

# BIRCH BARK NEWS



## AG SOCIETY

The Ag Society meeting will be held on Wednesday, February 3<sup>rd</sup> via Zoom. If you would like to join the meeting or have any questions, please contact Martine at 780-837-4783.

## EAGLESHAM SOCIAL CENTRE

The Eaglesham Seniors Centre will be holding their Annual General Meeting. Everyone is welcome to attend.

Date: February 20

Time: 1:00 pm

Location: Senior Social Centre

## THINGS TO DO WITH YOUR FAMILY DURING QUARANTINE

- Play classic movement games such as duck, duck, goose, hide-and-seek and follow-the-leader
- Stream family friendly workouts
- Take a hike in a local park
- Go on a scavenger hunt (inside or out)
- Play freeze dance to everyone's favorite music
- Take a virtual field trip to regional and international zoos, museums and aquariums
- Visit famous landmarks and interesting regions around the world through books and websites
- Learn about healthy eating and test out new recipes
- Put together puzzles
- Solve word games such as Sudoku, word search and crossword puzzles
- Hold a series of family game nights
- Create a family tree with photos
- Read a book series
- Conduct simple scientific experiments like making homemade slime or determining which objects sink or float in water
- Play games that require acting like charades or improvisation

## SEED CLEANING PLANT

The Eaglesham Seed Cleaning Coop will be holding their Annual General Meeting on February 4, at 7:00 pm via Zoom, unless restrictions are lifted.

To get the link and join the meeting, contact Ed by email at ed.piebiak@gmail.com or at 780-512-3230.

The seed cleaning plant will open for business by appointment only. Seed testing is available and can be dropped off at the office. Please call 780-359-3951 to schedule or to drop off samples.

## TANGENT SOCIAL CENTRE

The Tangent Social Club is a volunteer for the Twinkle Star Project. The Twinkle Star Project, along with many volunteers, crochet and knit four different sizes of baskets which are donated to Alberta Hospitals – these baskets are offered to grieving parents who have gone through the loss of their baby through a miscarriage. If anyone is interested in crocheting or knitting baskets, please contact Deb for the patterns. Also, if anyone has yarn that they would like to donate to the club for this cause, it would be greatly appreciated. For more info call or text Deb at 780-837-6265.

## COMMUNITY WEBSITE

Are you aware of our community website, sponsored by the Eaglesham & District Ag Society? Numerous and interesting local organizations and events are advertised as well as public opportunity for free advertising such as Real Estate. Check it out to see what you have been missing! [www.eaglesham.biz](http://www.eaglesham.biz)

## JUNIOR YOUTH

Junior Youth continues to be postponed to adhere to the COVID 19 provincial regulations.

HAPPY FAMILY DAY  
HAPPY VALENTINES DAY



## FEBRUARY 2021

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3 Ag Meeting	4 Seed Cleaning Plant AGM	5	6 RC Mass Eglesham
7 CC Service RC Mass Tangent	8	9	10	11	12	13 RC Mass Eglesham
14 CC Service RC Mass Tangent VALENTINES DAY	15 FAMILY DAY	16	17	18	19	20 Social Centre AGM RC Mass Eglesham
21 CC Service RC Mass Tangent	22	23	24	25	26	27 RC Mass Eglesham
28 CC Service RC Mass Tangent						

### CHURCH SERVICE SCHEDULE

EAGLESHAM COMMUNITY CHURCH (CC):  
Service: Call 780-359-2077 to confirm service times

### ROMAN CATHOLIC CHURCH (RC)

Mass: Sundays in Tangent at 9:00 am  
Saturdays in Eaglesham at 4:00 pm

### WEST SMOKY RECREATION CENTRE

The fitness centre and running track are available to members by appointment only and only one household can use each facility at a time. Memberships are \$35/mo or \$125/yr for individuals or \$250/yr for a family.

Text 780-279-0006 to book your time.

### HEALTH SPOTLIGHT

When you stop doing...you stop being able to do. The first time in forever I sat cross legged, 2 years ago, I sat there just as long as it took me to get untangled and get up! Now I can sit cross legged for long periods. Try it. How about stand beside your chair with one leg lifted and not touching anything. Close your eyes and let go of the chair. The goal is 1 minute. Start with 10 seconds. When you put on your socks, lift your knee and foot as high as possible. Foot doesn't touch anything til you're actually putting on your sock. Can you lift it high enough? Sit against the wall LIKE you're sitting on a chair - the goal is 1 minute. Do each of these for 30 days and see the improvement. Simple, easy activities that rebuild muscles and stretch out muscles and fascia. If you'd like to join in our New 30 Day Challenge Group, call. We'd like to support you to make it happen.

Have a Happy Day!

Jeanette, Ph: 780-605-2215



**Having somewhere to go is home. Having someone to love is family. And having both is a blessing. – Unknown**  
**Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life. – Lisa Weed**

**The most important thing in the world is family and love. – John Wooden**