

## 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 Tuesdays (Jan. 16, 23, 30, Feb, 6, 13, 20) @ 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

# COMMUNITY CONNECT

HAPPY  
NEW YEAR

## Outdoor skating rink opens during chill

With some ups and downs in the outdoor temperatures, the outdoor skating rink at Kin Park is finally ready for skating. The Spirit River Kinettes Club raised funds for this project through the annual Hole in One Golf Tournament and various fundraisers throughout the past few years.

"Last spring, we were generously donated proceeds from Platinum North Resources Ltd.'s *Spring Dance* which allowed us to break ground and get the skating facility started." Brittney Jacson, long-time

volunteer with the Kinettes said. "We have also been very lucky to have support from businesses in the community who have donated equipment and supplies, and many volunteers who spent time working together on this project."

Located in Spirit River's Kin Park, the skating rink is free to the public to be used respectfully and safely. Users should know that helmets must always be worn and that usage is done so under their own risk. There is lighting at the rink so that people can enjoy skating

into the evening hours.

The Kinette Club will continue to raise money for the additional enhancements to the skating rink and the Kin Park such as seating / benches, new park equipment, etc. The rink will be open year-round with the hope that it will be utilized during the summer months for street hockey, pickleball, basketball or any other activities suitable for the area. "The Kinette Club would like to thank everyone who helped make the skating rink possible!" Jackson added. "We hope everyone can enjoy this new facility and have fun!!"

## Reducing alcohol consumption for your health

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have. And your risk of harm increases with how often you drink at amounts above the low-risk drinking guidelines, even if you do this only now and then.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain
- Contribute to the development of some

cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.

- Cause memory loss and affect your ability to think, learn, and reason.
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

In general, limit how much you drink. You can reduce your long-term health risks by drinking no more than Canadian health

experts recommend:

- If you're a man, have no more than 3 standard drinks a day on most days and no more than 15 drinks a week.
- If you're a woman, have no more than 2 standard drinks a day on most days and no more than 10 drinks a week.

Alberta Health Services offers a wide range of services for individuals looking for help for someone they care about, or for themselves. For more information, and to find an addictions services office near you, call the Addiction Helpline at 1-866-332-2322.

# GLOW WALK

FEBRUARY 7<sup>th</sup>

6:30-8PM

DOWNTOWN SPIRIT RIVER



**Events cont'd...**

-World's Junior Hockey Game & Potluck Supper – 5:30pm on Jan. 5 @ Gordondale Hall

- Central Peace Health & Wellness Coalition meeting – 12-2pm on Jan. 9, 30 @ SR Town Office

-Glow Walk – 6:30-8pm on Feb. 7 @ Downtown SR

-Community Kitchen – 9:30am on Jan. 18 @ Rycroft Community Hall

**What's So Funny? ☺**

Why did the penguin cross the road?  
*To go with the floe.*

What do you get from sitting on the snow for too long?  
*Polaroids.*

What word becomes shorter when you add two letters to it?  
*Shorter.*

What is an ig?  
*It's a snow house without a loo!*

Where does a 500 lb. polar bear sit?  
*Wherever it wants!*

		1	5				
8				3	1	4	
4			8				3
7			5				8
	6	9		8	3		
3			2			5	
5			7			1	
	2	7	1				9
				4	5		

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 [cpawc1@outlook.com](mailto:cpawc1@outlook.com).

**Fitness gym to open doors soon**

With the new year already here, many people are goal-setting and patiently awaiting the arrival of a fitness centre in Spirit River.

Frederic "Freddy" Tanguay is working on his days off to transform a former equipment and machinery shop to a "good and clean" gym. "All the equipment is in and we are working on painting the floors, adding some light features, building the change rooms and waiting on the key / fob system to arrive", the Tanguay Total Fitness Facebook page read.

"The plan is to open at the end of January or early February". Tanguay added.

**FCSS Hampers program a success**

The annual Family and Community Support Service's Christmas Hamper program was a complete success this year.

"Thanks to the generosity of our community, we gave out a total of 99 hampers and/or gifts to families and individuals." The Central Peace FCSS Facebook page read. "Thank you to all the 22 volunteers and East-West

**Glow Walk to light up Downtown Spirit River**

This February 7<sup>th</sup> marks the second annual Glow Walk, held in conjunction with Shape Alberta's *Winter Walk Day*. Look forward to an open-air event similar to a street festival, where a downtown street will be enclosed to allow a space for activities and games to keep people active and moving in the cool temperatures.

There will be a campfire, hot chocolate, hot dogs and possibly even smores to help in keeping everyone warm.

"We have to wait 4 weeks for the access and security system to be set up and our insurance requires that we have cameras. At least until then, we can't open our doors." With an expected occupancy of 20-25 people, it is possible that the gym could be busy on certain times of the day. As the gym will be a monitored facility, it will be open during all hours of the day.

Early bird pricing is available up to the opening date, which is still tentative. After opening, watch for open house events where prospective clients can have a look and try out the equipment for free. Connect to the Tanguay Total Fitness Facebook page for updates.

Woking 4-H Club, for the 83.5 hours of sorting, building, and delivering of the Christmas Hampers."

The Central Peace Fire & Rescue assisted in collecting donations of food and gifts during their Reverse Santa Claus Parade on Dec. 16<sup>th</sup>.

Best wishes and all the best in 2018!!

Community Futures Foundation of Northwest Alberta generously donated \$500.00 towards the event, which will be used to enhance the event and to bring out more people to the evening downtown event.

The event is co-hosted by the Town of Spirit River and the Central Peace Health & Wellness Coalition. It will run from 6:30-8pm on Wednesday February 7<sup>th</sup>, 2018.



**Tanguay Total Fitness**

**MEMBERSHIP RATES**

(prices do not include GST)

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

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

OPENING SOON!!

**PEACE ADULT LEARNING SOCIETY**

*Standard First Aid C with CPR & AED* \$150.00 Jan. 20, 21

*Camera Basics Photography* \$50.00 Jan. 25, 28

*Learn & Grow*  
Tired of being in the house all winter? Have little ones?

Rycroft School: 10am-12pm on Mondays

Woking School: 10am-12pm on Tuesdays (Jan. 16, 23, 30, Feb. 6, 13, 20)

Contact PALS for more info.

**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.