

22 **SP** **Cyberworld: A Caregiver's Guide to Raising Healthy Digital Citizens** (St. Theresa Catholic School Theatre, 2021 Brentwood Blvd, Sherwood Park) 6:30 - 8pm - In support of Safer Internet Day and in partnership with St. Theresa Catholic School, Saffron Centre and Keys to Empowering Youth to Succeed (KEYS) are presenting Cyberworld: A Caregiver's Guide to Raising Healthy Digital Citizens. Learn about digital media, the risks and benefits of social media, online safety strategies and its role in overall wellbeing. Contact Family and Community Services 780.464.4044

23 **SP** **Council Meeting - Live webcast available** (Council Chambers, 401 Festival Lane, Sherwood Park, AB T8A 5T8) 9am - 9pm - The closed portion of the Council meeting addresses matters as permitted under the Freedom of Information and Protection of Privacy Act and thus is closed to the public. The open session of the Council meeting commences at 2:00 p.m. (unless otherwise noted on the agenda) and the public is welcome to attend. Council meeting times are subject to change. For access to the full schedule of meetings for Council and Priorities Committee, agendas, and webcasts, please visit the following page: <https://www.strathcona.ca/departments/legislative-legal-services/council-meetings/agenda-packages-minutes-webcasts/>. Legislative Officer, Legislative & Legal Services, legislativeofficer@strathcona.ca, 780.464.8105 or 780.410.8577

23 **SP** **Mediterranean Diet Class** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 5:45 - 8:15pm - Learn the health benefits of this well studied way of eating. Learn how to apply the Mediterranean Diet to your lifestyle. Call 780.410.8000 to register or for more information.

25 **SP** **Seniors' Fitness Day** (Millennium Place, 2000 Premier Way, Sherwood Park) 10:15am - 12pm - Join us for a fitness class and a guest speaker! Fitness class: Joint Health, Guest Speaker: Musculoskeletal Health - Sherwood Park Sports Physiotherapy. Please visit our webpage for more information. Contact Terry at 780.416.3300

25 **SP** **Weathering the Storm** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 6 - 7:30pm - We will cover how to identify depression along with management strategies. Call 780.410.8000 to register or for more information.

25 **SP** **QuitCore** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 6:30 - 8pm - This FREE 6 session group program is for tobacco users who want to reduce, quit or even just learn more about tobacco dependence. Participants also receive a \$500 Blue Cross Card to use for Nicotine Replacement Therapy or cessation medications. It will be on Thursday evenings from 6:30-8pm from January 25-March 1, 2018 at the PCN. Call toll free 1.866.710.7848 to join.

30 **SP** **Priorities Committee Meeting - Live webcast available** (Council Chambers, 401 Festival Lane, Sherwood Park, AB T8A 5T8) 9am - 9pm - The closed portion of the Council meeting addresses matters as permitted under the Freedom of Information and Protection of Privacy Act and thus is closed to the public. The open session of the Council meeting commences at 2:00 p.m. (unless otherwise noted on the agenda) and the public is welcome to attend. Council meeting times are subject to change. For access to the full schedule of meetings for Council and Priorities Committee, agendas, and webcasts, please visit the following page: <https://www.strathcona.ca/departments/legislative-legal-services/council-meetings/agenda-packages-minutes-webcasts/>. Legislative Officer, Legislative & Legal Services, legislativeofficer@strathcona.ca, 780.464.8105 or 780.410.8577

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




January 2018

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  **New Year's Day at the Wilderness Centre** (Strathcona Wilderness Centre, 52535 Range Road 212, Ardrossan) 1 - 4pm - Dress warmly, bring a mug and head to the Strathcona Wilderness Centre for a day of winter fun! Enjoy a blazing campfire, hot chocolate, and tasty treats for the whole family. Activities include - Snowshoeing and Cross-country skiing, Toonie Ski Lessons 1 p.m. or 3 p.m. – equipment rental extra, - Toonie Snowshoe Ramble 2 p.m. – equipment rental extra, Proceeds from Toonie Lessons go to the Strathcona Food Bank. Contact 780.922.3939


2,9,16,23,30  **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.


2,9,16,23,30  **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


2,3,4,5  **Holiday Bear Hunt** (Strathcona County Museum 913 Ash Street, Sherwood Park) 10am - 4pm - Visit the Strathcona County Museum before January 5, 2018 to help Noël find her Teddy Bear Friends and enter to win a Family Pass to our 6th Annual Family Day Pancake Breakfast! Regular admission rates apply. Mon-Fri 10 am-4 pm. Museum will be closed from December 25 to January 1. Contact assist.scm@shaw.ca, www.strathconacountymuseum.ca or 780.467.8189


2,9,16,23,30  **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


2,9,16,23,30  **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


2  **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.


2,9,16,23,30  **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.


3,10,17,24,31  **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


3,10,17,24,31  **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.


4,11,18,25  **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


10,18  **Transitioning into Retirement** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 2 - 3:30pm - Learn more about retirement from a mental health perspective. 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. Awareness of what to expect is the first step to thriving through the retirement transition. Call 780.410.8000 to register or for more information.


11  **Label Reading Class** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 5:45 - 8:15pm - 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. Ask our Registered Dietitians any related questions. Call 780.410.8000 to register or for more information.


11  **Osteoarthritis Workshop** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 5:45 - 8:15pm - In this class we talk about what arthritis is and the symptoms of it. We also cover ways to manage symptoms and decrease pain. You will receive specific exercise guidelines and programs. You will have the opportunity to ask our exercise physiologists any related questions. Call 780.410.8000 to register or for more information.


17  **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


17  **10 Top Tips for Weight Management** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1:30 - 4pm - 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.

18  **Craving Change** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 5:45 - 8:15pm - Learn about all the different reasons why people eat. Learn how to cope with mindless and emotional eating and how to feel more in control of your eating. This is the first part of a 3 part series. Call 780.410.8000 to register or for more information.

18  **Diabetes: Understanding Carbs** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 5:45 - 8:15pm - 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. We will answer any of your diabetes related questions. Call 780.410.8000 to register or for more information

18  **Seniors' Dance and Social** (Log Cabin (attached to the Sherwood Park 55+ Club), 50A Spruce Avenue, Sherwood Park) 6:30 - 10pm - Dance, socialize or just enjoy the live music! Partners and singles welcome. Tickets are \$10 at the door., All Seniors' Dances are located at the Log Cabin (attached to the Sherwood Park 55+ Club) at 50 A Spruce Avenue, Sherwood Park. Doors open at 6:30 p.m. and the dance runs from 7:00 p.m. to 10:00 p.m. Call Terry at 780.416.3300.

19  **Sleep Tight** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 1 - 2:30pm - Learn about sleep across age groups and a number of proven strategies to enhance sleep hygiene. Call 780.410.8000 to register or for more information.

19  **Community Blood Donor Clinic** (Our Lady of Perpetual Help Church - Parish Hall, 13 Brower Drive, Sherwood Park) 3:30 - 7:30pm - Come out and save a life today by donating blood. New Blood Donors are always welcome. Contact 1.888.2.donate (236.6283)