

## March 2023 Newsletter



### Monthly Meal: First Sunday of Each Month

We hope that you will be able to join us for a monthly meal on the first Sunday of each month following the service.

Meal is by donation.

If you would like to attend the service but don't have transportation, please contact the office. If you could pick up a neighbour on the way, please contact the office.

**We are currently short a few drivers.**

We hope you can join us for the first Sunday of every month for a meal following the service.



### Eat, Think, Play

Feed the Mind, Body and Soul

Join us for a great meal, a video and discussion from "The Ridiculous Journey: Following a Nobody from Nowhere" with an engaging activity to finish.

Happens over 6 Friday's from 6 - 8pm:

- February 24
- March 3
- March 10
- March 17
- March 24
- March 31

Cost is \$150 for all 6 weeks (\$25 per session)

Eat, Think, Play will be happening over Lent. \$25 per session which include a meal, video and discussion followed by an activity.



### Good Friday Service Friday, April 7, 2023 11 am

We hope that you will be able to join us online and in person for a Good Friday Service at 11 am.

Mark your calendars for our Good Friday service. It will happen on Friday, April 7 at 11 am online and in person.



# Taste & Try



Elder Friendly Communities

This group will offer participants the opportunity to try a new recipe and learn about cooking techniques from a chef.

**Date: Thursday**  
**Time: Noon - 2pm**  
**2nd Thursday of the Month**

McDougall Church Kitchen  
8516 Athabasca Street SE



To register:

<https://www.mcdunited.com/carya>

Click "Events" button to see list of all events coming up for carya at McDougall Church.

Have questions? Lee-Ann at [Leeannb@caryacalgary.ca](mailto:Leeannb@caryacalgary.ca) or 403-651-5868

Next session  
Thursday, April 13  
at 12 pm.

Please register by  
Monday, April 10  
at 7 pm

Join us on April 13th to try out a recipe and learn about cooking from Rev. Danah. This popular collaboration is in partnership with Carya Elder Friendly Communities. Advanced registration is required.



## McDougall Foundation Annual General Meeting Sunday, May 28, 2023

Join us following the service.

An opportunity to get an update on the Foundation's purpose, past year activities and financial status.

Save the date! McDougall Foundation is having their Annual General Meeting on Sunday, May 28th following the service.



## Camp Kasota June 9 – 11, 2023

Join us for our annual family camp weekend.

\$90 Per Adult  
\$70 Per Child

Price includes accommodation in one of the camp cabin, all activities as well as delicious food prepared by a cook.

Family Camp registration is now open and we have hired a cook! That's right, same great camp but now you won't need to volunteer to help in the kitchen. Weekend is June 9–11, 2023.

Register on our website:  
<https://www.mcdunited.com/camp-kasota>