






**16**  **Care Chat - A Support Group for Caregivers** (Common Ground Community Cafe, 50 Brentwood Blvd, Sherwood Park) 9:30 - 11am - 1 in 4 Albertans is a family caregiver. That number is on the rise. Caregiving is a labour of love that is often accompanied by challenges - emotional and practical. At Care Chat we offer practical encouragement, resource access, problem solving, wisdom sharing and so much more. We meet the 1st and 3rd Wednesday of each month. For more information call Bonnie 780.910.6432


**16**  **Label Reading** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1:30 - 4pm - We will be looking at fat, calories, sodium and fiber facts on food labels. - We encourage participants to bring in their own labels from commonly bought or consumed items they would like examined. Please note that space is limited. Call 780.410.8000 with questions and to register.

**19**  **South Cooking Lake Trail Days** (South Cooking Lake - 22142 South Cooking Lake Road) 8am - 4pm - Pancake breakfast, bouncy house, hot air balloon rides, country market, show and shine, community parade, horse shoe tournament, concessions, kids' zone, bookmobile, beer gardens. Contact Aila Beck-Merritt 780.922.1653 or Virginie Closson [vclosson@ualberta.net](mailto:vclosson@ualberta.net).


**19,29**  **Blood Donor Clinic** (Community Centre - Agora, 401 Festival Way, Sherwood Park) 9am - 2pm - Come out and save a life by donating blood today. New Blood Donors are always welcome. Call 1.888.2donate (236.6283) to book an appointment.

**21**  **TRASHfest** (Pine Street Playground, 133 Pine Street, Sherwood Park) 4:30 - 7:30pm - Join us August 21 and learn about our waste system in Strathcona County. Enjoy some of these free activities: bouncy castle, free paper shredding, free hot dogs, waste truck demonstration, interactive games and info booths. Contact Erin Wildeboer [greenroutine@strathcona.ca](mailto:greenroutine@strathcona.ca) or 780.449.5514

**22**  **Registration for Fall Aquatic programs opens today** (Online, by phone, or in person at recreation centres.) 7am - 7pm - Registration for Fall aquatic programs starts Tuesday, August 22 at 7 a.m. Contact Recreation, Parks and Culture 780.467.2211 or Click-it Email: [Click-it@strathcona.ca](mailto:Click-it@strathcona.ca).

**22**  **H.E.A.R.T.S. Baby Loss Support Program** (Upper Level, Brentwood Professional Building 50 Brentwood Boulevard, Sherwood Park) 7 - 9pm - H.E.A.R.T.S. stands for Helping Empty Arms Recover Through Sharing and was created in 1996. The program exists to offer support for anyone touched by the loss of a baby during pregnancy or any time after birth. Join us for an evening of sharing our stories and learning about the many ways to incorporate healing into this unique grief journey. For more information on joining this confidential, supportive, caring and educational program, please send us an email or call our office. Contact Cheryl Salter-Roberts, Email: [heartsbabyloss@shaw.ca](mailto:heartsbabyloss@shaw.ca) Phone 780.464.3217

**27**  **Friends Ukrainian Music Fest** (Ukrainian Cultural Heritage Village, Located 25 mins east of Edmonton along Hwy 16) 10am - 5pm - Experience a live concert blending traditional and contemporary Ukrainian-Canadian music at the 32nd annual Music Fest presented by the Friends of the Ukrainian Village Society., Bring a lawn chair and spend the afternoon with Steven Chwok of CFCW's Zabava Program and Alberta's most popular bands and musicians. Contact [www.ukrainianvillage.ca](http://www.ukrainianvillage.ca) 780.662.3640

**30**  **10 Top Tips for Weight Management** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1:30 - 4pm - Learn the top 10 tips and how to set goals to help you manage your weight. Learn about how our food choices, meal patterns and portions sizes impact our weight. Please note that spots are limited. Call 780.410.8000 with questions and to register.

## 150 for 150 Volunteer Challenge



The 150 for 150 Volunteer Challenge will celebrate the energies and contributions of volunteers from across Strathcona County. Residents are encouraged to volunteer AND register their hours throughout the year with a goal of making it to 150 hours volunteered in 2017!

IVC will be celebrating ALL volunteer contributions for our community. For more information or to register go to [www.ivcstrathcona.org](http://www.ivcstrathcona.org).

### Now Available HOME DELIVERY SERVICE

IVC will provide a Home Delivery Service for the Chef's Choice Meals.

- A minimum order of \$40.
- Meals have to be ordered one week in advance by Thursdays
- \$5.00 Delivery fee will apply
- Payment of the order must be made with credit card by calling Caron @ 780.464.4242



### Chef's Choice Frozen Meals Strathcona County

Made locally with fresh ingredients by professional chefs, Chef's Choice is a **convenient, affordable source of meals and snacks** that are ready when you are. Nutritious frozen entrees, soups, and sweets. Priced from \$4.50 to \$7.00 and available for pickup at the following locations:

**IVC Office: 100 Ordze Avenue ( Mon-Fri. 8.30-4.30)**  
**Order by phone: 780.464.4242 during regular office hours.**  
**Please contact Caron for further information**

- Silver Birch Lodge, 914 Bison Avenue  
\*\* Now available for **RURAL RESIDENTS!**
- Antler Lake/Uncas Community League  
1A, 52343 RR 211  
Thursdays 7-8 pm  
Or Contact: Phil 780.922.5207
- Bruderheim/Lamont—Town of Bruderheim  
Sherry—780.919.5515
- Dr. Turner Lodge  
Fort Saskatchewan  
Contact: 780.998.3321
- Provost-  
Contact: FCSS Provost-780.753.2542



# August 2017

**There is always something happening in Sherwood Park/Strathcona County. The Community Connection allows local groups to share their upcoming events.**




**Community Connection**





**Information & Volunteer Centre**  
FOR STRATHCONA COUNTY


**1-27**  **Retailles Exhibit by Joe Fafard** (Gallery@501, 501 Festival Avenue, Sherwood Park) - Internationally renowned, Joe Fafard is one of Canada's most recognized and prolific artists. Retailles offers an insight into Fafard's exploration of the laser-cut process featuring laser-cut and welded metal sculptures along with embossed and woodcut prints. Contact 780.410.8585 or [artgallery@strathcona.ca](mailto:artgallery@strathcona.ca)


**1,8,15,22,29**  **Toastmasters Club meetings-Morning Challengers** (20 Fir Street, Sherwood Park) - Meets Tuesdays 7 – 8:30am at the Sherwood Park United Church. Find the club that best suits your time constraints. All meetings are subject to change. Call Indira @ 780.464.5084 before attending.


**1,8,15,22,29**  **Hastings Lake Play Group** (Hastings Lake Hall, 51080 Range Road 204) 10am - 12pm - Please join us every Tuesday! Parents and Children of All Ages are welcome. We have themed play days, free play and crafts, Just drop in. Please contact Andrea for more information 780.662.2414


**1,4,8**  **Loft Gallery & ACACA Alberta Wide Show** (A. J. Ottewell Centre, 590 Broadmoor Blvd, Sherwood Park) 10am - 4pm - The Loft Art Gallery & Gift Shop of the Art Society of Strathcona County. OPEN Fridays, Saturdays & Sundays, July 21 to August 13 (exc long weekend). Beautiful artwork from local artists of the Society! Including the winning art entries from the 3 zone shows of the Art Community Art Clubs Association! Contact 780.449.4443 or [artsoc@telus.net](mailto:artsoc@telus.net)


**1,8,15,22,29**  **South Cooking Lake Senior's Association** (#102, 22106 South Cooking Lake Road, South Cooking Lake) 1 - 4pm - Tuesdays at 1 pm and Fridays at 7 pm. Activities include cards, horseshoes, cribbage, pool, shuffleboard, carpet bowling. Potluck at noon, second Tuesday of every month. Minimum age 55. For more information please contact Vi Haase 780.922.2174

**1,8,15,22,29**  **Deville Market@North Cooking Lake Hall** (21033 Wye Road, Sherwood Park) 4 - 8pm - We have a large variety of Nut Man Snacks & candies, beautiful Metal Art Designs, Barbecue Tools, Knife Sets, a great variety of garlic sausage, beef jerky and to go with those how about some fresh buns topped off with a freshly baked pie. Come join us where the coffee is always on! Sylvia Lynn, Market Manager 780.909.6170


**1,8,15,22,29**  **Hastings Lake Hall - Bookmobile** (Hastings Lake Hall, 51080 Range Road 204) 4 - 5pm - Are you looking for fiction? self-help books, CD'S, videos or DVD's? Come to the bookmobile at Hastings Lake Hall. Learn more about the Bookmobile. Contact Strathcona County Library 780.410.8615


**1**  **CommuniTEA Pond Party** (Craigavon Meadows storm-water pond Calico Drive, Parking at F.R. Haythorne Junior High School 300 Colwill Blvd) 6:30 - 8:30pm - CommuniTEA pond parties have activities for all ages from wetland story time to water quality testing to tours of the storm-water pond with local biologists. Grab a sip of David's Tea iced tea and explore the world of healthy water bodies with us. Contact Strathcona County Utilities 780.467.7785 or [watersaver@strathcona.ca](mailto:watersaver@strathcona.ca).


**1,8,15,22,29**  **Toastmasters Club meetings-Bowmen** (501 Festival Avenue, Sherwood Park) - Meets Tuesdays 7 - 9pm at the Strathcona County Community Centre. Find the club that best suits your time constraints. All meetings are subject to change. Call Marilyn @ 780.922.3894 before attending.


**2,9,16,23,30**  **Weekly Caregivers Meeting** (Strathcona County Library (2nd Floor), 401 Festival Lane, Sherwood Park) 10am - 12pm - Please Note: Caregivers Association offers an 8 - week course. It is highly recommended. For more information call 780.453.5088


**2,9,16,23,30**  **Sherwood Park Farmers Market** (Festival Place Parking Lot, 100 Festival Way, Sherwood Park) 4 - 8pm - Fresh local produce, meats, bread, baking, chocolate, fudge, honey, jewellery, crafts, etc. All made or produced locally. Join us every Wednesday year round. Contact Market Manager 780.464.3354

**2,9,16,23,30**  **Toastmasters Club meetings-Forward Thinkers** (401 Festival Lane, Sherwood Park) - Meets Wednesdays 7 - 9pm in the Community Centre, Room 5. Find the club that best suits your time constraints. All meetings are subject to change. Call Steve @ 780.467.3848 before attending.


**3,22**  **Mediterranean Diet** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 9:30am - 12pm - Learn how to apply the Mediterranean Diet to your lifestyle. Register by calling or online at [www.sherwoodparkpcn.com](http://www.sherwoodparkpcn.com). For more information call 780.410.8000 or email [info@sherwoodparkpcn.com](mailto:info@sherwoodparkpcn.com).


**3,10,17,24,31**  **Salisbury Farmer's Market** (Salisbury Greenhouses Ltd., 52337 Rge. Rd. 232, Sherwood Park) 4:30 - 8pm - Celebrate delicious local Alberta foods and quality crafts. Call for vendor details or table availability. Call the Market Coordinator at 780.238.2203

**5-20**  **Chautauqua Tent** (Broadmoor Lake Park, 2015 Oak Street, Sherwood Park) - Visit the Chautauqua Tent for: Canada 150 Mural Mosaic, professional musicians, community performers, poetry, magic, circus, arts and crafts, and much more! Visit our webpage for more information! Contact 780.467.2211 or [recreation@strathcona.ca](mailto:recreation@strathcona.ca)

**5**  **Blood Donor Clinic** (Bethel Lutheran Church, 298 Bethel Drive, Sherwood Park) 9am - 2pm - Come out and save a life by donating blood today. New Blood Donors are always welcome. Call 1.888.2donate (236.6283) to book an appointment


**7**  **Red Moon Fundraiser** (Little Sweatshop, 180, 2301 Premier Way, Sherwood Park) 2:30 - 5pm - Red Moon by seek yoga, hosts local companies & organizations that come together to raise money for students in schools that need that extra hand. We do this through photo booths, raffles, and donations at the door to help our cause of raising \$2500 for the Gift of Yoga Fund. Contact Seek Yoga, Victoria [info@seekyoga.ca](mailto:info@seekyoga.ca), 780.809.1919, [www.seekyoga.ca](http://www.seekyoga.ca)

**9**  **Youth WOW** (Wellness on Wheels) (Millennium Place Skate Park, 2000 Premier Way, Sherwood Park) 1 - 3pm - Strathcona County Family and Community Services are hosting special WOW (Wellness on Wheels) events specifically for youth during the summer. Please join us at the skate park on August 9th from 1-3pm and grab a beverage or snack, connect with peers and have some fun with games and activities! Contact Strathcona County Family and Community Services 780.416.6730

**9**  **Osteoarthritis Workshop** (Primary Care Network, 108, 150 Broadway Crescent) 1:30 - 4pm - Talk about the essentials of managing chronic joint conditions. We cover arthritis, the symptoms, risk factors and pain management techniques. Receive specific exercise guidelines and program for those dealing with osteoarthritis. Call 780.410.8000 to register.

**13**  **Ukrainian Day** (Ukrainian Cultural Heritage Village, Located 25 mins east of Edmonton along Hwy 16) 9am - 5pm - Witness history come alive as Alberta's Ukrainian community celebrates its pioneer roots as well as all things Ukrainian in the province today. An afternoon concert featuring the best in Ukrainian dance and music takes place at this annual event co-hosted with the Ukrainian Canadian Congress – Alberta Provincial Council. Other family fun includes a visit to the historical village, children's activities, village market and the Ukrainian Village Food Festival. Visitors are encouraged to bring a lawn chair for seating. Contact [www.ukrainianvillage.ca](http://www.ukrainianvillage.ca) or 780.662.3640

**15**  **Registration for Fall programs opens today** (Online, by phone, or in person at recreation centres.) 7am - 7pm - Registration for Fall programs except swimming starts Tuesday, August 15 at 7 a.m. Preschool. Visual Arts, Youth, Adult Wellness & Outdoor programs. Swimming registration starts Tuesday, August 22 at 7 a.m. Contact Recreation, Parks and Culture 780.467.2211 or Click-it Email: [Click-it@strathcona.ca](mailto:Click-it@strathcona.ca)

**15**  **Diabetes: Understanding Carbs** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1:30 - 4pm - This interactive workshop teaches about the effect food has on blood sugar. Learn which foods contain carbohydrates, how to choose healthy portions, and balance your plate. Call 780.410.8000 to register.