

## **Community Events Calendar May 2023 Community Services**

780-942-4101

780-942-3519

Free BBQ to celebrate! Everyone welcome!

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

www.redwater.ca







Summer fun at the Swimming Pool and with Summer Programs is just

around the corner! Watch for news on our Facebook page and website!



**Provincial Election Day** 

Legion - Coffee (9:00am) Lhair Fitness Class (10:4 Community Crochet and Knitting Program at Pembina Place (1:00-3:00pm)

Silly Sprouts Play at Pembina Place (9:30-11:30am)

Legion - Coffee (9:00am) Casino Bus Trip - Phone Sharon at 780-942-3838 to **spot** (9:15 am) Legion - Whist (1:00pm) Art Society - Speckled Pup (1:00pm)

Chair Fitness Class - Mondays, 10:45am at Pembina Place, \$8 drop-in fee Crochet and Knitting Program - Mondays, 1:00-3:00pm, \$5 drop-in fee Green Thumb Workshop, Container Gardening, 1:30pm on Thursday, May 25, \$5 Sponsored by Redwater Home Hardware



June 17 - Lemonade Day! Bicycle Rodeo at Pembina Place!





## 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

## **INVEST IN YOUR HEALTH**

Virtual and in-person classes offered this month by your Primary Care Network (PCN): Diabetes 101/201, Virtual Drop-in Exercise, Mediterranean Diet, Let's Talk Menopause, Osteoarthritis and more! Visit www.sherwoodparkpcn.com



## **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.