



2024/25

NOV-DEC-JAN

MAKING Connections



SENIORS' NEWSLETTER

INSIDE

- + Social Prescribing Program
- + Evening of Music
- + Allan & Jean Millar Centre
Fitness Classes
- + New Seniors Circle Events
Calendar



Whitecourt
MESSAGE
from the
MAYOR



Construction of the Culture & Events Centre has begun, and foundation work is underway with footings, walks, and backfilling taking place. Structural steel work will be the next visible work phase, and construction will continue throughout the winter months. The site for the Centre, which is south of Festival Park, changes daily and it's been interesting to see this development take shape.

With a two-year construction timeline, the Culture & Events Centre is expected to be complete by the end of 2026. Construction alone will inject over \$7.9 million to the service industry and materials/equipment supply sectors. With it, an estimated 25% of the project trade labour will be provided locally, which equates to approximately \$5 million (100,000 worker hours) for the Whitecourt and area workforce.

The Culture & Events Centre represents a significant investment in our community that will help to vitalize the downtown and encourage further investment in our community. We are already seeing other investments taking shape with retail construction of the Shoppers Drug Mart and Dollar Tree in the valley area, as well as new residential development approvals in the Athabasca Flats East area (near Ecole St. Joseph School). As our economy continues to grow, it will be interesting to see how the landscape of Whitecourt changes over the two years leading up to the Centre's grand opening.

Information on the Culture & Events Centre can be found at www.whitecourt.ca/live/culture-and-events-centre. Construction updates, and sponsorship opportunities, will be advertised through the Centre's Facebook and Instagram pages @CultureandEventsCentre

Tom Pickard, Whitecourt Mayor

FREE

Armchair Travels



November 13 ID:9505
BRITISH COLUMBIA
January 8 ID:9633
**TRAIN TRIPS
AROUND THE WORLD**
February 5 ID:9634
NIGERIA
March 5 ID:9635
BHUTAN

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. Each month we will explore a different part of the world.

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

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



ARE YOUR AFFAIRS IN ORDER? ESTATE PLANNING BASICS

Wednesday, January 15 at 7:00 pm

Having your affairs in order prior to death gives you peace of mind, helps to ensure your wishes are honoured, and eases the burden on your loved ones. This information session will provide the basics of estate planning. To register for this free session, call the Allan & Jean Millar Centre at 780-778-3637 ext. 0

Seniors Circle 5212-50 Street • ID #: 9636



Birdsell Grant LLP
Barristers and Solicitors





In September, the Town of Whitecourt conducted an informal survey to gain insight on how older adults find out about community programming; how supported they feel by current programming; and, what need is for physical fitness programs geared for older adults.

Of the 93 seniors surveyed, 74 returned the survey.

What we heard:

Do you presently attend any fitness classes? (example water exercises, pickle ball, floor curling, chair yoga)
40% reported they take care in some sort of physical fitness.

How likely are you to attend a fitness class geared for older adults?
43% reported they would likely attend.

How supported do you feel as a senior in our community?
87% agreed they feel supported by our community.

How do you learn about existing seniors programming and services?
48% learn about programming from the Seniors Newsletter;
52% from the Community Spectrum;
54% from word of mouth;
14% from social media;
18% from posters or other.

What type of seniors supports or programming would you benefit from?
15% reported light housekeeping
3% reported respite care
7% reported meal preparation
24% reported home maintenance
59% choose not to answer

Thank you to everyone who participated in the survey.

The winners of the \$25 gift cards were Lorraine Augot and Ester McIlwaine.

The information gathered through this survey will help Whitecourt create new programming for older adults in our community, and help determine the best way to reach seniors on community events. It will also guide physical activity programming for older adults in our community.



WHITECOURT
VOLUNTEER HUB

We've moved! Whitecourt volunteer opportunities and non-profit organization resources can be found our on new Whitecourt Volunteer Hub.

www.volunteerwhitecourt.ca

Whether you are looking to volunteer, wanting to check out volunteer awards criteria, looking for non-profits funding and/or resources, or advertising a volunteer opportunity, you can find it all on our new Volunteer Hub.

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.



GOALS OF CARE

Goals of Care information session is presented in partnership with Whitecourt Community Care. The session will explain what goals of care are, and why it is important to have documented goals of care as part of the health planning process. To register for this free session, call the Allan & Jean Millar Centre at 780-778-3637 ext. 0

Wednesday, January 8 7:00pm
 Seniors Circle 5212-50 Street
 Course ID #: 9637

*An Evening of Music
 Celebrating the
 Season!!*

*Featuring
 A variety of musicians*

*Thursday,
 November 21/24
 7:00pm
 at the
 Whitecourt
 United Church*

*Everyone is welcome—Free of Charge
 Sponsored by
 the Whitecourt Cancer & Wellness Society*



Two nights to choose from!
SATURDAY OR SUNDAY
DECEMBER
7 & 8

TRANSIT
Twinkle TOURS
2024

SELF-GUIDED TOUR MAPS ALSO AVAILABLE!
Maps available at whitecourt.ca

FREE

IN THE SPIRIT OF THE HOLIDAY SEASON, PUBLIC TRANSIT IS PROVIDING FREE CHRISTMAS LIGHT TOURS AROUND WHITECOURT

SATURDAY 5:30PM * 6:30PM * 7:30PM

Saturday tours include a drive through of A Night at the North Pole at the Forest Interpretive Centre.

SUNDAY 5:30PM * 6:30PM

* Tours last 45 minutes and will begin and end at the Allan & Jean Millar Centre. Please arrive 15 minutes early. Pre-registration is required as space is limited. Wheel chair space must be booked at registration. All children must be registered with a seat (only newborns or infants that are held do not need a seat booked).

WE ENCOURAGE THE COMMUNITY TO HAVE THEIR DECORATIONS UP AND LIGHTS ON FOR THE EVENING TOURS.

Registration opens November 25. To register, please contact the Allan & Jean Millar Centre at 780-778-3637, ext "0".



In the spirit of giving, popcorn will be provided by United Rentals, and candy canes and colouring pages will be provided by the Whitecourt Family Violence Initiative.



Indoor Walking Group



Thursdays 10:00-11:30am

Allan & Jean Millar Centre, Rotary Walking Track

Walking is an excellent way to maintain or improve good health and well-being. A non-facilitated walk will take place on the walking track; remember to keep single file while using the track.

Return transportation from the Spruceview Lodge and Woodland Villa is offered to seniors 60+; pick up times from the Villa begin at 10:00am. To book your free ride on the Dial-A-Bus, call 780-706-5755.

FREE

**For more information,
call Fay Arcand at
780-778-3637 ext. 417.**

**Starts
November 21**

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!**



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

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





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

Days: 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

Days: 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

Days: Mondays, Wednesdays, Fridays

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

9:15-10:00am (Friday)



FUNCTIONAL FITNESS 4 LIFE *Land*

A great class for the older adult or those new to fitness! This is a joint friendly, full body workout aimed at improving muscular strength & endurance, flexibility and range of motion. Modifications can be made for all levels of fitness.

Level: All Levels

Days: Tuesdays

Time: 10:30-11:30am

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

Days: 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

Days: Thursdays

Time: 7:00-7:45pm

**No classes November 1 & November 11.
No classes December 23 to January 5.**



Christmas Tree Light Up

WHITECOURT Food Bank
COMMUNITY HELPING COMMUNITY

In support of the Whitecourt Food Bank

On Saturday, November 16, the tree in front of the Town Office will be lit in support of the Whitecourt Food Bank. The light up is scheduled for 5:15pm prior to the annual Santa Claus Parade. Look for more details on www.whitecourt.ca.

Help light up the tree by purchasing a bulb for \$20

Payments can be made by mail, or in person at the Town Office. (Cash and cheque payments are accepted.)

For more information, please contact 780-778-2341.

RED BULBS
Food Bank Donation Bulbs

GREEN BULBS
"In Memoriam" Bulbs

Tax receipts can be issued upon request for donations over \$20




WHITECOURT Food Bank
COMMUNITY HELPING COMMUNITY

TO ACCESS THE FOOD BANK

- Identification must be presented for each family member at every visit.
- Proof of residency is required, for every visit.
- 6 fills / year

The Food Bank also provides families with referrals to other community resources.

HOURS OF OPERATION

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

LOCATION

76 Sunset Blvd in the Carlan Services Community Resource Centre
Call 780-778-2341
www.whitecourt.ca



PRIDE CENTRE OF EDMONTON
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 and look for 'Newsletter Signup'.

GET IN TOUCH

Call 780-488-3234 or Email 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

 <p>Gas & Grocery Card Package</p>	 <p>Parking Reimbursement</p>	 <p>Emergency Funds</p>
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For more details and a Financial Application, visit our website at wctcancerwellness.com

Phone: 780-778-0932

Email: wctcancerwellness@gmail.com

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



YOU ARE NOT ALONE

Whitecourt Cancer Support Group

SURVIVOR

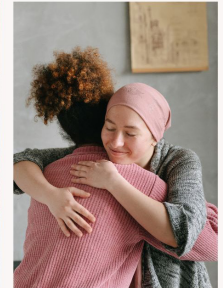
no matter how long you have been a survivor

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



Join us for
Death Café

"All stories, if continued far enough, end in death, and he is no true-story teller who would keep that from you."
- Ernest Hemingway

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

Monday, November 18
6:00 - 7:30pm

More information at 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 with any questions or for information on how to join the group.

Twice is Nice
Thrift Store



First Tuesday of every month:
10% off all store items to Seniors
(ages 55+)

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

HOURS

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

NO BUS SERVICE ON SUNDAYS & STATUTORY HOLIDAYS

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

FOR MORE INFORMATION

Call 780-778-3637 ext. 429

Email transit@whitecourt.ca



INTERIOR, EXTERIOR AND TRANSIT SHELTER ADVERTISING

Available for rent.

Please contact 780-778-3637 ext. 429 or email transit@whitecourt.ca for more information on advertising rates and options.

TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

The Transportation Grant Program for Seniors and Persons with Disabilities provides qualified recipients with vouchers that can be used on public transit and local taxi. Discounted monthly transit passes are also available.

Dial-A-Bus provides specialized, accessible, to-the-door services within the corporate limits of Whitecourt for individuals with physical or cognitive impairments who are unable to access Public Transit stops. Qualified recipients receive vouchers that can be used on the Dial-A-Bus, public transit and local taxi. Monthly Dial-A-Bus passes are also available.

TO SCHEDULE THE DIAL-A-BUS, CALL 780-706-5755

FOR MORE INFORMATION

Call 780-778-6300 | Email css@whitecourt.ca



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

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.

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

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

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 and <https://www.alberta.ca/contact-aish.aspx>.

alberta.ca/alberta-supports.aspx

Government of Alberta | Published: March 14, 2022

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

Apply for Income Support online:

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

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
 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



SUPPORTING YOUR PATIENT MEDICAL HOME



DEDICATED HEALTH CARE TEAMS, ENHANCING YOUR QUALITY OF LIFE.

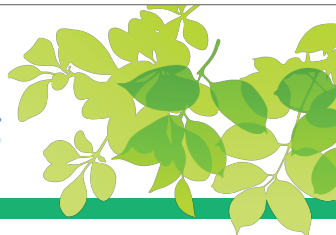
ASK YOUR DOCTOR FOR A REFERRAL

- 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 MAVERTHROPE**
 and surrounding areas

780-779-0079
 5113 50 Ave Whitecourt

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



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**

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.

NORTH ZONE HOME CARE



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

BE A STAR... A Snow Star

Snow Stars get the satisfaction of knowing that they have made a difference by helping someone to stay in the home they love for a longer period of time.



As the snow falls this winter, we encourage all those able bodies out there to take some time and help a neighbour in need.

This is a volunteer program; assistance is based on availability of volunteers, and is for essential paths to your home. If you need this service, or to register as a Snow Star, please call Community Services to have your name placed on our registry.

780-778-6300



Senior Care | Spruce Grove
Bridge to Care Inc.

We offer professional and compassionate caregivers to help for a few hours or many as 24 hours.

Call for a free, in-home senior care consultation.

Toll-free 1-800-717-5536

Chair Yoga FOR SENIORS

Wednesdays at 11:00am

SENIORS CIRCLE FREE

No Class Christmas Day & New Year's Day

Fridays at 11:00am

EVERMORE YOGA by donation

A NOD TO **THE PAST**

This article is new to Making Connections and we hope you enjoy it. The initiative came from Doreine White, a local senior who values life history and wants to ensure our local history is remembered. If you have a bit of history you'd like to see in the article please contact Doreine directly at 780-268-5397.

Ron & Carol

Fifty years ago, 1974 to be exact, was the year my husband, Ron Allen (28) met me, Carol (30). We quickly married and became the Allen Family. I say family because Carol came with three children ages 11, 10 and 6, a big challenge for a 28-year-old-bachelor!!

Ron worked for Mobil Oil out of Rainbow Lake, Alberta, and Carol worked as a bank teller and a student at Athabasca University. The children were in school. Our home was in Spruce Grove. Life was good, settled. Until!! Until Ron made the announcement, "We are moving to Whitecourt". In a daze I quietly asked, "Where is Whitecourt?"

I will skip the part of how hard it was to sell my house, quit my job, up root the children, put university on hold, and pack up the house (within a time frame of one month) while Ron was in Rainbow.

Lucky for Ron I loved Whitecourt!

Ron found a sweet piece of land with a home near the river and close to town. The children were not impressed. They had demands: horse, cow, pig, goat, chickens, turkeys, a cat for each and a dog. I said yes to the entire list. The children were happy (Ron not so much). Life was good. Whitecourt was a good move.



2024
SENIORS CIRCLE
Christmas Party

The Whitecourt Seniors Circle is hosting a Christmas Party! Celebrate the Christmas season while visiting with friends.

Saturday, December 21 at the Seniors Circle

Tickets include a catered dinner and dance. Tickets are available for purchase at the hall Monday-Friday during coffee time (9-11am) or by calling Carol at 780-778-3975.

Tickets	Doors Open: 5:00pm
Seniors Circle Member: \$35.00	Dinner: 6:00pm
Non Seniors Circle Member: \$50.00	Music by The Old Amigos: 7:00pm

Frame by Freepik

RECIPE CORNER



CLASSIC FRENCH ONION SOUP

Yield: 8 servings.

Prep Time: 45 minutes, Total 1 hour 45 minutes.

INGREDIENTS

- 4 Tbsp. (1/2 stick) unsalted butter
- 3 lb. (about 6 medium-size) onions, thinly sliced
- Kosher salt
- 1/4 c. dry white wine
- 2 Tbsp. dry sherry
- 1 Tbsp. all-purpose flour
- 6 c. beef broth
- 4 thick slices crusty bread
- 4 oz. Gruyère cheese, grated (about 1 cup)

DIRECTIONS

1. Melt butter in a large Dutch oven or pot over medium heat. Add onion and season with salt. Reduce heat to medium-low and cook, stirring often at first and then only occasionally, until onions are golden brown and caramelized, 1 hour to 1 hour 15 minutes.
2. Add white wine and dry sherry and bring to a boil. Add flour and cook, stirring, until thickened, 1 to 2 minutes. Stir in broth and let simmer 10 minutes. Season with salt.
3. Heat oven to broil. Place 4 broiler-safe bowls on a sheet tray and fill with soup. Top each with a slice of bread (trimming to fit, if necessary) and cheese, dividing evenly. Broil until cheese is golden brown, 1 to 2 minutes. Serve immediately.

Adult Community Program

Age Requirements



The Town of Whitecourt is committed to providing older adults programs, activities and services that help them learn, stay healthy and safe, and remain engaged in the community. Some programs are specifically targeted to the senior demographic (aged 60+), and others are open to individuals of all ages as a way to encourage seniors to stay active and involved.

Seniors' Week

Seniors' Week is a provincial initiative designed to celebrate seniors and the impact they have had on communities.

1. Events often include entertainment, such as a dinner and dance, that are open to adults of all ages (18+ due to alcohol being available).
2. Often there are other activities planned during the week that are specifically developed as intergenerational programming for people of all ages so that all community members can celebrate and connect with local seniors.
3. Activities and programming during Seniors' Week are developed using Town of Whitecourt budgeted funds so that activities specifically targeted to seniors are either free or very affordable.

Treks & Travels

These programs are created with the goal of reducing isolation for older adults in our community, and are 100% user pay. Programs include a variety of activities, such as dinners and theatre, that are held outside of Whitecourt and involve busing transportation.

1. These activities are provided in partnership with the Whitecourt Seniors Circle. The Whitecourt Seniors Circle pays for the transportation of Members that register for the program, which means Members get a discounted rate. However, to qualify for this discount, you must be a Seniors Circle Member for at least 3 months before being eligible for the discount.
2. There is a 60+ age restriction for those registering for these programs, which aligns with age policies implemented at the Allan & Jean Millar Centre. Exceptions are only made for situations with a couple where one person is 60+ and the other partner is under 60 but wants to attend as well.

WHITECOURT SENIORS CIRCLE Event Calendar

Whitecourt Seniors Circle is located at 5212 50 Street in downtown Whitecourt.



Monday	Tuesday	Wednesday
<p>COFFEE 9:00am-11:00am</p> <p>FLOOR CURLING 9:30am & 1:00pm</p>	<p>COFFEE 9:00am-11:00am</p> <p>PAINTING 9:00am</p> <p>BINGO Doors Open 5:00pm, First Call 6:45pm</p>	<p>COFFEE 9:00am-11:00am</p> <p>CHAIR YOGA 11:00am - noon</p> <p>POTLUCK 6:00pm Last Wednesday of the Month</p>
Thursday	Friday	Saturday/Sunday
<p>COFFEE 9:00am-11:00am</p> <p>GAMES NIGHT 7:00pm</p>	<p>COFFEE 9:00am-11:00am</p>	<p>No events on Saturdays</p> <p>CRIB 1:00pm First & Third Sunday of the Month</p>

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.

To register or renew, drop in at the Seniors Circle Monday to Friday from 9am-11am at 5212 50 Street.

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

For more information or any questions, please call:
Carol Halverson 780-778-3975 OR
Olga Roszko 780-268-4254

MAKING
Connections
is online at
www.whitecourt.ca

Search 'Seniors Services' to access online.



Seniors Services

Have stories, topic ideas or photos for future newsletters?

Contact Fay Arcand at 780-778-3637