

Upcoming Events

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

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

- Outdoor Skating—Kin Park, Spirit River

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

- BINGO - 6:10 pm on Mondays @ Rycroft Community Hall. Hosted by the Rycroft & District Lions Club

- Fourth Creek Fitness – 9:30am & 11am on Mondays and Wednesdays. @ Fourth Creek Hall. (Ends April 4)

- 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

- Rycroft & District Lions Club – 7:00 pm, 3rd Tuesday of each month @ 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 Wednesdays @ Rycroft Merry Pioneers Senior Centre

Events cont'd next page...

COMMUNITY CONNECT



Neighbor Power – Prescription for Wellness

Your neighbors can be more effective than healthcare professionals in promoting wellness! Keynote speaker Jim Diers shared inspiring stories of neighborhoods from around the world with members of the Central Peace Health and Wellness Coalition (CPHAWC) at the Alberta Healthy Community Symposium in Edmonton.

Community has a unique role in combating loneliness, social injustice, crime, malnutrition, climate change, sedentary lifestyles and other challenges to our health. Every person and every neighborhood has abundant and often underutilized

resources that can be mobilized to strengthen communities and their health.

Jim has a passion for getting people engaged with their communities and in the decisions that affect their health and lives. Over the past 40 years, he has served as a grassroots community organizer, community developer, founding director of Seattle's Department of Neighborhoods. Jim now shares the lessons from work in his courses at the University of Washington; international consulting through the Asset-Based Community Development Institute; and in his book, *Neighbor Power*.

"Whenever a neighbourhood comes together in powerful and satisfying ways it is because two things have happened. First, they have found out about each other's gifts. Second, they have made new connections based on these gifts. It is the sum of these connections that "glues" a neighbourhood together."
abundantcommunityinitiative.org

Check out Jim's website at <http://neighborpower.org/>

PALS (Peace Adult Learning Society) and CPHAWC (Central Peace Health And Wellness Coalition) will host a Community Connect Night on Tuesday, April 10; 6:00 pm Community Roundtable; 7:00 pm Community Showcase. Come out join the party and meet your Neighbors!



Invite your hard-working, selfless, community volunteers!!

Annual Volunteer Appreciation Pancake Supper

Join us to honor our community's volunteers Rycroft Community Hall
 Thursday, April 19, 2018 5:00pm– 7:30pm

Please let the FCSS office know about your volunteer organization
 Ph: 780-864-3500 press 1 Email: fcss@mdspiritriver.ab.ca

We Would Like to Thank Our Volunteers For Making The Central Peace
 A Great Place to Live!
 Invite them out for supper!



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

-PALS Indoor Yard Sale - 5—8 pm on Apr. 5 & 6 @ PALS Office main street Spirit River

-Dream Catcher Making Course, Gordondale 2-4 pm April 8; \$45/person ages 10+. Pay by April 4 to confirm your spot. Contact Carla 780-864-1801

-Gordondale Community Meeting 7:30 p.m. April 9th.

-Community Connect Night Apr. 10 6:00 pm Leaders Roundtable, 7:00 pm Community Registration Night @ St. Marie School, Spirit River. Contact Shelley at PALS 780-864-4578

- Community Kitchen - 9:30am on April 18 @ Rycroft Community Hall

-FCSS Volunteer Appreciation Pancake Supper - 5-7:30 pm on April 19 @ Rycroft Community Hall. RSVP 780-864-3500 press 1

- Home Alone Course April 21 ; ages 9+. Contact FCSS 780-864-3500 Ext 1 to register

-Vintage Style Clock Workshop, April 28, Gordondale; ages 14+ non refundable fee of \$125 must be paid before April 21 includes all supplies. Contact Kim at 587-343-3371

What are Fundamental Movement Skills?

Ashley Fox, BKin., CSEP-CEP University of Calgary, Be Fit For Life Centre
University of Calgary, Be Fit For Life Centre

Fundamental movement skills are the building blocks of teaching and learning movement. Just as learning the A-B-C's and 1-2-3's allow us to read, write and count, developing fundamental movement skills help build the foundation that will allow us to move with competence and confidence, giving us more opportunities to stay healthy and physically active throughout the lifespan.

Fundamental movement skills can be broken down into stability skills such as *twisting, bending, collapsing, dodging, rolling, twirling, balancing, turning, swinging, stopping, pushing, pulling, bending, stretching*; locomotor skills such as *walking, running, skipping, hopping, jumping, leaping, galloping, cycling, swimming, sliding, gliding, skating*; and object manipulative skills such as *catching, throwing, kicking, trapping, striking*.

Developing a strong foundation of fundamental movement skills allow us to put these together into more complex movements – just as letters and words put together make sentences! These skills don't just translate to sport specific skills – we need these skills to participate in day-to-day life whether you are a firefighter or simply a grandparent who wants to keep up and play with your grandchildren.

Learning to become competent in a variety of fundamental movement skills is an essential part of the development of physical literacy and it's actually simple to do! So skip your way to the park, hop to the dinner table, brush your teeth on one foot and wiggle until you giggle!

Visit <https://activeforlife.com/tag/fundamental-movement-skills/> for more info on fundamental movement skills and lessons and activities for learning!

Meals on Wheels: DRIVERS NEEDED MONDAYS & FRIDAYS.

Meals on Wheels is looking for more volunteers. If you have a vehicle and an hour to spare every week or two, come help deliver delicious nutrition to seniors in our community! Ph: 780-864-3500 press 1 or Email: fcss@mdspiritriver.ab.ca



Did you know there is a food bank in our area? The Central Peace Ministerial is now operating a Virtual Food Bank. To access this convenient, confidential resource, please contact any pastor in the Church Directory of the Central Peace Signal.

Fourth Creek Community Association invites you to participate in**April Community Engagement Programming****Fourth Creek Fitness**

Mondays and Wednesdays (Season ends April 4) 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 April 12-14, 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, April 16, 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, April 20, 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 April 24, 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.