

## Tuesday, October 1, 2024

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### Canadian Workplace Expectations - Home Edition

Date and Time: Tuesday, October 1 10:00 am - 12:00 pm

Address: Virtual

Please click on the Link below to join our Canadian Workplace Expectations workshop – Home Edition. Are you new to Canada? Have you been looking for more information regarding Canadian Workplace Culture? Join us to discuss Canadian Workplace norms, communication skills, newcomer expectations, and how this may impact your integration into the Canadian workplace. <https://prospectnow-ca.zoom.us/meeting/register/u50ufuCgpjMvE9zfqmoC1rlWTHOkSa2V0sf1>

### Hope Bridges Society - Music Discovery

Date and Time: Tuesday, October 1 1:15 pm - 2:15 pm

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

Music Discovery provides barrier-free access to the transformative power of musical learning. Instructed by Kate Ager, a qualified music therapist, participants will focus on music knowledge and developing skills through singing, movement, and instrumental play (including drums, tone chimes and percussion). While having fun and making music together, the program encourages social interaction, connection, and community. As a group, participants will be able to experience, see, hear, interact, and connect with local musicians and share their music in a safe and celebratory community setting - Community Concert Music Series.

## Wednesday, October 2, 2024

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### Toddler Time

Date and Time: Wednesday, October 2 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!

This free program is for children 1 to 3 years old and their parents/caregivers.

### Hope Bridges Society - Adaptive Yoga

Date and Time: Wednesday, October 2 11:00 am - 12:00 pm

Address: Transcend Yoga & Wellness (95 Brent Boulevard #107)

The Adaptive Yoga program is accessible to all adults and considers all bodies and abilities, especially those with injury, disability, limitations, or who are elderly. With Certified Yoga Instructor Courtney Way, participants will learn modified/multiple variations on traditional yoga poses, allowing the poses to be adapted to specific needs and abilities. Class is based on the needs of the participants and will include music to de-stress and promote relaxation, yoga/stretching to improve flexibility and build strength, and movement/dance with breathing to improve concentration and coordination.

## Toddler Time

Date and Time: Wednesday, October 2 11:30 am - 12:30 pm

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!

This free program is for children 1 to 3 years old and their parents/caregivers.

**Registration opens August 23 at 10:00am**

## Regular Council Meeting

Date and Time: Wednesday, October 2 6:00 pm

## Thursday, October 3, 2024

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### Applicant Tracking Systems (ATS) - Home Edition

Date and Time: Thursday, October 3 10:00 am - 12:00 pm

Address: Virtual

Please click on the Link below to join our Applicant Tracking Systems (ATS) workshops. Have you ever applied to a job and wondered if the company received your resume? Has your resume stopped you from progressing through the application process due to its formatting? Our Applicant Tracking Systems (ATS) workshop will help you to learn how to identify when a company is using an ATS and how to target your resume in order to pass through these systems. [https://prospectnow-ca.zoom.us/meeting/register/u5MsfuCoqzIoGN2iAAEVEC5T3v55\\_VftU7FK](https://prospectnow-ca.zoom.us/meeting/register/u5MsfuCoqzIoGN2iAAEVEC5T3v55_VftU7FK)

## Friday, October 4, 2024

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### ABC Kids - Registered

Date and Time: Friday, October 4 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Embrace the love of reading with great books, songs, rhymes, and activities for active and curious minds.

This program is designed for preschoolers ages 3 to 5 years and their parents/caregivers.

**Registration opens August 23 at 10:00 am**

Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy)

## **Saturday, October 5, 2024**

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**The Vault Cultural Collective Presents The Prairie Mountain Fiddlers**

Date and Time: Saturday, October 5 7:00 pm - 9:00 pm

Address: Strathmore United Church

# **The Vault Cultural Collective**

*welcomes*

## **PRAIRIE MOUNTAIN FIDDLERS**

**All Monies Raised Will Support  
The Vault Cultural Collective Operations**

**Saturday October 5th - 7:00 PM**

**The Strathmore United Church  
(410 - 4th Ave)**

**Cost \$20 - Tickets Available At The Vault**



**The Prairie Mountain Fiddlers Play Frequently in Southern Alberta Bringing the Joy of Old Time Fiddle Music to Life**

**Come for a Toe Tapping' Good Time - Enjoy an Evening of Old Time Fiddle Music while Supporting The Vault**

**The Vault Cultural Collective is Strathmore's Cultural Cornerstone  
A Non-profit Organization with 100% Volunteer Staff**



*The Vault Cultural Collective*

Strathmore's Home for ARTS - Culture - History 136 2nd Ave Strathmore AB  
Gift Shop Open Mon - Sat 10 AM - 4 PM Shop Online at [thevaultonline.ca](http://thevaultonline.ca)



## **Monday, October 7, 2024**

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### **Twinkle Babies**

Date and Time: Monday, October 7 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Discover the power and pleasure of rhymes, songs, and stories. Connect with other parents/caregivers in a comf

ortable and safe environment. Join us for this weekly in-person program designed for babies 0-12 months.

**Limited space is available. Registration is required.**  
**Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy) to register.**

**Registration opens August 23 at 10:00 am**

## Twinkle Babies

Date and Time: Monday, October 7 11:30 am - 12:30 pm

Address: Strathmore Municipal Library

Discover the power and pleasure of rhymes, songs, and stories. Connect with other parents/caregivers in a comfortable and safe environment. Join us for this weekly in-person program designed for babies 0-12 months.

**Limited space is available. Registration is required.**  
**Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy) to register.**

**Registration opens August 23 at 10:00 am**

## Coffee Connections

Date and Time: Monday, October 7 1:30 pm - 2:30 pm

Address: Strathmore Municipal Library

We Invite you to come and connect with your neighbours over coffee and tea! Make new connections and friends while learning more about the community.

**The group will meet by the fireplace in the lobby of the library beginning September 23.**

\*For Seniors!

## Winging It - Tweens

Date and Time: Monday, October 7 4:00 pm - 5:00 pm

Address: Strathmore Municipal Library

Does your tween love to act? Winging It Tweens is designed for youth ages 11, 12, & 13. Activities include improvisational exercises and various theatre games. Participants will learn a musical theatre combo that will be performed at the end of the program.

Free to attend.

Registration opens August 23 at 10:00 am. This popular program is limited to 12 participants. As spaces fill up fast, the library recommends registering online.

Go to [www.strathmorelibrary.ca/wingingit](http://www.strathmorelibrary.ca/wingingit) to register.

## Winging It - Teens

Date and Time: Monday, October 7 5:45 pm - 7:00 pm

Address: Strathmore Municipal Library

Does your teen love to act? Winging It Teens is designed for teens ages 14 to 18. Activities include improvisational exercises and various theatre games. Participants will learn a musical theatre combo that will be performed at the end of the program.

Free to attend.

Registration opens August 23 at 10:00 am. This popular program is limited to 15 participants. As spaces fill up fast, the library recommends registering online.

Go to [www.strathmorelibrary.ca/wingingit](http://www.strathmorelibrary.ca/wingingit) to register.

## Tuesday, October 8, 2024

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### Work Search and Cover Letters - Home Edition

Date and Time: Tuesday, October 8 10:00 am - 12:00 pm

Address: Virtual

Please click on the Link below to join our Work Search and Cover Letters Workshop. This is an in depth look at the hidden job market, and how you can begin making connections, even while at home, to help build a professional network. We will also discuss how to create an amazing targeted cover letter. <https://prospectnow-ca.zoom.us/meeting/register/u5EtdeuhrTgoGdcY8CUsvFVGAOnhRcEPIPME1>

### Hope Bridges Society - Music Discovery

Date and Time: Tuesday, October 8 1:15 pm - 2:15 pm

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

Music Discovery provides barrier-free access to the transformative power of musical learning. Instructed by Kate Ager, a qualified music therapist, participants will focus on music knowledge and developing skills through singing, movement, and instrumental play (including drums, tone chimes and percussion). While having fun and making music together, the program encourages social interaction, connection, and community. As a group, participants will be able to experience, see, hear, interact, and connect with local musicians and share their music in a safe and celebratory community setting - Community Concert Music Series.

## Wednesday, October 9, 2024

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### Toddler Time

Date and Time: Wednesday, October 9 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!



This free program is for children 1 to 3 years old and their parents/caregivers.

## Toddler Time

Date and Time: Wednesday, October 9 11:30 am - 12:30 pm

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!

This free program is for children 1 to 3 years old and their parents/caregivers.

**Registration opens August 23 at 10:00am**

## Committee of the Whole Meeting

Date and Time: Wednesday, October 9 6:00 pm

## Thursday, October 10, 2024

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### Resume Skills - Home Edition

Date and Time: Thursday, October 10 10:00 am - 12:00 pm

Address: Virtual

Please click on the link below to join our Resume Skills – Home Edition Workshop. There is no time like the present to begin planning your amazing resume. Impress employers with our helpful tips about targeting your resume. After you have completed your resume, you can submit it to one of our Career Advisors and we can help critique it. <https://prospectnow-ca.zoom.us/meeting/register/u5wrD-ChqDsrG9RGFrXiIx1ttykKjADX5ys2>

### Hope Bridges Society - Moving and Grooving

Date and Time: Thursday, October 10 10:30 am - 11:30 am

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

With Marie-Claire O'Donoghue (Canadian Certified Counsellor, and a Dance/Movement Therapist Intern), participants will explore accessible movement. It is about feeling good in our bodies and has nothing to do with 'looking good' or 'getting it right'. Participants will explore movement through various prompts encouraging connection, body and emotional awareness. While using various props, exercises, and qualities of movement, this is an opportunity to explore movement from a creative, expressive, and accessible lens.

## Friday, October 11, 2024

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## ABC Kids - Registered

Date and Time: Friday, October 11 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Embrace the love of reading with great books, songs, rhymes, and activities for active and curious minds.

This program is designed for preschoolers ages 3 to 5 years and their parents/caregivers.

**Registration opens August 23 at 10:00 am**

Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy)

## A World of Gratitude

Date and Time: Friday, October 11 1:30 pm - 3:30 pm

Address: Strathmore Municipal Library

Share the unique ways your family expresses gratitude in your culture. You are welcome to bring a baked good or the recipe to a favourite dish to share with others!

Join us in creating a collaborative gratitude tree.

This is a free family event! No registration required.

## Poetry Café

Date and Time: Friday, October 11 7:00 pm - 8:00 pm

Address: Strathmore Municipal Library

Join Micheal Ajirireloja at the Strathmore Library for our October Poetry Café!

Everyone is welcome to participate!

We are extending a special invitation to teens and young adults to perform their poetry.

Snacks and drinks will be served!

Doors open at 6:30PM

## Saturday, October 12, 2024

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### Halloween Costume Exchange

Date and Time: Saturday, October 12 10:00 am - 2:00 pm

Address: Strathmore Municipal Library

Do you have old Halloween costumes kicking around the house? Trade for something new at our annual Halloween Costume Exchange!



Don't have a costume to exchange? Stop by to purchase costumes for a donation.

**The library will begin accepting Halloween Costume donations on Tuesday, October 1.**

## **Tuesday, October 15, 2024**

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### **Hope Bridges Society - Music Discovery**

Date and Time: Tuesday, October 15 1:15 pm - 2:15 pm

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

Music Discovery provides barrier-free access to the transformative power of musical learning. Instructed by Kate Ager, a qualified music therapist, participants will focus on music knowledge and developing skills through singing, movement, and instrumental play (including drums, tone chimes and percussion). While having fun and making music together, the program encourages social interaction, connection, and community. As a group, participants will be able to experience, see, hear, interact, and connect with local musicians and share their music in a safe and celebratory community setting - Community Concert Music Series.

### **The Busy People Meet In Person**

Date and Time: Tuesday, October 15 7:00 pm - 8:30 pm

Address: Strathmore Municipal Library

Join the Busy People Book Club in person!

Enjoy a discussion of the current book while meeting new people. Refreshments will be provided. Everyone is welcome to attend - book club members and non book club members alike!

October's Book: Lessons in Chemistry by Bonnie Garmus

Copies of the current book are available at the library.

## **Wednesday, October 16, 2024**

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### **Toddler Time**

Date and Time: Wednesday, October 16 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!

This free program is for children 1 to 3 years old and their parents/caregivers.

### **Hope Bridges Society - Adaptive Yoga**

Date and Time: Wednesday, October 16 11:00 am - 12:00 pm

Address: Transcend Yoga & Wellness (95 Brent Boulevard #107)

The Adaptive Yoga program is accessible to all adults and considers all bodies and abilities, especially those with injury, disability, limitations, or who are elderly. With Certified Yoga Instructor Courtney Way, participants will learn modified/multiple variations on traditional yoga poses, allowing the poses to be adapted to specific needs and abilities. Class is based on the needs of the participants and will include music to de-stress and promote relaxation, yoga/stretching to improve flexibility and build strength, and movement/dance with breathing to improve concentration and coordination.

## Toddler Time

Date and Time: Wednesday, October 16 11:30 am - 12:30 pm

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!

This free program is for children 1 to 3 years old and their parents/caregivers.

**Registration opens August 23 at 10:00am**

## Regular Council Meeting

Date and Time: Wednesday, October 16 6:00 pm

## Thursday, October 17, 2024

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### Interview Skills - Home Edition

Date and Time: Thursday, October 17 10:00 am - 12:00 pm

Address: Virtual

Please click on the link below to join our Interview Skills – Home Edition Workshop. You will learn skills that you can practice while at home, that can lead you to success at your next job interview, whether that interview is in person, on the phone, or online. <https://prospectnow-ca.zoom.us/meeting/register/u5ApdOqpqzguEtJSXmh7-jemPFXkZBZDPs2k>

## Friday, October 18, 2024

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### ABC Kids - Registered

Date and Time: Friday, October 18 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Embrace the love of reading with great books, songs, rhymes, and activities for active and curious minds.

This program is designed for preschoolers ages 3 to 5 years and their parents/caregivers.

**Registration opens August 23 at 10:00 am**

Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy)

## Saturday, October 19, 2024

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### Cultural Resource Fair

Date and Time: Saturday, October 19 10:00 am - 3:00 pm

Address: Strathmore Civic Centre, 120 Brent Blvd, Strathmore, AB.

Join us on October 19, 2024, from 10 AM to 3 PM at the Strathmore Civic Centre for our Cultural Resource Fair! Located at 120 Brent Blvd, Strathmore, AB, this vibrant event invites you to explore the rich tapestry of cultures within our community. Immerse yourself in a variety of cultural booths that showcase diverse traditions and practices, and discover the social service agencies available to support residents in Strathmore. Don't miss the educational PowerPoint presentation highlighting the numerous cultural events that have enriched our town. For more information, visit [strathmore.ca/FCSS](http://strathmore.ca/FCSS). We look forward to celebrating our community's diversity with you.

## Sunday, October 20, 2024

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### 'Artists Among Us' Gala

Date and Time: Sunday, October 20 2:30 pm - 6:00 pm

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

Hope Bridges Society's 17th Annual 'Artists Among Us' Gala is a delightful afternoon of music, fellowship and laughter to celebrate the power of belonging and valued citizenship.

On Sunday, October 20, 2024, at Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

\$25.00 / Ticket - Performance and Dinner

2:30pm ~ Doors Open

3:00pm ~ Performance

5:00pm ~ Post Performance Dinner

Pulled Pork, Salad, Pumpkin Pie and Fellowship.

Feature Performers - The Charms, Lewis Frere, Rosebud School of the Arts Choral, Music Discovery, and many more!

Donations are gratefully accepted. Funds Raised support Hope Bridges Society in providing inclusive music and

## Monday, October 21, 2024

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### Twinkle Babies

Date and Time: Monday, October 21 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Discover the power and pleasure of rhymes, songs, and stories. Connect with other parents/caregivers in a comfortable and safe environment. Join us for this weekly in-person program designed for babies 0-12 months.

**Limited space is available. Registration is required.**  
**Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy) to register.**

**Registration opens August 23 at 10:00 am**

### Twinkle Babies

Date and Time: Monday, October 21 11:30 am - 12:30 pm

Address: Strathmore Municipal Library

Discover the power and pleasure of rhymes, songs, and stories. Connect with other parents/caregivers in a comfortable and safe environment. Join us for this weekly in-person program designed for babies 0-12 months.

**Limited space is available. Registration is required.**  
**Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy) to register.**

**Registration opens August 23 at 10:00 am**

### Coffee Connections

Date and Time: Monday, October 21 1:30 pm - 2:30 pm

Address: Strathmore Municipal Library

We Invite you to come and connect with your neighbours over coffee and tea! Make new connections and friends while learning more about the community.

**The group will meet by the fireplace in the lobby of the library beginning September 23.**

\*For Seniors!

### Winging It - Tweens

Date and Time: Monday, October 21 4:00 pm - 5:00 pm

Address: Strathmore Municipal Library

Does your tween love to act? Winging It Tweens is designed for youth ages 11, 12, & 13. Activities include improvisational exercises and various theatre games. Participants will learn a musical theatre combo that will be performed at the end of the program.

Free to attend.

Registration opens August 23 at 10:00 am. This popular program is limited to 12 participants. As spaces fill up fast, the library recommends registering online.

Go to [www.strathmorelibrary.ca/wingingit](http://www.strathmorelibrary.ca/wingingit) to register.

## Winging It - Teens

Date and Time: Monday, October 21 5:45 pm - 7:00 pm

Address: Strathmore Municipal Library

Does your teen love to act? Winging It Teens is designed for teens ages 14 to 18. Activities include improvisational exercises and various theatre games. Participants will learn a musical theatre combo that will be performed at the end of the program.

Free to attend.

Registration opens August 23 at 10:00 am. This popular program is limited to 15 participants. As spaces fill up fast, the library recommends registering online.

Go to [www.strathmorelibrary.ca/wingingit](http://www.strathmorelibrary.ca/wingingit) to register.

## Tuesday, October 22, 2024

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### Hope Bridges Society - Music Discovery

Date and Time: Tuesday, October 22 1:15 pm - 2:15 pm

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

Music Discovery provides barrier-free access to the transformative power of musical learning. Instructed by Kate Ager, a qualified music therapist, participants will focus on music knowledge and developing skills through singing, movement, and instrumental play (including drums, tone chimes and percussion). While having fun and making music together, the program encourages social interaction, connection, and community. As a group, participants will be able to experience, see, hear, interact, and connect with local musicians and share their music in a safe and celebratory community setting - Community Concert Music Series.

## Wednesday, October 23, 2024

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### Toddler Time

Date and Time: Wednesday, October 23 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!

This free program is for children 1 to 3 years old and their parents/caregivers.

## **Toddler Time**

Date and Time: Wednesday, October 23 11:30 am - 12:30 pm

Address: Strathmore Municipal Library

Help your child learn about letters, numbers, colours, shapes, and more with books, songs, and rhymes!

This free program is for children 1 to 3 years old and their parents/caregivers.

**Registration opens August 23 at 10:00am**

## **Annual Organizational Meeting**

Date and Time: Wednesday, October 23 6:00 pm

## **Adult Night - Art Therapy**

Date and Time: Wednesday, October 23 6:00 pm - 8:00 pm

Address: Strathmore Municipal Library

Discover the benefits of art therapy while you paint! We will be joined by guests Bonnie and Amber from the Wheatland Society of Arts.

Please wear clothes you don't mind getting messy!

For adults 18+. Registration opens October 9 at 10 am.

Register at [www.strathmorelibrary.ca/adulthood](http://www.strathmorelibrary.ca/adulthood)

## **Committee of the Whole Meeting**

Date and Time: Wednesday, October 23 6:30 pm

## **Thursday, October 24, 2024**

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## **LinkedIn and Social Media - Home Edition**

Date and Time: Thursday, October 24 10:00 am - 12:00 pm



Address: Virtual

Please click on the link below to join our LinkedIn and Other Social Media – Home Edition Workshop. In our changing world, social media is becoming more and more popular as a tool to network and to market yourself to employers. Learn how to keep your LinkedIn page current and targeted. We are focusing on what you can do right now at home to increase your social media presence and branding. <https://prospectnow-ca.zoom.us/meeting/register/u5ctf-mvrDwvEtzkt7qwcN4zLEDCAEEIZOgh>

## Career Planning - Home Edition

Date and Time: Thursday, October 24 10:00 am - 12:00 pm

Address: Virtual

Please click on the Link below to join our Career Planning workshop – Home Edition. Whether you are looking for your first job, or you are considering a career change, this workshop will provide useful information to help you. We will share activities and online tools that can shed a light on career paths that align with your interests and skills to help you reach your goals. <https://prospectnow-ca.zoom.us/meeting/register/u5IldeypqD4vE9JwhDz4GDapF3ZxGnVvzzuG>

## Hope Bridges Society - Moving and Grooving

Date and Time: Thursday, October 24 10:30 am - 11:30 am

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

With Marie-Claire O'Donoghue (Canadian Certified Counsellor, and a Dance/Movement Therapist Intern), participants will explore accessible movement. It is about feeling good in our bodies and has nothing to do with 'looking good' or 'getting it right'. Participants will explore movement through various prompts encouraging connection, body and emotional awareness. While using various props, exercises, and qualities of movement, this is an opportunity to explore movement from a creative, expressive, and accessible lens.

## Youth & Family Cultural Class - Henna

Date and Time: Thursday, October 24 4:00 pm - 6:00 pm

Address: Trellis, 419B 2 St, Strathmore, AB. T1P 1B9

Join us for the **Youth & Family Cultural Class on October 24th, 2024, from 4 PM to 6 PM at Trellis (419B 2 St, Strathmore, AB)**. This class invites youth ages 12 to 17, along with their family members and younger siblings, to explore the vibrant culture of India. Led by **Megha Parekh**, the session will feature an educational discussion on the cultural significance of Henna. It's a fantastic opportunity to learn about India's rich traditions, all while experiencing the beauty of Henna art firsthand.

## Friday, October 25, 2024

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ABC Kids - Registered

Date and Time: Friday, October 25 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Embrace the love of reading with great books, songs, rhymes, and activities for active and curious minds.

This program is designed for preschoolers ages 3 to 5 years and their parents/caregivers.

**Registration opens August 23 at 10:00 am**

Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy)

## **The Vault Cultural Collective Speakers Series Presents Roland Dechesne**

Date and Time: Friday, October 25 7:00 pm

Address: The Vault Cultural Collective



The Vault Cultural Collective Speaker Series

## Aliens! Are We Alone?

Join **Roland Dechesne** as he uses Humour and Logic to Explore the Possibility of Intelligent Alien Life in the Milky Way Galaxy and whether or not such life would have targeted Earth in "Their" Search for Life

**The Vault Upper Gallery**

**Friday, October 25 @ 7:00 PM**

Registration is Free (Come in or call 403-901-1654)

Tickets at The Vault



Please note the Upper Gallery is NOT handicapped accessible



The Vault Cultural Collective

Strathmore's Home for ARTS - Culture - History 136 2nd Ave Strathmore AB

Gift Shop Open Mon - Fri 10 AM - 4 PM

Shop Online at [thevaultonline.ca](http://thevaultonline.ca)



## Monday, October 28, 2024

### Twinkle Babies

Date and Time: Monday, October 28 10:00 am - 11:00 am

Address: Strathmore Municipal Library

Discover the power and pleasure of rhymes, songs, and stories. Connect with other parents/caregivers in a comf

ortable and safe environment. Join us for this weekly in-person program designed for babies 0-12 months.

**Limited space is available. Registration is required.**  
**Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy) to register.**

**Registration opens August 23 at 10:00 am**

## Twinkle Babies

Date and Time: Monday, October 28 11:30 am - 12:30 pm

Address: Strathmore Municipal Library

Discover the power and pleasure of rhymes, songs, and stories. Connect with other parents/caregivers in a comfortable and safe environment. Join us for this weekly in-person program designed for babies 0-12 months.

**Limited space is available. Registration is required.**  
**Go to [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy) to register.**

**Registration opens August 23 at 10:00 am**

## Coffee Connections

Date and Time: Monday, October 28 1:30 pm - 2:30 pm

Address: Strathmore Municipal Library

We Invite you to come and connect with your neighbours over coffee and tea! Make new connections and friends while learning more about the community.

**The group will meet by the fireplace in the lobby of the library beginning September 23.**

\*For Seniors!

## Winging It - Kids

Date and Time: Monday, October 28 4:00 pm - 5:00 pm

Address: Strathmore Municipal Library

Does your child LOVE to act? Winging It Kids is designed for children 7 to 10 years old and is all about jumping in, working together, and having fun! Activities include improvisational exercises and various theatre games. Participants will learn a musical theatre combo that will be performed at the end of the program.

Free to attend.

**Registration opens October 11 at 10:00 am.** This popular program is limited to 12 participants. As spaces fill up fast, the library recommends registering online.

Go to [www.strathmorelibrary.ca/wingingit](http://www.strathmorelibrary.ca/wingingit) to register.

## Winging It - Teens

Date and Time: Monday, October 28 5:45 pm - 7:00 pm

Address: Strathmore Municipal Library

Does your teen love to act? Winging It Teens is designed for teens ages 14 to 18. Activities include improvisational exercises and various theatre games. Participants will learn a musical theatre combo that will be performed at the end of the program.

Free to attend.

Registration opens August 23 at 10:00 am. This popular program is limited to 15 participants. As spaces fill up fast, the library recommends registering online.

Go to [www.strathmorelibrary.ca/wingingit](http://www.strathmorelibrary.ca/wingingit) to register.

## **Tuesday, October 29, 2024**

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### **Applicant Tracking Systems (ATS) - Home Edition**

Date and Time: Tuesday, October 29 10:00 am - 12:00 pm

Address: Virtual

Please click on the Link below to join our Applicant Tracking Systems (ATS) workshops. Have you ever applied to a job and wondered if the company received your resume? Has your resume stopped you from progressing through the application process due to it's formatting? Our Applicant Tracking Systems (ATS) workshop will help you to learn how to identify when a company is using an ATS and how to target your resume in order to pass through these systems. <https://prospectnow-ca.zoom.us/meeting/register/u5AscO2ppjMrGNMdApSAUwjNkBkgl1vVe3Lr>

### **Hope Bridges Society - Music Discovery**

Date and Time: Tuesday, October 29 1:15 pm - 2:15 pm

Address: Hope Community Covenant Church (245 Brent Boulevard, Strathmore)

Music Discovery provides barrier-free access to the transformative power of musical learning. Instructed by Kate Ager, a qualified music therapist, participants will focus on music knowledge and developing skills through singing, movement, and instrumental play (including drums, tone chimes and percussion). While having fun and making music together, the program encourages social interaction, connection, and community. As a group, participants will be able to experience, see, hear, interact, and connect with local musicians and share their music in a safe and celebratory community setting - Community Concert Music Series.

## **Wednesday, October 30, 2024**

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### **Toddler Time - Meet a Specialist**

Date and Time: Wednesday, October 30 10:00 am - 11:30 am

Address: Strathmore Municipal Library

Learn about nutrition for your toddler from an Alberta Health Services dietitian.

Registration is preferred but drop ins are welcome.

Registration opens October 15 at 10:00 am.

Register at [www.strathmorelibrary.ca/earlyliteracy](http://www.strathmorelibrary.ca/earlyliteracy)

## Hope Bridges Society - Adaptive Yoga

Date and Time: Wednesday, October 30 11:00 am - 12:00 pm

Address: Transcend Yoga & Wellness (95 Brent Boulevard #107)

The Adaptive Yoga program is accessible to all adults and considers all bodies and abilities, especially those with injury, disability, limitations, or who are elderly. With Certified Yoga Instructor Courtney Way, participants will learn modified/multiple variations on traditional yoga poses, allowing the poses to be adapted to specific needs and abilities. Class is based on the needs of the participants and will include music to de-stress and promote relaxation, yoga/stretches to improve flexibility and build strength, and movement/dance with breathing to improve concentration and coordination.

## Thursday, October 31, 2024

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### Work Search and Cover Letters - Home Edition

Date and Time: Thursday, October 31 10:00 am - 12:00 pm

Address: Virtual

Please click on the Link below to join our Work Search and Cover Letters Workshop. This is an in depth look at the hidden job market, and how you can begin making connections, even while at home, to help build a professional network. We will also discuss how to create an amazing targeted cover letter. [https://prospectnow-ca.zoom.us/meeting/register/u5Msd--hrTIpGddHB\\_lzRujQ5Wg3dxztMWF0](https://prospectnow-ca.zoom.us/meeting/register/u5Msd--hrTIpGddHB_lzRujQ5Wg3dxztMWF0)

<https://calendar.strathmore.ca>