

13 **Love food. Hate waste. Meal plan** (Community Centre Meeting room 3&4 401 Festival Lane, Sherwood Park) 6 – 8 pm. A simple way to reduce food waste is to plan your meals. We're here to help. Join us for an evening of learning, fun and getting organized. What to expect:

Meal planning sheets, recipes, tips and tricks on how to do the green routine at home, suggestions from a local shopping guru on how to save money with coupons, price matching and other tricks, chance to talk to a registered dietician about your nutritional concerns, Reducing food waste in Strathcona County is an important goal for 2018. We hope you will join us for more information on how you can do your part. 780.416.6784

13 **Clubroot Update 2018** (Heartland Hall 55305 Range Road 214 Ft. Saskatchewan) 7 - 10pm - An informative session with Dr. Stephen Strelkov (University of Alberta) about the new strains of clubroot discovered in Strathcona County. Doors open at 6.30pm. Learn about the environmental and economic benefits of eco-buffers and shelterbelts with Noel St John (Agroforestry and Woodlot Extension Society), Registration closes March 8, 2018 Sponsored by Strathcona County's Agricultural Service Board. Contact Transportation and Agriculture Services, 780.417.7100

15 - **Seniors' Dance and Social** - (Log Cabin (attached to the Sherwood Park 55+ Club), 50A Spruce Avenue, Shewood 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

15 **Brookville Annual General Meeting** (Brookville Community Hall, corner of Highway 16 and Range Road 212) 7 - 9pm - Annual General Meeting- come find out what events are being planned for Brookville in the coming year. Two executive positions are currently open - Vice President and Treasurer. Contact Candice Proctor 780.975.8590

1-31 **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. 780.449.0170

16 **Community Blood Donor Clinic** (Bethel Lutheran Church, 298 Bethel Drive) 3:30 - 7:30pm - Come out and save a life today by donating blood. New Blood Donors are always welcome. To book your appointment visit [www.blood.ca](http://www.blood.ca) or call 1-888-2donate.

16 **Perogy Supper** (Brookville Community Hall - corner of Highway 16 and Range Road 212) 4.30 -7pm - Pyrogy supper including pyrogies, kobasa, cabbage rolls, salads and all the fixings! Candice Proctor 780.975.8590

17 **Saint Patrick's Day** (Antler Lake Community Hall, 1A, 52343 Range Road 211) - Theme night ~ wear something green. Social evening for community and guests. Beer, wine and mixers for sale. For more information, please call Colene Frood 780. 922. 0791

21 **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. Contact For more information call Bonnie 780.910.6432

21 **Green Cleaner Workshop** Common Ground Café, 50 Brentwood Blvd Sherwood Park. 6.30 – 8.30 pm. Learn how to make your own green cleaners and take home some samples to get your house sparkling without harsh chemicals. Workshop run by Strathcona County staff. 780.449.5514

22 **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: Chair Yoga, Guest Speaker: Diabetes and the Eyes - Doctors Eyecare, Please visit our webpage for more information! Contact Terry at 780.416.3300

23 **River Blue - World Water Day Film** Council Chambers, Community Centre, 401 Festival Lane, Sherwood Park 7 – 9pm. Join us for our World Water Day film as we learn about the impact of the global fashion industry on water resources For more information please call: Strathcona County Utilities 780.467.7785

24 **Robin Hood's 2nd annual Sledge Hockey Day** (Millennium Place, 2000 Premier Way, Sherwood Park) - Join us on Saturday, March 24, 2018 for a full day of FREE, family-friendly activities at Millennium Place in Sherwood Park! Sledge Hockey Day centers around a round-robin sledge hockey tournament involving local businesses, community groups and Robin Hood's own sledge hockey teams. Sledge Hockey Day aims to promote inclusive sport and uphold individuals with disabilities as bona fide athletes and contributing members of their communities. Contact Alice Kos, [akos@robinhoodassoc.com](mailto:akos@robinhoodassoc.com), 780.467.7140

24,25 **Luminous Oil Florals** with Sharon Lynn Williams (Ottewell Centre, 590 Broadmoor Blvd., Sherwood Park) 10am - 4pm - The secret to luminous oil painting, Sharon believes, is in using a transparent wet underpainting in vibrant colours, followed by a top layer of opaque paint, leaving some of the stunning underpainting to show through in places For experienced beginners to intermediate painters, Oils preferred but Acrylic acceptable. Contact Information & Registration at [www.artstrathcona.com](http://www.artstrathcona.com).

24 **Wholly Handmade** (Community Centre - Agora 401 Festival Lane, Sherwood Park) 10am - 5pm - Over 100 handmade artisans and crafters on display. FREE admission and FREE 2 hour underground parking. There is something for everyone - home decor, jewelry and accessories, baby and children's items, bath and body products, gourmet food, original artwork and more! Contact [kingsleyevents@shaw.ca](mailto:kingsleyevents@shaw.ca)

### CHEF'S CHOICE FROZEN MEALS 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



## March 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

1-31 **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. It acknowledges the history of community service organizations that have assisted County residents, from the initial support groups in the 1920s to the current champions in the community. Included with Museum admission: \$5/adult, \$4 student/senior, 4 & under free. Cash only. On display until April 20, 2018. Open Monday-Friday 10am-4pm. Contact 780.467.8189, assist.scm@shaw.ca, www.strathconacountymuseum.ca.

1,2,5,6, **Transit Master Plan Review Interactive Open House** (Community Centre Room 2 and 3, 401 Festival Lane, Sherwood Park) 3:30 - 8pm - Help Shape the future of transit in our community. Join us for one of our interactive open houses. Come and go as you please. no set program. Speak with Dillon consultants, take our survey and share your ideas. Whether you are a regular user of transit or not, help shape the future of transit in Strathcona County. Contact strathcona.ca/tmp.

1,8,15,22,29 **Salisbury Farmer's Market** (Salisbury Greenhouses Ltd., 52337 Rge. Rd. 232, Sherwood Park, AB) 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 **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

1 **More than Just a Bad Day:** Understanding and Supporting Youth with Depression and Self-Injury (Archbishop Jordan Catholic School, 4001 Emerald Drive) 6 - 7:30pm - This free session is intended to provide parents, caregivers, teachers and community members with basic information. Presentations are hosted in schools but open to all adults to attend. This session will help caregivers increase awareness about adolescents who might be experiencing sadness, depression and intentionally injuring themselves. Children, Youth and Families Addictions and Mental Health Edmonton Zone. Contact Education Team CYFCaregiverEducation@ahs.ca, 780.415.0074

5 **SP Ledes and Kickers** (Strathcona County Library, 401 Festival Lane, Sherwood Park, AB, T8A 5P7) - Learn how to make your writing start strong and end stronger, with Strathcona County Library Writer in Residence Michael Hingston. This evening workshop will also take a look at how some of the world's best writers start and finish a piece of work. The program runs from 7:00 – 8:30 pm and you can register online at www.sclibrary.ca or by calling 780.410.8600.

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/>. Contact 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. We have themed play days, free play and crafts, Just drop in. Please contact Andrea for more information: 780.662.2414

6,13,27 **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

6 **SP TRUST YOUR INTUITION** Lecture (Sherwood Park County Hall, 2001 Sherwood Drive, lower level) 1 - 2:30pm - If happiness is a choice, how do you cultivate more of it! Get the richness and fullness out of life! - 1 ½ hours - \$21. at the door 1pm AND 7pm, Programs presented by Inner Peace Movement of Canada, an educational, self-awareness program, for over 50 years. A non-profit program with practical tools for effective living. dfuechtman@gmail.com

6,13,27 **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? Come to the bookmobile at Hastings Lake Hall. Learn more about the Bookmobile. Contact Strathcona County Library 780.410.8615

6,15 **La Source-franco!** (Common Ground Cafe, 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.Pour recevoir le courriel d'information et surtout pour \*confirmer votre présence\*, textez Marie au 780.720.9160. Call or e mail Marie 780.720.9160 / lasourcefranco@gmail.com

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

7,14,21,28 **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 **Strathcona County Garden Club Regular Meeting** 7 - 9pm (Strathcona Community Centre (Council Chambers), 501 Festival Avenue, Sherwood Park) - our March meeting with Guest Speaker, Kevin Npora (Salisbury Landscape Designer & Master Gardener), discussing "Pruning" & "How to Properly Care For Our Garden Tools. Strathconagardenclub.ca

8,15,22,29 **QuitCore** (Sherwood Park Primary Care Network, #108, 150 Broadway Crescent, Sherwood Park) 1:30 - 3pm - The PCN is hosting QuitCore to help people quit or reduce their tobacco intake. These group sessions are free and don't require a referral., Participants also receive a \$500 Blue Cross Card to use for nicotine replacement therapy (NRT) or cessation medications., Sessions will be on Thursday afternoons at 1:30 - 3:00PM from March 8-April 19, 2018 at the PCN. Patients must go to the Alberta Quits website to register www.albertaquits.ca.

9 - 31 **'The Art of Truth and Reconciliation'** by George Littlechild (Gallery@501 #120, 501 Festival Avenue, Sherwood Park) - George, through his art-practice discusses Identity displacement and cultural genocide from his own personal experience. George delivers his work to audiences to create a dialogue between both the Aboriginal communities and the Colonial communities as a healing method and a shared experience. artgallery@strathcona.ca. 780.410.8585

9,10,11 **Emptiness of Detail**, Watercolors with Graham Flatt (Ottewell Centre, 590 Broadmoor Blvd, Sherwood Park) - This three day workshop focuses on the key elements mentioned on the poster below and their importance in improving the visual impact of a painting. The principle of contrast is introduced and repeatedly reinforced throughout the weekend as a major component of a strong and visually compelling painting. For all levels of artists that have Watercolour experience, Friday March 9, 7pm-9:30pm, Saturday March 10, 9am-5pm, Sunday March 11, 9am-4pm. Information and registration at www.artstrathcona.com

10 **Campbelltown Wellness Day** (Ecole Campbelltown 271 Conifer Street, Sherwood Park) 9am - 3:15pm - We are excited about the workshop lineup for our second annual Wellness Day. Participants can choose workshops geared towards their life and their own definition of wellness. Come for a single workshop or a full day (3 workshops) that includes lunch. Check out our full line up, www.eventbrite.ca. This event is a fundraiser for Ecole Campbelltown arts programs. Contact campbelltownwellnessday@outlook.com

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., Contact Legislative Officer, Legislative & Legal Services, legislativeofficer@strathcona.ca. 780.464.8105 or 780.410.8577