







14  **Osteoarthritis Workshop** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 6 - 8:30pm - This workshop will educate you on what arthritis is and what symptoms are prevalent. We also cover risk factors and ways to manage symptoms and decrease pain. You will also receive specific exercise guidelines and programs. Call 780.410.8000 to register or for more information.


19  **10 Top Tips for Weight Management** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 6 - 8:30pm - Learn the tips and how to set goals to help you manage your weight. Learn about how our food choices, meal patterns and portion sizes impact our weight and health. Call 780.410.8000 to register or for more information.


19  **Sherwood Park Blood Donor Clinic** (Community Centre - Agora, 401 Festival Lane, Sherwood Park) 3 - 7pm - Come out and save a life by donating blood today. New Blood Donors are always welcome! Contact 1.888.2Donate (236.6283)


19  **Sherwood Care Fund Raiser** (OLPH Church Hall, 13 Brower Drive, Sherwood Park) 6 - 8pm - Come for Sherwood Care's fashion show and pie social and other events including prize draws. Items for the fashion show are provided by the Salvation Army Thrift Store. Funds raised from the events are for the purchase of an electric fireplace for the residents of Sherwood Care. Tickets of \$10.00 may be purchased at the door or by visiting Sherwood Care at 2020 Brentwood Blvd N. (780.467.2281) or on line at www.sherwoodcare.com/fashion-show


20  **Moving Past the Tears** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1 - 2:30pm - We examine grief as a journey and review resources including those within our community that offer bereavement support. Call 780.410.8000 to register or for more information.


22,29  **Sherwood Park Blood Donor Clinic** (Our Lady of Perpetual Help Church, 13 Brower Drive, Sherwood Park) 2:30 - 7:30pm - Come out and save a life by donating blood today. New Blood Donors are always welcome! Contact 1.888.2donate (236.6283)


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

23  **Free Clothing Exchange** (Sherwood Park Alliance Church gym, 1011 Clover Bar Road, Sherwood Park) 10:30am - 12:30pm - September 23 - Free Clothing Exchange will be held in the Sherwood Park Alliance Church gym. Everyone is welcome. It includes men's, women's and children's clothing, footwear, belts, purses, household items and books. "Bring what you've outgrown; take what you're growing into". It is not necessary to contribute in order to receive. Drop off donations at the South gym after 4:00 pm on September 22, 2017. For more information, please call Penny at 780. 416.8339.

24  **Strathcona Wilderness Centre Fall Open House** (Strathcona Wilderness Centre, 52535 Range Road 212, Ardrossan) 1 - 4pm - Join us to explore nature and celebrate Canada's 150th anniversary! Bookmobile Geocaching Canada 150 quiz Learn how to light a fire, cook outdoors and built a shelter and many more activities! Contact 780.922.3939, recreation@strathcona.ca

26  **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, or Phone 780.464.3217

28  **Sherwood Park Blood Donor Clinic** (Community Centre - Agora, 401 Festival Lane, Sherwood Park) 10am - 2pm - Come out and save a life by donating blood today. New Blood Donors are always welcome! Contact 1.888.2.donate (236.6283)

29  **Love You Forever - A Gathering of Hope and Healing** (Festival Place, 100 Festival Way, Sherwood Park) 7 - 9pm - Parents Empowering Parents Society believes grief needs to be acknowledged and experienced for healing to begin. Please join us for a gathering of friends and families who have been impacted by the loss of a loved one from addiction or a loved one currently lost in their addiction. For more information please call 780.410.8516

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.

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
- \$6.00 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





September 2017


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





Information & Volunteer Centre
FOR STRATHCONA COUNTY


5,12,19,26  **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


5,12,19,26  **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


5  **Council Meeting - Live webcast available** (Council Chambers, 401 Festival Lane, Sherwood Park, AB T8A 5T8) 9am - 9pm - The In-Camera portion of the Council meeting is closed to the public to discuss matters as permitted under the Freedom of Information and Protection of Privacy Act. The open session of the Council meeting commences at 2:00 p.m. (unless otherwise noted on the agenda) and members of the public are welcome to attend. Council meeting times are subject to change. For further information, see the Council Agenda at below listed link. <http://www.strathcona.ca/departments/legislative-legal-services/council-meetings/agenda-packages-minutes-webcasts/>. For the complete list of all Council/Priorities Committee Meetings, see below link for the 2017 calendar. http://www.strathcona.ca/files/files/2017_meeting_dates_schedule.pdf. Contact Legislative Officer, Legislative & Legal Services, legislativeofficer@strathcona.ca, 780.464.8105 or 780.410.8577


5,12,19,26  **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


5,12,19,26  **Deville Market@North Cooking Lake Hall** (Deville North Cooking Lake Community 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! **Contact** Sylvia Lynn- Market Manager 780.909.6170


5,12,19,26  **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


5  **La Source-franco!** (Common Ground Café, 50 Brentwood Blvd., Sherwood Park) 7 - 9pm - Ajoutez-vous à La Source! V'nez prendre un café en français tous les 1e mardis du mois, débutant le 5 septembre au Common Ground Café entre 19h à 21h. Pour recevoir le courriel d'information et surtout pour *confirmer votre présence*, textez Marie au 780.720.9160.


5,12,19,26  **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.


6,20  **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


6,13,20,27  **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

6,13,20,27  **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


6,13,20,27  **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.


7,14,21,28  **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 the Market Coordinator at 780.238.2203 for vendor details or table availability.


7  **Sleep Tight** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 5:30 - 7pm - We cover the effects of poor sleep and a number of strategies to enhance sleep hygiene. Please note that the amount of spots are limited. Call 780.410.8000 with questions and to register.


7  **Mediterranean Diet** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 6 - 8:30pm - Learn the health benefits of this well studied way of eating. Learn how to apply the Mediterranean Diet to your lifestyle. Please note that spots are limited. Call 780.410.8000 to register or for more information.


7,8,9,10  **Strathcona County String Music Camp** (Camp Van Es at Cooking Lake, 51244 Range Road 220) 6 - 9:30pm - String Music Camp 2017 September 7 & 8 evenings and September 9 & 10 full days. For string players of all playing levels ages 14 years and up. Conductor Michael Massey has composed music in celebration of Canada 150 to be performed at final concert on Sunday evening at 6:00pm at Camp Van Es, Cooking Lake. Contact Miriam Ferguson, Camp Coordinator 780.903.7406 or miriamlewis@shaw.ca or visit www.wyestringensemble.com.

9-30  **Quiet Stories from Canadian Places Exhibit by Heather M. Cline** (Gallery@501, 501 Festival Avenue, Sherwood Park) - In 2016, Heather Cline visited Strathcona County to work with schools in our community. During the week long residency, Cline interviewed local persons for their "stories from Canadian places" which she is using to create the audio component that complements the paintings in this exhibit. "Quiet Stories from Canadian Places" engages artists, audiences, students, teachers, seniors, craft-persons, singers, and musicians while embracing Albertan/Canadian historical and contemporary culture. Contact 780.410.8585, artgallery@strathcona.ca

9  **Loft Art Gallery & Gift Shop** (A. J. Ottewell Community Centre, 590 Broadmoor Blvd, Sherwood Park) 10am - 4pm - The Loft Art Gallery & Gift Shop of the Art Society of Strathcona County. REOPENS Saturdays & Sundays, September 9, 2017 through December, 10 to 4 pm. New beautiful artwork from local artists of the Society! Contact artsoc@telus.net.


9  **End of Season - Park Centre Market** (2016 Sherwood Drive, Sherwood Park) 11am - 3pm - Come join us for an amazing family market. There will be tons of vendors, food vendors/trucks and activities for the little ones. Contact Karen Bracegirdle, kbracegirdle11@gmail.com


9  **End of Season Market** (Park Centre & Hotel, Sherwood Park) 11am - 3pm - Outdoor Market featuring local artists and vendors, face painters, and a balloon artist. Food trucks will also be on site. Contact Park Centre & Hotel Sherwood Park, 780.467.1234

9  **Show 'n Shine and Fall Fair** (Colchester Community Hall 23219 TWP 520, Sherwood Park - 5 minutes from Salisbury Greenhouse) 11am - 3pm - Annual Show and Shine and Fall Fair event. Stop by, check out the cars, shop with local vendors all while the kids have fun at the park. There will be an appearance by a special guest. Contact colchestercommunity@hotmail.ca

10  **Harvest of the Past** (Ukrainian Cultural Heritage Village, Located 25 mins east of Edmonton along Hwy 16) 10am - 5pm - Celebrate Alberta's agricultural roots with a traditional harvest at the Ukrainian Village. See the Village one last time and witness an old-fashioned threshing bee complete with vintage farm equipment and grain deliveries to the historic elevator. Other historical activities include flower and herb drying, feather stripping, making kapusta (sour cabbage), grinding wheat, quilting, and canning of produce from the museum's gardens. Contact www.ukrainianvillage.ca, 780.662.3640

12  **Council Meeting - Live webcast available** (Council Chambers, 401 Festival Lane, Sherwood Park, AB T8A 5T8) 9am - 9pm - The In-Camera portion of the Council meeting is closed to the public to discuss matters as permitted under the Freedom of Information and Protection of Privacy Act. The open session of the Council meeting commences at 2:00 p.m. (unless otherwise noted on the agenda) and members of the public are welcome to attend. Council meeting times are subject to change. For further information, see the Council Agenda at below listed link. <http://www.strathcona.ca/departments/legislative-legal-services/council-meetings/agenda-packages-minutes-webcasts/>. For the complete list of all Council/Priorities Committee Meetings, see below link for the 2017 calendar. http://www.strathcona.ca/files/files/2017_meeting_dates_schedule.pdf. Contact Legislative Officer, Legislative & Legal Services, legislativeofficer@strathcona.ca, 780.464.8105 or 780.410.8577

12  **Don't Sweat the Small Stuff** (Sherwood Park Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 4 - 5:30pm - We will look at how stress affects us and what we can do to better manage the stress we face in everyday life. Learn to identify anxiety, how it differs from everyday stress, and then examine a variety of proven anxiety management strategies.

13  **Community Walk Against Domestic Violence** (Rotary Clock in front of the Strathcona County Library/Community Centre, 401 Festival Lane, Sherwood Park) 6:30 - 8pm - Join us as friends and neighbours in a walk to help raise awareness that domestic abuse happens even in our own community. Remember those we have lost and support those who have survived. This is a no cost, community event where individuals and groups can come together to show support. We will meet at the clock and walk north down Sherwood Drive, cross the street and return to the Community Centre. Contact pegdemarre@gmail.com