

Town of Redwater Programs - Fall

September to December 2022

Pembina Place Indoor Walking - September 27, 2022 to March 30, 2023

Keep up your walking routine this fall and winter with the indoor walking route at Pembina Place! Leave the cold and ice outside and walk confidently in climate-controlled comfort. Bring your clean, indoor shoes and check in at reception Tuesdays, Wednesdays, and Thursdays between 9:00am and 12:00pm (closed statutory holidays). Season pass is \$20. Drop by or phone the Facility Administrator at 780-942-3555 for more information.



Public Skating, Shinny Hockey and the ODR

Lace up your skates for outdoor fun at the Nutrien ODR (outdoor rink) located at the south end of the Pembina Place parking lot, near the Oil Derrick.

Gather your friends and family and hit the indoor arena ice for skating fun together. Check out the arena ice schedule at redwater.ca/p/pembina-place for public skating and shinny hockey times. **NEW this fall** is drop-in shinny times on Tuesday and Thursday nights from 9:30-10:30pm.

Nutrien

PEMBINA
Place

Preschool and School-Aged Recreational Skating Programs

Help children gain confidence on the ice and learn basic skating skills. There will be two sessions (Session 1 is October 4 to November 8; Session 2 is November 15 to December 20). Watch for full details at redwater.ca/p/events-programs, on the Town of Redwater Facebook page, or call the Community Services Office at 780-942-4101.



Skating Programs Sponsored by:

RedwaterDodge
CHRYSLER JEEP RAM



Winter Wear Depot

Through a partnership with the United Way and local FCSS departments, free warm winter wear is available to those in need within Sturgeon County. Phone the Community Services Office at 780-942-4101 for more information or to set up an appointment.

Sign Up for Volunteer and Community Connections!

Would you like to volunteer, whether regularly or a couple times a year? Would you like to receive periodic emails about upcoming programs and events in the area? Scan the QR code to fill out the online *Volunteer and Community Connections* form, or phone the Community Services Office at 780-942-4101 for more information.



Seniors' Conference - Thursday, October 6



Enjoy a day just for seniors (55+) at Sturgeon County's Seniors' Conference in Morinville. Go to redwater.ca/p/events-programs for more information and the registration link. The \$10 fee includes breakfast, lunch, workshops, trade fair, and entertainment. Registered bus service from Redwater is available through the online registration process.

Youth Subsidy Program

There is a Youth Subsidy Program available to Redwater residents. This program supports families with children living in the Town of Redwater who may not otherwise have access to recreational, cultural, and social program opportunities due to financial barriers or extraordinary living situations. The complete policy and application form is available online at:

www.redwater.ca/p/community-services

For more information, to pick up applications, or to donate to the subsidy fund, contact the Community Services Office at 780-942-4101 or email cscoordinator@redwater.ca.

Babysitter Safety Course, Home Alone and Other Programs

Call the Community Services Office at 780-942-4101 to place your name on a "Program Interest List" for the Babysitter Safety course or the Home Alone course. A class will be attempted to be scheduled once enough people have expressed an interest in it.

Are there other courses you would like to see offered in town?
Let us know your suggestions by calling 780-942-4101 or emailing cscoordinator@redwater.ca.



Upcoming Community Events

Meet the Community and Registration Night

Thursday, September 8, 2022 from 5:30-7:00pm at Ochre Park School

Meet the teachers and staff of Ochre Park School, register for community programs, connect with volunteer opportunities, chat with various community groups and organizations, and visit with your neighbors all while enjoying free beef on a bun and frozen tasty treats (while supplies last).

Redwater Blanket Exercise

Saturday, September 17, 2022 from 9:00am-12:00pm at Pembina Place

Join us for an impactful day where together we will learn about Indigenous histories in Canada and how we can move forward together. Meal provided. There is no cost, but you must register (limited space available) online at www.familiesfirstsociety.ca/events/ or by phoning 780-998-5595 Ext 221.

Kris Kringle Holiday Mingle

Friday and Saturday, December 2-3, 2022

The great holiday hoorah starts with this fabulous weekend for the whole community! Hayrides, crafts, activities, goodies, music, pictures with Santa, friendly competitions with the Festival of Lights and the Festival of Trees, and much more all take place at Pembina Place. Watch for details coming on the *Events and Programs* page on the Town website (www.redwater.ca) and on the Town Facebook page.

Redwater & District Ag Society's Christmas Craft & Bake Sale

Saturday, December 3, 2022

For all things seasonal, this is your one-stop shop!
Phone the Ag Society at 780-940-6076 for more information or to register.

Check out www.redwater.ca/p/events-programs for full details on all programs and events.

Would you like to contribute your ideas by serving on the Community Services Board? Email cscoordinator@redwater.ca.



Community Services Office
4944 - 53 Street
2nd floor of Pembina Place
P.O. Box 397
Redwater, AB T0A 2W0

Contact Us

Phone: 780-942-4101
Email: cscoordinator@redwater.ca
www.redwater.ca
facebook.com/TownofRedwater



Visit us on
Facebook

Community Programs & Events - Fall

September to December 2022

Redwater Public Library

Tabletop Games Club - Thursdays, 3:00-5:00pm.
Movie Night - September 23 and October 28, 6:00pm.
Drop-in Lego Club (All ages) - First Tuesday of the month, September 6, October 4, November 1, December 6 from 2:00-4:00pm.
Drop-in Maker Space (All ages) - September 16, October 21, November 18, December 16 from 3:00-4:30pm.
Drop-in Toddler Storytime - Wednesdays, September and October at 2:30pm.
Take N' Make Kits for Kids - September 14 and 28, October 12 and 2, November 9 and 23, December 7.
Take N' Make Kits for Adults - September 21, October 19, November 16, December 14.
Friends of the Library Meetings - September 20, October 18, November 15, 5:00pm.
Parent/Child Mother Goose Program - Thursdays, September 29 to December 1, 10:00-11:00am. Registration is at beginning of September.
Library Board Meetings - September 7, October 5, November 2, 6:00pm.
Visit the Library's Facebook page or website (www.redwaterlibrary.ab.ca) for program details or phone 780-942-3464.

Sports & Dance Programs for Children & Youth

Heartland High Energy Jump Rope Club

For information, contact Nicola at 780-942-2802 or visit www.heartlandhighenergy.com.

Redwater Junior Curling

Join Junior curling this winter for an affordable and fun sport for ages 12 and up.
For more information, email redwatercurlingclub@gmail.com.

Redwater Minor Hockey Association (RMHA)

Looking for a fun, friendly team sport that brings smiles all winter? Join the RMHA today! Ages 4-18. Practices are 1-2 days a week with games on weekends. Options for families needing financial assistance.
For information, email info@redwaterminorchockey.ca.

Yobukan Karate

For information, contact Justin at 780-668-7160.

Youth Groups & Organizations

Lighthouse Youth Group at Redwater Alliance Church

For grades 5-12. *For more information, contact Youth Pastor David at 780-288-4939 or email joe_bob3333@hotmail.com.*

Redwater 4-H

For information, contact Mary Ann at 780-942-4196.



Programs for Families with Young Children

Families First Society

For more information on any of the following programs, call 780-998-5595.

Silly Sprouts Play - Tuesdays, 9:30-11:30am from September 13 to December 6 at Pembina Place. Drop in for this fun-filled program of games, crafts, songs, and more for children ages 0-6 and their parents/caregivers.

Dadventures - Wednesdays, 6:00-7:00pm (September 21, October 5 and 19, November 2, 16 and 30). Calling all dads, grandads and awesome uncles - join us with your children for fun activities and snacks at Pembina Place. *Superdads, Super Kids* curriculum will be shared.

Adult Programs & Activities

Sherwood Park - Strathcona County Primary Care Network (SPPCN)

The Sherwood Park - Strathcona County Primary Care Network (SPPCN) provides primary care services to the areas formerly served by Alberta Heartland PCN, including Redwater, Lamont, Gibbons, Bon Accord, and Fort Saskatchewan. We have two central offices - one in Fort Saskatchewan and another in Sherwood Park. This fall, we are starting to offer some in-person group programs and classes, in addition to our ongoing virtual offerings that began during the pandemic. We are continuing to offer individual appointments over the phone, by video, or in-person when preferred.

We work as a team with family doctors and other healthcare professionals to advance your health and wellness. We offer support for chronic disease management, mental health, exercise, nutrition, healthy living, and more.

Some of the Fall 2022 group patient education classes include:

Managing Menopause; Managing your IBS (Irritable Bowel Syndrome); Eating the Mediterranean Way; Acceptance and Commitment Therapy (ACT); Diabetes 101 and 201; Virtual Drop-in Exercise; Living with Osteoarthritis

The other Edmonton Zone PCNs are also offering group classes that are open to all residents in the Edmonton Zone (including Redwater residents). Check out the "Programs & Classes" section of our website (sherwoodparkpcn.com) to learn more.

Consider asking your doctor about what programs and classes may be beneficial for you. Check out our website to discover all of the doctors who are accepting new patients in our PCN's geographic region. Another valuable resource is the *Alberta Find a Doctor* website (albertafindadoctor.ca).

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

Jeannie & Friends Music Group

Join in spreading joy through song at Diamond Spring Lodge, Radway Health Centre, and Dr. Turner Lodge. New members welcome - both males and females needed. *For more information, contact Jeannie at 780-942-2963.*

Adult Programs & Activities (continued)

Lions Club of Redwater

Do you have four hours a month to help serve your community? Visit the regular meeting of the Lions Club to see if you would like to join. The next meeting is September 14 at 7:00pm at the Pioneer Club.

Community Christmas Card - A \$10 donation gets your name on our special card and helps the Lions support community groups and organizations.

For more information, contact Dave at 780-222-6608.

Redwater & District Pioneer Club

Morning Coffee & Pool - Mondays & Thursdays, 9:00-10:30am. Everyone welcome!

Floor Curling - Tuesdays & Thursdays, 1:30pm (with the exception of the first Tuesday of the month). November 18 is a tournament. Everyone welcome!

Club Meetings - First Tuesday of the month, 1:30pm.

Pancake Breakfast - First Sunday of the month, 9:00-10:00am, \$7/person.

Community Supper - Second Wednesday of the month, Cocktails at 5:00pm, supper at 6:00pm. Everyone is welcome. To register, call 780-942-3772 the Sunday before the supper. \$18/member, \$20/non-members.

General Meetings - First Tuesday of the month, 1:30pm.

Memberships are \$10/person (must be 50 years of age or older) and give you discounted suppers; being a member for more than a year gives you reduced hall rental rates as well. For more information or to book the Pioneer Club, contact Zoney at 780-942-3772.

Redwater Art Society

Drawing Workshops - Wednesdays, September 7, 14, 21, 28 from 1:00-4:00pm.

Online Auction - October 1-21. Show your support and bid on artwork by local artists. View artwork on the website and bid at www.32auctions.com/RAS2022.

For more information, email artsocietyredwater@gmail.com. Visit www.redwaterartsociety.ca or Redwater Art Society on Facebook.

Redwater Citizens on Patrol Association

Monthly General Meetings - The next meeting is September 21 at 7:00pm at the Redwater Legion. Come and see how you can help the community with as little as four hours of volunteering a month. We are seeking volunteers (over 18 with no criminal record). *For more information, contact Dave at 780-222-6608 or email MrDbm@shaw.ca.*

Redwater Curling Club

Looking for a team sport this winter? Join adult curling! If you do not have a team of four we will do our best to find a team for you to join. Watch for information on the Redwater Curling Club's Mixed Bonspiel from March 17-19, 2023.

For information, email redwatercurlingclub@gmail.com

Redwater Fellowship of Churches Food Bank

For hamper assistance, donations, or volunteering, please call and leave your name, phone number and the date you called. A volunteer will return your call. Hamper assistance is set up by phone only.

For more information, contact 780-942-2061.

Redwater Fitness Club

Good physical and mental health is something we all strive for and value. We have everything from cardio, resistance machines, and free weights to massage, yoga, and other fitness classes. Equilibrium Yoga (780-267-7232) holds classes Wednesdays, Thursdays and Sundays. *For more information, contact Andrea at 780-991-5882 or email redwaterfitness@hotmail.com.*

Redwater Legion Branch 251

Darts - Mondays, September 5 to May 29, 7:00pm.

Whist - Wednesdays, September 7 to May 31, 1:00pm.

Bridge - Thursdays, year round, 7:00pm.

Crib - Fridays, year round, 7:00pm.

Everyone welcome! For more information, contact Leanne at 780-220-2453.

Sturgeon Adult Learning

For more information on programs offered within Sturgeon County such as English Language Learning or computer literacy, phone 780-923-2374 Ext 1105.

Careers Under Construction

Are you looking to build your employment skills and learn how to succeed in an ever-changing job market? CUC offers a variety of free job readiness workshops offered in person and virtually throughout each month. Take some of the stress out of your job search and call us today at 780-992-0250 to register. Visit us at www.careersunderconstruction.ca.



Counselling & Referral Services

Community Services Office

The Community Services Office offers a variety of preventative social programs to enhance the well-being of individuals, families and our community. Residents are able to access information on personal support services and resources in the Redwater area and may also be referred to local, regional or provincial human services agencies. For more information, drop in to our office located on the second floor of Pembina Place, call us at 780-942-4101 or email cscoordinator@redwater.ca.

Public Health Clinic for Children and Adults

Redwater Health Centre

Tuesdays and Thursdays from 9:00am-4:00pm

Providing immunizations (child, adult, school, seasonal influenza), communicable disease control, healthy beginnings, early childhood interventions.

Call 780-942-6615 to make an appointment.

