

COMMUNITY CONNECT



Upcoming Events

-COMMUNITY KITCHEN

April 11, 9 am
@Rycroft Community Hall
Spirit River is cancelled in April due to elections

-SPRING TACK & VARIETY MARKET

hosted by Happy Valley Ag & Recreation Club
April 14th 11 am to 4 pm
Spirit River Legion Hall
To book a table contact Connie at 780-864-0785

-VOLUNTEER APPRECIATION

PANCAKE SUPPER
Sunday April 7, 5:00-7:00 pm
Centennial Hall Spirit River
Open to public to celebrate the volunteers in our community.

The Central Peace Health & Wellness Coalition and PARTICIPATION have partnered to bring you.....

WALK and PLAY the Central Peace Way

WHAT?

We are calling on residents of the Central Peace to get active and incorporate physical activity where they live, work and play. Tie on a pair of comfy shoes and track your minutes of activity to help the Central Peace win \$150 000.00 and the title of "Canada's Most Active Community"!

WHO?

Participate as an individual or as part of a family, school, organization or business! All we are asking is for Central Peace residents of all ages to get active and track their physical activity minutes in an effort to be recognized as a community that champions active living.

WHEN?

Kicking off **May 31st** and ending **June 16th** this challenge will get you moving!

HOW?

Anyone interested in participating in the challenge as a group or individual is asked to register prior to **May 31st** by sending an email to cphawc1@outlook.com or calling 780-513-7500. Please provide you name, email, phone number and whether you'll be participating as an individual or with a group.

Advancing Outdoor Play



Risky Play - Adventure Play - Rough & Tumble Play

Join us to hear Dr. Beverlie Dietze discuss how children require environments that allow them to engage in play that is adventurous, challenging, even risky, and how the skills learned impact later academic success.

April 8, 6:30 - 8:30 pm, Bonanza
April 9, 8:30 am - 3:30 pm, Rycroft
April 9, 6:30 - 8:30 pm, Spirit River
EVERYONE IS WELCOME!

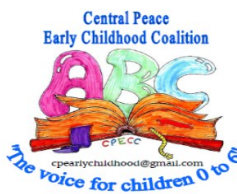
Register no later than April 1 at:
<https://www.nrlc.net/conference/84>
For more information, email cpearlychildhood@gmail.com or call 780-500-7019.

Events are **FREE!**

Dr. Beverlie Dietze is the Director of Learning and Applied Research at Okanagan College. She is the lead researcher for a variety of national and local research projects that examine strategies to advance children's outdoor play.



Events are a partnership of the following:



PARTICIPATION

Are you interested in an AFTERSCHOOL YOUTH PROGRAM for your community?

If you are interested in being a part of the conversation or have ideas please contact cphawc1@outlook.com!

Sponsored by: the Central Peace Wellness Coalition, the Central Peace Early Childhood Coalition, local FCSS, Town of Spirit River, Town of Rycroft & Saddle Hills County.

Monthly Events

-TOPS – 8:30-9:30am Mondays
@ Birch Hills Seniors Centre

-RYCROFT & DISTRICT LIONS
BINGO Mondays 7:00 pm.
Doors open 6:30

-SPIRIT RIVER HALL WALK
Centennial Hall 10 am to 12 pm
Monday, Wednesday & Friday

-TOPS – 9:30-10:30am Tuesdays
@ SR Happy Hour Club.
Weigh-ins 8:30-9:20am

-SPIRIT RIVER ACTIVE AGING
Tuesday & Thursday Classes
10 am & 11 am
@Spirit of Peace United Church.
Contact Carrie 780-351-2126

-RYCROFT & DISTRICT LIONS
CLUB 7:00 pm, 3rd Tuesday of each
month @ Rycroft Community Hall.

-RYCROFT HALL WALK & TALK
11 am to 2 pm Tuesday & Thursday
@ Rycroft Community Hall

-SPIRIT RIVER MUNICIPAL
LIBRARY BOOK CLUB 7:30 PM,
First Tuesday of each month

-DROP-IN QUILTING
10am on Wednesdays
@ Birch Hills Seniors' Centre

-COURT WHIST TOURNAMENT
1pm on Wednesdays
@ SR Happy Hour Club

-LEGO CLUB 7 pm, every third
Thursday @Rycroft Library

-DROP-IN SHUFFLEBOARD
2pm on Fridays @ Rycroft Merry
Pioneers Senior Centre

Learn to Play! Play to Learn!

Mark your calendar to join us to hear Dr. Beverlie Dietze, an internationally recognized expert in outdoor play, speak about sparking children’s curiosity in outdoor play.

Parents, caregivers, and teachers play a key role in encouraging the investigation and exploration of their world outside. When children’s curiosity is sparked and nourished, their learning becomes deeper and more meaningful, and they are more motivated to be outside. Through this presentation, you will understand the curiosity cycle and explore ways you can help encourage children to embrace their sense of wonderment, intrigue, exploration, and discovery.

As Dr. Beverlie Dietze, Director of Learning and Applied Research at Okanagan College notes, “Recent research is really reinforcing how important outdoor play is to children’s development, especially at a time when so much of their activity is focused around electronic devices and digital interaction....Having the chance to connect to nature is about a lot more than just the experience of the outdoors. It impacts a whole range of behavior and early childhood development.”

Dr. Dietze will be presenting in Bonanza on the evening of April 8th, a full day session in Rycroft on April 9th, and another evening session in Spirit River on April 9th. A registration flyer will be circulated shortly. **For more information or to register, please call 780-500-7019, message the Central Peace Early Childhood Coalition Facebook page, or email cpearlychildhood@gmail.com.**

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to cphawc1@outlook.com.

Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](#) Facebook page.

<p><u>Upcoming Meetings</u></p> <p>Spirit River Seawolves Swim Club AGM/ Information and Registration</p> <p>April 2nd, 8:00 pm Petroleum Room</p>
<p>Central Peace Minor Soccer Association Registration Night</p> <p>April 9, 5:00—7:00 pm Rycroft School</p>
<p>Chepi Sepe Organizational</p> <p>April 9th 7:00 pm Family Ross Room Spirit River Bring suggestions/ideas Volunteers will be needed</p>
<p>Spirit River Minor Hockey AGM</p> <p>April 17th, 7:00 pm Petroleum Room</p>

Vinyasa Flow Yoga

Tuesdays at The Dragonflies Den

Spirit River

Classes \$15 - 6:00 pm & 7:15

Contact Lindsay at 780-864-8621 for more information.