

Town of Redwater Programs - Winter

January to March 2024

Recreational Skating for Kids, Wednesdays, 5:30-6:00pm

Level 1, Get Up and Go: January 10 - February 14

Level 2, Building Balance and Control: February 21 - March 27

\$40 per participant



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

Drop-in Pickleball

Join the pickleball craze at Pembina Place! The new season starts January 3. Visit www.redwater.ca/p/events-programs or call the Community Services Office for full details on this user-guided program. All equipment is provided. Bring clean shoes and a water bottle.

Winter Season: January 3 to April 29, 2024

Dates:

Mondays: 10:00am-12:00pm

Wednesdays: 10:00am-12:00pm

Wednesdays: 6:00-8:00pm

Thursdays: 6:00-8:00pm



Price:

\$40 for season pass

or

\$5 drop-in fee

Chair Fitness Class

Wednesdays, January 10 to February 28 (8 classes)

11:00am-12:00pm at Pembina Place

\$52 for the entire session or \$8 per drop-in date



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 or scan the QR code for public skating and shinny hockey times or phone 780-942-3555.



Redwater Community Crafting Group - FREE

Mondays and Saturdays, 1:00-3:00pm at Pembina Place

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.

Paint the Ice - Date TBA

Bring your friends and family along for some colorful end-of-season fun! Watch for more details to come.

Birthday Party Rental - Book your child/youth birthday party at Pembina Place. Receive 1 hour ice time, and 2 hours lobby rental (pending availability). Call 780-942-3555 or email facilityadmin@redwater.ca for more details.

Caregiving 101 Workshop at Pembina Place - February 6, 10:00am-12:00pm

If you assist a family member, friend, or neighbor with challenges due to aging, illness, or disability, you are a caregiver! Do you know a caregiver who could use support? Invite them along! A **free** light lunch is included following the presentation. **Register with the Community Services Office by January 29 by phoning 780-942-4101 or emailing Lspicer@redwater.ca**

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 and building closure dates). 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 2024

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 jedworthy@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, the Home Alone course, or a family learn-to-play pickleball workshop. 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 Lspicer@redwater.ca.

Community Events

FAMILY DAY OF FUN!

MONDAY, FEBRUARY 19, 2024

FREE FAMILY DAY ACTIVITIES FOR EVERYONE AT PEMBINA PLACE

SKATING, HOT DOGS, SNOWMAN SUNDAES, INFLATABLES, THEATRE STYLE POPCORN, FACE PAINTING, GLITTER TATTOOS, FAMILY CURLING, FAMILY CRAFT PROJECT, JUMBO GAMES, AND MORE! WATCH FOR FURTHER DETAILS COMING SOON AT

WWW.REDWATER.CA/P/EVENTS-PROGRAMS AND ON THE TOWN OF REDWATER'S FACEBOOK PAGE.

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

Thank you to our first sponsors of Family Day:



- **Mayor's Breakfast, April 5**
- **Volunteer Appreciation Night, April 18**
- **Seniors Week Celebration, June 4**



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: Lspicer@redwater.ca

www.redwater.ca

facebook.com/TownofRedwater



Visit us on
Facebook

Community Programs & Events - Winter

January to March 2024

Redwater Public Library

The Winter Reading Program is coming to the Redwater Library! Running January 1 to March 1, 2024, join us for two months of reading, crafts, activities, and prizes! Get involved and join us for a winter of reading! **For information on this and other programs offered, visit the Library's Facebook page or website (www.redwaterlibrary.ab.ca), or phone 780-942-3464 for more details.**



Sports & Dance Programs for Children & Youth

Epic Acrobatics and Dance

For more information, email epicacrobaticsanddance@outlook.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 pastordavidness@gmail.com

Redwater 4-H

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



Programs for Families with 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 16 to March 19, 9:30-11:30am at Pembina Place. Drop in to this free, facilitated program for caregivers and their children ages 0 to 6 years old. Join us for songs, rhymes, stories, and play.

Family Fun Night - February 7 & March 13, 5:30-7:00pm at Pembina Place. Open doors to an evening of family fun, a nutritious snack, and a bedtime story. Activities will be geared for children aged 0 to 6 years with the invitation open for all to play. Come spend some special time together as a family!

For information on other Families First programs in the wider area (Circle for Caregivers of Youth, T.W.E.E.T., Dragonfly Support Group, or Nurtured Baby), visit www.redwater.ca/p/events-programs or www.familiesfirstsociety.ca.

Adult Programs & Activities

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

Are you looking for like-minded women to have fun and socialize with? The Crown Jewels is the place for you! **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

Monthly General Meetings – Do you have four hours a month to help serve your community? Visit the regular meeting on the second Wednesday of each month at 7:00pm, the Pioneer Club, to join the Lions Club to see if you would like to join.

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).

General 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



Redwater Art Society

Proud as a Peacock, in acrylic. January 16, 1:00-3:00pm

Flower Meadow, in watercolor. February 7 and 14, 1:00-3:00pm.

Cherry Blossoms, in acrylic. February 20, 1:00-3:00pm.

Birds, in watercolor. February 21 and February 28, 1:00-3:00pm.

Coffee Painting. March 6, 1:00-3:00pm.

Failed Paintings - What to do with them. March 13 and March 20, 1:00-3:00pm.

Spring Forest, in acrylic. March 19, 1:00-3:00pm.

Beginners welcome. For more information, 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

Monthly General Meetings – Phone for schedule; 7:00pm at the Redwater Legion. New members welcome. Come and see how you can help the community with a 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 MrDdm@shaw.ca.**

Redwater Curling Club

Join us on Monday nights for Junior Curling at 7:00-8:00pm and Tuesdays at 7:30pm for League Curling.

For more 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 Centre

Good physical and mental health is something we all strive for and value. We have everything from cardio, resistance machines, and free weights to yoga and other fitness classes.

RFC Kickboxing program (ages 16+) January 16, 8:30pm-9:30pm

"Get Back Up with Barbara" Phone 587-985-3360 for information on health, wellness, and fitness classes coming soon.

Equilibrium Yoga (Phone 780-264-1046) Sundays, 7:00-8:00pm.

Canadian Firearms Safety Course Restricted & Canadian Firearms Safety Course Saturday & Sunday, Date TBA

For more information, contact Andrea at 780-991-5882 or email redwaterfitness@hotmail.com.

Redwater Legion Branch 251

Whist - Wednesdays, 1:00pm

Darts and Pool - Thursdays, 7:00pm

Crib - Fridays, 7:00pm

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

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

Sherwood Park - Strathcona County Primary Care Network (SPPCN)

The Sherwood Park - Strathcona County Primary Care Network (SPPCN) provides primary care services in partnership with family doctors and other healthcare professionals to advance your health and wellness. Some of the 2024 group patient education classes include:

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

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

Sturgeon Adult Learning

Learn English - Tuesdays, February 20 to April 30, 2:00-4:00pm at Redwater Library.

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

Wild Rose Mamas - Red Hat Society

The Red Hat Society is a unique international play group for women that promotes passion of fun, friendship, fitness, the freedom to express yourselves in a positive ways, and a dedication to the fulfillment of lifelong dreams, gained all through the power of fun.

For meeting information, contact Audrey at audreypetruk@gmail.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 jedworthy@redwater.ca.

Counselling Services

Sometimes in our fast-paced lives, individuals, couples, and families need a little help to work out life's problems. Counselling through the Fort Saskatchewan FCSS can help you learn how to deal with your problems in a productive manner and develop the skills to manage a stressful and changing environment. No referral is necessary to initiate counselling services. To book an appointment call 780-992-6267 or toll free at 1-866-992-6267 during office hours, Monday-Friday, 8:00am-4:30pm.

To explore further counselling options available, call the Community Services Office at 780-942-4101.

**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.

