



4TH STREET NEWS

March 2006

4th Street Business Revitalization Zone
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Everybody Loves A Parade...

We are in search of interesting submissions for this year's 4th Street Lilac Festival Parade. Candidates interested please call our office and speak to Monique.

Parade information and application forms are available on our website.

4streetcalgary.com/lilacfestival/parade.htm

This Month's 4th Street Feature First Baptist Church 1211 - 4th St. SW



First Baptist Church is a warm & friendly church that is intentionally multi-ethnic. It has existed in the Beltline for over 100 yrs. There is a traditional, blended service at 10:00 a.m. and a contemporary service at 6:30 p.m. Wednesdays are family night with supper (\$5) at 5:30 with programs for all ages starting at 6:30. There are many other programs during the week including a youth group which meets Fri. at 7:30. Please check it out.

Lenten Organ Recitals

FREE CONCERT TUESDAYS 12:15 PM
Bag Lunch 11:45 AM

First Baptist Church would love to see you !

A Solution for Today's Competitive Labor Market

Are you finding it difficult to find the right people?
Is staff turnover affecting your business and bottom line?
Is your business looking for solutions in today's labour market?

My Rewards Unlimited is a cost effective employee rewards program designed to attract good employees, retain them and to improve productivity.

My Rewards Unlimited is a point based program that allows employees to work towards their personal goals while supporting your business objectives. Points are assigned to employees for exemplary behaviour or results and can be redeemed for products ranging from movie tickets and gift certificates to electronics and travel.

My Rewards Unlimited has no set up fees, no minimum spending requirements and no long term commitments. My Rewards Unlimited works within your own preset budget and will not strain your already stretched resources with demanding administrative tasks.

PerformaLogics is pleased to provide you with solutions that until recently could only be realized by large corporations, now made available to small businesses. For more information visit their web site at www.myrewardsunlimited.com or call 403-291-5645.

Sheldon M. Chumir Health Centre



Memorial Park Library
1221 2nd St. SW
221-2006



One of six major capital projects to improve access to health services in the Region, the Sheldon M. Chumir Health Centre will help meet the health needs of people who visit, work and live in Calgary's downtown core. The new health centre will feature:

- . Urgent care facilities will treat conditions requiring immediate attention but are not life threatening. These include broken bones, sprains, lacerations and asthma.
- . Primary care services such as home care, communicable disease treatment and visits for people who require follow-up care.
- . Mental health specialists will provide services to seniors and other people who require treatment.
- . An Aboriginal Health Centre will ensure this community is served in a culturally sensitive manner.

The historical significance of the site has not been forgotten. A walkway display along the corner of 13th Avenue and 4th Street will feature historical elements from the former Colonel Belcher Hospital and serve as a reminder of the building's importance to our veterans, employees and the surrounding community.

The Health on 12th facility will be open during the entire construction time. The east wings of the building are empty and will be dismantled by May 2006. Ground will be broken shortly afterwards to mark the beginning of construction of the Sheldon M. Chumir Health Centre. Completion is scheduled in late 2007.

Learn more about this and other Calgary Health Region plans for growth at www.calgaryhealthregion.ca/capital

Adult Programs

Extreme Makeover Programs

Fifty and Forward: Healthy Aging and Nutrition - it's never too late to learn some good habits no matter what age you are! This informative talk will enlighten you about nutritious food and herbs and highlight some easy ways to improve health. Explore herbs that are good for bone health, brain health, and overall health.

Tues. Mar. 28 2:00 - 3:30 p.m.
Register by calling 221-2006

Technology Programs

Saturdays 10:00 - 11:30 a.m.

To register call 221-2006

EEEEK! A Mouse! Mar. 11

Introduction to E-mail Mar. 18

CyberSeniors - join us for a four-week session of classes that teach computer basics in a relaxed, self-paced style.

Wed. Mar. 1 to 22 10:00 a.m. - Noon

Great Escapes Noon Hour Videos

Bring your lunch, the coffee's on us

Tuesdays 12:05 - 12:50 p.m.

Mar. 21 St. Pierre, Miquelon & Labrador

Mar. 28 Ghana & Senegal

No registration required

January - April 2006 Calgary Public Library Program Guide - available at any library branch or on-line calgarypubliclibrary.com
Register now for upcoming events.

*A valid Calgary Public Library card in your name is required to attend all programs.

**To date 300 vendors have registered for Lilac Festival ! Only 200 more spots available.
Be sure to get your registration form and payment in soon to avoid disappointment.**