

Welcome to April 2020!

Calalta publishes a monthly update sharing information such as important dates, volunteer opportunities, safety issues and other items of interest.

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This document can also be found on our website at www.calalta.net

COVID-19 Response from Skate Canada

In recent weeks, the global spread of COVID-19 has brought Skate Canada and other organizations into uncharted territory. As always, Skate Canada's focus is the health and safety of our members, registrants and staff. Due to the fluidity of COVID-19, Skate Canada has created a dedicated page as a primary resource for members:

<https://skatecanada.ca/covid-19-response/>

Text4Hope - Text **COVID19HOPE** to **393939** to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

Text messages are free, dependent on the user's cell phone plan. Some users may be charged per text message depending on their cell phone plan with their current provider. We encourage users to check with their provider. If they are unable to sign-up due to potential costs, we encourage them to visit [Help in Tough Times](#) where free resources are available, including variety of mental health related podcasts and videos for download.

March 27 Text: Try to do something manageable today that gives you a sense of accomplishment (eg shower, laundry, exercise)

March 28 Text: Set goals for today, even if they are small. Goals should be 'SMART' Specific, Measurable, Achievable, Realistic and Timely

Government Websites

[Government of Alberta website](#) – Learn about the novel coronavirus (COVID-19) and actions being taken to protect the health of Albertans

[Alberta Health Services website](#) – Information and guidance from AHS regarding the current outbreak of novel coronavirus (COVID-19).

[Government of Canada website](#) – Actions on COVID-19

[Government of Canada website](#) – Risk-informed decision making for mass gatherings during COVID-19 global outbreak

[City of Calgary website](#) - City actions and information related

Credits to your Account

We are currently managing the credits for our members. The first step in the process was to cancel all the April installment payments. We are uncertain exactly how long we will be closed because of COVID-19, so the exact amount of the credit will not be known until we have a return date. Please be patient – we are working very diligently to deal with every single account!

Fundraising

Flowers for Mother's Day and Spolumbos sausages!

Although we are not skating, we still feel it is important to continue with fundraising. Flowers for Mother's Day and Spolumbos sausages for the bbq. Join us in continuing to support our local businesses – all proceeds will go towards the purchase of a new cross ice jump harness at Jimmie Condon.

We are working with both vendors to ensure products and containers meet Alberta Health Services guidelines (eg. ensure the container for the flowers is sanitized).

Posters, order forms and all the details needed will be emailed to our members and will be available on our website at <https://calalta.net/> soon

2020 Summer Programming

We have our summer program ready to go and will be sharing it with you in the next couple of weeks. Registration will be available on Uplifter once we know when Jimmie Condon will

open! Please note we will follow all directives by the Municipal, Provincial and Federal governments as well as Alberta Health Services to ensure the safety of our skaters, members and coaches.

Celebration of Skating Banquet

We regret to share with you we have had to cancel both the banquet and awards for the 2019-2020 season. Good news though - we have already secured the venue and date for the 2021 banquet!

Saturday June 5, 2021

Strathcona Christie Aspen Community Centre
277 Strathcona Drive SW
Calgary AB

We will be preparing gold and diamond test awards for those skaters that received a full set of Gold/Diamond tests this season. Stay tuned as to when and where these will be ready for distribution. For those that have already sent in applications for the monetary awards, you will need to reapply next year.

Ice Show “Icon-A-Mania” Cancelled for 2020

We have cancelled the 2020 Ice Show for this season. However, the 2021 show will be our BIGGEST yet as our 10th anniversary production! We are pleased to announce the show Calalta-Com – superheros at its best! Jaime-Lyn has already started to plan for this amazing event which will be held in April 2021!

If you are interested in helping out on this exciting production, we are looking for an energetic volunteer!

Team Lead Ice Show (Spring 2021)

- Oversee the organization of the Ice Show under the direction of Jaime-Lyn Jackson
- Oversee various committees
- Chair committee meetings
- There will be a call for volunteers to support this role

Things to Do!

Whatever you plan to do, ensure you are following the most current directives provided by the City of Calgary. Not all of these activities are appropriate during the pandemic but the websites may lead you to other activities you can do as a family.

Indoor Activities

- [Sport for Life PLAYBuilder Activities](#)
- [50 Indoor Physical Activities for Kids](#)
- [Dances for kids with videos and instructions](#)
- [Hand Games for Kids](#)
- [87 Energy-Busting Indoor Games & Activities For Kids \(Because Cabin Fever Is No Joke\)](#)
- [5 Best Active Indoor Games for Rainy Days](#)
- [Have a Blast With This Family Fun Cardio Workout!](#)
- [Physical Activities For Kids: Get Active At Home!](#)
- [Kids workout 1 Beginners](#)
- [Active Play - 2 to 3 years](#)
- [HappyFeet Saskatchewan Class Ages 2-3](#)
- [Yoga for Kids!](#)
- [Richard Simmons](#)
- [9 Best Exercise Videos for Kids](#)
- [Fitness Blender Kids Workout - 25 Minute Fun Workout for Kids at Home](#)
- [YMCA free online fitness classes](#)
- [Animal exercise for kids with animals](#)
- [10 Different Animal Walk Exercises](#)
- [Yoga Poses for Kids: Snake Pose, Cobra & Downward Dog](#)
- [Fun Game Ideas for Rainy Day Play](#)
- [10 Ball Games for Kids - Ideas for Active Play Indoors!](#)
- [20 Indoor Ball Games for Kids](#)
- [10 Jumping Activities for Kids](#)

Have your children read an article out loud every day. Magazines, newspapers, on line etc and google the words they don't know. Parents should participate too!

Learn a new recipe or compile your best recipes. Learn how to bake bread if you can find yeast in the stores

Teach your 14/15 year old to drive! Streets are quiet. Make sure they have their Learners license first!

Learn a new skill online! Lots of free courses out there now. Try Canva and create a poster for the window or take your favorite motivational saying and create a poster and put on the mirror so you can see it every morning!

Yard Activities

- [Easy Outdoor Games and Activities for Kids](#)
- [Active Snow Play Ideas for School-Aged Kids](#)
- [44 Fun Outdoor Games With Cheap Materials | Fun Games For Party](#)
- [10 DIY Outdoor Activities and Backyard Games - HGTV Handmade](#)
- [Yard games](#)

Clean behind the stove or the fridge! Disinfect your washing machine. Pair up the socks in the sock drawer (or not!)

- [7 Fun Outdoor Games Without Materials | Fun Outdoor Games](#)
- [18 DIY Outdoor Games You Should Play This Summer](#)
- [Classic Ball Games for Kids](#)
- Badminton
- Tossing Games for Kids
- Bocce (lawn bowling) and Croquet
- Climb a Tree

Have the kids go through their drawers and closets and take out anything that doesn't fit or they don't wear anymore.

All active wear, skating dresses, skates etc can be sold in the Used Skate, Active Wear and Dress Sale that Calalta is hosting when we are back!

Sidewalk and Driveway Activities

- [11 Fun Basketball Games for Kids Besides H-O-R-S-E](#)
- [Skipping Games](#)
- [Jump Rope Games and Activities for Kids](#)
- [Sidewalk Activities](#)
- Driveway Hockey

<https://www.familyfuncanada.com/halifax/101-things-to-do-at-home-to-survive-during-self-isolation/>

Nature Activities

- [15 Nature Activities for Toddlers](#)
- [20 Super Simple Nature Activities for Toddlers](#)
- [10 Hands-On Nature Activities for Kids](#)
- [23 Nature Activities for Kids to Create, Explore & Learn](#)

Scavenger Hunts

- [Ten Fun Scavenger Hunt Ideas for Your Kids](#)
- [30+ Free Printable Scavenger Hunts for Kids](#)
- [40 Scavenger Hunt Riddles for Kids](#)