

11 Antler Lake Country Fair
Antler Lake Hall 1A, 52343 RR 211. 12 – 4pm. Interactive Arts, Bookmobile, children's outdoor sports, bouncy castle, petting zoo, county road safety display, live music, obstacle course, Sacred Circle, Traditional Smudge. Concession Stand will include: Hot dog, pop, hamburgers, popcorn, candy, FREE coffee corner, Vendors - home crafts etc. Antler Lake / Uncas Community League 780.922.0791 or 780.237.9210

13, 17 T.R.U.E Girls Group Program
Saffron Centre, 110, 222 Athabasca Avenue, Sherwood Park. 9am – 5pm. T.R.U.E stands for Teens Recognized, Uplifted, and Empowered. T.R.U.E is a Saffron Centre pilot group program that aims to end sexual violence through the empowerment of girls by enhancing their ability to make informed and safe decisions. This group will discuss various topics such as boundaries, healthy relationships, and self-care/esteem. T.R.U.E is a unique and proactive girls group that will help implement the proper foundation and tools needed to foster a healthy lifestyle. This upcoming week-long program is for girls aged 12-14. For all inquiries and more details, please email or call us! Call: 780-449-0900 Email: publiced@saffroncentre.com

14, 16 Take the bus- Travel training session for youth Bethel Transit Terminal. 650 Bethel Drive. Session at 10 a.m. and 6 p.m. Taking Transit for the first time, but feeling a bit uncertain? Then join Strathcona County Transit for an information session designed just for youth! Learn the ins and outs of our transit system including: Planning your route, Where and when to catch your bus and much more!
www.strathcona.ca

15 Sleep Tight - Primary Care Network 108, 150 Broadway Crescent, Sherwood Park. 1 - 2.30pm. This free class is led by one of our Registered Psychologists. We cover the effects of poor sleep and a number of strategies to enhance sleep hygiene. Call 780.410.8000 to register for more information.

15 Diabetes: Understanding Carbs - Primary Care Network 108, 150 Broadway Crescent, Sherwood Park. 1.30 – 3.30pm. This free class is led by one of our Registered Nurses. This interactive workshop teaches you about the effect food has on blood sugar. Learn which foods contain carbohydrates, how to choose healthy portions, and balance your plate. Call 780.410.8000 to register or for more information.

16 Osteoarthritis – Primary Care Network 108, 150 Broadway Crescent, Sherwood Park. 9.30 am – 12 noon. This free class is led by one of our Exercise Physiologists. Learn the essentials of managing chronic joint conditions and receive specific exercise guidelines and programs. Learn: What is arthritis? What are the symptoms? Risk factors? Ways to manage symptoms and decrease pain. Call 780.410.8000 to register or for more information.

17 Community Blood Donor Clinic - Our Lady of Perpetual Help Church, 13 Brower Drive,

18 Millennium MusicFest 2018 140, 849 Premier Way, across from Millennium Place Skate Park. Entertainment – Local Band, Old Jack Tap plus a number of performers from Sherwood Park from 4pm to 8pm. Door prizes/draws every hour (or more), Concession. Everything is a loonie...one loonie will get you a snack, a drink, a jumpy castle entry, a balloon animal, a carnival game, a spin painting, a face painting, etc. Leanne Cummings - Crescendo Music Studios Ltd. 780.570.5699.

21 TRASHfest Abbey Park, 190 Abbey Road, Sherwood Park. 4 - 7 pm. Come learn about our waste system in Strathcona County! Enjoy some of these free activities: bouncy castle, free confidential paper shredding, free hot dogs compliments of Investors Group, an up close look at one of the new waste trucks, interactive games and information booths, and so much more! *In case of inclement weather, the event may be cancelled. Check our website the day of the event. Erin Wildeboer, Strathcona County Utilities. 780.416.6784 erin.wildeboer@strathcona.ca

30 Beach Bash - Kinsmen Leisure Centre, 2001 Oak Street, Sherwood Park. 1.30 – 4.30 pm. Ticket Price: \$6.00 in advance or \$7.00 at the door. Includes: DJ, hot dog, chips, beverage, prizes. Tickets go on sale as of August 1st at KLC only. Millennium Card is not valid for this event. For more information

Antler Lake / Uncas Community League

Country Fair
11th August 2018
Saturday 12:00 to 4:00

Interactive Arts Activities
Bookmobile Children's Programs
Bounce Castle
Musical Entertainment
Obstacle Course
Petting Zoo
Sacred Circle
Traditional Smudge
Strathcona County Road Safety

Event Sponsor
SHERWOOD
THE GIANT

Concession Stand, Serving:-
FREE Coffee & Tea in HALL

Local Traders wares for sale inside Hall
Homemade Crackers & Jams Knick Knocks
Marketplace Pop Up

www.antlerlake.ca alucl2014@gmail.com Phone 780 922 0791

Take the bus- Travel training session for youth

August 14, 16

www.strathcona.ca



WE CARE....so WE SHARE!

In order to serve our community to the best of our ability we have items at our office that community organizations can borrow from us. Contact us for more details

Does your club, group or organization have an event you would like included in the Community Calendar?
Contact:

The Information & Volunteer Centre for Strathcona County
100 Ordze Avenue, Sherwood Park, AB T8B 1M6
P: 780.464.4242 E: info@ivcstrathcona.org
www.ivcstrathcona.org

August , 2018

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



Community Connection



Information & Volunteer Centre
FOR STRATHCONA COUNTY

THE SLAB EVENTS :

1 3-on-3 Tournaments -Community Centre,401 Festival Lane, Sherwood Park. 12 – 6pm. Sign up your team for either 3-on-3 basketball or street hockey. The Final games will be played on Friday and celebrated with live music and FREE FOOD. Contact Tesh.Aytenfisu@strathcona.ca or Niall.Weber@strathcona.ca

2 The Slab - Video Game Night Community Centre, Agora, 401 Festival Lane, Sherwood Park. Come enjoy some of your favorite video games outdoors, or play in the fortnite tournament! Please contact Tesh.Aytenfisu@strathcona.ca for more information

3 Netflix and Chill - East Plaza of County Hall , 2001 Sherwood Drive. 3pm—8pm. Cloudy days call for hot drinks and netflix - come to the slab for some free hot drinks and movies. Bring your own blankets! Contact muneet.malhi@strathcona.ca for more info .

7 Have a talent you want to share? East Plaza at the Community Centre - 401 Festival Lane. 12pm – 6pm. Are you a musician? Artist? Comedian? Do you want to share your talents? Come down to the Slab - we are the venue for you! www.strathcona.ca/theslab 780.464.4044

9 Gardening Workshop + Slam Poetry. Community Centre, 401 Festival Lane, Sherwood Park. 4pm – 10.30 pm. Learn how to grow your own edibles while listening to slam poetry. For more information, please contact muneet.malhi@strathcona.ca

9 3-ON-3 Street Hockey FINALE East Plaza of County Hall. 3 pm - 8pm. Participate in the Finale or watch your friends play for the final prize while enjoying some free food and live music!! Contact muneet.malhi@strathcona.ca to sign up your team.

10 Slab – Battle of The Bands - Community Centre, 401 Festival Lane, Sherwood Park, AB. 3.30pm – 10.30pm. Come enjoy some live music and food. Contact Niall.Weber@strathcona.ca for more info.

16 The Slab – Paint Night - Community Centre, 401 Festival Lane, Sherwood Park. 4pm – 6pm. Create your own masterpiece using simple steps. Contact muneet.malhi@strathcona.ca for more info.

24 The Slab – Video Game Night Community Centre,401 Festival Lane, Sherwood Park. 4pm – 10.30pm. Enjoy the nice weather with some outdoor video games with your friends! Contact Tesh.Aytenfisu@strathcona.ca for more info.

30 The Slab – Water Day - Community Centre,401 Festival Lane, Sherwood Park. Cool off at the Slab with some water balloons and a slip and slide. Contact Muneet.Malhi@strathcona.ca for more info.

31 The Slab – Goodbye Party -Community Centre,401 Festival Lane, Sherwood Park. 3.30pm – 10.30pm.

1-3 Les Petits Soleils – Awesome Summer Camps (Whitcroft Community League, 52313 - Rural Road 232, Sherwood Park) Accepting children Kindergarten to Grade 6 in September 2018. Weekly themes, guests and off site field trips. Themed cooking 2 -3 times a week , and all games, crafts and activities are also in tune with the theme. For more information please call 780.709.2609 or e mail : before-after@shaw.ca

1-26 'Passages' by Vincent Roper (Strathcona County Gallery@501 #120, 501 Festival Avenue , Sherwood Park) Roper's art practice draws inspiration from the fields and structures in and around his home here in Strathcona County. He sketches in pastel en plein air whenever possible and his landscape paintings in oil and acrylic emphasize colour. Roper's artwork explores colour as descriptors, opposed to creating work that describes nature.

1-31 Gymnastics Discovery Camps (Salto Gymnastics, 2025 Oak St.) Monday – Friday.9am – 4pm. Each week of camp will be filled with gymnastics skill building, theme based activities, and weekly field trips. Come join the fun and fitness! askus@saltogymnastics.com 780.449.1518

1,8,15,22,29 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.

1,8,15,22,29 Weekly Caregivers Meeting (Strathcona County Library (2nd Floor), 401 Festival Lane, Sherwood Park. 10am – 12 noon. Please Note: Caregivers Association offers an 8 - week course. It is highly recommended. For more information call: 780.453.5088

1,8,15,22,29 Green Care Knits (Home on the Range Green Care Farm, 53350 Range Road 223, Ardrossan, Alberta) 6:30 – 8.00pm. Have you ever wanted to learn how to create beautiful, functional, handmade items? Then come on down to our Green Care Knits Club! We will start with learning how to loom knit and create beautiful pieces that you can take home or sell! For more information please call 780.719.4419

1, 13 10 Top Tips for Weight Management (Primary Care network, 108, 150 Broadway Crescent, Sherwood Park) 9:30am – 11:30am. This free class is led by one of our Registered Nurses. Learn the best 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.

1 Amazing Race - Starting Line: Children and Youth Community Centre, 3 Spruce Avenue, Sherwood Park. Grab your family and pick up your race package with the first clue at the Children and Youth Community Centre at 3 Spruce Avenue. Together, you'll race through Strathcona County participating in this game of

1 I Do! I Do! Exhibit at the Museum (913 Ash Street, Sherwood Park) 10am – 4pm. The latest Special Exhibit at the Strathcona County Museum, "I Do! I Do!" features wedding dresses through time, along with the lovely stories that accompany them. On display until August 31. Open Monday-Friday 10am-4pm. Special Exhibit included with regular admission: \$5 adults, \$4 students/seniors, ages 4 and under free.

2,9,16,23,30 Salisbury Farmer's Market (Salisbury Greenhouses Ltd. 52337 Rge. Rd. 232, Sherwood Park, AB) Celebrate delicious local Alberta foods and quality crafts. Call for vendor details or table availability. Call the Market Coordinator at 780.238.2203

4 Community Blood Donor Clinic (Sherwood Park Community Centre, 401 Festival Lane, Sherwood Park) 9am – 2pm. Come out and save a life by donating blood today. New Blood Donors are always welcome. 1-888-2Donate (236-6283).

6,7,13,14,20,21,27,28 Green Care Day Camps (Home on the Range Green Care Farm, 53350 Range Road 223, Ardrossan, Alberta) 9am – 3pm. 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 cost of our Farm based day camps are \$25 per day, billed at the start of each month. This cost includes healthy snacks, hot chocolate, coffee, tea, water, freezies and a salad lunch after mid-June. For more information please call 780.719.4419

7,14,21,28 Hastings Lake Play Group (Hastings Lake Hall, 52080 RR 204) 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

7,14,21,28 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, horse-shoes,cribbage,pool, shuffleboard, carpet bowling. Pot-luck at noon, second Tuesday of every month. Minimum age 55. For more information please contact Vi Haase 780.922.2174

7,14,21,28 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.

7,14,21,28 Toastmasters Club meetings- Bowmen (501 Festival Ave, Sherwood Park, AB) Meets Tuesdays 7 - 9pm at the Strathcona County

7,14,21,28 Green Care Play (Home on the Range Green Care Farm, 53350 Range Road 223, Ardrossan, Alberta) 6:30 – 8:00pm. 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. For more information please call 780.719.4419

7 La Source-franco! (Common Ground Café, 50 Brentwood Blvd, Sherwood Park) Ajoutez-vous à La Source! V'nez prendre un café en français 2 x mois au Common Ground Cafe. Visitez La Source-franco sur Facebook ou textez/appelez 780.720.9160 pour les dates. Au plaisir!

7 Hastings Lake Hall – Bookmobile (Hastings Lake Hall, 51080 Range Road 204) 4pm - 5pm. Are you looking for fiction? self help books, CD'S , videos or DVD's? Come to the bookmobile at Hastings Lake Hall. Contact Strathcona County Library : 780.410.8615

7 CHANGE Program Information Session (Primary Care Network, 108, 150 Broadway Crescent, Sherwood Park) 6pm. This program is led by our Registered Dietitians, Registered Nurses and Exercise Physiologists. Learn more about how the CHANGE program can help you eat healthier and become more physically active. Call 780.410.8000 for more information or to register.

8 Eating the Mediterranean Way. Primary Care Network 108, 150 Broadway Crescent. Sherwood Park. 9.30am – 11.30 am. This free class is led by one of our Registered Dietitians. This well studied way of eating has shown health benefits for all people including those with diabetes, high blood pressure or high cholesterol. Call 780.410.8000 for more information or to register.

9 Label Reading -Primary Care Network 108,150 Broadway Crescent, Sherwood Park. 6 - 8pm. This free class is led by one of our Registered Dietitians who will teach you how to read fat, calories, sodium and fiber facts on labels. Feel free to bring in labels from commonly bought or consumed items that you would like examined! Call 780.410.8000 to register or for more information.

10,11 Strathcona County Library Summer Book Sale 401 Festival Lane, Sherwood Park. Strathcona County Library's summertime book, DVD and CD sale runs from 9:30 am - 8:30 pm on Fri, Aug 10 and from 9:30 am - 4:30 pm on Sat, Aug 11. New this year: all day Saturday, fill a bag for \$5! (excluding DVDs & Blu-rays). Proceeds support the purchase of new materials for the library's collections. Call 780-410-8600 or e-mail info@sclibrary.ca. for more information. As the Library is now hosting book sales each quarter, please note that there will be NO free "leftover books" tables this year.