

February 2018

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

13 SP Happy Galentine's Day (Strathcona County Library, 401 Festival Way, Sherwood Park) 6:30 - 7:30pm - "What's Galentine's Day? Oh, it's only the best day of the year." - Leslie Knope, Galentine's is a day to get girls together, have fun, share the love and reflect on why we are awesome. To register for this free program contact the Strathcona County Library in person, via phone 780.410.8600 or visit our website www.sclibrary.ca

15 SP 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. Doors open at 6:30 p.m. and the dance runs from 7:00 p.m. to 10:00 p.m. Contact Terry at 780.416.3300

17 SP Kairos Blanket Exercise (The Log Cabin, 50 Spruce Avenue, Sherwood Park) 2 - 5pm - A meaningful event to explore the historic and contemporary relationship between Indigenous and non-Indigenous peoples in Canada. Please R.S.V.P by email : Strathcona.Diversity@gmail.com

17 SP Tech Lab (Strathcona County Library, 401 Festival Way, Sherwood Park) 2 - 3:30pm - This registered program is for children in kindergarten and up. Parents and caregivers are welcome. Visit the lab any time between 2:00 and 3:30 pm to try our Makey Makey, littleBits, and Green screen technology. To register for this free program contact the library in person, via phone 780.410.8600 or visit our website www.sclibrary.ca

19 SP Family Day Pancake Breakfast at the Museum (Strathcona County Museum 913 Ash Street, Sherwood Park) 6 - 7pm - Start Family Day with Pancake Breakfast at the Museum! 8:30-11 am. Enjoy pancakes, sausage, coffee and tea. Museum admission is included with breakfast. \$5/ person, 2 & under free. Admission at the door. Cash only. Contact assist.scm@shaw.ca, www.strathconacountymuseum.ca, 780.467.8189.

20,22 SP Community 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)

21 SP 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. 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

21 SP Mediterranean Diet Class (Millennium Place, 2000 Premier Way, Sherwood Park) 1 - 2pm - This FREE class is in partnership with Strathcona County and will be held at Millennium Place. Learn the health benefits of this well studied way of eating and how to apply it to your lifestyle. Call 780.410.8000 to register or for more information.

21 SP Mediterranean Diet Class (Millennium Place, 2000 Premier Way, Sherwood Park) 1 - 2pm - Learn the health benefits of this well studied way of eating and how to apply it to your lifestyle. Call 780.410.8000 to register or for more information.

21 SP Once Upon an App Digital Storytime (Strathcona County Library, 401 Festival Way, Sherwood Park) 2 - 2:30pm - This free program is for children ages 3-5 with their parents. Please bring your own tablet or iPad. If you do not have a device, we will provide you with one. To register for this free program contact the Strathcona County Library in Person, by phone 780.410.8600 or visit our website www.sclibrary.ca

22 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: Barre and Balance, Guest Speaker: Strathcona County Library - programs and services. Please visit our webpage for more information! Terry at 780.416.3300

23 TRAVEL NIGHT: CUBA (Hastings Lake Hall, 51080 RR 204, Sherwood Park) 7:30 - 9pm - Cuba - Presented by Kaytlin Lee, a student who recently studied in Cuba. Coffee and dessert offered (Donations please) afterwards. Contact helentrefry@gmail.com.

24,25 SP Art Journaling with Terrie Shaw (Ottewell Centre, 590 Broadmoor Blvd, Sherwood Park) 10am - 4pm - You will be amazed and inspired with the multitude of benefits journaling will bring to your creative art journey. This workshop is for beginners to advanced. See www.artstrathcona.com for information and registration.

24 SP Everybody Gets to Play Winter Play Day (Emerald Hills Skating Pathway, Plaza and Greenspace, 4501 Emerald Drive) 11am - 2pm - Join us at the Everybody Gets to Play Winter Play Day. Free activities include snow painting, tic tac snowman building, the skating pathway (bring your own skates and helmet) and cabane a sucre. In case of inclement weather, the event may be cancelled. Everybody Gets to Play Days are presented by Shell Canada. Contact Recreation, Parks and Culture, recreation@strathcona.ca, 780.467.2211

24 Home Pasta Supper with Live Music (Hastings Lake Hall, 51080 RR 204, Sherwood Park) 5 - 9pm - Hastings Lake Hall All-You-Can-Eat Pasta Supper with the Big Spruce Boys providing great music to go with great food. Contact helentrefry@gmail.com.

25 SP Bring on the Spring Market (Community Centre - Agora, 401 Festival Lane, Sherwood Park) - Join us for this amazing all ages event, welcoming over 80 Vendors that include MLM and CRAFTERS. Free Spring Craft for all children from 1-3, Live entertainment and much more! Contact Info@royalalbertapageantry.com.

28 - 31 SP License your Dog (Strathcona County) - Reminder - Dog Licenses are due by March 31. All dogs in the County must be registered. Contact Christine O'Shea, RCMP/Enforcement Services

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





Information & Volunteer Centre
FOR STRATHCONA COUNTY


1-28  **Community Services Exhibit at the Museum** (Strathcona County Museum & Archives, 913 Ash Street, Sherwood Park) 10am - 4pm - Hidden Treasures: Community Service Champions, is the latest Special Exhibit at the Strathcona County Museum in Sherwood Park. . Included with Museum admission: \$5/ adult, \$4 student/senior, 4 & under free. Cash only. On display until April 20, 2018. Contact 780.467.8189 assist.scm@shaw.ca, www.strathconacountymuseum.ca.


1,8,15,22  **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


1,8,15,22  **Art for all Ages** (Antler Lake/Uncas Community hall, 1A, 52343 Range Road 211) 6 - 7:30pm - Local artist, Anita Aldie, will help you experience the joy of art using various mediums and techniques. Free and drop-in. Contact 780.410.8616


2  **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 by donating blood today. New Blood Donors are always welcome. Contact 1.888.2donate (236.6283)


3  **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. Contact 1.888.2donate (236.6283)


6,13,20,27  **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.


6,27  **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.


6,13,20,27  **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. Just drop in. Please contact Andrea for more information 780.662.2414


6,13,20,27  **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


6  **Trust Your Intuition an Orientation to Life** (Community Centre, 2001 Sherwood Drive, Sherwood Park) 1 - 2:30pm and 7 - 8:30pm - Insights, premonitions, a feeling, this innate ability gives you advance notice, do you doubt it? Why? Everyone is Welcome! - 1 ½ hours - \$21 at the door, Programs presented by Inner Peace Movement of Canada, an educational, self-awareness program for over 50 years with practical tools for effective living. Contact dfuechtman@gmail.com.


6,13,20,27  **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? Learn more about the Bookmobile. Contact Strathcona County Library 780.410.8615


6  **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.


6,13,20,27  **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.


7,14,21,28  **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


7  **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. Call 780.410.8000 to register or for more information.


7  **Soirée d'information École Claudette-et Denis-Tardifi** (10 Hawkins Crescent, Sherwood Park) 7 - 9pm - School registration night including preschool and daycare program. Parents will learn about our school, meet our staff and visit the school. They will also be able to register their children for September 2018-2019 School Year. Contact Nadine Morton (School Secretary), 587.745.0404


7,14,21,28  **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.


8  **Stand Up, Speak Up** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 6 - 7:30pm - An introductory workshop that provides tools in expressing yourself effectively with healthy boundaries while respecting others. Call 780.410.8000 to register or for more information.


9  **Strathcona County Garden Club Regular Meeting** (Strathcona Community Centre (Council Chambers) 501 Festival Avenue, Sherwood Park) 7 - 9pm - Strathcona County Garden Club meets the second Thursday of the Month. Everyone is welcome to join or attend our February meeting where guest speakers, Tina Burbach & Morgan Webb, of Greenland Garden Centre, will help us to "Successfully Grow our own Groceries". Event is free with your annual membership, non-members \$3/event. Attendees can also enjoy a reasonably priced snack table and raffle prize draw!

9-11  **The Canadian Birkebeiner** (Various Locations) - The Canadian Birkebeiner ski event takes place at Cooking Lake-Blackfoot Provincial Recreation Area which boasts a legendary cross-country ski trail system. Modern day Birkebeiners ski the long distance events from Ukrainian Cultural Heritage Village, a provincial historic site on Highway 16, through Elk Island National Park, to the Blackfoot Provincial Recreation Area. View the website on details of their full-moon ski July 31, as well as opening ceremonies on Feb 9 and Birkie Sunday on the 11th. Contact Birkie Event Coordinator, Allen Jacobson, coordinator@canadianbirkie.com. Birkie Administrator, Nicole Brenda ski@canadianbirkie.com.


10  **Art Society workshop with Dee Poisson** (A. J. Ottewell Centre, 590 Broadmoor Blvd, Sherwood Park) 10am - 4pm - Colored Pencil workshop. Contact 780.449.4443, or artsoc@telus.net


10  **Colored Pencil Workshop with Dee Poisson** (Ottewell Centre, 590 Broadmoor Blvd, Sherwood Park) 10:30am - 3:30pm - This coloured pencil workshop will cover the basics of tools and application techniques used to finish a piece of artwork. Beginners are welcome. No experience necessary. Register at www.artstrathcona.com

10  **Butterfly Art** (Strathcona County Library, 401 Festival Way, Sherwood Park) 2 - 3pm - This free registered program is for children in grades 4-6. Create beautiful water colour art that will make your spirit soar like a butterfly. To register for this free program contact the Strathcona County Library in Person, by phone 780.410.8600 or visit our website www.sclibrary.ca

10  **Annual Pie Auction/Social and Silent Auction** (Good Hope Community Hall, 21076 Twp Road 542) 7 - 10pm - Pie Auction and Silent Auction, Social. Contact Terri-Ann 780.998.4661

13  **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.

13  **Moving Past the Tears** (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 2 - 3:30pm - This class examines grief as a journey and offers a variety of resources including those within our community that offer bereavement support. Take advantage of the opportunity to ask our Psychologists questions relating to the topic Call 780.410.8000 to register or for more information.

13  **Love food. Hate waste. Meal plan** (Sherwood Park Log Cabin, 50 Spruce Avenue, Sherwood Park) 6 - 8pm - A simple way to reduce food waste is to plan your meals. Reducing food waste in Strathcona County is an important goal for 2018. Contact Erin Wildeboer, Strathcona County Utilities, erin.wildeboer@strathcona.ca, 780.416.6784