



# Community Events Calendar

## January 2025

Community Services  
780-942-4101

Town Office  
780-942-3519

An active town with a big heart, working together to build a safe, beautiful, and sustainable community. [www.redwater.ca](http://www.redwater.ca)



### Winter Programs



For details on the following and other programs at Pembina Place, visit the Town of Redwater Facebook page and the Events and Programs page on our website ([redwater.ca/p/events-programs](http://redwater.ca/p/events-programs)). To register for any of our programs or events please scan the QR code above or visit <https://townofredwater.perfectmind.com>.

**Pickleball at Pembina Place:** Mondays, 1:00-3:00pm; Wednesdays, 10:00am-12:00pm; and Thursdays, 6:00-8:00pm. January 20 to April 3. \$40 season pass or \$5 per session.

**Indoor Walking:** Monday to Friday, 8:30am-12:00pm at Pembina Place. January 2 to April 11. \$20 season pass or drop-in fee.

**Recreational Skating for Kids, Level 1:** Wednesdays, 5:15-5:45pm. January 8 to February 12 for 3-6 year olds. \$40. Register by January 3.

**Redwater Crafting Group:** Mondays and Saturdays, 1:00-3:00pm starting January 6. Free! Beginners can use our supplies, or bring your own project.

**Fitness Classes:** Watch our website and Facebook page for announcements on Chair Fitness and Lunch Crunch classes for 2025.

**Free Shinny & Public Skating:** Thanks to a very generous sponsorship by Pembina Pipeline, all shinny and public skating is FREE for the 2024/2025 ice season. View ice calendar at [www.redwater.ca/p/pembina-place](http://www.redwater.ca/p/pembina-place) or scan the QR code:



### Health & Wellness for the New Year!

Elevate your well-being and invest in your health in 2025! The Town of Redwater has partnered with the Sherwood Park-Strathcona County Primary Care Network (PCN) to deliver FREE workshops at Pembina Place (4944-53 Street) to help you invest in your health. Workshops run from 10:00am-12:00pm and are open to Redwater and area residents.

**Thursday, January 9 - Healthy Eating for 1-2 People**

Discover the art and science in crafting nutritious and simple meals perfectly suited for one or two servings.



**Thursday, January 30 - Diabetes, The Fundamentals**

Learn the basics about diabetes, how it may be treated, and the potential problems diabetes can cause if left unchecked. You will be provided strategies for managing blood sugar level through choices and changes in diet and lifestyle.

**Thursday, February 20 - Mental Wellness**

Learn the basics of mental wellness. Discover strategies for improving mood and managing your mental health longer term.



**Thursday, March 13 - The Mediterranean Way of Eating**

Delve into the heart of this way of eating and the scientific principles that underpin its remarkable health benefits. Whether you are seeking to improve your health, expand your food choices, or simply indulge in the pleasures of good food, this class will be an inspiring experience!

Register online at <https://townofredwater.perfectmind.com> or in person at the Community Services Office (2nd floor at Pembina Place) during regular office hours.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
<b>Caregivers' Coffee</b> Are you a caregiving looking for support? Visit the Town of Redwater website for more details.  For more info: 780-942-4101 Lspicer@redwater.ca	<b>Winter Wear Depot</b> If you are in need of free warm winter wear, call the Community Services Office at 780-942-4101 or stop by the second floor at Pembina Place during office hours to browse and pick up items.	Town Offices closed 1  Happy New Year!	2 	3  Legion - Coffee (8:30-10:00am)	4 5 Pioneer Club - Pancake Breakfast (9:00-10:00am)
6 Legion - Coffee (8:30-10:00am) Pioneer Club - Coffee (9:00-10:30am)	7 Pioneer Club - General Meeting (1:30pm) Town Council Meeting (6:30pm) Pioneer Club - Rec Night (7:00pm)	8 Legion - Coffee (8:30am) Casino Bus - Phone Sharon at 780-942-3838 to book (9:15am) Legion - Whist (1:00pm) Pioneer Club - Community Supper. Phone 780-942-3772 by January 1 to book tickets. Lions Club Meeting at the Pioneer Club (7:30pm)	9 Pioneer Club - Coffee (9:00-10:30am) Pioneer Club - Floor Curling (1:30pm)	10 Legion - Coffee (8:30-10:00am) Legion - Pub Night (5:30pm-2:00am)	11 12 18 19 25 26 <b>SNOW REMOVAL</b> Please watch for 24-hour No Parking signs to assist with winter snow clearing. Check out the Snow Clearing Policy on our website at <a href="http://www.redwater.ca/p/bylaws">www.redwater.ca/p/bylaws</a>  <b>Birthday Party Rental Package!</b> Book your child/youth birthday party at Pembina Place! Receive 1 hour ice time, and 2 hours lobby rental. For more details, call 780-942-3555 or email <a href="mailto:facilityadmin@redwater.ca">facilityadmin@redwater.ca</a>
13 Legion - Coffee (8:30-10:00am) Pioneer Club - Coffee (9:00-10:30am)	14 Silly Sprouts at Pembina Place (9:30-11:30am) Pioneer Club - Floor Curling (1:30pm) Pioneer Club - Rec Night (7:00pm)	15 Legion - Coffee (8:30-10:00am) Shopping Bus - Phone Sharon at 780-942-3838 to book (9:45am) Legion - Whist (1:00pm) Redwater Citizens on Patrol Meeting at the Legion Hall (7:00pm)	16 Pioneer Club - Coffee (9:00-10:30am) Pioneer Club - Floor Curling (1:30pm)	17 Legion - Coffee (8:30-10:00am) Legion - Pub Night (5:30pm-2:00am)	20 Legion - Coffee (8:30-10:00am) Pioneer Club - Coffee (9:00-10:30am)
21 Silly Sprouts at Pembina Place (9:30-11:30am) Museum - General Meeting (1:30pm) Pioneer Club - Floor Curling (1:30pm) Town Council Meeting (6:30pm) Pioneer Club - Rec Night (7:00pm)	22 23 24 Be a good neighbor! Clear your sidewalk of snow and ice, and offer to help others who need assistance.	25 Legion - Coffee (8:30-10:00am) Legion - Whist (1:00pm)	26 Pioneer Club - Coffee (9:00-10:30am) Pioneer Club - Floor Curling (1:30pm)	27 Legion - Coffee (8:30-10:00am) Legion - Pub Night (5:30pm-2:00am)	28 <b>Thursdays Museum</b> Open 1:00-3:30pm <b>Saturdays Museum, Library, and Art Gallery</b> Open 11:00am-3:00pm
27 Legion - Coffee (8:30-10:00am) Pioneer Club - Coffee (9:00-10:30am)	28 Silly Sprouts at Pembina Place (9:30-11:30am) Pioneer Club - Floor Curling (1:30pm) Committee of the Whole Meeting at Town Council Chambers (6:00pm) Pioneer Club - Rec Night (7:00pm)	29 Legion - Coffee (8:30-10:00am) Casino Bus - Phone Sharon at 780-942-3838 to book (9:15am) Legion - Whist (1:00pm)	30 Pioneer Club - Coffee (9:00-10:30am) Pioneer Club - Floor Curling (1:30pm)	31 Legion - Coffee (8:30-10:00am) Legion - Pub Night (5:30pm-2:00am)	

**Need Information or Assistance?**  
One call can connect you to community groups, resources, and information  
**Town of Redwater - Family & Community Support Services (FCSS)**  
780-942-4101

Help bring this transportation service to Redwater by volunteering! Gas reimbursement provided. You choose when, where and how often you drive.  
For more info: 780-424-5438  
[drivehappiness.ca](http://drivehappiness.ca)  
**DRIVE HAPPINESS**  
SENIORS ASSISTED TRANSPORTATION

**Families First Society**  
FORT SASKATCHEWAN  
Drop in to the free, facilitated Silly Sprouts programs at Pembina Place for caregivers and their children ages 0-6 years.

**Public Health Clinic at Redwater Health Centre**  
9:00am-4:00pm Tuesdays, Thursdays & Fridays  
Phone 780-942-6615 to book an appointment.  
Providing immunizations (child, adult, school, seasonal influenza), communicable diseases control, healthy beginnings and early childhood interventions.