

**“Power is in the earth; it is in your relationship to the earth.” - Winona Laduke**

The snow has finally melted and it is the season to plant and grow. Chrysalis Calgary is in full swing getting things planted for our Community Garden and what a great way to celebrate Earth Day. This month Calgary’s programs and projects are focused on learning about our environment and ways we can impact our earth by recycling, reusing and reducing.

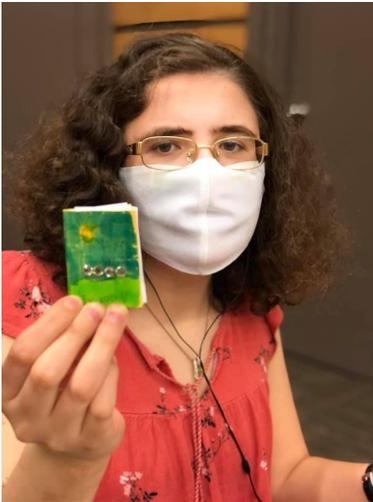


# #GOODNEWSSTORIES

April, 2021

Calgary

No. 24

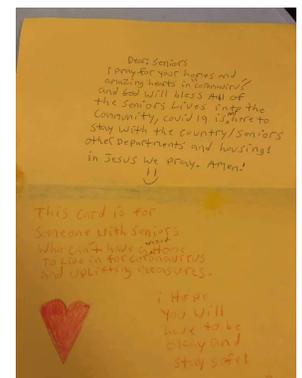
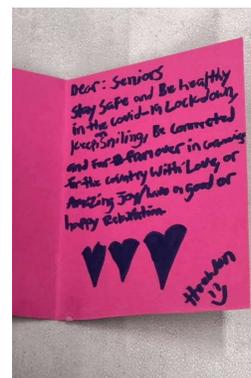


One of the Kate's HCD goals is to create her own story book, and here's the baby step. Kate made her own mini book.

Other Calgary individuals joined in to make their own mini notebook, what will they write about?



The Southwood team is finding creative ways to give back to our community during this time. They decided to make handmade cards filled with heartwarming messages to give to their neighbours at Silvera Seniors Centre. Way to go everyone!



## Easter's on its Way-



During Kate V's Ideation we discovered that Kate loves hosting Easter Scavenger hunts. Looks like everyone enjoyed this task being checked as completed :)

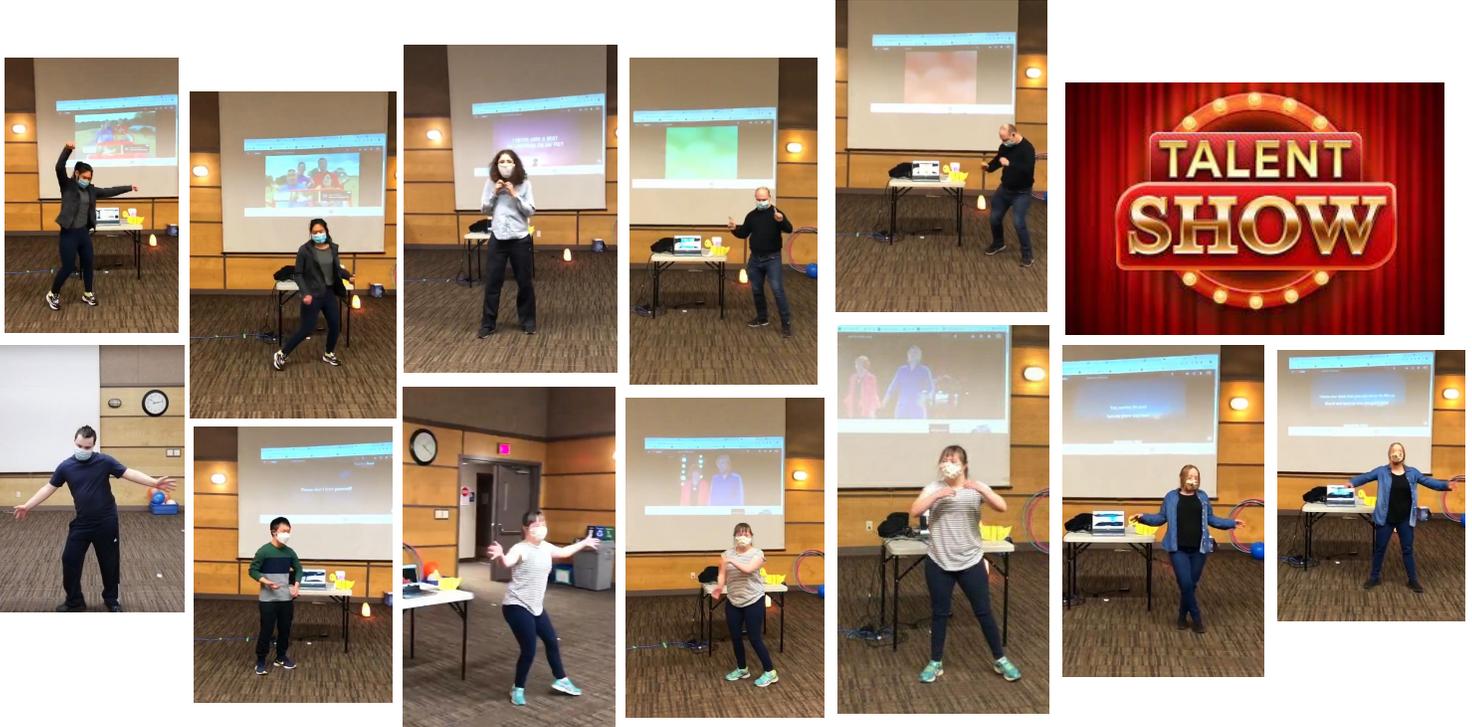
It was a Hopping good time in April in Danna's, Bunny Hop Movement Class. Can you feel those legs burning???



## Remote Sites

### Chrysalis Talent Show at Southwood Church

The individuals in Southwood Church hosted a Chrysalis Talent Show- showcasing all their talents from singing, dancing, acting and more. Chrysalis' got talent!



### Yoga, Stretch and Movement at Dalhousie Church

The individuals at the Dalhousie Site are setting a good example to all of us by adding more movement to their days by participating in Yoga, Stretch and Movement classes to improve their overall strength, balance and flexibility. Great work!



## Virtual Program



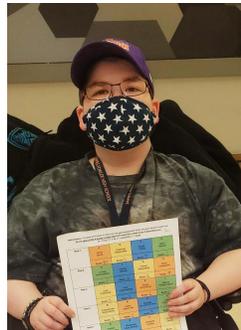
### Chrysalis Connects

Tamara hosted Chrysalis Connects showcasing several of her new artwork. Kayla, too has become a regular host for Calgary's Chrysalis Connects.



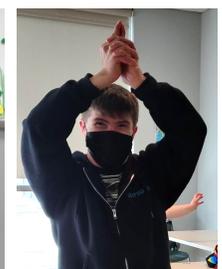
### Chrysalis News

The Calgary Team is currently hosting "The Chrysalis News" every Wednesdays. Two teams have been created that work with Calgary CDSPs to deliver current events, researching topics to discuss such as weather, sports, entertainment. This program fosters so many valuable skills- public speaking, team building, accountability and so much more.



### Meet Calgary Chrysalis News Anchors!

- Lead - Adeel & Wayne;
- Sports - Martin & Zac;
- Local/Canada News - Wayne, Zoe, Adeel;
- Weather - Allie, Zac;
- Entertainment - Kate T, Kate V, Gabby

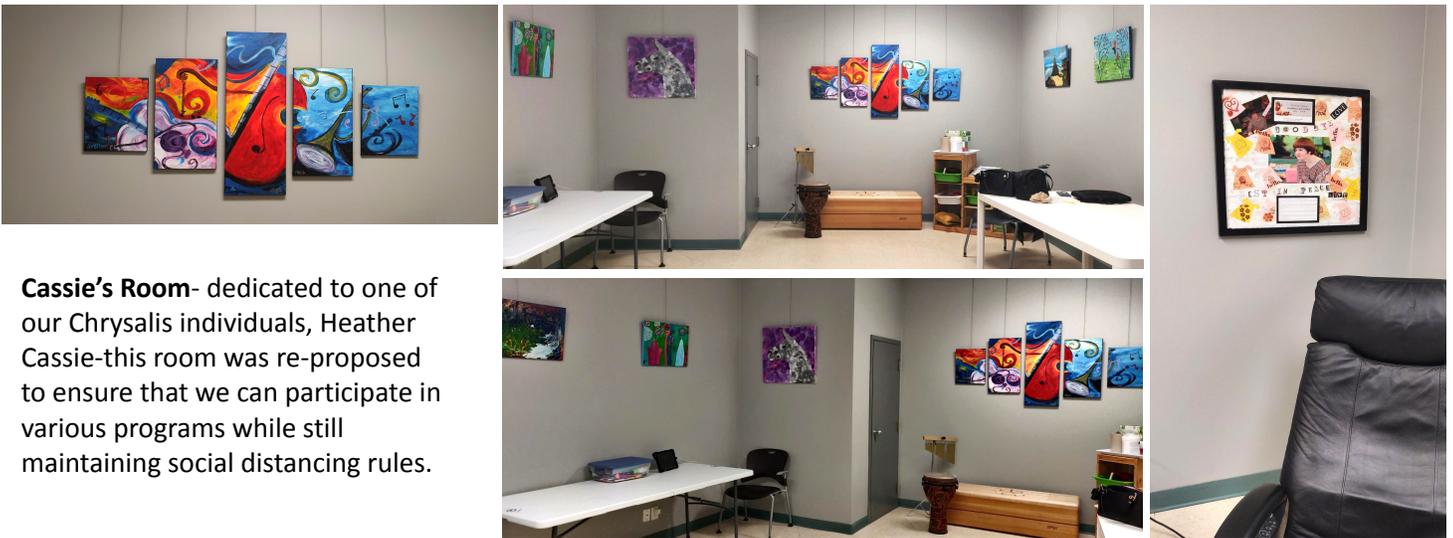


## Renovating and Repurposing the Calgary Program Space

In Calgary, we continue to look at how MIGHT we be better and how MIGHT we use our space in a way that is more innovative to offer new programs and services. Calgary is proud to share our new **Digital Lab** where anyone can host a virtual program or learn about Photography. The Calgary team is very excited to branch into a new realm of possibilities.



Adam was one of the first people to try out the room. Here Adam was introduced to our new Photography program that will be offered in late Spring.



**Cassie's Room**- dedicated to one of our Chrysalis individuals, Heather Cassie-this room was re-proposed to ensure that we can participate in various programs while still maintaining social distancing rules.