

COMMUNITY CONNECT



Upcoming Events

-COMMUNITY KITCHEN
May 9, 9 am
@Rycroft Community Hall
May 10, 9 am
@Spirit River Centennial Hall

—TEA-BAKE-GARAGE SALE
SR Happy Hour Seniors Club
May 10th 11 am to 1:30 pm
Come and join us for lunch!!

-TRAUMA DRAMA, SR Centennial Hall, Fri. May 24 10:00 am

-TOPS GARAGE SALE
4415-50 Street Spirit River
Friday May 24 9:30 am—8:00 pm
Saturday May 25 9 am—12 pm

Monthly Events

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

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

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

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

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

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

-GAMES NIGHT 5-7 pm, every second Thursday @ Rycroft Library

-FAMILY HISTORY GROUP 1-3 pm, Last Thursday @ Rycroft Library

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

Help us WIN \$150,000

& Title of “Canada’s Most Active Community”

Tie on a pair of comfy shoes and track your minutes of activity; **Any & All Activity** - walking, gardening, playing whatever gets you moving.

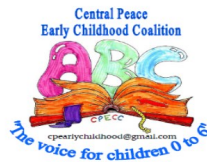
Two easy ways to participate—

1. Down load the ParticipACTION app
- OR
2. Contact CPHAWC at cphawc1@outlook.com to get a tracking pack to record your group, team, class, business, organization or family.

Come on Central Peace—Spirit River, Rycroft, Woking, Savanna, Bonanza, Fourth Creek, Happy Valley, Eaglesham, Tangent. Let’s get active and incorporate physical activity where ever you live, work and play! We can become the most active community and could win a great prize to be shared in our community.

Let’s do this!!

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.



Are you interested in an AFTER-SCHOOL 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.

JUNE 21-23, 2019

49th ANNUAL WANHAM **PLOWING MATCH**
ALBERT LERIGER COMMUNITY SPORTS GROUNDS, WANHAM, AB

Dance to the music of **BIG GUITAR** Friday Family Dance Saturday 18+

WANHAM **PLOWING MATCH**

BBQ Supper Saturday 5:30-7:30 pm 18+ (cash/cheque)

Awards Banquet Sunday 5:30 pm 18+ (cash/cheque)

4D Barrel Racing Show Jumping Mounted Shooters Show & Shine Modified Tractor Pulls Food Booths Silent Auction Slo-pitch Tournament Museum Tours	Horse Pull Arm Wrestling Draft Horse Plowing Log Skids Horseshoe Pitching Trade Show Machinery Exhibits Beer Gardens Designated Camping	COCO Kids Fun Zone In memory of Ben Solis Hula Hoop Circus Trick Riding Monster Truck Rides Central Peace Dino Dig Bouncy Castles Gold Panning
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For more information and pricing visit:
www.wanhamplowingmatch.com
Or call 780-814-3938

Free Nordic Pole Walking Workshop

Nordic Pole Walking involves adding feather-light aluminum or carbon poles into a regular walking routine. They can be used for a full-body workout, for balance or to protect the knees when descending down a slope. There are over 240 research studies identifying health benefits of adding specialized poles to any walking routine, leading to improved balance, posture, reduced impact on painful joints, improved mood and confidence. This accessible and affordable activity has become a popular choice for persons requiring help with stability and balance, as well as for older or less active adults.

Central Peace Health and Wellness Coalition was the recipient of the Community Better grant from ParticipACTION. Nordic Walking poles will be purchased for the community and we will host two FREE community walking workshops on Tuesday, May 28 10:00—11:00 am and Noon—1:00 p.m. For more information or to register, please email cphawc1@outlook.com

Also check out Grande Prairie Nordic Pole Walking Club Facebook page and urbanpoling.com



Nordic Walking/Urban Poling Instructor Course

Saturday, June 1st 10 am - 2:30 pm

Grande Prairie The Community Village, Building C, Boardroom #109.

Cost \$269.99 includes a set of 300 series, 4 Life or ACTIVATOR poles and a course manual; a \$50 discount for early registration by May 1st. A minimum of 5 people are needed to run the course.

This course is appropriate for fitness instructors/personal trainers looking to expand their skill set and qualifications (course earns 4 AFCL continuing education credits), walking and older adult group leaders, weight management educators, recreation therapists, Physio/OT therapists, people working with cancer and stroke recovery, Parkinson's, MS, brain injuries and arthritis. This is a great opportunity for our community to have a Master Trainer and Alberta Ambassador host this course.

For more information or to register contact Mandy Johnson, mj@urbanpoling.com



Happy Valley Ag & Recreation Club

2nd Annual Spring Bust Out Trail Ride

When - Saturday May 25th – 11am

Where – Former Happy Valley
Community Hall Site

BBQ Supper – 6pm - \$20.00/plate

All riders please have your AEF available

Come on down and see what we have
been up to!

**For more information please contact
Chanley Jassman @ 780-864-8322 or
Facebook Page:
@HappyValleyAgandRec**



Sunday, May 5

Register at: <https://www.eventbrite.ca/e/spring-scurry-fun-run-walk-and-kids-races-tickets-57443203167>

Spirit River Spring Clean Up May 21 to 24

Place any unwanted items next to the curb or in the back alley for collection.

Shrubbery needs to be tied in a neat bundle
They will NOT be collecting any batteries, paints or
chemicals

Chepi Sepe Organizational

May 14th 7:00 pm
Family Ross Room Spirit River
Bring suggests/ideas.
Volunteers will be needed

Peace Adult Learning Society

How to Prepare a 72 hour
Emergency Kit
May 9, 2019 \$20.00
Register 780-864-4578

Moonshine Fun Run/Walk

Sunday May 26th, 2019

\$25 - Adults 18+
\$15 - Youth 12-17
\$10 - Children 6-11



5km run/walk

LOCATED AT MOONSHINE LAKE PROVINCIAL PARK

Money raised is being donated to STARS.

Registration link can be found on Savanna Agricultural Society facebook page

Race begins at 11am

Race package pickup will start at 10:00am at the Day Use Area

Supported by Savanna Agricultural Society