

### Upcoming Events

-Coffee Time – mornings on Sundays & Tuesdays and Thursday afternoons @ Tangent Cultural Centre

-Public skating - 5:30-7pm on Sundays @ MacLean Rec Centre (Spirit River Arena)

-Morning Coffee – 7-9:30am Weekdays @ Birch Hills Seniors Centre

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

-BINGO - 6pm on Mondays @ Rycroft Community Hall. Hosted by the Lions Club

-PALS Learn & Grow – 10am-12pm on Tuesdays (Jan. 16, 23, 30, Feb, 6, 13, 20) @ Woking School

-Fourth Creek Fitness – 9:30am & 11am on Mondays and Wednesdays, @ Fourth Creek Hall

-Peace Parent Link: Growing through Play! – 10-11:30am on Mondays @ Rycroft School

-Jr. Curling Club – 3:30pm on Mondays @ Spirit River Curling Rink

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

-Spirit River Active Aging (50+) – 10-11am & 11am-12pm on Tuesdays & Thursdays @ Spirit of the Peace United Church

-Walk & Talk – 11am-2pm on Tuesdays, Thursdays @ Rycroft Community Hall

-Public skating - 3:30-5pm on Wednesdays, Thursdays and Fridays @ Rycroft Arena

-Drop-In Quilting – 10am on Wednesdays @ Birch Hills Seniors' Centre

-Drop-In Quilting – 10am-5pm on Wednesdays @ Rycroft Merry Pioneers Senior Centre



# COMMUNITY CONNECT



## 2nd Annual Glow Walk Fun

A hearty group of 65 people braved the cold to participate in Glow Walk and Winter Walk Day Feb. 7<sup>th</sup> on main street Spirit River. The Central Peace Health & Wellness Coalition (CPHAWC), would like to thank the many sponsors and supporters for this event including funding sponsors Alberta Cancer Prevention Legacy Fund and the Community Foundation of Northwest Alberta.

SPECIAL Thanks to the vol-

community spirit to host his event. THANKS **ATB** for the Hot Chocolate and Coffee it was very appreciated. **TOWN of Spirit River** for the use of Main Street and the Popcorn maker. **Central Peace Fire Rescue** for the trucks to create a save space on main street and the visit from SPARKY. **County of Saddle Hills** for the flashlight key-chains, **Tracy and the Girl Guides** for handing out Glow sticks, **Scouts** for the loan of the warming tent, **Peace Adult Learning**

**Society (PALS)** for their space to keep warm and build a cool lantern compliments of **Central Peace Early Childhood Coalition (CPECC)**. Our goalie **Gabriel** for being in net; **Darryl** for finding the cool glow balls, shoveling and organizing; **Marg and Helen** for popcorn, **Denise , Cheryl & Laurie** for helping hands, **Michelle** for the warming fire, **Judy and friends** for leading group walks, **Rebecca, Jule and Roxann** for the lanterns. A fun way to celebrate winter!

## Community Connect Night Returns this Spring



### Community Connect and Club Sign up Night



Leadership Round Table Discussion  
6:00pm-7:00pm

Spring Sign-up Night  
7:00pm-8:30pm

Tuesday March 27<sup>th</sup>, 2018

STE. MARIE SCHOOL GYMNASIUM

6:00PM-8:30PM  
Healthy Snacks and Refreshments to be served

- Connect with organizations throughout our community
- Discuss upcoming community plans, goals and events
- Discuss individual club outlines, goals and program events
- Share information regarding community concerns and successes
- Brainstorm ways to improve community involvement and connection

- Find your local interest group
- Learn about club opportunities, leader opportunities and volunteer opportunities for all ages
- Register or preregister for upcoming clubs and activities

Interested in registering your club for sign-up?  
Have questions? Please phone Peace Adult Learning Society at 780-864-4578

The Peace Adult Learning Society is teaming up with the Central Peace Health & Wellness Coalition to bring you a night of community-building and connecting with clubs and associations.

Everyone is welcome to attend and find out more info about what is going on in the community! 6-8:30pm on Tues. March 27<sup>th</sup> @ Ste. Marie School Gym.

**UNLOCK THE POTENTIAL OF FOOD**

**MARCH IS NUTRITION MONTH!**

- Dietitians believe in the potential of food to enhance lives and improve health
- Join Canadians this Nutrition Month and **Unlock the Potential of Food**
- Find a dietitian in your area: [www.dietitians.ca/find](http://www.dietitians.ca/find)

Visit [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca)

**Dietitians of Canada**  
Les diététistes du Canada

**Events cont'd...**

-Court Whist Tournament – 1pm on Wednesdays @ SR Happy Hour Club

-Bingo – 7pm on Wednesdays @ Birch Hills Seniors Centre

-Drop-In Shuffleboard – 2pm on Fridays @ Rycroft Merry Pioneers Senior Centre

--Family Movie Night - 7pm on March 2 @ Gordondale Hall

-Community Meeting—7pm on March 5 @ Gordondale Hall

-Essential Oil Information Session with Dr. Sarah Tremblay - 7pm on March 8 @ Gordondale Hall

-St. Patrick's Day Potluck Supper and Bingo - 5:30pm on March 17 @ Gordondale Hall

-2018 Hockey Alberta Provincial Championships - Atom C - March 15-18 in Spirit River, Rycroft

-Easter Farmers' Market - 12-6pm on March 29 @ Rycroft Ag Building

-Draft Hockey Tournament - March 23-24 @ MacLean Rec Centre (Spirit River Arena)

-Little Cooks, Big Cooks and Books - 10am-12pm on April 12,

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	2	7		1	6		
	7	1			2	5	
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**Peace Adult Learning Society's  
Upcoming courses**

**Social Media 101**- Feb 28 7-8:30pm \$25 come learn about the do's and don'ts of social media PALS office

**Social Media 201** March 7 7-8:30 pm \$25 PALS office

**Picture to Photograph Camera course** March 8 7-10 pm \$50 PALS office

**Gun Safety Non restricted** March 17 8 am-5pm \$140 PALS office

**Food Safety** March 24 9 am-5pm \$120 PALS office

**Night and low light Camera course** March 29 & April 1 7-10pm \$50 PALS office

**First Aid CPR with AED** May 26-27 9am-5pm \$150 PALS office



**Hockey Provincials come to SR**

On March 15-18th, the Spirit River Rangers are hosting the Atom C division of the 2018 Hockey Alberta Provincial Championships.

There will be two games at the Rycroft Arena on Thursday March 15 @ 6:30pm and on Friday March 16 @ 8:30am. The remainder of the games will be held at the MacLean Rec Centre, with the first pucks dropping at 6:30pm on Thursday both in Spirit River and Rycroft.

The playoff rounds will begin @ 8:30pm on Sunday March 18th.

The championship final game will be held @ 4:30pm that day.

Free admission to the Arena will help to encourage people of all ages to come and cheer on the Rangers as they battle for the championship title on home ice.

The Provost Blades claimed the 2017 Atom C champion title.



**Fourth Creek Community Association invites you to participate in**

**March  
Community Engagement  
Programming**

**Fourth Creek Fitness**

**Mondays and Wednesdays 9:30 a.m. Ages 18+ 11:00 a.m. Ages 50+**

A fun hour of gentle progressive exercise focused on the needs of older adults. \$2.50/session plus \$10 yearly membership fee. Call 780-351-2126 for more information.

**Savanna Creations March 8 - 10, 2018**  
Doors open at 9:00 a.m. Drop in to craft, shop, or visit. Call 780-351-2215 for more information.

**Seniors' Lunch Monday, March 12, 2018 12:00 p.m.**

\$5.00 per person. Our definition of "senior" is open and flexible.

Enjoy lunch and a good visit. Special event: Presentation about government programs for seniors. Call 780-864-3408 for more information.

**Community Kitchen Friday, March 16, 2018 9:45 a.m. - 12:15 p.m.**

A monthly program where adults and junior high students work together to create meals that will be frozen and then provided to residents of Saddle Hills County. Everyone is welcome!! Call (780) 351-2223 for more information about the program, to arrange for meals, or if interested in donating to this worthwhile program.

**Free Monthly Computer Training Sessions March 27, 2018**

9:00 a.m. – 4:00 p.m. with free coffee and lunch at the Fourth Creek Hall.

Sponsored by Saddle Hills County and Peace Region Internet Society (PRIS).

Bring a laptop if you have one.

Phone Ula at (780) 864-3760 for more information.



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

If you have any questions, or if you would like to advertise or submit information please email [cphawc1@outlook.com](mailto:cphawc1@outlook.com).