



Kingsland Neighbourhood Connections

My name is Viviana Reinberg and I am the community social worker for Kingsland. I work with Shelly, Danni and Lily who are community connectors. Together, we help residents and community groups become more connected to each other; and organize activities that bring about a sense of social inclusion and belonging.

Got a great idea for your complex or Kingsland?

We are inviting you to get involved in making Kingsland an even better place to live! We offer grants of up to \$1,000 to help finance community activities. Examples: Film/conversation about health, book club/coffee group, canning & save, resume & interview peer group, Indigenous storytelling.

Programs & Activities coming up...

These activities are intended to bring neighbours together and create the space for support, dialogue & sharing. Anyone who lives, works, studies, plays, worships in Kingsland is welcome! You can express your interest now and we will let you know dates and times when those have been confirmed.

Girls Volleyball

Free introductory session for girls in grades 5,6,7.
March 5, 12, 19, 26; April 9, 16



6:30 – 8 pm
St Augustine School

Come to learn & play!

Seniors Coffee Conversation & Games Group



Tour of Recreation Facilities

- Tour of Tennis Centre in Acadia
Osten & Victor Alberta Tennis Centre
March 16 & 17th & 2nd weekend in April
 - Tour of the Acadia Aquatic & Fitness Centre
- Learn what each facility has to offer and get a free try out session.



Indigenous Sharing and Learning Sessions

Learn about Indigenous traditions while making Bannock, beading, drumming or a session with an Elder.

Some virtual sessions



English Conversation Group

For Newcomers to practice English & make new friends.



Dog Owners Meet-Up



Let's share tips about dog food, how to keep them warm in winter, etc. while walking the dogs.

Home Alone Safety for Tweens

A practical session teaching skills for being on your own for the first time.



Tennis Camp- Girls 7 - 14

March 10th @ Tennis Centre Acadia
Learning tennis, non-competitive play, games, fitness, yoga, leadership skills development.
\$ 100 per camp but financial assistance is available

For questions and to register, contact community connector, Shelly at 403 371-0617, shelly.tulloch@calgary.ca or Viviana, community social worker at viviana.reinberg@calgary.ca, 403 651-1629 (text preferred)

FB: Acadia & Kingsland Community Social Work Program



Activities from Community Connectors, The City of Calgary

These are open to anyone who lives, studies, works, worships and plays in the Kingsland neighbourhood area. For programs with limited capacity, preference will be given to Kingsland residents. Dates & times for some sessions are to be decided, by availability of those interested, of the facilitator, and of the space to be used.

Tennis Camp for Girls 7 - 14

March 10th at the Tennis Centre in Acadia, 295 – 90th Avenue SE

This is a unique opportunity for girls to get introduced to tennis in a fun and gentle manner. The girls will learn the game, do non-competitive play, and be introduced to leadership skills development. The cost is \$ 100 but financial assistance is available. Six spots have been reserved for Kingsland residents. Deadline for application is Feb. 21st.

Girls Volleyball

This is also a unique opportunity, in partnership with Sport Calgary. A free introductory session for girls in grades 5, 6, 7. This is for all skill levels; no need to know the game already. Aiming for March 5, 12, 19, 26; April 9, 16 from 6:30 – 8 pm at St Augustine School. To register, contact Sport Calgary at community@sportcalgary.ca

Seniors Coffee-Conversation & Games Group

A group to gather, share stories or recipes, play games, and get to know your neighbours. Please let us know about your interest. Dates and time will be arranged once we find a location in Kingsland.

Tour of Tennis Centre in Acadia -Osten & Victor Alberta Tennis Centre

If you have never played tennis and wonder what it's like, this tour would be for you! Learn what this facility has to offer to you and your family. There will be a guided tour, a coach demonstration, a try-out session. Located at 295 – 90 Ave SE. Register with Danni, community connector at danni.zhao@calgary.ca

Indigenous Sharing and Learning Sessions- Bannock Making

Learn about Indigenous traditions while making Bannock, beading, drumming or a session with an Elder. This will be an interactive session with hands-on activities in a relaxed and supportive space. We'll start with Bannock making. Materials will be provided ahead of time, and we will make Bannock as a group virtually.

Dog Owners Meet-Up

Let's share tips about dog food, how to keep them warm in winter, etc. while walking the dogs.

English Conversation Group

For newcomers to practice English and make new friends.

Home Alone Safety for Tweens

A practical session teaching skills for being on your own for the first time.

Nature Walks- June - August

Lots to learn about nature, trees, wildlife, flora, and fauna in your community. This is an interactive walk with lots of fun for children and youth. If interested, please contact us now as the number of people interested will determine whether the walks will take place.

For questions and to register, contact community connector, Shelly at 403 371-0617, shelly.tulloch@calgary.ca or Viviana, community social worker at viviana.reinberg@calgary.ca, 403 651-1629 (text preferred)

Organized by The City of Calgary Community Social Work Program
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Other programs & activities in Kingsland

The Salvation Army Glenmore Temple Programs

Edge Kids

For ages 5 – 12 at Glenmore Temple

Every 3rd Friday of the month. Lots of field trips and fun activities. There's a charge to attend but there are subsidies for those who need it. Call ahead of time to register. Contact Laura at Laura.Rowsell@salvationarmy.ca

Youth Group- 13 & up

The 2nd and 4th Friday each month. Different fun activities. \$ 20/event and subsidies are available. Call ahead of time to register. Contact Dani at glenmoretemple.youth@salvationarmy.ca

Young People's Brass Instrument Lessons- 7 & up

Mondays for 45 minutes. Group begins in Feb. contact Jeff at Glenmore Temple. Jeff.hafkey@salvationarmy.ca

Young at Heart group

Feb. – May, the 2nd and 4th Tuesday of each month from 10 am to about 1 pm. Visit, play games, everyone brings their own lunch- coffee or tea is provided.

Women's Chat & Craft group

Wednesdays 9:30 am to about 1:30 pm. Everyone brings their own craft to work on, and their own lunches. Coffee & tea is provided, bring your own lunch.

The Edge Youth Program for 12 – 16 years old

Wednesdays, 3:30 to 5 pm at St Andrew's Presbyterian Church, 703 Heritage Dr. SW

A non-religious, welcoming, safe place for youth to chill or get things done. Participants will determine the activities they want to do and may include homework corner, art station, gaming place, computer centre, board games, reading nook. Nutritious snack upon arrival.

Contact theedge@standrewscalgary.ca www.standrewscalgary.ca

Kingsland Seniors Day with Trico

February 22nd, 10 am – 2 pm

- Art Program at 10 am
- Lunch at Trico with LivingWell: 11 am
- Community tour: 12 noon
- Zumba: 1 pm

7670 – 4A Street, SW. RSVP at rsvp@tricolivingwell.com by Feb. 16th. TricoLivingWell.com

The Kingsland Community Association Webpage

Find out information about Heritage LAP approved by Council, KK parking permits, the Kingsland Preschool, and other activities by the Kingsland Community Association at their website: [Kingsland Community Association](#)

Income Tax Sessions-Virtual

Income Tax Basics - Friday March 15th, 10:30 am – 12 noon. The tax system, T4s & pay stubs, how to file, etc.

Tax Benefits- Wed. March 20th, 1 – 2:30 pm. Child Benefit, Disability Tax Credit, GST, Climate Action Incentive, etc.

The MS Teams link will be provided after registration. Register: christine.lee2@calgary.ca, 403 801-7644

Organized by The City of Calgary community social work program.

This list was compiled by Viviana, community social worker at The City of Calgary
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