

17 Community Blood Donor Clinic – Community Centre - Agora, 401 Festival Lane. 9am – 1pm. Come out and save a life by donating blood today. New Blood Donors are always welcome! 1-888-2Donate (263-6283)

17 Paint Your Voice - Strathcona County Library, 401 Festival Lane, Sherwood Park. 2pm – 3.30pm. This is a free registered program for teens in grades 7-12. Record yourself saying something special and use the resulting waveform to make some unique art. To register for this free program visit the library in person, call 780.410.8600 or go to our website www.sclibrary.ca

17 Seniors' Dance and Social Log Cabin, 50A Spruce Ave, Sherwood Park. 7pm – 10pm. May 17 Band: Chwill Brothers. Doors open at 6:30 pm. Dance, socialize or just enjoy the music! Partners and Singles welcome. For more information please call 780.416.7234.

18 Lego Stop Motion Strathcona County Library, 401 Festival Lane, Sherwood Park. 2pm – 3.30pm. This is a free registered program for children in grades 4-6. Build some awesome Lego creations, then use a stop motion app to bring them to life. To register for this free program visit the library in person, call 780.410.8600 or log onto our website www.sclibrary.ca

21 Celebration of Spring Ukrainian Cultural Heritage Village, Located 25 mins east of Edmonton along Hwy 16. 10am – 5pm. Welcome the start of a new season at the Ukrainian Village with Celebration of Spring. Take in one of Alberta's largest Ukrainian dance extravaganzas featuring numerous dance groups of all ages from across Alberta. Meanwhile, in the historical village, families can visit with costumed role players and celebrate spring on the farm with a full day of authentic activities. Visitors are encouraged to bring a lawn chair for seating. For more information www.ukrainianvillage.ca

24 Infant CPR Strathcona County Library, 401 Festival Lane, Sherwood Park. 10am – 11am. This is a free registered program for expectant parents, or parents/caregivers with babies ages birth to 12 months. This is a 60 minute class, led by a certified Strathcona County Emergency Services educator. It's ideal for expecting parents and parents/caregivers of children under the age of one. You are welcome to bring your baby, as long as they are not actively walking. To Register for this program call the library at 780.410.8600 or visit our website www.sclibrary.ca

24 Seniors' Fitness Days Millennium Place, 2000 Premier Way. Sherwood Park. 10.15am – 12.15pm. 10:15 - 11 a.m. - Get active: Cardio Salsa or walking - 11:15 a.m. - 12:15 pm - Learn: Primary Care Network programs and services. 780.416.7234

26 Wholly Handmade May 2018 The Agora - Community Centre, 401 Festival Lane, Sherwood Park. 10am – 5pm. Come and support over 100 artisans and crafters at Sherwood Park's BEST handmade only event! There is something for everyone - home decor, baby and children's items, jewelry and accessories, gourmet food, and more!! Pick up a Teacher's Gift, Father's Day present, or something for yourself! For more information kingsleyevents@shaw.ca

26 Cosplay Prom Strathcona County Library, 401 Festival Lane, Sherwood Park. 7pm – 9pm. This is a free registered event for teen in grades 7-12. Come dressed in your fanciest attire or in your favourite cosplay, while delighting in the usual prom enchantments. Whether you want to celebrate your fandom or just get dressed up, this event shouldn't be missed. Prizes for the best costumes. To register for this free teen program visit the library, call 780.416.8600 or log onto our website www.sclibrary.ca

28 Green Care Day Camps - Home on the Range Green Care Farm 53350 Range Road 223, Ardrossan. 9am – 3pm. Program participants, or 'Farmers' as we like to call them, are given the opportunities to participate in farm based activities and small scale agricultural practices. The goal is to offer Farmers the opportunity to gain greater independence through meaningful work, healthy eating, recreation, self-determination, increased physical activity and community involvement. The day camps operate most Mondays & Tuesdays from 9am-3pm from May- September. They are facilitated by our trained Home on the Range seasonal staff. The cost of our Farm based day camps are \$25 per day, billed at the start of each month. The Farm is not open on statutory holidays. This cost includes healthy snacks, hot chocolate, coffee, tea, water, freezies and a salad lunch after mid-June. Partial subsidies are available on a case by case basis. To register online visit www.greencarefarm.ca. For more information call 780.719.4419.

31 Community Garage Sale Brookville Hall - corner of Highway 16 and Range Road 212. 3-day garage sale (Thurs 3-8pm, Fri 9am-8pm, Sat 9am-6pm). \$10 per day per table or \$25 all three days. Spaces available outside as well. Concession provided. For more information please call Jeannette at 780.998.1975.

31 Test Anxiety: Strategies for Success Salisbury Composite High, 20 Festival Way, Sherwood Park. 6pm – 7.30pm. Does your teen prepare for a test only to freeze or blank out during the test? Does your teen's anxiety hold them back from their full potential? Test and performance anxiety is very common among students. This session will help teens learn how to succeed in spite of their anxiety and help caregivers support their teens to reduce test anxiety. We will explore what happens when a student experiences test anxiety and provided practical strategies and resources for you and your teens to use to manage anxiety symptoms. 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, Addictions and Mental Health Edmonton Zone. For more information please contact Education Team CYFCaregiverEducation@ahs.ca or 780.415.0074.

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



Grantwriting
Winning Grant Proposals:
Know your funders & develop relationships

IVC's
Workshop Series
Building Better Futures

Register online or more info @ www.ivcstrathcona.org or call IVC @ 780-464-4242

May 5, 2018
 9:00 am – 3:00 pm
 Strathcona County Hall Conference Centre 1
 \$20.00 per person

- For Small to Medium Sized Organizations & Groups**
- Are you looking for practical information to secure grant funding for your organization?
 - Join us for this full-day workshop to learn the steps needed to successfully obtain grant support and build genuine long-term relationships with funders.
 - Facilitator Rhonda Newman has personal and professional experience in Grant Writing.
 - Check out [her bio](#) and the full plans for the day on our website!
- ONE DAY DEDICATED TO IMPROVING YOUR ORGANIZATION**



Be sure to visit our website for many wonderful volunteer opportunities:
www.ivcstrathcona.org

May, 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

1,8,15,22,29 Toastmasters Club meetings-Morning Challengers (20 Fir Street, Sherwood Park, AB) - 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.

1,8,15,22,29 Hastings Lake Play Group (Hastings Lake Hall, 51080 Range Road 204) - Please join us every Tuesday! 10 am – noon. 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

1,8,15,22,29 South Cooking Lake Senior's Association (#102, 22106 South Cooking Lake Road, South Cooking Lake) - 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.

1,8,15,22,29 Hastings Lake Hall - Bookmobile (Hastings Lake Hall, 51080 Range Road 204) 10am – 12pm Are you looking for fiction? self help books, CD'S , videos or DVD's? Come to the bookmobile at Hastings Lake Hall. For more information contact Strathcona County Library - 780.410.8615.

1,8,15,22,29 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

1,8,15,22,29 Toastmasters Club meetings- Bowmen (501 Festival Avenue, Sherwood Park, AB) - 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.

2 BrainStorm (Strathcona County Library, 401 Festival Lane, Sherwood Park) – 3 - 4pm. This is a free program for children in kindergarten to grade six..Come to the library on early dismissal days for activities that spark ideas and imagination. Art projects, science experiments, building challenges and more! Fun new activities each month. To register for this free program visit the library in person, call 780.410.8600 or go to our website www.sclibrary.ca

2 Connect Parent (Archbishop Jordan High School, 4001 Emerald Dr, Sherwood Park) - Connect parent is a 9 week program going until 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. Need to call to register. Limited spaces. Please call German Villegas 587.336.4857 or Michelle Steeves 780.781.1239 to register.

2,9,16,23,30 Weekly Caregivers Meeting (Strathcona County Library (2nd Floor), 401 Festival Lane, Sherwood Park) 10 am - noon. Please Note: Caregivers Association offers an 8 - week course. It is highly recommended. For more information call: 780.453.5088.

2,9,16,23,30 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. All meetings are subject to change. Call Steve @ 780.467.3848 before attending.

3,10,17 QuitCore Sherwood Park Primary Care Network 108, 150 Broadway Crescent, Sherwood Park. 1.30 – 3.00pm. 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. Patients must go to the Alberta Quits website to register: <https://www.albertaquits.ca/quitting/support-groups>. Call 780.410.8000 for any inquiries.

3,10,17,24,31 Salisbury Farmer's Market (Salisbury Greenhouses Ltd., 52337 Rge. Rd. 232, Sherwood Park, AB) 4 – 7.30 pm - Celebrate delicious local Alberta foods and quality crafts. Call for vendor details or table availability. For more information please call the Market Coordinator at 780.238.2203.

4 Star Wars Trivia Night (Strathcona County Library, 401 Festival Lane, Sherwood Park) - This is a free registered program for teens in grades 7-12. The force is strong with this one. Trivia rounds will test your knowledge of the Star Wars movies. We also have a special prize for the best Star Wars costume, but you don't have to dress up to attend. Just bring your knowledge and maybe a few mind tricks! To register for this free event visit the library in person, call 780.410.8600 or log onto our website www.sclibrary.ca

5 Community Blood Donor Clinic (Bethel Lutheran Church, 298 Bethel Drive) – 9am – 5pm. Come out and save a life by donating blood today. New Blood Donors are always welcome! For more information, please call 1-888-2Donate (263-6283).

5 IVC's Workshop Series - Grantwriting (Strathcona County Hall Conference Centre 1, 401 Festival Lane, Sherwood Park) 9am – 5pm. For Small to Medium Sized Organizations & Groups. Are you looking for practical information to secure grant funding for your organization. Join us for this full-day workshop to learn the steps needed to successfully obtain grant support and build genuine long-term relationships with funders. Facilitator Rhonda Newman has personal and professional experience in Grant Writing. One day dedicated to improving your organization. For more information please call IVC 780.464.4242 or register @ www.ivcstrathcona.org.

5 Spring Market (Brookville Community Hall, CNR of Highway 16 and Range Road 212) 9am - 4:30pm - Spring market, with homemade and home business items. Good variety - great time to buy items for Mother's Day! For more information, please call Jeannette Home-niuk, 780.998.1975.

5 Community Garage Sale (1 A 52343 Range Road 211, Sherwood Park) - Local vendors are welcome to book a table. For more information, please call Colene Froid 780. 922. 0791.

5,6 The Loft Gallery & Gift Shop Featuring Dianna Sapara (590 Broadmoor Blvd, Sherwood Park - 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. Also 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

8 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. <https://www.strathcona.ca/departments/legislative-legal-services/council-meetings/agenda-packages-minutes-webcasts>.

9 Resilience: The Biology of Stress & The Science of Hope (Community Centre, Council Chambers, 401 Festival Lane, Sherwood Park, AB) – 1.30 -3.30 pm and 6pm – 8pm. Change the story. Learn how early childhood experiences impact brain development and health over the lifespan and how building resiliency and experiencing positive relationships can change the story for those with affected by trauma. Join the conversation. Attend a FREE screening of the award winning documentary "Resilience: The Biology of Stress & The Science of Hope". The film will be followed by a community conversation. Register to attend as space is limited. There is a second showing at 6 p.m. Strathcona County uses a third party hosting solution called Trumba to manage registration of its various events. Trumba provides Strathcona County with a list of registrants for the event, limited to your name and email address. We will use this information for administrative purposes and to provide notification to you about the event. If you have any questions, please contact the event organizer, Community Educator at 780.464.4044.

11 Community Blood Donor Clinic (Our Lady of Perpetual Help Church Parish Hall, 13 Brower Drive) – 3.30 pm – 7.30pm. Come out and save a life by donating blood today. New Blood Donors are always welcome! For more information, please call 1-888-2Donate (263-6283).

12,13 Sherwood Park Quilt Guild, Old Traditions New Directions Quilt Show - Robin Hood Learning Centre, 141 Broadway Blvd. Old Traditions New Directions Quilt Show, May 12 & 13 . \$6.00 Entry. For more information : info@spqg.ca.

12 Mascots Race For Hope Sherwood Park Alliance Church, 1011 Clover Bar Rd. 8.30am – 1.30pm. Mascots from the Edmonton and area will gather to cheer on the 5km and 10km participants and then rally back to the start line to compete in their own 400m race! This event will be high energy, with food trucks and music. Fun for the whole family. For more information please contact Race Director: Danielle Kath mascots.race@expandhope.org

12 18th Annual Strathcona County High School Art Show & Competition. A.J. Ottewell Centre, 590 Broadmoor Blvd, Sherwood Park. 11 am – 4pm. Hosted by the Art Society of Strathcona County. Opening Reception & Awards - Friday, May 11, 7-9 pm. Show & Sale continues May 12 and 13. Come celebrate our local youths' talent.

12 Basically Babies 8th Annual Mother's Day Brunch & Silent Auction. The Agora Community Centre, 401 Festival Lane, Sherwood Park. 9am – 1 pm. Basically Babies signature fund raising event brings together family, friends, volunteers and supporters to celebrate motherhood and raise funds in support of outfitting newborns born into families in extreme need. This year's "Picnics & Patios" themed-event will feature a delicious brunch, a feature presentation and hundreds of silent auction items! All funds raised directly support the charitable work of Basically Babies. For more information or to purchase tickets email office@basicallybabies.org or call 780.989.0180.

15 Strathcona Salon Series Gallery@501 #120, 501 Festival Avenue Sherwood Park. Unveiling Reception Thursday, June 7 at 7 p.m. This exhibition features Strathcona County's amazing artistic talent and runs for 40 days. The work in the show has been submitted for consideration for purchase, loan or donation to the Strathcona County Art Collection (est. 1987). Both adult and high school artists are eligible to submit. All of the work will be juried and artworks selected for the collection will hang in the Artrium in the Community Centre for one year, prior to being distributed to public spaces in Strathcona County. artgallery@strathcona.ca 780.410.8585.

15 Priorities Committee Meeting - Live webcast available Council Chambers, 401 Festival Lane, Sherwood Park. 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/>

15 Green Care Play - Home on the Range Green Care Farm 53350 Range Road 223, Ardrossan. 6.30pm – 8pm. Is there a better way to spend a lovely spring or summer evening than being active outdoors? We don't think so either!

New for the 2018 season, Home on the Range is pleased to offer Green Care Plays! An opportunity to come out the farm one evening a week to play active, outdoor games. We have Giant Jenga, croquet, badminton and volleyball, and so much more. There will also be healthy snacks from the farm, water and freezies. We will be offering two sessions of this program: Spring Session-Dates: May 15 – June 26. Cost: \$150.00 (due at time of registration). For more information or to register online visit www.greencarefarm.ca or call 780.719.4419.

16 Care Chat - A Support Group for Caregivers Common Ground Community Café, 50 Brentwood Blvd, Sherwood Park 9.30 – 11 am. 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.

16 Green Care Knits - Home on the Range Green Care Farm 53350 Range Road 223, Ardrossan. 6.30pm – 8pm. Have you ever wanted to learn how to create beautiful, functional, handmade items? We will start with learning how to loom knit and create beautiful pieces that you can take home or sell! We will be offering two sessions of this program. Spring Session: Wednesday May 16 – Wednesday June 27 .Cost: \$70.00 (due at time of registration) To register online visit www.greencarefarm.ca. For more information call 780.893.9781.