

# the BARNACLE

January, 2009

A publication of Crescent Beach Community Services at Camp Alexandra  
2916 McBride Avenue, Surrey, BC V4A 3G2 / 604-535-0015 / cbcsanh@uniserve.com



*All the best to our friends, neighbours, clients, funders and donors in 2009*

## Child & Parenting Programs

### More Tools for Your Parenting Toolkit

A six week informative and supportive parenting class for parents with elementary school aged children. Next session: **Tuesdays, 7:00-8:30 p.m. Jan 27-Mar 2.**

**Call 604-538-5060 Ext 22 to register for this free program.**

### Parent Connect

An ongoing parent support group that meets monthly. Join other parents for an opportunity to share and be heard, to gain tools for your parenting tool kit and to receive support and encouragement. We meet the first **Wednesday of each month from 7:00-8:30 p.m.** at the White Rock Public Library, 15342 Buena Vista.

**Drop in and join us, or for more information contact Dianne at 604-535-5060 Ext. 22**

### PreTeen Cool Cuisine

A fun, nutritious and delicious cooking program for preteens ages 9-12. Held in our newly renovated kitchen at Camp Alexandra.

**Tuesdays, 3:30-5:00 p.m.**

**Please call 604-535-0015 to register.**

## Early Childhood Programs



### Baby / Busy Bees

**Tuesday & Thursday 10-13:30 am**

This drop-in program for families and caregivers with young children from birth to six years is a wonderful chance to connect with one another in a fun, safe atmosphere. Activities in the Children's House are designed to promote and support physical, cognitive, social and emotional development of young children.

The **Baby/Busy Bees** program provides children with opportunities to explore, create, imagine, move and **PLAY** with other children and their parents. We also provide an interactive song and story time during each session. **Baby/Busy Bees** is also an opportunity for parents /caregivers to get connected both to peers and community resources.

**For more information call 604-535-0015.**



### What's happening in Baby/Busy Bees in January?

**January 6** - Snowflakes; **January 8** - snowball dabbing; **January 13** - Dotty Dot Painting;

**January 15** - Ice Painting...Brrrr!!!

**January 20** - Winter Waltz; **January 22** - Snowy Day Pictures; **January 27** - Creation Station Art;

**January 29** - Picture Frames.

### *Baby/Busy Bees Book of the Month* *A Snowy Day by Ezra Jack Keats*



## Youth and Family Programs

### Outdoor Leadership for Youth 15-17

*Learn about the outdoors and how to be a camp leader at Camp Alexandra and Camp Sasamat.*

- ◆ First Aid, Food Safe, Boat Pro, canoe, child development and rock climbing certifications available.
- ◆ Weekly training sessions and three weekend-long camps, January 21 to April 31, 2009.
- ◆ \$185 for camps and basic program, plus cost for additional certification.

*Call 604-535-0015 to register.*

*Contact 604-538-5060, Ext. 21 for more info.*

### *Bridging Generations*

*Inter-Generational Project*

**Sat. Jan. 8, 1-3 p.m.**

**Theatre project**

**Sat. Jan. 17, 1 - 3 p.m.**

**Mask-Making workshop**

Theatre games, exercises, working with clay to form a mould, creating a final paper maché mask.

**Camp Alexandra Games Room**

**Call 604-535-0015 to register  
or for more information**



## Adult and Seniors Programs

### Seniors' Hot Lunch

\$6.00 per person

**Resumes Wednesday, Jan. 14**

– includes drawing demonstrations

**Jan. 21** – Pipe Band

**Jan. 28** – Chinese New Year celebrations

### Seniors' Out Trips

**February** – Camp Sasamat

**March** – Westminster Abbey

Call 604-535-0015 for more information

### Fun, Facts & Fitness

**Drawing**

with Neighbourhood Art Studio instructor

Feb. 4, 11, 18, 10 a.m. - 12 noon

\$10.00. Register 604-535-0015



*All welcome!  
No auditions!*

### Ladies love to sing

Musical Theatre and Broadway hits  
with White Rock Community Choirs.

Sing at charity and goodwill events.  
**Evening rehearsals January to May.**

**More info? Contact Ivy Charyna**  
icharyna@telus.net / 604-536-0346  
*Private Lessons – Voice & Drama*

## Your Support is Key to Our Success

We've now reached two thirds of our goal of raising \$35,000 in cash in the 2008/2009 year (which ends March 31). Your donations support programs and services that help give our clients a happier, healthier life, and allow us maintain this heritage site, so valued by our clients, neighbours and the community.

**If you made a donation recently, Thank you from the bottom of our hearts.** If you plan to in the near future, you can designate your gift for a specific program or allow us to make use of it where it is most needed.

**Every dollar makes a difference.** All donors, regardless of the size of the gift or how we put it to use, receive a thank you letter and copy of our office receipt. Donors contributing \$25 or more receive a charitable tax receipt issued by the Association of Neighbourhood Houses of Greater Vancouver.

**We also receive many Gifts in Kind, which provide much-needed materials to enhance our programs, camps, services, and community events.**

### 2008 donors of Gifts in Kind donors include:

16<sup>th</sup> Avenue Hair Design

AAA Lawn and Garden

Adrian Bolden

Art Knapps

BC Lions

Booster Juice -

Peninsula Village

Boston Pizza

Burnaby Lake Greenhouses

Buy Low Foods - 152 Street

Cobbs Bakery - Ocean Park

Cobbs Bakery -

Semiahmoo Mall

Confetti Creative

Celebrations Ltd.

Dairy Queen

Great West Fitness -

White Rock

Iguana's on the Beach

J.D. Turkey

Jim Francis

JJ Whiskey -

Peninsula Village

Liberty Foods Farms

Linda Coyle

Lois Peterson

Mary's Garden

McDonalds

Peninsula Cycles

Piquant Gourmet Foods

Price Smart -

Semiahmoo Mall

Purdy's Chocolates

Flying Wedge -

Peninsula Village

Red Bull

Rita Frederickson

Rogers Video -

Peninsula Village

Safeway - Ocean Park

Safeway - Peninsula Village

Save-On Foods - Southpoint

Staples - Southpoint

Starbucks -

Peninsula Village

Surrey Eagles

Surrey Parks, Recreation

& Leisure

Taurus Fitness Products

Village Pub

Welcome Wagon

White Spot - White Rock

Wired Monk

Zellers - White Rock

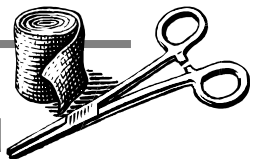
## Beecher Place Rentals

**Waterfront Room  
Unobstructed Ocean View**

Ideal for Weddings, Parties, Workshops,  
Classes, Seminars  
Available to 11 p.m. Seats 80.

Call 604-535-0015 Ext. 231

## Emergency Family First Aid



**Ideal for families with young children  
Wed. Feb 21, 2009. 8:30 a.m. - 4:30 p.m.**

At Camp Alexandra

Hosted by the ECD Program.

\$90 per person. Minimum of 8 people to run.

**You must register and payment must be  
received by February 9th, 2009.**

**To register call 604-535-0015**

## Crescent Beach Community Services

cbsanh@uniserve.com  
www.campalex.com



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Association of  
Neighbourhood Houses  
of Greater Vancouver