



2024

MAY - JUNE - JULY

# MAKING Connections



SENIORS' NEWSLETTER

INSIDE

- + Seniors' Week
- + Pride Celebration & BBQ
- + National Indigenous Peoples Day
- + Canada Day



Whitecourt  
MESSAGE  
from the  
MAYOR



The biggest event Whitecourt hosts for the senior demographic is coming up in June – Seniors' Week. Whitecourt is fortunate to have an active and growing seniors population, with many of you involved in a variety of organizations, such as the Seniors Circle, Friends of Whitecourt, and various church groups. Your contributions enrich and enhance our community, and our quality of life. This week provides residents from across our community the opportunity to say "thank you" and show our appreciation for all that you do. I look forward to seeing you at the activities planned during the week of June 3 to 8.


In addition to Seniors' Week, there are lots of other activities and events scheduled for you to enjoy:

- The Whitecourt Farmers Market kicks off the summer season May 7 at its new location, the Whitecourt Curling Rink.
- The Run 4 Fun will have people of all ages hitting the trails on June 1.
- Whitecourt's Pride Celebration and BBQ will be held in Festival Park June 7.
- Whitecourt's official kick-off to summer, Party In The Park, is scheduled for June 14 and 15.
- Summer Street Fest is back in downtown Whitecourt August 10.

Of course there's always the traditional summer events, such as Canada Day celebrations and the annual Rodeo to take in too. Enjoy all that the summer has to offer!

Tom Pickard, Whitecourt Mayor

**FREE CLEAN UP WEEK**  
MAY 22-25

Whitecourt 

To assist you with your spring cleaning, we will be offering free disposal at the Whitecourt Regional Landfill from May 22-25, 2024.

Excludes industrial and commercial customers.

**FREE Clean Up Week is jointly offered to Whitecourt and Woodlands County residents.**

**DROP OFF DAY PREP**


Residents will be required to show their **Landfill Access Tag** to receive free disposal. Two pieces of identification showing your street address/land location will also be accepted (i.e. driver's licence, tax notice, utility bill, etc.).

All items must be sorted, and bagged or bundled for disposal. Residents will be responsible for unpacking and placing items in designated areas at the Landfill so be sure to wear appropriate footwear for the Landfill.

**DROP OFF HOURS**

**At The Whitecourt Regional Landfill**  
Located 17kms east of Whitecourt on Highway 43.  
**Wednesday, May 22 to Saturday, May 25**  
**9:00 a.m. to 4:30 p.m.**

Whitecourt **TAKE IT OR LEAVE IT**  
Saturday, May 18 and Sunday, May 19  
For Town of Whitecourt residents only.

 **HAMLET CLEAN UP**  
Wednesday, May 22 to Saturday, May 25  
For Blue Ridge, Goose Lake, Fort Assiniboine residents only.

Visit [www.whitecourt.ca](http://www.whitecourt.ca) or [www.woodlands.ab.ca](http://www.woodlands.ab.ca) for details.

**FREE**


**Armchair Travels**

May 8 ID:9128  
**NEW YORK CITY**

Allan & Jean Millar  
Centre in the Crown & Anchor Meeting Room  
2:00-3:00pm

Join in the fun as we explore different parts of the globe. Armchair Travels provides the opportunity to learn about different countries, cultures, cities, and customs all from the comfort of our seats.

Call 780-778-3637 ext. 0 to register.





# SENIORS' WEEK 2024

JUNE 3-8



Seniors' Week is the perfect opportunity to acknowledge and celebrate the contributions seniors and elders have made in our community. Registration is required for some of the events. To register call the Allan & Jean Millar Centre at 780-778-3637 ext.0.

## Monday, June 3

**Kick Off Pancake Breakfast 9:00-10:30am FREE**

Seniors Circle / Drop in  
Donated by the Rotary Club of Whitecourt.

## Intergenerational Lego Cart Race

**1:00-3:00pm FREE**

Seniors Circle / Drop in  
Seniors team up with youth in groups of two to create a cart made of Lego. After 15 minutes, teams will race their carts against the clock. Prizes awarded for fastest, and most original creation. All materials supplied.

Races will be followed by ice cream sundaes with students.

## Tuesday, June 4

**Blooming Tour 10:00am 65+ FREE**

Departing from the Allan & Jean Millar Centre  
Cruise by some of Whitecourt's best kept yards on the Dial-A-Bus. Space is limited, registering early is recommended.

**Registration required. ID #9308**

**BINGO Doors Open 5:00pm, Games Start 6:45pm**

Seniors Circle / Drop in  
Community BINGO is hosted by the Whitecourt Seniors Circle and runs throughout the year; with the exception of July and August.  
Cost varies.

## Wednesday, June 5

**Sharing History 10:50am FREE**

Percy Baxter Middle School / Drop In  
A panel of local seniors will be sharing with local youth their experiences growing up. This is an initiative hosted by the Youth Advisory Committee.



**Show & Shine 5:30pm FREE**

A & W Restaurant Parking Lot / Drop In  
Local car enthusiasts will display their vehicles and talk shop. Stop in for a coffee and check out some fab rides.

## Thursday, June 6

**Intergenerational Cook Off FREE**

**Drop Off 3:30-4:30pm**

**Judging Begins 5:00pm** (closed to panel only)

**Dinner 6:30pm**

Seniors Circle

Seniors are encouraged to join up with a youth (under 18) in their life to create their best chili or baked good item. Items will be submitted for judging by a panel of youth and adults. Afterwards everyone is invited to stay to enjoy the items. Dinner will be supplemented by catering.

**Registration required. Team registration ID #9311**

**Dinner registration ID #9312**



## Friday, June 7

**Nature Walk 9:30-10:30am FREE**

Carson Pegasus Provincial Park  
Meet up at Carson Pegasus Provincial Park to enjoy a walk through the trail system. Walking poles will be supplied. Walks will be led by Whitecourt Staff.

**Registration required. ID #9309**

**Understanding 2SLGBTQ+ 2:00-3:30pm FREE**

Seniors Circle / Drop in  
This information session will provide you with a better understanding of the acronym. This session will be facilitated by Ron Byers, a community leader and part of developing Aging with Pride Program and the Edmonton Pride Seniors Group.

After this session, the community Pride BBQ will be held at Festival Park from 4-7pm. People are encouraged to make their way down to the Park to enjoy our local Pride Celebration.



## Saturday, June 8

**Dinner & Entertainment Doors Open 5:00pm,**

**Dinner 6:00pm, Entertainment 7:00-9:00pm**

Seniors Circle

Sit back and be taken back with tunes from the 60s & 70s. Register for this evening of dinner and entertainment by DJ Warkentin "My Old Radio - the AM Experience".

Dress up for your chance to win a door prize for best costume. Cost: 65+years \$10.00 / 18-65 years \$25.00.

**Registration required. ID #9310**

**Watch for Seniors' Week Brochure**  

[whitecourt.ca](http://whitecourt.ca)

# HUNGER DAY

## FOOD DRIVE & BBQ

SATURDAY **MAY 25**



**DROP IN 11:00am-3:00pm**

76 Sunset Boulevard  
Visitors are welcome to take a tour of the Food Bank during the Food Drive & BBQ.

Graciously sponsored by:



EAGLE RIVER CASINO & Travel Plaza

**ITEMS IN NEED:**

- Mac and Cheese
- Hamburger Helper
- Canned Meat
- Beans
- Toiletries (shampoo, conditioner, deodorant, razors)



For more information, contact the Food Bank at 780-778-2341. [www.whitecourt.ca](http://www.whitecourt.ca)

# OUTDOOR PICKLEBALL

Want to get outside for some pickleball? We have you covered! A portable net is available through the Allan & Jean Millar Centre and a pickleball court is ready and waiting at Percy Baxter School. Want an option up the hill? We also have pickleball courts set up at the tennis court by the Carlan Services Community Resource Centre.



**Start date is weather dependent.**

**Portable Net Lending requires a \$25.00 damage deposit for non-members and FREE for members. Contact bookings at 780-778-3637 ext. 402 for information on booking a portable net.**



## APRIL 11 SENIORS CIRCLE 80+ MEMBERS CELEBRATION

# PICKLEBALL

Join us Monday-Friday mornings and Monday and Thursday evenings to try the latest in racquet sports. Pickleball is a low impact game that has the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. It's a fun game for players of all levels. Everyone is invited to drop-in and give it a try.

**ALLAN & JEAN MILLAR CENTRE**

Monday  
9:00-11:00am  
Skill Development  
All Ages

Tuesdays/Wednesdays/  
Thursdays/Fridays  
Time: 9:00-11:00am  
All Ages

Mondays/Thursdays  
Time: 8:00-10:00pm  
18+

Members: FREE Retail: \$4.48

**NO EXPERIENCE NECESSARY!**





## COMPLIMENTARY FITNESS CLASSES

These classes are FREE with a membership or day pass

### EARLY BIRD H2O *Water*

A class for those who want to start their day off right with a full-body workout! This is a fun aqua class that focuses on improving muscular strength & endurance by using a variety of equipment. We're usually in the shallow end or the lazy river (but we're not lazy!). No swimming skills required.

**Level:** All Levels

**May & June:** Mondays, Wednesdays

**Time:** 6:15-7:00am

### GENTLE WATER FITNESS *Water*

This aquatic exercise class is designed to meet the needs of people who have health conditions resulting in pain and dysfunction when participating in land based fitness activities. This class is a low impact 45-minute class that focuses on enhancing mobility, muscle strengthening, and increased range of motion. The class is ideal for orthopedic, arthritis, hypertension, and joint replacement conditions and for those who have weakness and/or physical limitations and takes place in the Leisure Pool (warmer water).

**Level:** Beginner

**May & June:** Tuesdays, Thursdays

**Time:** 12:00-12:45pm

### WATER WARRIORS *Water*

This aqua class is a full body workout focusing on functional fitness in a supportive environment. The joint friendly exercises help to improve cardio, muscular strength & endurance as well as range of motion. Classes are conducted in both chest-deep and deep water (options will be given for both) and are suitable for all levels of fitness. Max. 20

**Level:** All Levels

**May & June:** Mondays, Wednesdays, Fridays

**Time:** 9:00-10:00am (Monday & Wednesday)

9:15-10:00am (Friday)

**July & August:** Mondays, Wednesdays

**Time:** 9:00-10:00am (Monday & Wednesday)

### YOGA & CORE *Mind & Body*

This class will focus on increasing your core strength as well as improving your flexibility, balance and strength.

**Level:** All Levels

**May, June, July & August:** Wednesdays

**Time:** 7:00-7:45pm

### MOVEMENT & STRETCH *Mind & Body*

Take time to relax and rejuvenate with some weekly self care. This class will focus on mobility and flexibility using gentle movements, stretching, basic yoga poses and rolling techniques to increase range of motion and release tight muscles.

**Level:** All Levels

**May & June:** Thursdays

**Time:** 7:00-7:45pm



### *Water*

**No water classes:**

**May 20**

**June 24-July 1**

**August 5**



**PROVIDES:**  
food  
diapers  
toiletries  
condoms  
menstrual products  
teen bags  
birthday bags  
pet food

**HOURS OF OPERATION**

Monday Wednesday Friday  
11:00am to 2:00pm Last intake at 1:45pm

**NEW EVENING HOURS**  
Second Thursday of the month  
5:00 to 8:00pm Last intake at 7:45pm

**LOCATION**

76 Sunset Blvd in the Carlan Services  
Community Resource Centre  
Call 780-778-2341  
[www.whitecourt.ca](http://www.whitecourt.ca)



Join us for  
**Death Café**

*Death is part of life.*

Drop In at the  
Whitecourt & District Public Library  
5201 - 49 Street

**Monday, July 15**  
6:00 - 7:30pm

More information at [www.deathcafe.com](http://www.deathcafe.com)  
Contact Kim: 780-396-9528



**SUPPORT GROUP**

Learn more about Parkinson's,  
share your experiences and connect  
with peers in a safe environment.

Please contact Parkinson Association of Alberta at  
780-425-6400 or [aploof@parkinsonassociation.ca](mailto:aploof@parkinsonassociation.ca)  
with any questions or for information on how to  
join the group.



**PRIDE CENTRE  
OF EDMONTON**

[pridecentreofedmonton.ca](http://pridecentreofedmonton.ca)

**AGING WITH PRIDE**

Please check out our seniors events page to currently see what is  
happening on Aging with Pride or contact 587-635-2169 for more  
information! We are currently offering Aging with Pride on a  
modified schedule according to participant need. Please reach out  
to learn/suggest which times would work best for you.

<https://pridecentreofedmonton.ca/seniors-programs/>

**SIGN-UP FOR OUR NEWSLETTER**

Go to [pridecentreofedmonton.ca](http://pridecentreofedmonton.ca) and look for 'Newsletter Signup'.

**GET IN TOUCH**

Call 780-488-3234 or Email [hello@pridecentreofedmonton.ca](mailto:hello@pridecentreofedmonton.ca)



A volunteer run non-profit  
for cancer patients in the  
town of Whitecourt

The Whitecourt Cancer & Wellness Society was founded in 2002 with the goal of providing access to funding for community members experiencing financial difficulty due to an illness that is interrupting their work schedule and causing pressure on their family.

Programs



Gas & Grocery  
Card Package



Parking  
Reimbursement



Emergency  
Funds

For more details and a Financial Application,  
visit our website at [wctcancerwellness.com](http://wctcancerwellness.com)

Phone: 780-778-0932

Email: [wctcancerwellness@gmail.com](mailto:wctcancerwellness@gmail.com)

WhitecourtCancerAndWellnessSociety



YOU ARE NOT ALONE

Whitecourt Cancer  
Support Group

SURVIVOR

no matter how long  
you have been a  
survivor

BATTLING &  
THEIR CARE  
GIVERS

currently in treatment  
and battling cancer

CANCER  
SCARE

waiting on results and  
don't know where to  
turn



SECOND TUESDAY EACH MONTH  
refreshments & appetizers provided

Noon @ Mountain Steak and Pizza

for more information call 780-268-3376  
email Heather at [ganderson@telus.net](mailto:ganderson@telus.net)



Pride Celebration  
and BBQ

JOIN US AT FESTIVAL PARK FOR A FREE BBQ, CRAFTS, AND ACTIVITIES TO CELEBRATE THE 2SLGBTQ+ COMMUNITY IN WHITECOURT. MEMBERS OF THE COMMUNITY, ALLIES, FRIENDS, AND FAMILY OF ALL AGES ARE INVITED TO THIS FREE EVENT. LOCAL RESOURCES AND INFORMATION WILL ALSO BE ON HAND THROUGH VARIOUS COMMUNITY ORGANIZATIONS.

FRIDAY, JUNE 7 ☀️ 4:00PM-7:00PM ☀️ FESTIVAL PARK



# WHITECOURT TRANSIT

**BIKE RACK AVAILABLE • FREE WIFI!  
30 MINUTE PICKUPS DURING PEAK HOURS!**

## TRANSIT FARES

Cash Fares	\$3
Transit 10-Ticket Pack	\$25
Adult Monthly Pass	\$70
Senior/Youth Monthly Pass	\$40
Children 6 and Under	Free
Youth Groups	\$1/passenger

## WHERE TO BUY

Passes and ticket packs can be purchased at:  
**Town of Whitecourt Office** 5004 52 Avenue  
**Allan & Jean Millar Centre** 58 Sunset Boulevard  
**IGA** 4802 51 Street



**MAKE IT A COMBO-  
ADD A TRANSIT PASS!**  
Combo Prices • Child \$100.00  
• Youth \$130 • Student \$210  
Pass valid May 1 through August 31

## HOURS

**Monday-Thursday 6:30am-8:44pm**  
**Friday 6:30am-7:44pm**  
**Saturday 9:00am-3:44pm**

NO BUS SERVICE ON SUNDAYS &  
STATUTORY HOLIDAYS



## INTERIOR, EXTERIOR AND TRANSIT SHELTER ADVERTISING

Available for rent.  
Please contact 780-778-3637 ext. 429  
or email [transit@whitecourt.ca](mailto:transit@whitecourt.ca) for more  
information on advertising rates and options.

## FOR MORE INFORMATION

Call 780-778-3637 ext. 429 | Email [transit@whitecourt.ca](mailto:transit@whitecourt.ca)

# TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

**NEW STOP!**  
#1A at Tim Hortons (Kepler St / 43 Ave)  
**STOP CHANGE!**  
#34 (Kepler St / 38 Ave) has been moved  
closer to Integra Tire

A transportation voucher program for seniors 65  
years of age and older, individuals approved for  
AISH, and individuals under the age of 65 years with  
physical or functional disabilities (doctor assessed).

## VOUCHERS CAN BE USED FOR TRAVEL ON PUBLIC TRANSIT, THE DIAL-A-BUS AND LOCAL TAXI

Qualification information and program applications  
are available at the Allan & Jean Millar Centre.

Discounted monthly Public Transit and  
Dial-A-Bus passes available. Individual fares for  
Public Transit and Dial-A-Bus are also accepted.



## FOR MORE INFORMATION

Call 780-778-6300 | Email [css@whitecourt.ca](mailto:css@whitecourt.ca)

## DIAL-A-BUS HOURS

**Monday-Friday 9:30am-12:00pm**  
(first pickup at 9:40am)  
**1:00-3:00pm**  
(last pickup at 2:45pm)



**WWW.WHITECOURT.CA**



New

## SOCIAL PRESCRIBING: A Formal Referral Pathway

Connecting healthcare providers to community-based services for older adults



Social prescribing is a holistic approach to healthcare that bridges the gap between medical and social care services. Through this approach, healthcare professionals refer patients to community-based programs to improve their health and enhance their quality of life. Social prescribing promotes health equity by addressing social needs that affect health and well-being, such as access to adequate housing, food, transportation, income and social support. This helps older adults with limited natural supports to thrive.

The Seniors Resource Lead (Link Worker) will receive social prescriptions (referrals) from the health system (doctor's offices, nurses, homecare, Primary Care Network, or hospital discharge). The Seniors Resource Lead will then work with seniors to address their needs related to the social determinants of health by connecting to the variety of programs and services that exist within the community. This program is intended to ensure that seniors can age in their chosen community for as long as possible without needing to transition to higher levels of care.

If you have questions, you can call the FCSS Program Coordinator at 780-778-3637 ext. 417 or email [fayarcan@whitecourt.ca](mailto:fayarcan@whitecourt.ca).

# Memory Care Kits

**AVAILABLE AT THE WHITECOURT & DISTRICT PUBLIC LIBRARY**

Memory Care Kits are a new Library resource for seniors created in partnership with Whitecourt & District Public Library. The Memory Care Kit is a carry-bag filled with items and activities centered around a place, time, or theme.

Six different kits in the following themes are available:

- Alberta & Whitecourt: 1940s to present
- Classic Television and Films: 1950s-1990s
- School Days & Work-Life: 1950s-1990s
- The Joy of Food from Home & Abroad
- Growing Memories While Gardening
- Relaxing with Pet Animals

For more information or to borrow a Memory Care Kit, contact the Whitecourt & District Public Library at 780-778-2900.

Website: [whitecourtlibrary.ab.ca](http://whitecourtlibrary.ab.ca)

[whitecourtlibrary](https://www.facebook.com/whitecourtlibrary)



# How to Access Alberta Supports Services

## Alberta Supports Services

Alberta Supports helps:

- Seniors
- People with disabilities
- Job seekers
- Parents
- Families

More than 30 programs and 120 services support Albertans needing help with:

- Income supports
- **Seniors supports**
- Childcare supports
- Disability supports
- Emergency supports
- Employment and training



Call the Alberta Supports Contact Centre at **1-877-644-9992**



Apply online at [alberta.ca/alberta-supports.aspx](https://alberta.ca/alberta-supports.aspx)

## Alberta Supports Centres

Alberta Supports Centres are reopening to in-person services on April 4, 2022.

Find contact information for local Alberta Supports Centres and AISH offices at:

[alberta.ca/alberta-supports.aspx](https://alberta.ca/alberta-supports.aspx) and <https://www.alberta.ca/contact-aish.aspx>.

## Apply easily for supports

It's easier than ever to apply for Income Support and AISH programs online and by phone:

**Apply for AISH online:**

[alberta.ca/aish-how-to-apply.aspx](https://alberta.ca/aish-how-to-apply.aspx)

**Apply for Income Support online:**

[alberta.ca/income-support-how-to-apply.aspx](https://alberta.ca/income-support-how-to-apply.aspx)

Apply for Income Support by phone:  
**1-877-644-9992**

Submit documentation and verification to support applications by:



**Email**



**Text**



**Fax**



**Drop-off boxes**  
(some locations)

The Income Support Contact Centre provides emergency benefits to eligible Albertans including assistance with food, medication, temporary shelter or basic emergency dental.



Call the Income Support Contact Centre 24 hours per day, seven days per week: **1-866-644-5135**

[alberta.ca/alberta-supports.aspx](https://alberta.ca/alberta-supports.aspx)

Government of Alberta | Published: March 14, 2022



# Meals on Wheels



Whitecourt "MOW" is designed to deliver meals to those who are unable to cook for themselves and have limited supports available.

**PICK UP YOUR APPLICATION TODAY!**

Applications can be picked up at the Allan & Jean Millar Centre, Whitecourt Community Health Building, McLeod River Primary Care, or your Doctor's Office.

USER PAY PROGRAM

FREE DELIVERY

\$90 FOR 10 MEALS

AFFORDABLE & NUTRITIOUS

**DELIVERED ONCE OR TWICE WEEKLY ON TUES/THURS**

SUBMIT YOUR APPLICATION TO: [COURTNEY.KOOPMANS@AHS.CA](mailto:COURTNEY.KOOPMANS@AHS.CA)  
 OR IN PERSON AT 4707-50TH AVE | Whitecourt Community Health  
 Office Hours: Mon-Thurs 9am-12pm/1pm-4pm  
 Questions? Call: 780-396-2635 or 780-706-3173



**PrimaryCare Network**  
MCLEOD RIVER

**SUPPORTING YOUR PATIENT MEDICAL HOME**

**DEDICATED HEALTH CARE TEAMS, ENHANCING YOUR QUALITY OF LIFE.**

**ASK YOUR DOCTOR FOR A REFERRAL**

- Cancer Navigation
- Chronic Disease Management
- Diabetic Foot Care
- Diabetes Management
- Exercise and Education
- Geriatric Program
- Wellness/Social Work Support
- Palliative Care
- Pre/Post Natal Support

**WHITECOURT** **FOX CREEK**  
**EDSON** **MAYERTHROPE**  
and surrounding areas

780-779-0079  
5113 50 Ave Whitecourt

[www.mrpcn.ca](http://www.mrpcn.ca)



**Be Supported on Your Journey to Better Health.**  
**Right from Home with Zoom!**

A variety of classes are available each month and include:

- Weight Management**
- Better Choices Better Health®**
- Chronic Pain**
- Understanding COPD**
- Managing Diabetes**
- Moving Matters**
- Heart & Stroke: Managing Blood Pressure & Cholesterol**



To register for a Zoom class call **1-877-349-5711**  
 Or you can self register at [www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)



**FREE**

## Addiction Services

Phone-in/Walk-in Wednesday

Every Wednesday 8:30AM-11:30AM

Drop in to see a counsellor or call to arrange for a phone-in appointment

**780-778-7123**

**5020 52 Avenue, Whitecourt Provincial Building**

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As a potential client, you can expect:

1. A counsellor to hear your concerns
2. An assessment by one of our trained counsellors
3. Exploration of ideas to improve your situation
4. A course of action that is decided by YOU.



## Seniors Property Tax Deferral Program (SPTDP)

### How it works

If you qualify, the Alberta government will pay your residential property taxes directly to your municipality on your behalf. You re-pay the loan, with interest, when you sell the home, or sooner if you wish.

### Application Submission

You can apply for the SPTDP at any time. However, to allow enough time for your application to be processed and payment forwarded to your municipality (and avoid penalties), you should apply at least 30 days before the property tax deadline.

Applications should be received 30 days prior to the tax deadline. Whitecourt's tax deadline for 2024 is Friday, June 28 at 4:30 pm. If applying, Whitecourt residents application deadline is May 29.

### Late Application

You can apply at any time of year. If you miss your municipal property tax deadline, however, you will be responsible for any late charges. You can choose to pay those charges directly to the municipality or you can have these charges added to the amount of your loan.

## Outstanding Property Taxes

If you owe money from previous years' property taxes, you can still apply to the SPTDP, as long as you have a minimum of 25% equity in your home.

### Eligibility

To qualify for the Seniors Property Tax Deferral Program, you must:

- be 65 years of age or older
- be an Alberta resident (having lived in Alberta for at least 3 months)
- own a residential property in Alberta
- have a minimum of 25% equity in your primary residence

Only residential properties are eligible. The home must be your primary residence (that is, the place where you live most of the time). Contact Alberta Seniors & Housing for more information.

### Loan Repayment

You can choose to repay the loan at any time, but it will automatically become due when:

- You sell your home;
- You are no longer a registered owner; or
- The home is no longer your primary residence

### Questions? Need Assistance?

Call the Alberta Supports Contact Centre at 1-877-644-9992 or 780-644-9992 in Edmonton from 7:30 a.m. to 8 p.m., Monday to Friday.





# MMIWG2S WALK

MAY 5, 2024 AT 3:00PM

Come and join us at **Festival Park** to walk and remember our Missing and Murdered Indigenous Women, Girls, and Two-Spirit individuals.

This is a **FREE** event.




## 2024 NATIONAL INDIGENOUS PEOPLES DAY

Journée nationale des peuples autochtones

**FRIDAY** vendredi  
**JUNE 21**  
21 JUIN

# FAMILY DANCE

dance en famille

7:00-9:30pm  
Allan & Jean Millar Centre  
Live Music by Métis Country  
Spotlight Dance Prizes  
Snacks Provided

Celebrate the unique cultures of Canada's First Nations, Métis and Inuit peoples.  
*Célébrez les cultures uniques des Premières nations, des Métis et des Inuits du Canada.*



# NORTH ZONE HOME CARE



Alberta Health Services  
Government of Alberta

KEEPING YOU WELL AND INDEPENDENT

### WHAT IS HOME CARE?

Home Care is a health service that supports your wellness and independence. The goal is to help you remain safe and independent in your own home or care setting for as long as possible. Alberta's Home Care Program supports Albertans of all ages and includes an array of services including health promotion and teaching, treatments, care at end of life, rehabilitation, home support and maintenance, assistance to maintain social connections, and support for your family or others who help you out. The Home Care Program organizes health care service delivery with other health services that are available in your community.

### WHERE ARE HOME CARE SERVICES DELIVERED?

While Home Care services are most commonly delivered in your home, flexibility exists to deliver services in a variety of other settings.

### HOW IS MY NEED FOR HOME CARE SERVICE DETERMINED?

Your care needs will be assessed by a Case Manager with your help. Together with your caregivers, you and your Case Manager will create a plan of care just for you. Your Case Manager has the support of a team of local health-care professionals to assist in your care.

Depending on your needs, the health care team may include your family physician, nurses, physiotherapists, pharmacists, health care aides, and others. Services may be provided in your home or in a clinic setting.

### FOR MORE INFORMATION ON NORTH ZONE HOME CARE SERVICES

Contact your local Home Care Office toll-free:

# 1-855-371-4122

# CANADA DAY 2024

## FÊTE DU CANADA

MONDAY / LUNDI

# JULY 1

# 1ER JUILLET

FUN FAMILY ACTIVITIES  
ALL DAY LONG

Journée remplie d'activités  
amusante pour toute  
la famille

PANCAKE BREAKFAST / Déjeuné de crêpes

9AM-11AM » SENIORS CIRCLE

Hosted by Whitecourt Town Council

TRIPLES CO-ED SAND VOLLEYBALL TOURNAMENT /

Triple tournoi mixte de volleyball sable

10AM » FESTIVAL PARK

Pre-register your team at the Allan & Jean Millar Centre by  
calling 780-778-3637 or online at <https://rec.whitecourt.ca>.

CRIB TOURNAMENT / Tournoi de crible

1PM » SENIORS CIRCLE

FAMILY FUN / Plaisir pour toute la famille

2PM-6PM » FESTIVAL PARK

Face Painting, Live Entertainment, Inflatables,  
Crafts, Kids Carnival

SINGING OF O'CANADA & CUPCAKES /

Chant d'O'Canada & petits gateaux

4PM » FESTIVAL PARK

LIVE MUSIC / musique

6PM-11:15PM » FESTIVAL PARK

## LIVE ENTERTAINMENT

### SPECTACLES SUR SCÈNE

STARTS AT 2PM AT FESTIVAL PARK



HEADLINER

HILLSIDE OUTLAWS

## LIVE MUSIC MUSIQUE

6PM UNTIL THE FIREWORKS

FIREWORKS / Feux d'artifices

11:15PM » FESTIVAL PARK



# Chair Yoga FOR SENIORS

Wednesdays at 11:00am

SENIORS CIRCLE FREE

Last session on June 26.

Fridays at 11:00am

EVERMORE YOGA by donation

Continues through summer.

## MAKING Connections

IS ONLINE AT  
[www.whitecourt.ca](http://www.whitecourt.ca)

Search for 'Seniors Services' to access the issue online.

Seniors Services



## WHITECOURT Seniors Circle Memberships

ONLY  
\$30  
per year

New members are always welcome!

The Whitecourt Seniors Circle offers a place for seniors to stay connected to their community.

We offer a wide range of activities from free coffee time daily, to potlucks and floor curling. For a full calendar of events please see the events calendar on the back page of this issue.

Register or Renew!

**Monday – Friday** 9am - 11am

Seniors Circle, 5212 50 Street

Existing membership renewal is due by the end of January, after that a 3 month waiting period is in effect.

For memberships or any questions please call:

Carol Halverson 780-778-3975 or

Olga Roszko 780-268-4254

## RECIPE CORNER



### GREEN GODDESS SALAD WITH CHICKPEAS

Time: 15 minutes. Servings: 2

In this cucumber, tomato, Swiss cheese and chickpea salad recipe, a healthy green goddess dressing is made from avocado, buttermilk and herbs. The extra dressing is delicious served with grilled vegetables.

#### INGREDIENTS

##### Dressing

- 1 avocado, peeled and pitted
- 1 ½ cups buttermilk
- ¼ cup chopped fresh herbs, such as tarragon, sorrel, mint, parsley and/or cilantro
- 2 tablespoons rice vinegar
- ½ teaspoon salt

##### Salad

- 3 cups chopped romaine lettuce
- 1 cup sliced cucumber
- 1 (15 ounce) can chickpeas, rinsed
- ¼ cup diced low-fat Swiss cheese
- 6 cherry tomatoes, halved if desired

#### DIRECTIONS

**To prepare dressing:** Place avocado, buttermilk, herbs, vinegar and salt in a blender. Puree until smooth.

**To prepare salad:** Toss lettuce and cucumber in a bowl with ¼ cup of the dressing. Top with chickpeas, cheese and tomatoes. (Refrigerate the extra dressing for up to 3 days.)

**To make ahead:** Cover and refrigerate leftover dressing for up to 3 days.



**THEY'RE BACK FOR 2024!**

Meet up with neighbours at your local park. Pack your lawn chair and enjoy a free BBQ.

**2024 KICK-OFF PARTY!**

**Southland Park**  
 2 Park Drive  
 Wednesday, June 19  
 5:30-7:30pm

**Wagoner Park**  
 5500 Wagoner Crescent  
 Wednesday, July 17  
 5:30-7:30pm

**Percy Baxter Playground**  
 101 Mink Creek Road  
 Wednesday, August 21  
 5:30-7:30pm

Brought to you by:



Neighbourhood fun all summer long!

whitecourt.ca

**WHITECOURT SENIORS CIRCLE**  
**Event Calendar**

**2024** MAY - JUN - JUL

	M O N	T U E	W E D	T H U	F R I	S A T	S U N
<b>COFFEE</b>   9AM -11AM (Monday - Friday)	X	X	X	X	X		
<b>FLOOR CURLING</b>   9:30AM & 1:00PM (Mondays)	X						
<b>PAINTING</b>   9AM (Tuesdays)		X					
<b>BINGO</b>   Doors Open 5PM, First Call 6:45PM (Tuesdays)		X					
<b>CHAIR YOGA</b>   11AM-NOON (Wednesdays)			X				
<b>POTLUCK</b>   6PM (Last Wednesday of the Month)			X				
<b>GAMES NIGHT</b>   7PM (Thursdays Nights)				X			
<b>CRIB</b>   1PM (First & Third Sunday of the Month)							X