

18 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. 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

18 Keeping Scattered Kids on Track: Supporting Children and Adolescents with Attention Deficit Hyperactivity Disorder (ADHD) (Pine Street Elementary, 133 Pine Street, Sherwood Park) 6 - 7:30pm. Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common mental health conditions diagnosed in children. Come and learn about the signs and symptoms of ADHD, ways that ADHD impacts academic achievement, self worth, and relationships. You will leave with new strategies (not solutions) and resources for supporting success in children and adolescents with ADHD. The 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. Regional Collaborative Service and Delivery & Children, Youth and Families, Additions and Mental Health Edmonton Zone. Education Team, CYFCaregiverEducation@ahs.ca. 780.415.0074

21 Community 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 1.888.2Donate (236.6283)

21,22 Whimsical in Oil or Acrylic with Cindy Revell (Ottewell Centre, 590 Broadmoor Blvd., Sherwood Park) 9am - 4pm. Inquisitive birds, flowers and uncommonly coloured creatures come to life in gardens, interiors and still lifes where they fuse in an exuberant and vibrantly colourful mix that implies 'what if' and 'anything is possible'. This class is an opportunity to indulge yourself in the colours and subject matter that resonates most with you. You will learn how to see things from a more imaginative perspective. Students will sketch and refine their concept on paper then draw it on canvas either in pencil or thinned paint before painting. We'll apply the fundamentals of concept, composition, value, colour, temperature and paint quality to take your idea to a finished and colourful whimsical painting. It will be a personal and relevant expression of you! Sat/Sun April 21/22, 2018 10am - 4pm. Contact Information and registration at www.artstrathcona.com

27 Power of Relationships (Community Centre Agora (401 Festival Lane, Sherwood Park) 7 - 9pm. Spend an entertaining, inspirational and enlightening evening together as we talk about the power of relationships with our children and how connection - no matter what age - can be the most powerful tool we have and (sometimes) the hardest thing to do. Expect an evening of laughter and stories, while we understand how attachment and connection to our babes and our partners will give our children the most important skill they will ever learn, how to be kind and connected people we can be proud of. The Elk Island Catholic School Board and

Strathcona County Family and Community Services are honoured to present an evening with Dr. Jody Carrington, as part of a shared vision to create a supported, safe and connected community in Strathcona County. Susan Johnson at susan.johnson@eics.ab.ca, Tracy Gravelle at tracy.gravelle@strathcona.ca.

28 I Must Go Down to the Seas Again (Trinity Baptist Church, 22550 Township Rd 530, Sherwood Park) 7 - 9pm. The Josephburg Choral "Society is please to present "I Must Go Down to the Seas Again" featuring the Men's Chorus, the Handbell Ensemble and Celtara, a Celtic ensemble. You'll enjoy the tight harmonies of the men, the resonance of the handbells and the foot stomping rhythms of our Celtic guests. Tickets are available at the door, from Judy at 780.464.0603

DOES YOUR ORGANIZATION NEED MONEY ? CHECK THIS WONDERFUL OPPORTUNITY



TransCanada
presents

IVC's
Funders Forum 2018

\$20 to Register

Call IVC @ 780-464-4242 or register online @ www.ivcstrathcona.org

April 24, 2018

5 pm - 9:00 pm (check agenda for evening details)
OLPH Church Hall Sherwood Park

- Learn up close & personal about specific funding grants.
 - Does your group fit with a funder?
 - Visit a variety of funders in one evening.
- Bring another person and connect with almost everyone!
- Funders will be speaking to small groups on a rotating basis.
 - Check our website for updated funders list regularly!

ONE EVENING DEDICATED TO BUILDING CAPACITY IN YOUR ORGANIZATION



Word has it that the \$25 Loblaws Gift Cards have started arriving in people's mailboxes. Just a reminder if you are donating it to Strathcona Food Bank, you can drop it off at the Food Bank M - F 9:00 am to noon or at our office at 100 Ordze Avenue. We are open M - F 8:30 am to 4:30 pm (closed over the lunch hour).



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



April 2018

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



1 - 20 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 1920's 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. 913 Ash Street, Sherwood Park. 780. 467. 8189. www.strathconacountymuseum.ca

1,8,15,21,22,28,29 The Loft Gallery & Gift Shop (590 Broadmoor Blvd, Sherwood Park) 12 - 4pm. The Loft Art Gallery & Gift Shop of the Art Society of Strathcona County, IS OPEN. Saturdays & Sundays, through July 8, 2018 (exc long weekends), noon to 4 pm, at the Ottewell Centre. Check out the artwork of the member artists: Desserrie Plewis, Lynda McAmmond, Lynn Sinfield, Joyce Boyer, Kay McCormick, and Terrie Shaw. www.artstrathcona.com or artsoc@telus.net. Contact 780.449.4443

3,10,17,24 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. Call Indira @ 780.464.5084 before attending.

3,10,17,24 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

3,10,17,24 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 info please contact Vi Haase 780.922.2174

3,10,17,24 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

3,10,17,24 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. Call Marilyn @ 780.922.3894 before attending.

3,17 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.

4,11,18,25 Toastmasters Club meetings-Forward Thinkers (401 Festival Lane, Sherwood Park, AB) Meets Wednesdays 7 - 9pm in the Community Centre, Room 5. Find the club that best suits your time constraints. Call Steve @ 780.467.3848 before attending.

4,11,18,25 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

5,12,19 QuitCore (108, 150 Broadway Crescent, Sherwood Park Primary Care Network) 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. An Exercise Physiologist and Pharmacist will co-facilitate the sessions. Participants also receive a \$500 Blue Cross Card to use for nicotine replacement therapy (NRT) or cessation medications. Sessions are on April 5, 12, 19 and May 3, 10, and 17 from 1:30pm – 3:00pm at the PCN. Patients must go to the Alberta Quits website to register www.albertaquits.ca. Call 780.410.8000 for any inquiries.

5,12,19,26 Salisbury Farmer's Market (Salisbury Greenhouses Ltd., 52337 Rge. Rd. 232, Sherwood Park) 4 - 7:30pm. Celebrate delicious local Alberta foods and quality crafts. Call for vendor details or table availability. Call the Market Coordinator at 780.238.2203

6 Multicultural Potluck Dinner (Strathcona County Hall, Conference Centre Room 1 401 Festival Lane, Sherwood Park, AB) 5:30 - 9pm - The Strathcona County Diversity Committee and the Newcomer Connector invite you to a multicultural potluck dinner. Please join us as we enjoy new foods and make new friends. Everyone, of all ages, is welcome. Please bring enough food to feed 4-6 people. Plastic and foil containers are fine for bringing your food. The committee will provide plates, cutlery, napkins and cups. Please bring your own serving pieces and label your dishes and serving pieces so they don't get mixed up! There is no provision for heating food so please bring the food at the temperature it needs to be served at. The food will be served around 6:00 pm. RSVP to: strathcona.diversity@gmail.com

6 Dog Licenses Overdue (Strathcona County) Dog Licenses are over-due. IF YOU FORGOT PLEASE REGISTER ASAP. For more information visit www.strathcona.ca. or email dogrenewals@strathcona.ca. Contact Christine O'Shea, RCMP/Enforcement Services 780.410.4369

7 Wellness Fair (Ardrossan United Church, 22 Main Street, Ardrossan) 10am - 4pm. This event will include therapy sessions, wellness companies on display and products for sale. If you are a vendor and would like more information on getting involved please contact Val Blize @ 780.998.0062 or 780.916.9303

7 Rural Volunteer Appreciation Event (Ardrossan Recreation Complex - Banquet Hall, 80 -1 Avenue, Ardrossan) 11:30am - 2pm. Volunteers are the heart of our rural Strathcona County communities. We would like to celebrate everything volunteers bring to our rural community! Contact Alexis Rowell, Office of the Elected Officials, 780.410.6533, councillors@strathcona.ca

8 Turning An Idea Into a Manuscript (Strathcona County Library, 401 Festival Lane, Sherwood Park) - Got an idea for a novel? Strathcona County Library Writer in Residence Michael Hingston will show you some tips and tricks for rolling up your sleeves and getting your idea down on paper. As an added bonus, he'll give you strategies to defeat writer's block once and for all! This afternoon workshop runs from 2:00 – 4:00 pm and you can register online at www.sclibrary.ca or by calling 780-410-8600.

10,24 Council Meeting - Live webcast available (Council Chambers, 401 Festival Lane, Sherwood Park, AB T8A 5T8) 9am - 9pm. The open session of the Council meeting commences at 2:00 pm (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

11,18,25 Connect Parent (Archbishop Jordan High School, 4001 Emerald Dr., Sherwood Park) 6 - 7:30pm. Connect parent is a 9 week program starting on April 11, and going til June 6 which provides parents with a new perspective on parent-teen relationships and adolescent development. Parents meet in small groups with two trained leaders for 90 minutes each week. All families from Strathcona County are welcome. Call to register. German Villegas 587.336.4857 or Michelle Steeves 780.781.1239

12 Strathcona County Garden Club Regular Meeting Strathcona Community Centre (Council Chambers) 501 Festival Avenue, Sherwood Park. 7 -9 pm Strathcona County Garden Club meets the second Thursday of the month. Everyone is welcome to join or attend our April meeting with Guest Speaker, Joe Gadbois, (Greenland Garden Centre) discussing ornamental grasses also enjoy a reasonably priced snack table and raffle along with a seed exchange (until May). For more info www.strathconacountygardenclub.ca

13,14,15 Spring Fling 2018 Art Show and Sale (A. J. Ottewell Community Centre (Red Barn), 590 Broadmoor Blvd. Sherwood Park) 7 - 9pm. An evening of Fine Art, Music, Door Prize. Refreshments and HorsD'oeuvres! Show Hours, Friday April 13th 7pm - 9pm, Saturday April 14th 10 am - 4 pm, Sunday April 15th 11am - 4 pm. Special Marketplace Cash and Carry Section. Contact 780.449.4443, artsoc@telus.net. Website: www.artstrathcona.com

14 ARAS Farm/Rural Safety Fair (Ardrossan Recreation Complex, 80-1 Avenue, Ardrossan) 10am - 4pm. Join us to learn more about the country way of life in Strathcona County. Whether you are working with the land and animals or enjoying nature trails and rural sporting activities, we have interactive safety games and displays to educate and entertain. Live animal demonstrations. Suitable for all ages. Speaker sessions sponsored by Strathcona County Library. Contact Diana 780.885.8615

14 Free Clothing Exchange (Sherwood Park Alliance Church, 1011 Clover Bar Road, Sherwood Park) 10:30am - 12:30pm. Free Clothing Exchange will be held from 10:30 a.m. to 12:30 p.m. at Sherwood Park Alliance Church gym. Everyone is welcome. It includes clothing, footwear, belts, purses, household items and books. It is not necessary to contribute in order to receive. Drop off donations at the South gym after 4 p.m. on Friday April 13 until 11:30 a.m. on Saturday April 14. For more information, please call Penny at 780.416.8339.

1 - 29 '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. George delivers his work to audiences to create a dialogue between both the Aboriginal communities and the Colonial communities as a healing method. artgal-levy@strathcona.ca, 780.410.8585

17 Priorities Committee Meeting - Live webcast available (Council Chambers, 401 Festival Lane, Sherwood Park, AB T8A 5T8) 9am - 9pm. 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

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