

Town of Redwater Programs - Winter

January to March 2023

Recreational Skating for Kids

Tuesdays, February 7 to March 14, 2023
4:30-5:00pm: Level 1, Get Up and Go
5:15-5:45pm: Level 2, Building Balance and Control
\$18 per participant

Register at the Community Services Office. This program fills up quickly, so don't delay! Parents must be in the arena for the entire class.



Skating Programs Sponsored by:
RedwaterDodge
CHRYSLER JEEP RAM



Drop-in Pickleball

Join the pickleball craze at Pembina Place! Visit www.redwater.ca/p/events-programs or call the Community Services Office for full details on this user-guided program. All equipment provided. Bring clean shoes and a water bottle.

FREE Try It Days: January 18, 24, 26 from 10:30am-1:30pm

Special Introductory Session:

Wednesdays, February 1 to March 29, 2023 (9 sessions)
10:30am-1:30pm at Pembina Place Cultural Centre
\$25 for the entire session or \$5 per drop-in date



Chair Fitness Class

Mondays, January 30 to March 27, 2023 (8 classes)
10:45-11:45am at Pembina Place Cultural Centre
\$52.50 for the entire session or \$8 per drop-in date



Our pilot project of this class before Christmas was a big hit! Join this fun fitness class for all individuals ages 18+. This class offers modifications for all levels of fitness and mobility. Standing options are also available for individuals who like an added challenge. All equipment provided.

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 Pembina Place parking lot, near the Oil Derrick.

Check out the indoor arena ice schedule at redwater.ca/p/pembina-place for public skating and shinny hockey times or phone 780-942-3555. **Come on out to the FREE SWEETHEART SKATE for those 16 and up on Sunday, February 12 from 2:30-4:00pm sponsored by the Town of Redwater.**

Nutrien

PEMBINA
Place



Community Crochet and Knitting Program

Mondays, January 24 to March 27, 2023 (no program February 20)
1:00-3:00pm in the Pembina Place Lobby
\$25 per entire session or \$5 per drop-in date

Join in the crafting camaraderie! We have some basic supplies on hand if you are a beginner; otherwise bring your project along or share in a group project.

Indoor Walking at Pembina Place

Leave the cold weather outside and walk confidently in climate-controlled comfort for only \$20 for a season pass. Bring your clean, indoor shoes and walk Mondays to Fridays between 9:00am to 12:00pm (closed stat holidays). Phone the Facility Administrator at 780-942-3555 for more information.

Stay in the Loop with the Community Connections Newsletter

You can now receive the latest news on programs, events, and volunteer opportunities directly by email. Go to www.redwater.ca/p/events-programs to link to fillable forms or stop by the Community Services Office to sign up.

Redwater Volunteer Income Tax Program - March and April 2023

Trained volunteers can help eligible individuals file simple income tax and benefit returns for free. Call the Community Services Office the last week of February to see if you are eligible and/or to set up an appointment.

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

Community Events

FAMILY DAY OF FUN!

MONDAY, FEBRUARY 20, 2023

FREE FAMILY DAY ACTIVITIES FOR EVERYONE AT PEMBINA PLACE

SKATING, HOT DOGS AND HOT CHOCOLATE, WAGON RIDES, JUMBO GAMES, FAMILY CRAFT PROJECTS, AND MORE! WATCH FOR MORE DETAILS COMING SOON AT WWW.REDWATER.CA/P/EVENTS-PROGRAMS AND ON THE TOWN OF REDWATER'S FACEBOOK PAGE.

EVENT SPONSORS: SEE YOUR COMPANY LOGO HERE AND ON OUR COMMUNITY CALENDAR!

CONTACT THE COMMUNITY SERVICES SUPERVISOR TO EXPLORE WAYS TO SUPPORT THIS EVENT OR FUTURE EVENTS / PROGRAMS AND PROMOTE YOUR BUSINESS. PHONE 780-942-4101 OR EMAIL CSCOORDINATOR@REDWATER.CA.



- **Spring Break Pop-Up Activities, March 27-31**
- **Mayor's Breakfast, April 6**
- **Volunteer Appreciation Night, April 19**
- **Seniors' Week, June 6-12**



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 - Winter

January to March 2023

Redwater Public Library

Adventure Awaits Winter Reading Program - Sign up at the Library for the reading program that runs January and February.



Visit the Library's Facebook page or website (www.redwaterlibrary.ab.ca), or phone 780-942-3464 for details on programs such as Tabletop Games Club, Toddler Storytime, After School STEAM, Makerspace, LEGO Club, Movie Nights, Off the Books adult programs, other special events, or volunteering with the Friends of the Library.

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

Mondays, 7:00-8:00pm for ages 9 and up. Come for an affordable and fun sport! **For more information, email redwatercurlingclub@gmail.com.**

Redwater Minor Hockey

For information, contact pres@redwaterminorchockey.ca or visit www.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

Families First Society provides programming for the Fort Saskatchewan and Sturgeon Region Family Resource Network (which includes Redwater). For more information on any of the following programs, call 780-998-5595 or visit www.familiesfirstsociety.ca.

Silly Sprouts Play - Tuesdays, January 10 to March 28, 9:30-11:30am at Pembina Place. Drop in to this free, facilitated program for caregivers and their children ages 0-6 years old. Join us for songs, rhymes, stories, and play.

Come Meet the Experts - Tuesday, January 24, 9:30-11:30am at Families First in Fort Saskatchewan. Bring your children in and talk with the experts at this free event to explore your child's progression in movement, behavior, sleeping, speech, eating, and sensory steps. Phone 780-998-5595 to register.

Wiggles and Giggles - Tuesdays, January 10 to March 29, 1:00-2:00pm at Gibbons Cultural Centre. New moms and dads, drop-in for this free program for you and your wee ones! Join other new parents and their children (0-12 months) to have fun and discover more about parenting and child development.

Dadventures - Tuesdays, 6:00-7:00pm at Fort Saskatchewan Legion. Calling all Dads, Grandads and awesome Uncles! Join us with your children for fun, snacks, and conversation. Discover different ways to help your children thrive.

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, Gibbons, Bon Accord, and Fort Saskatchewan. We have two central offices - one in Fort Saskatchewan and another in Sherwood Park.

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. There are also "on-demand" classes being developed where you can work through the content at your own pace online.

Some of the 2023 group patient education classes include:

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

Other Edmonton Zone PCNs are offering group classes that are open to all residents in the Edmonton Zone (including Redwater residents). Check out sites such as edmontonsouthsidepcn.ca for a listing of workshops, some of which are virtual. If there are specific classes you would like to see held in Redwater, please contact the Town of Redwater Community Services Office to register your interest; if there is enough interest, we may be able to accommodate a local class.

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

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 cscordinator@redwater.ca.

Bus Trips

Shopping Bus - Third Wednesday of the month. Phone Sharon at 780-942-3838 to book your spot for a shopping trip to a mall.

Casino Bus Trip - Fourth Wednesday of the month. Phone Sharon at 780-942-3838 to book your spot for a monthly casino trip.

To book the Seniors Transportation Society bus, contact Lorraine at 780-580-0037. The bus is available for all ages.

Crown Jewels

For meeting info, contact Sharon at 780-942-3321 or Chris at 780-942-3484.

Jeannie and Friends Music Group

Join in spreading joy through song at Diamond Spring Lodge, Radway Health Centre, and Dr. Turner Lodge. New members welcome. Both male and female singers needed. **For more information, call Jeannie at 780-942-2963.**



Lions Club of Redwater

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; meet on the first Monday of the month instead). Everyone welcome!



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

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

Community Supper - Second Wednesday of the month, 5:00pm cocktails, 6:00pm supper. Non-members, reserve your plate by calling 780-942-3772 one week before the supper. \$18 per member, \$20 per non-members.

Memberships are \$10 per person (must be 50+) 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 or Lorraine at 780-580-0037.

Redwater Art Society

Drop-In Art - Tuesdays, 12:30-3:30pm and Wednesdays, 1:00-4:00pm. Put some color in your life and find your inner artist. Beginners welcome.

Flower Power - Starting on February 15 from 1:00-4:00pm, join this workshop to bring warm summer flowers into the cold winter! \$10 for non-members.

For more information, contact Fred at 780-200-3005 or email artsocietyredwater@gmail.com. Visit www.redwaterartsociety.ca or Redwater Art Society on Facebook to view artwork and current classes.

Redwater Citizens on Patrol Association

Crime Prevention Seminar - Wednesday, January 25 at 7:00pm at Legion. "How to Target Harden Your Property Without Spending a Fortune." Everyone welcome! Door prizes, refreshments served. Free.

Monthly General Meetings - Phone for schedule; 7:00pm at the Redwater Legion. New members welcome.

For more information, email redwatercopa@gmail.com.



Redwater Curling Club

Join us Tuesdays at 7:30pm for League Curling or Fridays at 7:30pm for a social evening of fun and curling. March 17-20 is the annual modified mixed bonspiel.

For information, contact Myles at 780-231-2543 or dyckm@oakcreekgolf.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. **For more information, contact Andrea at 780-991-5882 or email redwaterfitness@hotmail.com.**

Redwater Legion Branch 251

Darts and Pool - Mondays, to May 29, 1:30pm

Whist - Wednesdays, to May 31, 1:00pm

Crib - Fridays, year round, 7:00pm

Coffee - Mondays, Wednesdays, Fridays, 9:00-10:00am

Crib Tournament - March 19, registration at 9:00am, games begin at 11:00am.

\$50/team includes lunch and prizes for first, second, and third places.

For information on current activities, contact Leanne at 780-220-2453.



Sturgeon Adult Learning

Community Kitchens - January 25 and 27, 1:00-4:00pm at Pembina Place. \$25.

Basic Computer Skills - March 21, 23, 28, 30 at the Redwater Library. \$10.

To register or for more information on other programs offered within Sturgeon County (e.g. Pro-Serve, Learn English, Money Matters), phone 780-923-2374.

Wild Rose Mamas - Red Hat Society

For meeting information, contact Audrey at audreypetruck@gmail.com.

Are you looking for career counselling, skill development, or help with updating your resume? Contact Careers Under Construction, www.careersunderconstruction.ca.

Public Health Clinic at Redwater Health Centre 9:00am-4:00pm on Tuesdays, Thursdays, Fridays

Providing immunizations (child, adult, school, seasonal influenza), communicable disease control, healthy beginnings, early childhood interventions. Call 780-942-6615 to make an appointment.



COVID-19 and flu immunizations are available. Book at www.bookvaccine.alberta.ca. Rapid testing kits are available at the Redwater Health Centre.