



THE STEADWARD CENTRE
UNIVERSITY OF ALBERTA

TSC Connect

We are so excited to welcome you to TSC Connect! We miss you and are trying out new ways to keep you updated! We hope you enjoy our newsletter style update to help us all stay connected, while at home!

Visit our Website

TSC@Home- Remote Training

Lem and Jessica have done an amazing job getting TSC@Home, our remote training program, up and running. If you are interested in 1:1, small group training, personalized program design, please email Lem at tscifr@ualberta.ca or Jessica at tscparasport@ualberta.ca. They would be happy to work with you to customize a workout that you can do at home!



Summer Camp Update

Unfortunately, due to the COVID-19 pandemic, we will not be offering summer camp programs this year.

If you have already registered for a summer camp session, you will be contacted by someone from Campus and Community Recreation who will be able to issue you a refund.



TSC Virtual Potluck!

Remember when I said we miss you? We're hosting a virtual potluck so that we can come together and say hi face to face! **Please join us on Monday, June 15th at 11am!** We will use Zoom to host our first ever virtual potluck.

If you have questions or would like more details please email Jen at tscdir@ualberta.ca

If you're ready to register, please click here: <https://zoom.us/meeting/register/tJcvcOGopjooHNHdJnoVG2epCQfyMhKtzxZ3>

TSC Re-opening Plans



We're working on it!

We know that you are all looking forward to coming back to The Steadward Centre- we are too! Did I mention that we miss you? We are working with the University of Alberta and the Government of Alberta on our Return to Activity plan. We don't have an opening date yet, however, we are looking at the fall. Similar to other organizations across the province (and country!) we are working on the protocols and guidelines that will be in place to keep everyone safe. This will include physical distancing, enhanced cleaning procedures, and wearing personal protective equipment (e.g., masks). We will share more details with you as soon as we are able.

From our Director

We know that this is not an easy time. Even though we are all apart right now, please remember that our TSC community is still together- we are thinking of you and your families and we can't wait to see you in person! For now, let's work together to stay connected virtually. If you have any questions or would like more information about what TSC is doing to keep everyone connected, please send us an email at infotsc@ualberta.ca or you can leave a message at (780) 492-3182.



Resources to Check out!

[Get in Motion](#)

[Active and Connected](#)

[MyCOVID disability Q](#)

[CDPP Kids resource](#)