

Upcoming Events

- Coffee Time – mornings on Sundays & Tuesdays and Thursday afternoons @ Tangent Cultural Centre
 - Morning Coffee – 7-9:30am Weekdays @ Birch Hills Seniors Centre
 - TOPS – 8:30-9:30am on Mondays @ Birch Hills Seniors Centre
 - PALS Learn & Grow – 10am-12pm on Mondays from Oct. 23 –Nov. 27 @ Woking School
 - Fourth Creek Fitness – 9:30am & 11am on Mondays and Wednesdays, beginning Oct. 16 @ Fourth Creek Hall
 - Peace Parent Link: Growing through Play! – 10-11:30am on Mondays @ Rycroft School
 - Jr. Curling Club – 3:30pm on Mondays @ SR 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 Peace United Church
 - Walk & Talk – 11am-2pm on Tuesdays, Thursdays @ Rycroft Community Hall
 - Drop-In Quilting – 10am on Wednesdays @ Birch Hills Seniors' Centre
 - Drop-In Quilting – 10am-5pm on Wednesdays @ Rycroft Merry Pioneers Senior Centre
 - 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
- Events continued on next page...*



COMMUNITY CONNECT



Finding support at Community Connect

The Central Peace Health & Wellness Coalition is looking at various ways to keep community members connected and engaged. One of those ways was by getting together to discussing future goals and steps to get there. The first of several inter-agency meetings was held in September, with the most recent event taking place on the evening of Nov. 22nd.

Town of Spirit River Recreation Manager Darryl Triebner has seen a lot of interest from people in being a part of something in our communities.

“From what we’ve seen at these events, new and even current residents are surprised to find out all that is available to them,” Triebner said.

“What we are really trying to do is identify what resources can be shared between us, as well as identify any potential joint or linked activities and events,” Triebner said.

Topics at the roundtable discussion ranged from grant applications to children’s programming, community events to urban beautification. Shelley Loroff from Peace Adult Learning Society (PALS) wants

to carry forward the successes from the previous meetings and host inter-agency meetings at least 4-6 times per year.

Interagency meetings are essential to learn what other agencies are doing, to promote what their programs are doing and provide email communication between agencies regarding events, employment and volunteer opportunities or other services.

With the efforts of PALS, FCSS, CPHAWC and the Town of Spirit River, talks on better collaboration and collaborative efforts will continue.

Groups collecting donations for Christmas Hampers

Christmas is a time of hope and joy, but for some, it becomes a time of loneliness and isolation, and becomes difficult to provide enough food for their family.

The Christmas Hampers Program provides families in need with the makings of a Christmas Turkey Dinner; food to help them get through the holiday season and gifts. Receiving a hamper can make all the difference for a family in need this holiday season, in bringing back hope, joy and peace.

Please give your generous donations of non-perishable food items (stove top dressing, canned meats, beans, pasta, rice, sauces, etc., also food items that young children can easily access that don’t require preparation i.e.: cracker and cheese packs, fruit cups, fruit leather, rice cakes, etc.). Also, toys for children and clothing are also desirable items to give, especially warm winter clothes such as boots and mittens, sweaters and toques.

Other items families need, such as toiletries and toilet paper can

also be donated.

The Christmas Hamper Program for our area is being coordinated by Central Peace Family and Community Support Services (FCSS). Donation bins to drop off your donations can be found in many locations in Spirit River and Rycroft.

Applications to receive a hamper can be found in the offices of the M.D. of Spirit River, Town of Spirit River, and Village of Rycroft, as well as on Facebook and the website for Central Peace FCSS: www.centralpeacefcss.ca.



Christmas Tree LIGHT-UP



SPIRIT RIVER CENTENNIAL HALL (POOL LOBBY)
6:30 – 8:30 PM FRIDAY DECEMBER 1, 2017

Events cont'd...

- Saddle Hills Victory Church Youth Group – 7-9:30pm on Fridays @ SH Victory Church
- Christmas Craft Sale – 10am-4pm on Dec. 1 @ SR Happy Hour Club
- Tree Light Up – 6:30-8:30pm on Dec. 1 @ SR Centennial Hall (Pool Lobby)
- Gordondale Christmas Potluck Supper & Bingo – 5:30pm on Dec. 2 @ Gordondale Hall
- Christmas Baking Exchange – 1pm on Dec. 3 @ Savanna Rec Plex
- Festival of Carols – 2pm on Dec. 3 @ Rycroft Ag Plex
- CPHAWC meeting – 12-2pm on Dec. 5 @ SR Town Office
- Community Kitchen – 10am-12pm on Dec. 8 @ Rycroft Community Hall
- Rycroft Farmers' Market Christmas Show – 2-8pm on Dec. 8 and 11am-5pm on Dec. 9 @ Rycroft Ag Centre
- Christmas Party – 5pm on Dec. 9 @ Rycroft Community Hall. Hosted by the Rycroft Merry Pioneers
- Canada 150 Skating Day – 1-4pm on Dec. 10 @ Rycroft Arena
- Peace Adult Learning Society's Christmas Party – 10am-4pm on Dec. 13 @ Rycroft Community Hall
- Christmas Bird Count – Dec. 16
- New Year's Eve Gala – 6pm on Dec. 31 @ Rycroft Ag Centre. Hosted by CPFRC

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River. To subscribe to receive the Community Connect via email, or if you would like to submit info, please email recmanager@townofspiritriver.ca.

Searching for Snow Angels

We have a community program that matches volunteers with urban residents in need of snow removal. We have many seniors who are unable to do the heavy work of clearing snowfall from their walks and driveways and need help to make them safe and passable. We are looking for volunteers to shovel snow from one or two residences throughout the winter, or be on call when we get heavy snow like we've had recently.

Keeping walks and driveways clear of snow passage doesn't just mean

for a pedestrian, but it also allows help such as our Emergency Responders to get to our loved ones in a timely fashion. Many of our residents who need your help, also require emergency medical care at times, and you would be helping to protect someone's beloved family member or friend by clearing their snow.

To become a volunteer, or to apply to receive help, please contact the FCSS office at the M.D. of Spirit River: 780-864-3500 ext.1 Applications are also available online at www.centralpeacefcss.ca.

Reverse Santa Claus Parade returns

With flashing lights and sirens sounding, the Central Peace Fire & Rescue Commission (CPFRC) will be rolling through Spirit River on December 16th to collect donations for the FCSS Christmas Hampers program.

Crews will be going door-to-door starting on the west side of town and working their way east. Collecting donations of non-perishable food items, children's toys, personal hygiene products and cash or gift card

donations. CPFRC is teaming up with Family & Community Support Services (FCSS) to bring a parade right down your street.

"It's the community's chance to play Santa Claus," organizer Dan Viel said. Drop-off locations include the Village of Rycroft, Birch Hills County, the M.D. of Spirit River #133 and Saddle Hills administrative offices, as well as local businesses.

"We are still looking for volunteers to assist with this

Celebrate Christmas across the Central Peace

This holiday season there will be plenty of activities and events to help celebrate the spirit and magic of Christmas.

The Town of Spirit River is hosting its annual Tree Light Up on Fri. Dec. 1st from 6:30-8:30pm @ the Centennial Hall (pool lobby). Despite there not being Festival of Trees this year, there will still be plenty of games and activities for the whole family. Dress warmly!

Also on Dec. 1st is the Craft Show at the Happy Hour Club in Spirit River. This event will run from 10am-4pm.

Gordondale is hosting a Christmas Potluck Supper and Bingo on Dec. 2nd starting at 5:30pm. Rycroft is hosting its annual Tree Light Up event on Dec. 7th. Stay tuned on Facebook for more info.

There will be a special Christmas Show at the Rycroft Farmers' Market on Dec. 8th and 9th. Doors will be open from 2-8pm on the Friday and from 11am-5pm on the Saturday. With door prizes and over 65 vendor tables, there will be lots to choose from and some unique gift ideas as well. Merry Christmas and Happy New Years!



Tanguay Total Fitness

MEMBERSHIP RATES

(prices do not include GST)

Couple	
Annual	\$740.00
Single	
Annual	\$420.00 (\$35/mo.)
6 months	\$240.00 (\$40/mo.)
3 months	\$135.00 (\$45/mo.)
1 month	\$50.00
Senior (60+) & Youth (14-17)	
Annual	\$360.00 (\$30/mo.)
6 months	\$210.00 (\$35/mo.)
3 months	\$120.00 (\$40/mo.)
1 month	\$45.00

Punch Pass 10	\$90.00 (\$9/time)
Punch Pass 20	\$140.00 (\$7/time)

OPENING SOON!!

WOKING MUNICIPAL LIBRARY

Movie Matinee: *Despicable Me 3*
2pm on Dec. 16 FREE!
@ Woking Community Hall
Hosted by Woking Municipal Library

event. If anyone is interested and available on the 16th, please contact Dan Viel @ (780) 832-8587. If anyone needs assistance with their donations or would like to have them picked up beforehand, Mr. Viel can be contacted and have that arranged through him.

Having recently moved to the area, Viel has worked in the past with the Sexsmith Fire Dept. to run a reverse Santa Claus Parade. "This will help those in need get through the holiday season and into the New Year."

Read the Community Connect?

We want to hear from you!
Please take our quick survey to give feedback on our monthly newsletter!

<https://survey.albertahealthservices.ca/TakeSurvey.aspx?SurveyID=92KL7o24H>

Also available on the Town of Spirit River website and the CPHAWC Facebook page.