







9  **Christmas Concert** (Sherwood Park Alliance Church, 1011 Clover Bar Road, Sherwood Park) 10:15am - 11:15pm - Free Christmas Concert hosted by the Seniors at Sherwood Park Alliance Church featuring the Wye String Ensemble. Enjoy some of the season's favorites and other familiar classical tunes. Murray Vaasjo, Conductor. Contact Cheryl Goyer 780.922.3982


10  **Canada 150 Skating Day** (Ardrossan Recreation Complex, Glen Allan Recreation Complex, Moyer recreation Centre) 1 - 4pm - Free skating at: Ardrossan Recreation Complex, MacMillan Team Arena, 1 p.m. to 3 p.m. Courtesy of the Ardrossan Recreation and Agricultural Society, Glen Allan Recreation Complex, 2 p.m. to 4 p.m., Courtesy of Christenson Group of Companies, Bedford Village and Eaton Park Estates, Moyer Recreation Centre, 1:30 p.m. to 3 p.m., Courtesy of Josephburg Agricultural Society. Contact 780.467.2211, www.strathcona.ca/recreation


12  **Registration for Winter Aquatic programs opens today** (Online, by phone, or in person at recreation centres.) 7am - 7pm - Registration for Winter aquatic programs starts Tuesday, December 12 at 7 a.m. Contact Recreation, Parks and Culture Phone: 780.467.2211, Click-it Email: Click-it@strathcona.ca

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  **Moving Towards Wellness** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1:30 - 4pm - Explore the benefits and barriers to being more active. Receive tips on how to get more physically active. Set your own personal activity goals. Call 780.410.8000 to register or for more information.


13  **Label Reading** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 9:30am - 12pm - We will be looking at fat, calories, sodium and fiber facts on labels. We encourage participants to bring in their own labels from commonly bought or consumed items. Call 780.410.8000 to register or for more information.


14  **Weathering the Storm** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 5:30 - 7pm - Learn to identify depression and how it differs from everyday stress and then examine a variety of proven management strategies. Call 780.410.8000 to register or for more information.


16  **Sing We Now of Christmas** (Dow Centennial Centre, Shell Theatre, 8700 - 84 St, Fort Saskatchewan) 7 - 9pm - The Josephburg Choral Society presents its 35th Christmas Concert featuring the Men's Chorus, Handbell Ensemble and a special treat, our accompanist & friends. Len Shrimpton, President, 780.464.4264, lenlau9@telus.net

17  **Santa Skate** (Glen Allan Recreation Complex, 199 Georgian Way, Sherwood Park) 2 - 4pm - Come skate with Santa. Enjoy free hot chocolate and Christmas treats too!, Admission is FREE. Sponsored by Christenson Group of Companies, Bedford Village and Eton Park Estates, Contact 780.467.4404, recreation@strathcona.ca

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. We meet the 1st and 3rd Wednesday of each month. For more information call Bonnie 780.910.6432

21,26  **Community Blood Donor Clinic** (Sherwood Park 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. Visit blood.ca to book your appointment

21  **Stand Up, Speak Up** (108, 150 Broadway Crescent, Primary Care Network) 10am - 11:30pm - A workshop that provides tools in expressing yourself with healthy boundaries while respecting others. Call 780-410-8000 to register or for more information.

31  **New Year's Eve Festival** (Broadmoor Lake Park, Community Centre and Festival Place) 4 - 8pm - Celebrate the ending to Canada's 150th birthday at the New Year's Eve Festival!, This family-friendly New Year's Eve celebration begins at 4 p.m. and ends with fireworks at 8 p.m. Contact 780.467.2211, recreation@strathcona.ca

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




December 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


1 - 21  **Light in the Land - the Nature of Canada Photography Exhibit by Roberta Bondar** (Gallery@501, 501 Festival Avenue, Sherwood Park) - The photographic portraits of land and seas in this exhibition are artistic interpretations of the unique and important landscape that is Canada. Contact 780.410.8585
artgallery@strathcona.ca


1,8,15  **Loft Art Gallery & Gift Shop** (A. J. Ottewell Centre, 590 broadmoor Blvd, Sherwood Park) 12 - 4pm - The Art Gallery & Gift Shop is open Saturdays and Sundays from noon to 4 pm. Contact 780.449.4443 or minirose@telusplanet.net

2,3  **Pear Tree Market** (Community Centre, 401 Festival Lane, Sherwood Park) – Sat. 10am-5pm, Sun., 12pm-4pm Over 75 artisans and crafters on display! Come shop local and support handmade. There is something for everyone. FREE admission and FREE 2 hour underground parking. Contact amrievents@gmail.com


2  **20th Annual Cookie Walk** (Sherwood Park United church, 20 Fir Street, Sherwood Park) 9am - 12pm - Come select your home baked favourites from dozens of items. It is as simple as purchasing a box at the door and filling it to the brim with your favourites. Come early for best selection. Contact Sherwood Park United Church office sherwoodparkunitedchurch.ca, 780.467.7377


2  **Santa's Breakfast** (Millennium Place, 2000 Premier Way, Sherwood Park) 9 - 10:30am - Activities include: - Breakfast of scrambled eggs, sausage, hash browns, mini-muffins, fresh fruit, coffee, tea and juice, Sitting on Santa's knee, Receiving a present, Christmas prize draws, Free admission to the Edu-tainment Centre from 9 a.m. to 12 p.m. Tickets go on sale November 13 and must be purchased in person at Millennium Place. There are a limited amount available, get yours before they sell out! *Please note: no refunds are available. Contact 780.416.3300


2,16,30  **Safe Sitter Courses** (Sherwood park Chamber of Commerce, 100 Ordze Avenue, Sherwood Park) 9:30am - 4pm - Safe Sitter Essentials with CPR is a 1-day class designed to prepare students in grades 6-8 to be safe when they are home alone, watching younger siblings or babysitting. Contact For more information please call 780.984.8201 or e mail YouthSkillsAcademy@mail.com


2  **Christmas in the Country** (Ardrossan Memorial Hall, Colchester Hall, Deville/North Cooking Lake Hall, Hastings Lake Hall, Holy Redeemer School, Ministik Church, South Contact Office - Fire Station 2, South Cooking Lake United Church, Uncas School, Wye Hall) 10am - 4pm - Take a self-guided tour of south rural Strathcona County at participating venues and enjoy Christmas fairs, a sleigh ride, live nativity scene, delicious food, fun activities, fireworks and more. Wrap up your tour and join us at Fire Station 2 (South Cooking Lake) for spectacular fireworks at 7:00 p.m. Contact Patti Hoy 780.400.3880


4  **Council Business Plan & Budget 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


4  **Osteoarthritis Workshop** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 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 or for more information.


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 before attending.


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


5,12,19,26  **South Cooking Lake Senior's Association** (#102, 22106 South Cooking Lake Road, South Cooking Lake) 1 - 4pm - Tuesdays at 1 p.m 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  **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! 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!** (Perks Coffee House, 2016 Sherwood Drive (Park Centre & Hotel), Sherwood Park) 7 - 9pm - Ajoutez-vous à La Source! V'nez prendre un café en français tous les 1e mardis du mois. 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  **Transitioning into Retirement** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 10 - 11:30am - It's not ALL about money! Learn more about retirement from a mental health perspective and prepare for changes in your daily routines and your social network. Call 780.410.8000 to register or for more information.


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  **Sherwood Park Farmers Market** (Community Centre - Agora, 501 Festival Lane, 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.


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  **Diabetes: Understanding Carbs** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 9:30am - 12pm - 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 or for more information. Call 780.410.8000 to register or for more information.

7,14,21,27  **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

8  **Sleep Tight** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1:30 - 3pm - Learn how you can have a better sleep. We cover the effects of poor sleep and a number of strategies to enhance sleep hygiene. Call 780.410.8000 to register or for more information.

9  **Community 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. Visit blood.ca to book your appointment

9  **Common Ground Christmas Fair - 2017** (Common Ground Cafe, 50 Brentwood Blvd, Suite #101, Sherwood Park) 10am - 4pm - Come in from the cold with the Christmas Fair coupon and enjoy a free Christmas Cookie with a purchase of a beverage (while supplies last) Vendors will be offering up gorgeous locally created items For more information please call 587.269.4808