



Community Events Calendar

October 2021

Community Services
780-942-4101

Town Office
780-942-3519

An active town with a big heart, alive with history and civic pride where beauty and community thrive. www.redwater.ca



Coats for Kids and Families

Through a partnership with the United Way and local FCSS departments, free warm winter wear is available to those in need. Call the Community Services Office right away at 780-942-4101 to let us know what you require.

Town of Redwater Fall Programming

Keep an eye on the Town of Redwater website's *Events and Programs* page (www.redwater.ca/p/events-programs) for developments on fall programs that may be offered, or phone the Community Services Office for updates.

LIBRARY PROGRAMS

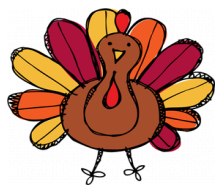
Take-and-Make Kits for October:

October 6 - Turkey Color Matching craft for kids

October 14 - Toilet Paper Pumpkins craft for adults

October 20 - Pumpkin Spice Playdough for all ages

October 29 - Halloween craft



For more information, visit www.redwaterlibrary.ab.ca, the Library's Facebook page, or phone 780-942-3464.



Sherwood Park - Strathcona County Primary Care Network (SPPCN)

The Sherwood Park - Strathcona County Primary Care Network (SPPCN) now provides primary care services to the areas formerly served by Alberta Heartland PCN, including Redwater, Gibbons, Fort Saskatchewan, Bon Accord, and Lamont. We have two central offices that are located in Fort Saskatchewan and Sherwood Park. In response to the COVID-19 pandemic, we primarily offer patient care virtually (including programs, classes and appointments). In-person appointments are only coordinated when our healthcare professionals consider them necessary.

We offer support for chronic disease management, mental health, exercise, nutrition, healthy living, and more.

Some of the fall classes offered include:

Eating in the Now
Eating the Mediterranean Way
Virtual Drop-in Exercise
Diabetes 101; Diabetes 201
Living with Osteoarthritis
Let's Talk Menopause



Virtual patient education classes offered by other Edmonton Zone PCNs are also open to all residents in the Edmonton Zone (which includes Redwater residents). Check out the section titled *Edmonton Zone PCN Classes* on the website listed below.

If you are new to Zoom video conferencing, the website has a guide to help you.

For more information, call 780-410-8000 or visit www.sherwoodparkpcn.com

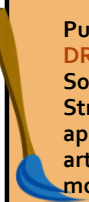
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
	<i>Continue to take good care of yourself and those around you through the provincial public health restrictions. Eat well, get good rest, connect with others in safe ways, find ways to be active and enjoy the fall weather.</i>		October 1 is National Seniors Day Thank you to our seniors for all you have done and continue to do as friends, parents, grandparents, partners, volunteers, colleagues and more!		<div>1 Art Society - Beginner Drawing Workshop, advance registration required (10:00am-2:00pm)</div> <div>2</div> <div>3 </div> <div>4</div> <div>5 </div> <div>6</div> <div>7</div> <div>8 </div> <div>9</div> <div>10 World Mental Health Day <i>Being socially connected has enormous positive effects on mental health. Reach out to someone today to have a conversation, or do a random act of kindness!</i></div> <div>11 Thanksgiving Town Office Closed</div> <div>12</div> <div>13</div> <div>14</div> <div>15 </div> <div>16 Art Society - Shelby Willis Acrylic Animals Workshop, advance registration required (10:00am-4:00pm)</div> <div>17 </div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22 </div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29 </div> <div>30</div> <div>31 Halloween </div>



Need information or assistance?

One call can connect you to community groups, resources & information

Town of Redwater - Family & Community Support Services (FCSS) 780-942-4101



Put some colour in your life with **DROP-IN ART** at the Redwater Art Society Studio and Gallery (4920-47 Street). COVID-19 restrictions apply. Space is limited. Email artsocietyredwater@gmail.com for more information or to register.

Public Health Clinic at Redwater Health Centre

9:00 am-4:00 pm

Thursdays: October 7, 14, 21 and 28

Providing immunizations, communicable disease control, healthy beginnings, and early childhood interventions. Call 780-942-6615 to make an appointment.

