEPT. 5101-50 Street

The St. Paul Fire Department is compromised of 39 members, including a full-time Fire Chief and Deputy Fire Chief. Our Firefighter's are exceptionally trained, with most of them holding NFPA 1001 Firefighter Certification. We have our own local training facility that enables us to instruct other firefighters from around the region. We provide service in the following areas: Fire Suppression, Vehicle Extrication, High-Angle Rescue, Ice Rescue, Hazardous Materials Response and Medical Assistance as requested. Each Fall, the St. Paul Fire Department accepts applications for the position of Volunteer Firefighters with training beginning in the new year. Follow us on Facebook to stay informed on this opportunity.



Fire Chief: Trevor Kotowich Contact Number: 780-645-4100 Email: tkotowich@stpaul.ca Web: www.stpaulfiredepartment.com Facebook: @StPaulFireDepartment

# AQUATIC CENTRE

4702-53 Street

## **Aquatic Centre Hours**

Monday - Friday: 6:30am to 9:00pm Saturday: 10:30 am to 8:00 pm Sunday: 10:30am to 4:00pm Closed on Statutory Holidays *(open <u>ONLY</u> for Public Swim)* 

The St. Paul Aquatic Centre offers numerous programs and activities for people of all ages. Please join us for our regular scheduled Public Swims or register for our Aquatic Programs.

### Our Aquatic Centre includes:

- 6 lane 25 metre swimming pool with a 1 metre springboard, diving blocks and a child slide
- Shallow kids pool
- Hot Tub & Steam Room
- Birthday Party Room available for Rentals
- Gym which includes 3 treadmills, 2 exercise bikes, a step machine, elliptical trainer, rowing machine and free weights.

Contact Name: Rob Simons Contact Number: 780-645-3388 Email: rsimons@stpaul.ca Website: www.stpaul.ca Facebook: @StPaulAquaticCentre

# **2024 SWIM RATES**

**PUBLIC SWIM RATES - DAILY** 

Family	\$17.00
Adult (18+)	\$8.00
Senior (60+)	\$7.00
Youth (7-17)	\$6.00
Child (3-6)	\$3.00
Special Needs	\$4.00
Infant (0-2)	FREE

AQUATIC

CENTRE

AQUATIQUE

AQUATIC

CENTRE

QUATIQUE

## **2024 MEMBERSHIP RATES**

	10X Pass	1 Month	Annual Pass
Family	\$111.00	<mark>\$111.0</mark> 0	<mark>\$64</mark> 9.00
Adult (18+)	\$65.00	<b>\$65.00</b>	<mark>\$43</mark> 3.00
Senior (60+)	\$49.00	\$49.00	<mark>\$325</mark> .00
Youth (7-17)	\$44.00	\$44.00	<mark>\$325.00</mark>
Child (3-6)	\$27.00	\$27.00	\$216.00
Special Needs	\$27.00	\$27.00	\$216.00
Infant (0-2)	FREE	FREE	FREE

# **RENTAL OPTIONS**

1 Hour Party Room	
Pool	\$22.00
	\$70.00
Party Room & Pool	\$101.00

\*Please visit our website for current rates\*

Follow us on Facebook to keep up to date on all the upcoming Lessons & Courses.

# AQUATIC CENTRE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY
6:00 AM			
7:00 AM	Lane Swim 6:30 - 9:00	Lane Swim 6:30 - 9:00	Lane Swim 6:30 - 9:00
8:00 AM	Aquafit 8:00 - 8:30		Aquafit 8:00 - 8:30
9:00 AM			
10:00 AM	-		
11:00 AM			
12:00 PM	Family Swim 11:30 - 1:00	Family Swim 11:30 - 1:00	Family Swim 11:30 - 1:00
1:00 PM	_		
2:00 PM	Public Swim 1:00 - 4:00	Public Swim 1:00 - 4:00	Public Swim 1:00 - 4:00
3:00 PM	On no school days	On no school days	On no school days
4:00 PM	-	I	
5:00 PM	-		
6:00 PM	Public Swim	Public Swim	Public Swim
7:00 PM	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30
	Shallow Water Aquafit 7:30 - 8:15	Deep Water Aquafit 7:30 - 8:15	Shallow Water Aquafit 7:30 - 8:15
8:00 PM	Lane/Adult	Lane/Adult	Lane/Adult
9:00 PM	Swim 8:15 - 9:00	Swim 8:15 - 9:00	Swim 8:15 - 9:00

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim 6:30 - 9:00	Lane Swim 6:30 - 9:00 Aquafit 8:00 - 8:30		
Family Swim 11:30 - 1:00	Family Swim 11:30 - 1:00	Family Swim 11:30 - 1:00	Family Swim 11:30 - 1:00
Public Swim 1:00 - 4:00 On no school days	Public Swim 1:00 - 4:00 On no school days	Public Swim 1:30 - 4:00	Public Swim 1:30 - 4:00
Public Swim 6:00 - 7:30 Deep Water Aquafit 7:30 - 8:15	Public Swim 6:00 - 9:00	Public Swim 6:00 - 8:00	
Lane/Adult Swim 8:15 - 9:00			

The St. Paul Aquatic Centre offers a variety of Swim Lessons to our community from Parent and Tot to Adult Swim Lessons. All the Fall & Winter Lessons are listed in the next few pages.

Parent & Tot: \$50.00 Preschool 1 - Swimmer 3: \$50.00 Swimmer 4 & Up: \$60.00 Adult Lessons:

- Tuesday & Thursday Lessons (45 minutes): \$70.00
- Saturday Lessons (60 minutes): \$80.00

**Parent & Tot Program:** Structures in-water interaction between parent/care- giver and child to stress the importance of play developing water-positive attitudes and skills.

Recommended ages: 4 months to 3 years.

### Parent & Tot Sessions \$50.00

Oct. 19 - Dec. 7	Saturday	10:00 - 10:30 a.m.
Jan. 11 - Mar. 1	Saturday	10:00 - 10:30 a.m.
Mar. 15 - May 10	Saturday	10:00 - 10:30 a.m.



**Preschool 1:** Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water and put their faces in the water to blow bubbles. Becoming com- fortable with floats and glides and moving safely in shallow water while wearing life jackets will help them gain confidence with their water skills.

### Preschool 1: Ages 3 - 5 \$50.00

Oct. 18 - Dec. 6	Friday	4:00 - 4:30 p.m.
Oct. 18 - Dec. 6	Friday	5:00 - 5:30 p.m.
Oct. 19 - Dec. 7	Saturday	9:00 - 9:30 a.m.
Oct. 19 - Dec. 7	Saturday	10:30 - 11:00 a.m.
Jan. 10 - Feb. 28	Friday	4:00 - 4:30 p.m.
Jan. 10 - Feb. 28	Friday	5:00 - 5:30 p.m.
Jan. 11 - Mar. 1	Saturday	9:00 - 9:30 a.m.
Jan. 11 - Mar. 1	Saturday	10:30 - 11:00 a.m.
Mar. 14 - May 9	Friday	4:00 - 4:30 p.m.
Mar. 14 - May 9	Friday	5:00 - 5:30 p.m.
Mar. 15 - May 10	Saturday	9:00 - 9:30 a.m.
Mar. 15 - May 10	Saturday	10:30 - 11:00 a.m.
,		

**Preschool 2:** Preschoolers will work on becoming more independent with ther water skills. Some of these skills include jumping into chest deep water unassisted, sub- merging and exhaling underwater and floating with various bouyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

### Preschool 2: Ages 3 - 5 \$50.00

Oct. 18 - Dec. 6	Friday	4:00 - 4:30 p.m.
Oct. 18 - Dec. 6	Friday	5:00 - 5:30 p.m.
Oct. 19 - Dec. 7	Saturday	9:00 - 9:30 a.m.
Oct. 19 - Dec. 7	Saturday	10:30 - 11:00 a.m.
Jan. 10 - Feb. 28	Friday	4:00 - 4:30 p.m.
Jan. 10 - Feb. 28	Friday	5:00 - 5:30 p.m.
Jan. 11 - Mar. 1	Saturday	9:00 - 9:30 a.m.
Jan. 11 - Mar. 1	Saturday	10:30 - 11:00 a.m.
Mar. 14 - May 9	Friday	4:00 - 4:30 p.m.
Mar. 14 - May 9	Friday	5:00 - 5:30 p.m.
Mar. 15 - May 10	Saturday	9:00 - 9:30 a.m.
Mar. 15 - May 10	Saturday	10:30 - 11:00 a.m.



Preschool 3: Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is wait deep and work towards mas- tering their floats, rollovers, glides and kicks. In this level they work their way into deeper water for side entries and jumping in with their lifejackets on.



Preschool 4: Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.



### Preschool 4: Ages 3 - 5 \$50.00

Oct. 18 - Dec. 6	Friday	4:30 - 5:00 p.m.
Oct. 18 - Dec. 6	Friday	5:30 - 6:00 p.m.
Oct. 19 - Dec. 7	Saturday	9:30 - 10:00 a.m.
Oct. 19 - Dec. 7	Saturday	11:00 - 11:30 am.
Jan. 10 - Feb. 28	Friday	4:30 - 5:00 p.m.
Jan. 10 - Feb. 28	Friday	5:30 - 6:00 p.m.
Jan. 11 - Mar. 1	Saturday	9:30 - 10:00 a.m.
Jan. 11 - Mar. 1	Saturday	11:00 - 11:30 am.
Mar. 14 - May 9	Friday	4:30 - 5:00 p.m.
Mar. 14 - May 9	Friday	5:30 - 6:00 p.m.
Mar. 15 - May 10	Saturday	9:30 - 10:00 a.m.
Mar. 15 - May 10	Saturday	11:00 - 11:30 am.



Oct. 18 - Dec. 6	Friday	4:30 - 5:00 p.m.
Oct. 18 - Dec. 6	Friday	5:30 - 6:00 p.m.
Oct. 19 - Dec. 7	Saturday	9:30 - 10:00 a.m.
Oct. 19 - Dec. 7	Saturday	11:00 - 11:30 am.
Jan. 10 - Feb. 28	Friday	4:30 - 5:00 p.m.
Jan. 10 - Feb. 28	Friday	5:30 - 6:00 p.m.
Jan. 11 - Mar. 1	Saturday	9:30 - 10:00 a.m.
Jan. 11 - Mar. 1	Saturday	11:00 - 11:30 am.
Mar. 14 - May 9	Friday	4:30 - 5:00 p.m.
Mar. 14 - May 9	Friday	5:30 - 6:00 p.m.
Mar. 15 - May 10	Saturday	9:30 - 10:00 a.m.
Mar. 15 - May 10	Saturday	11:00 - 11:30 am.



## SWIMMER PROGRAM 6-13 YEARS OLD

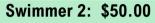
Swimmer Program is a 6-level success oriented swim program. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program.



**Swimmer 1:** Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater and breath control. Once they have learned their floats, rollovers, glides and kicks from front to back, they will front crawl their way to the next level.



**Swimmer 2:** Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including flutter kick on their front, back and side, vertical whip kick with an aid and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.



Oct. 18 - Dec. 6	Friday	4:00 - 4:30 p.m.
Oct. 18 - Dec. 6	Friday	5:00 - 5:30 p.m.
Oct. 19 - Dec. 7	Saturday	9:30 - 10:00 a.m.
Oct. 19 - Dec. 7	Saturday	11:00 - 11:30 a.m.
Jan. 10 - Feb. 28	Friday	4:00 - 4:30 p.m.
Jan. 10 - Feb. 28	Friday	5:00 - 5:30 p.m.
Jan. 11 - Mar. 1	Saturday	9:30 - 10:00 a.m.
Jan. 11 - Mar. 1	Saturday	11:00 - 11:30 a.m.
Mar. 14 - May 9	Friday	4:00 - 4:30 p.m.
Mar. 14 - May 9	Friday	5:00 - 5:30 p.m.
Mar. 15 - May 10	Saturday	9:30 - 10:00 a.m.
Mar. 15 - May 10	Saturday	11:00 - 11:30 a.m.

\*\*Please note March - May Lessons will not be held on Easter Weekend.

### Swimmer 1: \$50.00

Oct. 18 - Dec. 6	Friday	4:30 - 5:00 p.m.	
Oct. 18 - Dec. 6	Friday	5:30 - 6:00 p.m.	
Oct. 19 - Dec. 7	Saturday	9:00 - 9:30 a.m.	
Oct. 19 - Dec. 7	Saturday	10:30 - 11:00 a.m.	
Jan. 10 - Feb. 28	Friday	4:30 - 5:00 p.m.	
Jan. 10 - Feb. 28	Friday	5:30 - 6:00 p.m.	
Jan. 11 - Mar. 1	Saturday	9:00 - 9:30 a.m.	
Jan. 11 - Mar. 1	Saturday	10:30 - 11:00 a.m.	
Mar. 14 - May 9	Friday	4:30 - 5:00 p.m.	
Mar. 14 - May 9	Friday	5:30 - 6:00 p.m.	
Mar. 15 - May 10	Saturday	9:00 - 9:30 a.m.	
Mar. 15 - May 10	Saturday	10:30 - 11:00 a.m.	

\*\*Please note March - May Lessons will not be held on Easter Weekend.





**Swimmer 3:** Swimmers will make a splash with their kneeling dives and forward roll entries. Increased time and distance components are incorporated for skills learned such as flutter kick on front & back, whip kick, front & back crawl and interval training.



### Swimmer 3: \$50.00

Oct. 18 - Dec. 6	Friday	4:00 - 4:30 p.m.
Oct. 18 - Dec. 6	Friday	5:30 - 6:00 p.m.
Oct. 19 - Dec. 7	Saturday	10:00 - 10:30 a.m.
Jan. 10 - Feb. 28	Friday	4:00 - 4:30 p.m.
Jan. 10 - Feb. 28	Friday	5:30 - 6:00 p.m.
Jan. 11 - Mar. 1	Saturday	10:00 - 10:30 a.m.
Mar. 14 - May 9	Friday	4:00 - 4:30 p.m.
Mar. 14 - May 9	Friday	5:30 - 6:00 p.m.
Mar. 15 - May 10	Saturday	10:00 - 10:30 a.m.

\*\*Please note March - May Lessons will not be held on Easter Weekend.

**Swimmer 4**: Swimmers will be from beginner to intermediate swimming level. Swimmers will complete standing dives, tread water and work towards being able to swim underwater for 5m. Improving their front & back crawl, whip kick and introduced to breaststroke.

### Swimmer 4: \$60.00

Oct. 18 - Dec. 6	Friday	4:45 - 5:30 p.m.
Oct. 19 - Dec. 7	Saturday	9:00 - 9:45 a.m.
Jan. 10 - Feb. 28	Friday	4:45 - 5:30 p.m.
Jan. 11 - Mar. 1	Saturday	9:00 - 9:45 a.m.
Mar. 14 - May 9	Friday	4:45 - 5:30 p.m.
Mar. 15 - May 10	Saturday	9:00 - 9:45 a.m.

\*\*Please note March - May Lessons will not be held on Easter Weekend.



**Swimmer 5**: Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps, eggbeater kick and back- ward somersaults. Swimmers will need to complete longer distance swims and sessions.



### Swimmer 5: \$60.00

Oct. 18 - Dec. 6	Friday	4:45 - 5:30 p.m.
Oct. 19 - Dec. 7	Saturday	9:00 - 9:45 a.m.
Jan. 10 - Feb. 28	Friday	4:45 - 5:30 p.m.
Jan. 11 - Mar. 1	Saturday	9:00 - 9:45 a.m.
Mar. 14 - May 9	Friday	4:45 - 5:30 p.m.
Mar. 15 - May 10	Saturday	9:00 - 9:45 a.m.

\*\*Please note March - May Lessons will not be held on Easter Weekend.



**Swimmer 6:** Final Level of the Swimmer Program. Swimmers will work towards mastering stride entries, compact jumps and kicks. 300m workout required to complete this level.



### Swimmer 6: \$60.00

Oct. 18 - Dec. 6	Friday	4:00 - 4:45 p.m.
Oct. 19 - Dec. 7	Saturday	9:45 - 10:30 a.m
Jan. 10 - Feb. 28	Friday	4:00 - 4:45 p.m.
Jan. 11 - Mar. 1	Saturday	9:45 - 10:30 a.m
Mar. 14 - May 9	Friday	4:00 - 4:45 p.m.
Mar. 15 - May 10	Saturday	9:45 - 10:30 a.m

\*\*Please note March - May Lessons will not be held on Easter Weekend.



## CANADIAN SWIM PATROL

The 3 Level Canadian Swim Patrol Program is for swimmers who are ready to go beyond learn-to-swim (Rookie Patrol, Ranger Patrol & Star Patrol). These are the next lessons after you have completed the Swimmer Program 1-6. The program focuses on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Each level will continue to develop swimmers' strokes and provide a skillful foundation. Each level of Canadian Swim Patrol program has 3 modules: Water Proficiency, Fire Aid and Recognition & Rescue.

### Rookie, Ranger & Star Patrol: \$60.00

Oct. 18 - Dec. 6 Oct. 19 - Dec. 7 Jan. 10 - Feb. 28	Friday Saturday Friday	4:00 - 4:45 p.m. 9:45 - 10:30 a.m. 4:00 - 4:45 p.m.
Jan. 11 - Mar. 1 Mar. 14 - May 9	Saturday Friday	4:00 - 4:45 p.m. 9:45 - 10:30 a.m. 4:00 - 4:45 p.m.
Mar. 15 - May 10	Saturday	9:45 - 10:30 a.m.

\*\*Please note March - May Lessons will not be held on Easter Weekend.

# **ADULT SWIM LESSONS**

Oct. 8 - Oct. 31 Oct. 19 - Dec. 7 Nov. 5 - Nov. 28 Jan. 11 - Mar. 1 Mar. 15 - May 10 **Tuesday & Thursday** Saturday Tuesday & Thursday Saturday Saturday

8:15 pm - 9:00 p.m. 10:30 - 11:30 a.m. 8:15pm - 9:00 p.m. 10:30 - 11:30 a.m. 10:30 - 11:30 a.m.

Tuesday & Thursday Lessons (45 minutes): \$70.00 Saturday Lessons (60 minutes): \$80.00

DOWNLOAD **THE TOWN APP** 



You will receive notifications about employment opportunities, snow removal updates, modified garbage schedules, reminders for property tax deadlines, easy access to community events, etc.

# Visit the App Store or Google Play to download now!



**GOOGLE PLAY** 



# **REGIONAL FCSS**



St. Paul Office Located at 5002 - 51 Avenue Ph: 780-645-5311 Mon - Fri 8:30am - 4:30pm Closed from 12:30pm - 1:30pm Elk Point Office Located at 4906 - 48 Street Ph: 780-724-3800 Tue - Wed 8:30am - 4:30pm Closed from 12:30pm - 1:30pm

At FCSS we design and deliver social programs that focus on prevention to enhance social well-being of individuals and families in our community. This is done through promotion and intervention strategies that are provided to those in need at the earliest opportunity! Our programs depend on community resources, often involving our local volunteers in management and delivery. Connect with us by visiting in person, going online or scrolling social media.

# **Programs**

### YEAR ROUND

Advocacy Promotion Baby Wise Welcome Bundles Community Boardroom Community Connection Events Community Counselling Community Funding Friendly Welcome Information & Referral Services Interagency Connections Meals on Wheels Senior Assistance Programs St Paul Youth Council (SPYC)

# Programs cont....

### SPRING/SUMMER

Camp Sunshine Community Walking Program Neighborhood Block Parties Seniors Week Summer Camp Programing Volunteer Appreciation Volunteer Income Tax

### FALL/WINTER

Community Awareness Community Christmas Hampers Safe & Sweet Halloween Shiver Fest Snow Angels Tree Lighting







St. Paul Regional FCSS & Family Resource Network

st.paul\_fcss

For more information on all our programs and connections to current events please visit us in person, online or scan the QR code.

www.stpaulfcss.ca

# LAKELAND FAMILY RESOURCE



# YEAR ROUND PROGRAMS

NETWORK

Ages & Stages Questionnaire Kids Have Stress Too Mom's & Tots Baby Bunch **Babysitting Course** Read & Roll Baby Wise Welcome Bundles Rhymes That Bind Car Seat Checks Run-Jump-Skip Home Alone Course Seasonal & Occasion Play & Learn Events Information & Referrals Story Time & Craft **Traditional Teachings Emotion Coaching Growing Minds Triple P Parenting** 

Located at 5002 - 51 Avenue Phone: 780-645-5311 Mon - Fri 8:30am - 4:30pm Closed from 12:30pm - 1:30pm

We offer programming to all families with children 0-18 years of age aiming to strengthen family connections. We want our families to flourish and have a space for fun enriching activities for parent and child growth with educated professionals that are available to answer Programs questions and provide support when needed. They say it takes a village to raise a child, and we are more than happy to become part of your village. With the support of parenting groups along with child and youth programs we are focused in helping families reach their developmental potential.



Lakeland FAMILY RESOURCE NETWOR



St. Paul Regional FCSS & Family Resource Network



### **SPRING/SUMMER**

Buggies on the Block **Clothing Exchange** 

## FALL/WINTER

**Clothing Exchange** Shiverfest

For more information on all our programs and connections to current events please visit us in person, online or scan the QR code.

> www.lakelandfrn.ca www.fcss@stpaul.ca (local supports)

# PARKS & PLAYGROUNDS

The Town of St. Paul has a great selection of parks. There are 16 of them spread throughout the Town. Both RCMP Park and Crescent Park have basketball courts while tennis courts can be found at Kinsmen Park.

Centennial Park 6001 – 46 Ave Crescent Park 4034 – 46 Ave Desjardins Park 5524 - 50 St Elks Park 5602 - 55 Ave Kendelstick Park 4309 - 52 St Kinsmen Park 4222 - 48 Ave \*\*New structure in Fall of 2024 Lagasse Park 47 St. & Lakeshore Drive Lambert Park 4424 – 51 Ave Lavoie Park 4101A Lakeshore Drive Lingin Park 5409 - 52 Ave Lions Park 50 Ave & 49 St Lyndale Park 4734 – 48 St Mytrash Park 54 Ave and 56 St RCMP Park 5528 – 51 Ave Rogerson Park 4414 – 48 Ave St. Paul BMX & Skatepark 49 St - 53 Ave Spring Creek 4413 – 58 St Wheeler Park 5229 - 55 Ave



One of St. Paul's most beautiful parks. You can find many pieces of art and historical information throughout the park. You can take a walk on the Boardwalk that goes along the lake. If you are travelling through this is a great park to take a break in! The Lagasse Park features:

- Splash Park (open 10am-8pm)
- Outdoor Fitness Centre
- 2 Children's Playgrounds
- Basketball Court
- Beach Volleyball Court
- 2 Large Gazebo's for gatherings





- FEB Shiverfest Celebrations
- MAY Spring Clothing Exchange
- JULY Canada Day Celebration
- JULY Outdoor Movie Night
- AUG Block Party at Lagasse Park
- AUG Outdoor Movie Night
- SEPT LRA Rodeo Finals
- **SEPT** Community Awareness
- SEPT Fall Clothing Exchange
- OCT Safe & Sweet Halloween
- NOV Remembrance Day Ceremony
- DEC Christmas Tree Lighting

A reminder to check out our Town Calendar for upcoming events at: www.stpaul.ca

Have a community event in Town of St. Paul? Be sure to submit your event on our website.

# T. PAUL MUNICIPAL LIBRARY



Contact Name: Eunhye Cho Contact Number: 780-645-4904 Address: Box 1328, 4802 -53 St E-Mail: librarian@stpaullibrary.ab.ca Website: www.stpaullibrary.ab.ca Facebook: @Stpaulablibrary Instagram: @stpaulablibrary Twitter: @stpaulablibrary

# **LIBRARY HOURS**

September to June Tues. to Thurs: 10am - 8pm Fri. & Sat: 10am - 5pm Closed Sunday & Monday July to August Mon. & Fri: 10am - 5pm Tues. to Thurs: 10am - 8pm Closed Saturday & Monday

## **E-Resources**

Access FREE e-resources with your library card: E-books, audio books, newspapers, magazines, language courses and more.

## **Services**

Books - Boardgames -Movies - Photocopying Printing Faxing - Laminating -Exam Invigilation Free WIFI -Computers - Scan to Email

## **Programs:**

We have various events and programs thought out the year for all ages and walks of life. Check our website & social media or ask at the front desk to find out what is upcoming and happening!

## **Room Rental:**

We have a room available for rent for business functions, birthday parties and board meetings.

# ALBERTA'S IRON HORSE TRAIL

Alberta's Iron Horse Trail is the perfect getaway for families looking to explore the Lakeland. The trail itself is 300km long which means you get to travel through some interesting countryside; from sweeping vistas of the North Saskatchewan River valley to the hushed coolness of the boreal forest. Numerous wetlands showcase the beavers' architectural talents, swaying fields of silver barley, wonderous yellow stretches of canola in bloom and grazing cattle in complete harmony with the abundant wildlife along the trail.

There are plenty of rest stops to enjoy a picnic lunch or weiner roast. The trail is open for ATV's bicycles, hiking, horse riders and waggoneers in the summer and snowmobiles in the winter.

Make sure you allow for time to visit some of the historical sites in the region, Fort George Buckingham House, Metis Crossing and local museums. Art walks, golf courses, trout fishing ponds, skate board and water parks are just a few of the other attractions you will find in the communities along the trail.



Alberta's Iron Horse Trail Contact Name: Marianne Janke Contact Number: 780-645-2913 Email: info@ironhorsetrail.ca Facebook: @AlbertaIronHorseTrail



All communities along the trail have access routes to services. The Lakeland is home to numerous craft breweries and distilleries. Try a craft beer flight, tour a distillery or sit down to a charcuterie board at a local cider house. There are many local eateries offering delicious choices throughout the day with local produce and meats highlighted on their menus.

Relax in the evening at one of the B&B's along the trail or set up camp at a local campground. Come for a day, a weekend or a week. Alberta's Iron Horse Trail is a wonderful way to explore the Lakeland's culture, outdoor experiences, culinary delights and warm inviting people. We are sure you will return time and time again.

# MIDWEEK FARMERS' MARKET

Contact: Kandice Contact Number: 780-614-5973 Facebook: St. Paul Midweek Farmers' Market





The Midweek Farmers' Market runs every Wednesday Afternoon 2:30 – 6:30pm St. Paul Senior Citizen Club @ 4809 – 47 Street behind the RC Church.

We are always on the lookout for new vendors so if you Make It, Bake It or Grow It, we'd love to have you join our Market!



# FRIDAY FARMERS' MARKET

Contact: Elizabeth Contact Number: 780-614-5718 Facebook: St. Paul Friday Farmers Market Open every Friday: February - December Hours: 10am - 2pm Located at Portage College



You will find different items at every market, from freshly baked goods to canning, hot homemade soup, frozen meals, authentic Ukrainian and Pilipino foods, fresh veggies and more! Locally grown, house and garden plants, unique cards and crafts. There is sewn, knit, crocheted items of every kind, from toques, baby items, blankets, toys

and clothes. Handmade jewelry, stones and gems, teas, lotions, oils, hemp products, leather and wood workings! There is simply too many items to list!

If you make it, bake it or grow it, and you want to sell it.



We are a long standing market, which has been operating for over 40 years! We welcome people to come browse, visit, and enjoy getting out in your community. We offer free coffee, and often free snacks from some of our lovely vendors.

We are committed to having a warm, welcoming atmosphere at every market!



# FEE ASSISTANCE



KidSport provides grants to families facing financial barriers to participating in registered children's sports programs.

The KidSport St. Paul can provide up to \$300 per eligible child, per calendar year towards sport registration fees.

Visit the link top apply today! https://www.kidsportcanada.ca/alberta/st-paul/ Or find us on Facebook at Kidsport St. Paul



Canadian Tire Jumpstart is a national charitable program launched by the family of Canadian Tire companies in 2005. The program helps financially disadvantaged kids (ages 4-18) participate in organized sports and recreation by covering registration, equipment and/or transportation costs.

For more information please refer to www.canadiantire.ca/jumpstart and go under the "Apply" tab to fill out your submission form.

# SCHOOL DIRECTORY

### St. Paul Friends of Playschool Society

4520 - 48 Avenue 780-645-3537 www.stpaulfriendsofpla.wixsite.com Pre-School

### Ecole du Sommet

4609 - 40 Street 780-645-1949 www.sommet.centreest.ca Pre-Kindergarten to Grade 12

## **Glen Avon School**

4402 - 42nd Street 780-645-3237 www.glenavonschool.ca Kindergarten to Grade 9

## St. Paul Elementary

4520 - 48 Avenue 780-645-3537 www.stpaulelementaryschool.ca Kindergarten to Grade 5

## **Racette Junior High School**

4638 - 50 Avenue 780-645-3571 www.racetteschool.ca Grade 6 to Grade 9

## St. Paul Regional High School

4701 - 44 Street 780-645-4491 www.sprhs.ca Grade 10 - Grade 12

### St. Paul Alternate Education Centre (SPAEC)

4701 - 44 Street 780-645-5015 www.spaec.ca Grade 8 - Grade 12

## Portage College, St. Paul Campus

5205 - 50 Avenue 780-645-5223 www.portagecollege.ca Post Secondary

### University nuhelot',ine thaiyots',nistameyimakanak Blue Quills

780-645-4455 www.bluequills.ca Post Secondary

# not-for-profit comunity groups

Organizations Name: ACFA Regionale de Saint -Paul Contact Name: Sylvie Smyl Contact Number:780-645-4800 Email: saint-apul@acfa.ab.ca Website: www.saint-paul.acfa.ab.ca/ Facebook: Acfa Saint-Paul Instagram: acfastpl



Ť

- 61

The vitality of the French-speaking community in the Saint-Paul region contributes to the overall development of its members with mutual respect for other communities.

The Saint-Paul regional ACFA is committed to promoting the development of French life and culture within the French-speaking community of the Saint-Paul region.

Become A Member - Membership in ACFA allows individuals and families living in Alberta to support and get involved in ACFA's dual mission:

- act as provincial spokesperson for the development of services in French and the defense of the interests of Francophones,
- offer local programming of French-language, social, cultural and sporting activities representative of the interests of your community.

Visit our website for further information on memberships.

### **Dates of Upcoming Events:**

June 24th: Saint Jean Baptiste July - August: Summer Camp d'été October 26th: Harvest Ball (Bal des Moisson) November 9th: Jazz Art





BFWC Counterculture Youth Contact Name: Pastor Christopher Contact Number: 780-645-4714 Email: christopher@bfwc.ca Facebook: CountercultureBFWC Instagram: CountercultureBFWC Blue Quills Aboriginal Head Start Contact Number: 780-645-4455 or Toll Free 1-888-645-4455 Visit us at www.bluequills.ca Email registrar@bluequills.ca or headstart@bluequills.ca Facebook: Blue Quills Aboriginal Head Start St. Paul



We at Bethel Family Worship Centre are passionate about our next generation. That is one of the reasons that we run some safe and fun weekly programming for our community's youth. At Counterculture Youth we play a bunch of engaging games like 9square and gaga ball and will even have the occasional nerf war! Each night we also take some time to teach teens about their God-given identities and how incredibly valuable they are. We have youth program for grades 5 to 12 on Wednesday nights from 7pm to 8:30pm.

Look us up on Facebook & Instagram at CountercultureBFWC or at bfwc.ca



Since 1970, University nuhelot'ine thaiyots'i nistameyîmâkanak Blue Quills has been a locally controlled Indigenous education centre serving the academic and training needs of people of all cultures; encouraging everyone to experience studying in a unique socio-cultural and academic environment. Blue Quills is guided by our seven First Nation board members, each of whom represent our member Nations.

Our goal is to nurture learners to help them to reach their individual goals and meet the needs of their nations and communities. The university reflects our culture, Indigenous knowledge, practices, and ceremony. We welcome all students to begin their learning journey with us. The Blue Quills Aboriginal Head Start program is open to children who are First Nations, Métis or Inuit and focuses on six key components: Culture and Language, Education, Health Promotion, Nutrition, Family Involvement and Social Supports.

Children must be three years old and potty trained to qualify for this FREE program. Our program also includes a daily snack and FREE transportation from St. Paul to Blue Quills Aboriginal Head Start.

Call today to register for any of our programs!





BGC St. Paul Contact Name: Joelene Hazen, Executive Director Contact Number: 780-645-6769 Email: Joelene.stpaulbgc@outlook.com Facebook: @stpaulboysandgirls Community Adult Learning Program Contact Name: Danielle Mcarthur Contact Number: 780-614-3478 Email: danielle.mcarthur@portagecollege.ca

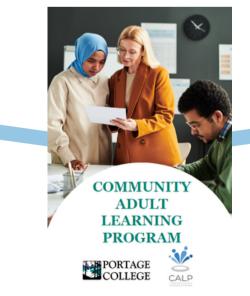
CALP Newcomer Support Contact Name: Christine Warkentin Contact Number: 780-614-6369 Email: christine.warkentin@portagecollege.ca



The Community Adult Learning Program supports over 80 community-based learning organizations who provide Adult Literacy and Foundational Learning opportunities in communities across Alberta.

Foundational learning for adults: free tutoring support in basic digital skills, English as a Foreign Language (daytime and evening classes), math, reading & writing, getting ready to write the GED, academic upgrading courses.

The Newcomer Support Worker will provide first point of contact services across the St. Paul/Elk Point region. This position will provide access to resources and services such as: housing/accommodations, transportation, employment, healthcare and other services as required by newcomers. Visit our website at www.calp.ca for more information.



ch OL Le yo With ch ne

We are a fully licensed childcare facility that offers child care from newborn until Grade 6!

Our whole program follows the Flight - Alberta's Early Learning Curriculum in our program delivery to ensure your child is seen as the Mighty Learner they are.

We are a part of the Federal - Provincial Agreement that expands accessible, affordable and high-quality child care to give Alberta families the choice they need.







Community Garden Society of St. Paul Contact Name: David Robinson Contact Number: 587-252-4651 Email: drobinsonx63@gmail.com Website: www.communitygardensocietystp.com Girl Guides of Canada Toll Free: 1-800-565-8111 Website: www.girlguides.ca Facebook: St. Paul Girl Guides



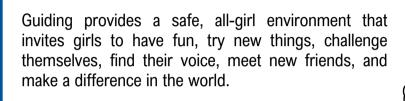
 $\gtrsim$ 

The Community Garden Society of St. Paul was established in 2007 and was registered as a non-profit society in July 2009.

The Society charges participants the minimum amount possible to ensure maximum opportunities for residents and especially for seniors who are on fixed incomes, to enjoy producing heathy food along with the accompanying physical and mental benefits.

The number of people who have been given the opportunity to participate in gardening activities has increased every year since the garden started and in 2021, we have:

- 35 raised garden beds located at Senior Residences in St Paul
- 42 garden plots and 10 raised beds located at the Town Garden Site (adjacent to the Town Hall)
- 18 garden plots located at the County Garden Site (adjacent to the Transfer Station)



Our vision is a better world, by girls. Our mission is to be a catalyst for girls empowering girls. Girl Guides of Canada strives to ensure that girls and women from all walks of life, identities and lived experiences feel a sense of belonging and can fully participate.

We are an organization with over 100 years of history and a strong and growing future.







Iron Horse Ultra 100 Contact Name: Monique Poulin Email: info@ironhorseultra.com Web: https://www.ironhorseultra.com Facebook: @ironhorseultra100 Lakeland Cross-Country Ski Club Email: lakelandccsc@gmail.com Website: www.lakelandxcski.com Facebook: @www.lakelandski.ca



IN WIN FRUN NUT

Every October, conquer the Iron Horse Ultra, a 100mile running challenge set in the breathtaking fall colors of Northern Alberta's Lakeland. Choose your adventure: 100km, or the epic 100-mile race, solo or as a team.

Immerse yourself in the stunning backcountry, push your limits on challenging trails, and join a supportive community of ultramarathon enthusiasts. 100 km is too far? Check out the Elk Point Ultra on the same weekend. Run along with the 100 mile runners for 60km of this beautiful trail. Don't miss this unforgettable fall running event.

Find out more about the Iron Horse Ultra and discover your inner strength by volunteering or participating!



Lakeland Cross-Country Ski Club (LCCSC) a volunteer-run, non-profit society since 2008, partners with nordic ski clubs in the Lakeland to promote year-round outdoor fitness.

LCCSC maintains two sites with classic & skate ski trails open to the public; 1. St. Paul Golf Course and 2. Westcove Municipal Recreation Area in the County of St. Paul

Membership to the Club, from July 1 - June 30, supports the costs of machinery, insurance, site development and Club programs.

LCCSC also offers:

- · Dryland fitness activites in the off-season
- Ski Development Programs for youth and adults by certified coaches.
- Affordable ski rentals to members (small inventory) to make X-C skiing more
- accessible to individuals/families in the community.
- Free public ski activities throughout the season.





MADD Lakeland & Area Contact Name: Dianne Belanger Contact Number: 1-800-665-6233, Ext. 319 Email: maddlakelandarea@gmail.com Web: www.madd.ca Facebook: MADD Lakeland & Area NEMA - North Eastern Music Association Contact Number: 780-614-0973 Email: nemasboard@gmail.com Website: https://www.nemamusic.com/ Facebook: @NEMANorthEasternMusicAssociation



T

MADD Canada's mission is to stop impaired driving and to support victims of this violent crime.

We offer support to victims with online support groups, information about Victim's/Survivor's rights, online resources, memorials & tributes and a variety of youth services.

We work to educate and inform the public about the dangers and consequences of impaired driving with presentations to businesses and schools upon request and at community events.

Our annual red ribbon campaign operates during the winter holiday season to promote sober driving.

With over 35 years in the Community, NEMA is a volunteer-driven non-profit organization currently providing Violin, Guitar, Piano and Voice instruction. NEMA was founded in 1986 to provide quality, affordable music instruction to the St. Paul community.

We offer lessons to students of all ages and levels. Lessons begin in September and end in May. Students are welcome to register at any point in the season. Fees are due before your start date. Lessons are 30 minutes of individual one on one instruction.

Are you interested in learning a musical instrument we currently do not offer let us know! Interested in teaching, we are always hiring!





St. Paul 4-H Multi Club Contact Number: 780-646-0724 Email: stpaul4hmulticlub@gmail.com Facebook: St. Paul 4-H Multi Club

The St. Paul 4-H Multi has been operating for 50 years. Our club goal is self directing, productive and contributing members.

Vision: 4-H Alberta is recognized and respected as the youth organization of choice for developing outstanding future community leaders and citizens.

This 4H Club is formed to further these objectives and to provide service to the St. Paul Community. Our members take great pride in our projects, communication skills and serving our community.

Members must be 9 years of age by December 31st of the current club year. We also have a great Cleaver Program for ages 6-8 years old. Past projects within the Multi Club are: Sheep, Small Engines, Riding Project, Poultry, Beef, Pheasant, Photography, Foods, Crafts, and Canine. Our typical year starts in October and ends in June with lots of fun activities and great 4-H camps.

St. Paul & District Arts Foundation Contact Number: 780-645-2781 Email: mpdowntownartsstudio@outlook.com Website: www.artfoundation.ca Facebook: @stpaularts Instagram: @artsstpaul

The Arts Foundation is a visual and performing arts centre that provides seasonal programming; paint nights; workshops and community projects. Our building houses an art gallery; an artist in residence; two dance studios; a visual arts room and a music room.

There is a \$25 membership per family per year. Volunteering/ fundraising not required.

We are committed to the presence and contributions of all persons regardless of age; culture; abilities; bodies; ethnic origin; sex; gender identity; sexual orientation and gender identity; marital status; nationality; race; religion; or socioeconomic status.









St. Paul & District STEAM Society Contact Number: 403-630-5268 Email: president@spdss.ca Website: www.spdss.ca Facebook: St Paul, & District Ab STEM and STEAM Society St. Paul & District Minor Hockey Association Contact Number: 780-614-1042 Email: president.spmha@gmail.com Website: stpaulminorhockey.ca Facebook: St Paul and District Minor Hockey Association



<u>P</u>r

DSTRFT STAM SOG Ŀ 

SPDSS => a hub of innovation where we inspire and shape future leaders. Engage in hands-on STEAM learning, Minecraft Education, Robotics, Coding, and Business & Entrepreneurship.

Minecraft for Education - Join us in "Building a Sustainable Future, One Block at a Time!" Embrace the power of Minecraft for Education and unlock your creativity while learning about science and sustainability.

STEM. ROBOTICS. CODING - SPDSS offers comprehensive STEM programming in Robotics, Python coding, AI, Machine Learning, and Blockchain. Through innovative teaching methods, students engage in hands-on, experiential learning to tackle real-world challenges. We offer workshops, after-school programs, and summer camps that foster practical skills and deep understanding of complex concepts.

Business & Entrepreneurship - Discover how to "Transform Ideas into Reality, Fueling Success and Growth!" Our program offers mentorship, networking, and funding opportunities to kickstart your entrepreneurial journey. Take the leap towards a thriving future!

Collaborate across generations and join the region's biggest annual event, the Lakeland Regional Science Fair, open to all students, including homeschooled and any school board. At SPDSS, we're not just about education; we're about community, creativity, and inspiring greatness. Join us now.



St. Paul & District Minor Hockey Association is based out of St. Paul, AB and utilizes both the CAP and Clancy Arenas.

SPMHA has competitive hockey for ages 4-17 and non competitive hockey in our POND Hockey.

Our association offers several programs to our youth in the community:

- Minor Hockey Programs
- Goaltending Camps
- Hi-Tek Pre-Season Camp

You can register online for the upcoming 2024/2025 Hockey Season.





St. Paul AG Society Contact Number: 780-645-4373 Email: agsociet@telus.net Web: www.stpaulagsociety.com Facebook: @stpaulagsociety

St. Paul Barracuda's Swim Club Email: st.paulbarracudasswimclub@yahoo.ca Facebook: @barracudasswimclub



SI PAULAE SOGEN

The St. Paul Agricultural Society has been a very viable organization in the St. Paul community since December 8, 1914. We are recognized as a great organization thriving in a strong agriculturally focused and supportive com- munity. Linking people to the past and present by celebrating our agricultural way of life.

Throughout the year we have many events including the High School Rodeo, Ranch Rodeo and the LRA Finals.

We also have a riding arena – you can buy a membership to ride from October to July.

We also have 2 meeting rooms available to rent. See our website for more information.

Swimming is a life skill and by swimming at least twice a week our swimmers come out with increased confidence in the water. Choose between competitive or non competitive, for ages 5+

No previous experience is required. It is suggested that swimmers be able to swim one length of the pool.

Coaches assess new swimmers to give their recommendation for placement in the appropriate level.

Our swim season begins in early October and continues to Mid March. Come join the fun!







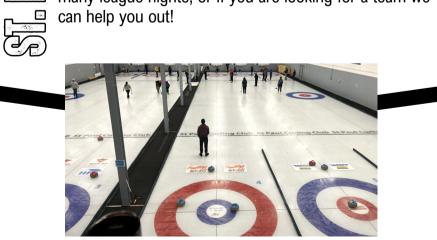
St. Paul Curling Club Contact Name: Tyson Wagner Contact Number: 780-210-1387 Email: gm.stpaulcurlingclub@gmail.com Website: stpaulcurling.ca Facebook: St. Paul Alberta Curling Club Instagram: stpaulabcurling

We are a six sheet curling rink, with a large lobby and viewing area. We have a superleague, Tuesday and Thursday open league nights, Wednesday night doubles league, Junior and Senior high competitive teams, senior and stick curling leagues.

As well, we offer a junior curling program, and numerous schools use our facility for physical education practice.

Check our website and Facebook page for the dates for this years bonspiels and other exciting events happening at the rink.

Contact us today to enter your team in one of our many league nights, or if you are looking for a team we can help you out!



St. Paul Desna Ukrainian Dance Club Contact Number: 587-252-2715 Email: stpauldesnadance@gmail.com Website: stpaulukrainiandanceclub.ca Facebook: St. Paul Desna Ukrainian Dance Club Ukrainian Dance Club



IThe St. Paul Desna Ukrainian Dance Club offer dance classes for ages 4 - 99 that takes place Monday to Wednesday.

Our group operates with the following principles: To stimulate the Ukrainian Arts and Culture within our community.

To give others an increasing awareness of the Ukrainian Culture.

To develop, through an understanding of our cultural background and through the sharing of our cultural riches, an appreciation of our evolving identity.

To preserve the cultural wealth of our past: the languages, arts, music, dance, etc., of our ancestors.





St. Paul Family Dayhomes Contact Name: Danika Poulin/ Lori Stokes Contact Number: 780-645-1984 Email: forkids84@hotmail.com Facebook: St. Paul Family Day home St. Paul Friends of Playschool Contact Name: Kristin Blacklock Contact Number: 780-863-4922 Email: stpaulfriendsofplayschool@gmail.com Facebook: St. Paul Friends of Playschool Society



The St. Paul Family Dayhome's supports families and caregivers in fostering safe, nurturing environment in which children achieve developmental milestones while their parents are at work.

We strive to help support the child's self esteem as they grow. We offer opportunities for the child to expand their social, physical, emotional, intellectual and creative skills.

We pride ourselves of our quality of care and the close relationship that comes from getting to know the children and their families.



Our program offers students an opportunity to learn and grow through play. We focus on all areas of development: physical, social, cognitive, language and emotional. Developmentally appropriate games, activities and toys allow the children to thrive in a welcoming social environment.

We offer:

- 2 half days per week for children who will be 4 before Feb. 28, 2025.
- Junior class of 1 half day per week for 3 year olds.
- The Affordability grant is available for this program!!





PAUL FIGURE SKATTA

St. Paul Figure Skating Club Email: stpaul.skating@outlook.com Web: www.skatecanada.ca Facebook: @Stpaulfigureskating St. Paul Football Contact Name: Todd Tanasichuk Contact Number: 780-646-3815 Email: tanasichukt@gmail.com High School Team: St. Paul Lions Junior High School Team: St. Paul Bengals



9 9**6 -** 14

PreCanSkate/CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development.

CanPowerSkate is an action-packed, high energy instructional skating pro- gram geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance.

STARSkate offers opportunities for skaters of all ages to develop fundamen- tal figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

AdultSkate offers CanSkate, STARSkate and CanPowerSkate programs geared for adults.

Our skaters have been working hard on their skating skills all year and this is their big chance to show off all they have learned. Come out and cheer them on at our Year-End Annual Carnival which is held in March.



St. Paul Football was established in 1984 and provides an opportunity for boys and girls in grades 6-12 to play organized football.

The program strives for excellence, winning many league championships and provincial titles at the junior high and high school levels of play. In the last 10 years, 6 championships have been won, 2017 provincial and northern Alberta Champions in 2018 & 2019.

The program fosters the characteristics of dedication, teamwork, sacrifice, work ethic, sportsmanship and discipline as well as many others.





St. Paul Gymnastics Club 4401 - 47 Street Contact: Number: 780-210-1167 Email: stpaulgymnastics@hotmail.com Facebook: @stpaulgymnasticsclub St. Paul Karate-Do Contact Name: Cal Leckie Contact: Number: 780-645-8452 Email: cleckie@yahoo.com Website: www.traditionalkarate.net Facebook: St. Paul Karate-Do



Our Vision: All ages and abilities have exceptional gymnastics experiences.

Our Mission:

- facilitates quality gymnastics programming at a reasonable fee;

- provides a positive environment in which members can participate;

- provides opportunities for coaches to develop their skills;

- supports club gymnasts to achieve their full potential;

- promotes gymnastic activities as a life-long pursuit.

Offering recreational gymnastics classes for children 18 months to 14 years of age. We are a not-for-profit group started in the Fall of 2012. With plenty of hard work, dedicated volunteers and a supportive community, we started to offer classes in the Fall of 2013.

Please contact us for our current schedule. Interested in training to be a certified coach for our club? Please contact send us a message!

St. Paul Karate-Do provides quality instruction in traditional Japanese Shito-Ryu Karate-Do. We belong to Shito-Ryu Karate-Do Kyokai.

Instructor Cal Leckie has been teaching Karate in St. Paul for over thirty years. He holds Godan (fifth degree) Black Belt in Karate and Sandan (third degree) Black Belt in Kobudo (traditional Okinawan weapons).

Classes are held for children from 10 years and up and adults. As well, we teach Kobudo (weapons) and Batto-Do (Japanese sword) for intermediate and advanced students. Self Defence seminars and courses are available for community members from pre-school to adult.

We are located in our new location at the St. Paul Senior Citizen's Club at 4809-47 Street.







Branch 100 St. Paul

ITHE DAMAGE

St. Paul Legion Branch 100 4925 - 49 Avenue Contact: Number: 780-645-1828 Email: Facebook: @stpaullegionbranch100

> NOT-FOR- PROFIT GROUP COULD BE

Our mission is to serve veterans, which includes serving Military and RCMP Members and their families, to promote remembrance and to serve our communities and our Country.

The Legion understands the importance of honouring past sacrifices and acknowledging the courage of those who served and still serve today. Through Remembrance Day ceremonies, the Poppy campaign, commemorative activities, youth education programs and more, the Legion helps Canadians to honour and remember.

Our local branch continues to support our community through Fundraiser Suppers and other activities. Our facility is also available for rent so reach out to us today for your next function.

Ask your friends to join, they do not have to have a military member in their family background to support the Legion.

Not a Member? Join the Legion today! Create your online profile by going to www.legion.ca





St. Paul Minor Baseball Email: minorballstpaul@gmail.com Web: https://stpaulminorball.com Facebook: @stpaulminorball

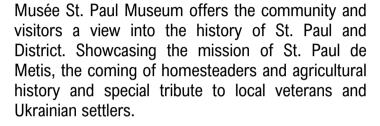
St. Paul Museum Contact Number: 780-645-5562 Contact Number: 780-210-2434 Email Address: admin@stpaulmuseum.ca Website: https://stpaulmuseum.ca Facebook: @StPaulMuseum



To promote the game of baseball and softball in a fair and equal manner to those involved by encouraging ALL players to develop and enhance their baseball/softball skills through fairplay, sportsmanship, team play, respect, responsibility, commitment and quality coaching.

Creating a positive environment where athletes, coaches and officials will achieve their full potential. Programs are structured to provide an opportunity for participation in ALL levels and are designed to meet the needs of the membership and community.

SPMB is part of the Lakeland Minor Ball league and is also registered with Baseball Alberta and Softball Alberta. We follow the rules and regulations according to Baseball Canada. SPMB is always looking to add more umpires to our organization. Training is provided in early spring. We encourage anyone wanting to be an Umpire to reach out. We acknowledge the support of our community and volunteers that keep our program successful.



Our museum is unique as it showcases two museums in one location. Each is distinct and both are dedicated to collecting, preserving and displaying photographs and artifacts related to the history of the St. Paul Region.

The Museum offers an annual Geocache Tour, Find the Thimble Contest, Picture Scavenger Hunt, and Children Activities.







St. Paul Pickleball Club Contact: Danny Gadowski Contact Number: 780-614-1244 Email: danielgadowski24@gmail.com Facebook: St. Paul Alberta Pickleball

St. Paul Search and Rescue Contact: Vern Slonowski Contact Number: 780-645-1403 Email: exec@stpaulsar.ca Website: www.stpaulsar.ca Facebook: St. Paul Search and Rescue



٦

S

حث

 Pickleball is the fastest growing sport in the world and that popularity is reflected in the growth of our club in St. Paul. We are over 100 members strong and growing. A healthy and active lifestyle is our focus, and expressed in an open and welcoming atmosphere. We also promote the development of the sport through clinics and visits to teach and play the game in our local schools.

Our club extends beyond the playing courts, with a variety of social events scheduled to enjoy the company of our members and their families. We have 3 indoor courts we use during the winter, and 8 outdoor courts for summer play. There is scheduled club play 3 mornings and 2 evenings each week. Competitive, recreational and instructional opportunities are available. The only requirement is a clean pair of runners for indoor play. The club supplies all of the equipment needed.

So if you are looking for an opportunity to get active and involved with a great group of people, drop in and pay us a visit. All skill levels are welcome. Come and get hooked like the rest of us.



St. Paul Search and Rescue is your dedicated volunteer team, with specialized Ground SAR, Swiftwater, and Drone units. Whether it's a wilderness expedition gone awry, a waterbased emergency, or a search operation in challenging terrain, we're equipped and trained to respond promptly and effectively.

Our Ground SAR experts employ advanced techniques to locate missing individuals, while our specialized Swiftwater Team excels in water rescue scenarios. Additionally, our Drone Team employs cutting-edge technology to cover large areas efficiently and locate those in need.

Our commitment to the well-being of our community is unwavering. We embody unity, compassion, and expertise, standing ready to be your lifeline during times of crisis. Count on us to bring you home safely.

We are always looking for new members to join our team!





St. Paul Soccer Association Email: stpaulsoccerassociation@gmail.com Website: www.stpaulsoccerassociation.com Facebook: St Paul Soccer Association – St. Paul, AB St. Paul Tennis Club Email: stpaultennisclub@gmail.com Website: http://linktr.ee/stpaultennisclub Contact Number: 780-645-6637 Facebook: St. Paul Tennis Club



Ľ

----I D

<u>s</u>

00

**1** 

St. Paul Soccer Association offers soccer for ages 4 years to adult. Our goal is to develop recreational and competitive soccer in St. Paul.

Soccer is held at the St Paul Lions Soccer Field which has a number of pitches to accommodate various teams of all ages. Our Grassroots program offers in house games and our youth teams travel the Lakeland for league games and tournaments.

SPSA offers indoor and outdoor soccer programs. Our indoor season runs from October to March in gyms and our outdoor season runs from May to end of June and later for youth play-offs and Provincial qualifiers. Registration opens September for indoor and February for the outdoor season.

SPSA offers many opportunities for young athletes to grow and develop their soccer abilities through games and tournaments and chances to join with other communities in the Lakeland and compete at different tier levels.



Our mission is to promote the lifelong enjoyment of tennis in our community. We have one of the best kept facilities in the province. Come see for yourself!

St. Paul Tennis Club has two locations in St. Paul. One is located by the St. Paul Regional High School and the other is by the St. Paul Golf Course.

Membership Benefits:

- Racquet re-stringing
- Youth/Adult Lessons
- Club Equipment
- Ladies night
- Men's Night
- Club Nights
- Summer Camps for Youth
- Court Booking Privileges

Membership Fees:

- \$40.00 Adult
- \$30.00 Under 18
- \$70.00 Family Pass

Submit Registration Form Online.





30

St. Paul Visual Arts Centre Located at 4613-53 Street, South of the Pool. Contact Number: 780-645-3071 Email: spvac@telus.net Website: www.spvac.com Facebook: @StPaulVisualArtsCentre St. Paul Youth Council Contact Name: Lynn Smid Contact Number: 780-645-5311 Email: Ismid@town.stpaul.ab.ca Instagram: spyc20



St. Paul Youth Council (SPYC) is a FREE youth-led, volunteer-based organization that acts as a voice for youth in our community.

We meet one Sunday a month at 5pm in the St Paul Regional FCSS youth room.

We promote youth involvement by planning & hosting events for all community youth. SPYC is a great way to develop skills like leadership & communication, explore career options, give back to our community & connect with others.

If you're in grade 7-12 and would like to join, we'd love to hear from you!





Come have fun and create with us! Established in 1977, we are a non-profit organization dedicated to providing recreational visual arts opportunities to people of all ages and abilities! Subscribe to class & event updates at spvac@telus.net or follow us on Facebook.

### CLASSES, WORKSHOPS, EXHIBITS & SALES:

**POTTERY:** Beginner & intermediate wheel throwing & hand-building!

**GLASS FUSION:** Create coloured glass art through a fun, organic process!

**PAINTING:** Watercolour or acrylic, we walk you through it! **FABRIC ARTS**: explore batik and wet felting!

**YOUTH CLASSES:** We offer a variety of classes for youth year-round!

THE BIG POTTERY & ART EXHIBIT & SALE! NOV 28th & 29th 4 - 8 pm & NOV 30th 10 am - 4 pm Hand crafted Pottery, Art, Fused Glass, Sculpture, Jewellery, Crafts, Cards & more! 4613-53 St.

THE BIG CHRISTMAS CRAFT SALE! SAT DEC 7th 10 am - 4:30 pm -Huge selection of hand-made items! MAIN HALL - RECREATION CENTRE



# **EMERGENCY SERVICES**

AMBULANCE/FIRE/POLICE 911 POISON CONTROL CENTRE 1-800-332-1414 ST. THERESE HOSPITAL 780-645-3331 VICTIM SERVICES 780-645-8858 CRISIS LINE 780-645-5195 OR 1-800-263-3045

# **TOWN OF ST. PAUL CONTACT INFO**

Administration Office Located at 5101-50 Street Email: townhall@stpaul.ca Ph: 780-645-4481

Action Bus Located at 5101-50 Street Email:townhall@stpaul.ca Ph: 780-645-4481

Aquatic Centre Located at 4702-53 Street Ph: 780-645-3388

FCSS & LFRN Located at 5002-51 Avenue Ph: 780-645-5311

Municipal Enforcement Located at 5101-50 Street Email:peaceofficer@stpaul.ca Ph: 780-645-4522

Planning & Legislative Located at 5101-50 Street Email:pd@stpaul.ca Ph: 780-645-1758

Public Works Located at 5508 - 48th Street Ph: 780-645-3509

St. Paul Golf Course Located at 4601-57 Street Email: spgc@stpaul.ca Ph: 780-645-4077

Tourism Centre Located at 4902-53 Street Ph: 780-645-6800

# ransier Station

Location: 2.4 km N.E. of St Paul on Twp 582 and Rg Rd. 93A

# CHANGE OF HOURS!

# Effective Tuesday, September 3 These hours will be year round.

Tue. - Fri. • 9am to 6pm Saturday • 9am to 5pm Closed Sunday & Monday

Contact Number: 780-210-0350

# 

#### ABUSE

ANTI-BULLYING CHILD ABUSE HOTLINE **CRIME STOPPERS KIDS HELP LINE** ST. PAUL VICTIM SERVICES WOMEN'S SHELTER INQUIRIES BUSINESS CRISIS LINE

#### ACCOMMODATIONS

GALAXY MOTEL		780-645-4441
KING'S MOTEL (THE)		780-645-5656
ST. PAUL LODGE		780-645-2202
CANALTA HOTEL		780-645-5581
WOODLAND MOTOR INN		780-645-2245
THE LANDING HOTEL & C	ONFERENCE CENTRE	587-465-1300

#### ACCOUNTANTS (CHARTERED)

H & R BLOCK			780
JMD GROUP LLP			780
MCAVOY, WD CPA C	HARTE	RED ACCOUNTANT	780

#### **ADDICTION SERVICES**

ST. PAUL ADDICTIONS SERVICES ALCOHOL ANONYMOUS ADDICTION SERVICES AND GAMBLING HOTLINE 1-866-332-2322

#### **ADOPTION SERVICES**

ADOPTION BY CHOICE FOSTER ADOPT CHILDREN TODAY

#### **ADVERTISING SERVICES**

**REAL COUNTRY 97.7** ST PAUL JOURNAL

#### AGRICULTURAL SERVICES

AFSC | FNDING ALBERTA AG INFORMATION CENTRE. COMMUNITY GARDEN SOCIETY OF ST PAUL 1-888-456-2323 1-800-387-KIDS (5437) 1-800-222-8477 1-800-668-6868 780-645-8858 780-645-5132 780-645-5195

-645-5540 -645-4611 -645-7882

780-645-6346 780-645-8590

780-448-1159 780-724-2216 OR 1-888-310-3228

780-645-4425 780-645-3342

780-645-6453 780-310-FARM(3276) 587-252-4651

**PARRISH & HEIMBECKER** FRIDAY FARMERS' MARKET MID-WFFK FARMERS' MARKET

#### ANIMAL CONTROL/ SHELTER

CAP ARENA

ATB FINANCIAL

**TD CANADA TRUST** 

ARENAS

BANKS

CIBC

ST. PAUL MUNICIPAL ENFORCEMENT ANIMAL SHELTER AND ADOPTION SOCIETY COUNTY DOG CONTROL

780-645-4494 780-614-5718 780-614-7700

DIRECTORY

780-645-4522 780-645-2262 780-645-3006

780-645-6569 780-645-3932

780-645-4406 780-645-3371 780-645-3357 780-645-7000

780-614-3545

780-645-2968

1-888-914-5437

780-645-3849, EXT, 225

**CHARITY/ FUNDRAISER** 

SERVUS CREDIT UNION

**CLANCY RICHARD ARENA** 

CANADIAN TIRE JUMP START CHARITY HAYING IN THE 30S **KIDS SPORT FUND** MISSIONARIES OF CHARITY

**CHILDREN & YOUTH SERVICES** 

BOYS & GIRLS CLUB OF ST. PAUL & DISTRICT 780-645-6769 CHILDREN SERVICES ST. PAUL 780-645-6370 FRANCO ACCUEIL 780-645-5050 LAKELAND FAMILY RESOURCE NETWORK 780-645-5311 K4J (KIDS FOR JESUS) 780-726-3641 ST. PAUL CHILD CARE SOCIETY 780-645-1984 ST. PAUL FRIENDS OF PLAYSCHOOL SOCIETY 780-645-3537 TLC DAY CARE 780-645-1909

**CHURCHES AND RELIGIOUS SERVICES** 

ALL SAINT UKRAINIAN ORTHODOX CHURCH	780-645-5355
BAHA'I FAITH	780-290-0098
BELLE VIEW BIBLE CAMP	780-645-4948

BETHEL FAMILY WORSHIP CENTRE	780-645-4714
CATHOLIC WOMEN'S LEAGUE OF CANADA	780-645-4314
CATHOLIC PASTORAL CENTRE	780-645-3277
K4J (KIDS FOR JESUS)	780-726-3641
MISSIONARIES OF CHARITY	780-645-2968
SERVANTS OF THE CROSS	780-210-0699
ST. PAUL ALLIANCE CHURCH	780-645-2947
ST. PAUL ROMAN CATHOLIC CATHEDRAL	780-645-3033
UKRAINIAN CATHOLIC CHURCH	780-645-3802
UNITED CHURCH OF CANADA (ST. PAUL)	780-645-3266
UNITED CHURCH WOMEN	780-645-2453

#### **CLUBS, RECREATION & SOCIETIES**

ALBERTA 55+ - LAKELAND SENIORS GAMES	
ASSOCIATION (A.S.C.S.R.A ZONE 7)	780-875-2761
BEAVERS, CUBS, SCOUTS & VENTURERS	780-614-9225
BOSCOMBE COMMUNITY CENTRE ASSOCIATION	780-726-2822
CENTRE CULTURE	780-645-4800
CITIZENS ON PATROL	780-645-3017
CLUB BINGO HALL	780-645-3464
CRIME WATCH (GREATER LAKELAND RURAL)	780-724-3735
CYSTIC FIBROSIS CANADA (EDMONTON &	
NORTH ALBERTA CHAPTER)	780-466-2265
IRON HORSE TRAIL GROOMING FOUNDATION	780-645-2913
JUNIOR B CANADIENS	780-920-4178
KNIGHTS OF COLUMBUS	780-645-9467
LAC BELLEVUE & DISTRICT AG SOCIETY	780-645-3230
LAKELAND FETAL ALCOHOL SPECTRUM	
DISORDER SOCIETY	780-645-2000
LAKELAND ROAD RIDERS	780-645-6895
LIONS CLUB (ST PAUL AND DISTRICT)	780-724-2029 / 780-227-4097
MOTHERS AGAINST DRUNK DRIVING (MAD)	1-800-665-6233
PREVENT ALCOHOL AND RISK RELATED TRAUMA	4
IN YOUTH	780-645-3396
QUILTING BEES GUILD OF ST. PAUL	780-645-6055
RIVERLAND RECREATIONAL TRAIL SOCIETY	780-645-2913
ROCKETS HOCKEY	780-614-1762
ROYAL CANADIAN LEGION #100 ST PAUL	780-645-1828
ST. PAUL ANIMAL SHELTER	780-645-2262
ST. PAUL CHAMPIONS FOR CHANGE	780-645-5782
ST. PAUL FISH AND GAME ASSOCIATION	780-645-8074
ST. PAUL TRAILBLAZERS SNOWMOBILE CLUB	780-645-3607
SPINAL CORD INJURY ALBERTA	1-888-654-5444

SUNSHINE QUILTERS	780-645-4365
T.O.P.S	780-645-3685
UFO SAMS RV CLUB	780-645-4753

#### COUNSELLING SERVICES / COMMUNITY COUNSELLING SERVICES

000		LELING OLIVIOL
	MENTAL HEALTH HELPLINE	1-877-303-2642
	GENEVA MEDIATION	780-645-6551
	NATIVE COUNSELLING SERVICES	780-645-5250
	PYRAMID COUNSELLING	780-227-4035
	ST. PAUL REGIONAL FCSS & FAMILY RESOURCE	
	NETWORK	780-645-5311
	(ELK POINT)	780-724-3800
	YAREMKO-GALAS COUNSELLING	780-645-2330
CRIS	SIS CENTRES	
	CRISIS ASSOCIATION (CAPELLA CENTRE)	780-645-5132
	WOMEN'S SHELTER CRISIS LINE	780-645-5195
	WOMEN'S SHELTER BUSINESS INQUIRIES	780-645-5132
DAY	CARE / DAYHOME	
	MANNAWANIS HEAD START	780-645-3423
	ST. PAUL CHILD CARE SOCIETY	780-645-1984
	TLC DAYCARE	780-645-1909
DEN	TISTS / DENTURISTS / ORTHODONTISTS	
	MILLER DR KEN DENTIST	780-645-4122
	ST. PAUL DENTURE CLINIC INC	780-645-4343
	ST. PAUL FAMILY DENTAL CENTRE	780-645-6028
	ST. PAUL ORTHODONTICS	780-645-6630
	SMILE QUEST DENTAL	780 -645-2232
-		
DIS	ABILITY SERVICES	
	ACTION BUS - TOWN OF ST. PAUL ALBERTA	780-645-5313
	ALBERTA SUPPORTS - INCOME SUPPORTS/AISH	
	ALBERTA SUPPORTS CONTACT CENTER	1-877-644-9992
	BRAIN INJURY NETWORK	780-645-3441 EX
	CANADIAN NATIONAL INSTITUTE FOR THE BLIND	
	COMMUNITY & SOCIAL SERVICES OFFICE ST.	780-645-6417
	PAUL (DISABILITIES)	
	EMPLOYABILITIES	780-423-4106 / 780-
	INCLUSION ST. PAUL	780-645-0461
	LAKELAND CENTRE FOR FETAL ALCOHOL	
	SPECTRUM DISORDER	1-877-594-5454/78

PALLIATIVE CARE ASSOCIATION CANADA

XT 232 780-488-4871

0-614-1944

780-594-9905 1-800-668-2785

MS SOCIETY (ST. PAUL & LAKELAND AREA)	587-252-3502
ST. PAUL ABILITIES NETWORK	780-645-3441

#### EDUCATIONAL SERVICES AND SCHOOLS

BLUE QUILLS FIRST NATIONS COLLEGE	780-645-4455
CONSEIL SCOLAIRE CENTRE-EST	780-645-3888
ECOLE DU SOMMET	780-645-1949
GLEN AVON SCHOOL	780-645-3237
PORTAGE COLLEGE	780-645-5223
RACETTE JUNIOR HIGH SCHOOL	780-645-3571
REGIONAL HIGH SCHOOL	780-645-4491
ST. PAUL ALTERNATE EDUCATION CENTRE	780-645-5015
ST. PAUL EDUCATION REGIONAL DIV. NO. 1	780-645-3323
ST. PAUL ELEMENTARY SCHOOL	780-645-3537
ST. PAUL HOMESCHOOL GROUP	780-614-8649

#### **EMPLOYMENT SERVICES**

ALBERTA WORKS		7	80-645-6	6473
EYE EXAMS & EYE	NEAR			
LAKELAND FAMILY E	EYECAR	E 78	30-645-3 <sup>°</sup>	790
ST. PAUL EYE CARE		58	37-465-12	234
FAMILY SUPPORT				
ACFA RÉGIONAL DE	SAINT-F	PAUL	780-645	-4800
ST. PAUL REGIONAL	FCSS		780-645	-5311
FOOD BANK			780-645	-4548
FRANCO - ACCUEIL			780-645	-5050
METIS SETTLEMENT	CHILD	&FAMILY SERVICE NEW	780-645	-6227
Horizon group ho	ME		780-645	-2022
LAKELAND FAMILY F	RESOUF	RCE NETWORK	780-645	-5311

#### FUNERAL DIRECTORS

GRACE GARDENS FUNERAL CHAPEL LTD MEMENTO FUNERAL HOME 780-645-2677 780-826-3113

#### **GOVERNMENT & / OR COMMUNITY SERVICES**

ALBERTA CONSERVATION ASSOCIATION ALBERTA EMERGENCY MANAGEMENT ALBERTA SUPPORTS - INCOME SUPPORT/AISH ALBERTA SUPPORTS CONTACT CENTER 1-877-969-9091 780-645-6213 780-645-6473 1-877-644-9992

Ĺ	ACCES EMPLOI NORD-EST	780-826-9003
	CHAMBER OF COMMERCE	780-645-5820
	COMMUNITY FUTURES	780-645-5782
/	COUNTY OF ST. PAUL #19	780-645-3301
	COMMUNITY CORRECTIONS	780-645-6320
	DAVID HANSON MLA	780-826-5658
	FAMILY LITERACY PROGRAM	780-614-6368
	FISH AND WILDLIFE	780-645-6313
	LANDS AND DIVISION	780-645-6336
	METIS SETTLEMENTS CHILD & FAMILY SERVICES	780-943-8819
	OFFICE OF THE PUBLIC GUARDIAN & TRUSTEE	780-645-6278
	PROVINCIAL GRAZING RESERVE	780-645-6336
	SERVICE CANADA	1-800-622-6232
	SHERIFF HIGHWAY PATROL	780-645-6216
	TOWN OF ST. PAUL ADMINISTRATION	780-645-4481

#### **HEALTH SERVICES**

ADDICTION SERVICES	780-645-6346	
ASSOCIATED MEDICAL CENTRE	780-645-4411	
BELTONE HEARING CENTRE	780-464-4327 / 780-689-8663	
CANADIAN CANCER SOCIETY	1-888-939-3333	
CANADIAN DIABETES ASSOCIATION	1-800-226-8464	
COLEMAN CHIROPRACTIC	780-645-5793	
COMMUNITY HEALTH SERVICES (HEALTH UNIT)	780-645-3396	
FLORENCE WOMEN'S HEALTH SERVICES	780-645-7722	
HEARING LIFE	1-888-514-9515	
JP DECOSSE AUXILIARY HOSPITAL	780-645-3331	
LAKELAND SPORT PHYSICAL THERAPY	780-645-4019	
LAKELAND PRIMARY CARE NETWORK	780-645-1188	
LIVING HOPE MEDICAL CLINIC	780-645-3666	
MENTAL HEALTH SERVICES	780-645-1850	
NATURAL PATH CLINIC	780-645-4003	
PSYCHIATRIC UNIT - IN PATIENT	780-645-4323	
SEXUALLY TRANSMITTED DISEASE/AID & INFO	1-800-448-0440	
ST.PAUL INDEPENDENT MEDICAL PRACTIONERS	780-645-6000	
ST. THERESE ST. PAUL HEALTH CARE CENTRE	780-645-3331	
ST. PAUL AND DISTRICT AMBULANCE	780-645-3200	
WARCHOLA DR RANDY S DC CHIROPRACTOR	780-645-3159	

#### **HELP LINE**

ADDICTION HELP LINE CHILD ABUSE HOTLINE **CRISIS ASSOCIATION (CAPELLA CENTRE)** CRISIS LINE FOR WOMENS SHELTER **DISTRESS /SUICIDE LINE** FAMILY VIOLENCE INFO LINE HFAI TH LINK KIDS HELP LINE MENTAL HEALTH CRISIS LINE POISON CONTROL CENTRE SEXUAL ASSAULT CENTRE

#### **INCOME TAX PREPARATION SERVICES**

H & R BI OCK JMD GROUP LLP MCAVOY, WD CHARTERED ACCOUNTANT MONEY CRUNCHERS

#### **INDIGENOUS SERVICES**

MANAWANNIS NATIVE FRIENDSHIP CENTRE NATIVE COUNSELLING SERVICES TRIBAL CHIEFS EDUCATION FOUNDATION **TRIBAL CHIEF EMPLOYMENT & TRAINING** SERVICE ASSOCIATION

#### **INSURANCE AGENTS AND BROKERS**

COOPERATORS (THE) - SAIK INSURANCE G & J MICHAUD FINANCIAL MYRNAM INSURANCE (1985) LTD TANNAS INSURANCE BROKERS INC **VB INSURANCE BROKERS LTD** 

#### LAWYERS & LEGAL SERVICES

BY-LAW SERVICES CLS CONSULTING LTD, IMMIGRATION SERVICES COURT HOUSE LAMOUREUX CULHAM LLP LEGAL AID ASSOCIATION OF ALBERTA

MORROW TCHIR LLP NATIVE COUNSELLING SERVICES NEW BEGINNING LAW ST PAUL CROWN PROSECUTOR'S OFFICE ST PAUL LAW LIBRARY

1-866-332-2322 1-800-387-5437 780-645-5132 780-645-5195 1-800-232-7288/780-482-4357 310-1818 811 1-800-668-6868 1-877-303-2642 1-800-332-1414 780-423-4102

780-645-5540 780-645-4611 780-645-7882 780-645-3252

780-645-4630 780-645-5250 780-645-5880

780-645-3363

780-645-4061 780-614-0081/780-614-2299 780-645-3393 780-645-2901 780-645-4449

780-645-4522 780-646-2781 780-645-6324 780-645-5202 1-866-845-3425 OR 780-778-7178 780-645-2981 780-645-5250 780-645-0050 780-645-6381 780-614-6412

TREVOR R LEE LAW OFFICE ALBERTA'S QUEEN BENCH

#### **LIBRARIES**

ST PAUL LAW LIBRARY ST. PAUL MUNICIPAL LIBRARY

#### MAILING SERVICES

CANADA POST CORPORATION

#### PHA

PHARMACIES					
780-645-4932 / 780-645-3351 780-645-7030 780-645-3063 780-615-3020 780-614-3210 780-645-3610					
911					
SENIOR SERVICES					
-877-644-9992 780-645-2929 780-645-3375 780-645-5366 780-645-5366 780-645-5566 780-645-3530					
780-645-6800					
TRANSPORT SERVICES					
780-547-5592 780-645-8698 780-645-2900 780-645-4300 780-645-5313					

#### **INFORMATION UPDATE**

If you have any changes or additions to the next edition of the Town of St. Paul Community Guide, please call our office with the updated information.

780-645-1177 780-645-6324

780-614-6412 780-645-4904

780-645-3679

# **Serving the Lakeland**



# - FOR ADVERTISING -MELANIE SORENSEN msorensen@stingray.com