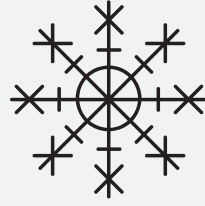


FEBRUARY
MARCH
APRIL
2025



MAKING *Connections*

SENIORS' NEWSLETTER



INSIDE

- + Whitecourt & Area Aging in Place Program
- + Treks & Travels
- + Seniors Circle Dinner & Entertainment
- + Men's Shed



MESSAGE FROM THE MAYOR

More and more, we are hearing that our residents are not only wanting to raise their children here, but they are wanting to also retire here. It is this family focus that contributes to the vibrancy of our community, and why Whitecourt has made providing services and programs to the seniors demographic a priority.

The Town of Whitecourt has been awarded grant funding for a 29-month term from the United Way, through Health Aging Alberta, to provide non-medical home support for seniors in Whitecourt and area. As many seniors in Whitecourt are choosing to live independently in their current homes, this will help to increase seniors' capacity to age safely in place and improve the wellbeing of older adults in our community. Services include in-home non-medical supports, including housekeeping, meal preparation, grocery shopping and hard maintenance.

This program will complement Whitecourt's Social Prescribing Program that that is already in place that helps to bridge the gap between medical and social care services to seniors in Whitecourt. To access both programs, clients will need a referral from a health care providing.

For more information on the programs please contact the FCSS Program Coordinator at 780-778-3637 ext. 417.

Tom Pickard, Whitecourt Mayor

A SPACE BY MEN, FOR MEN

WHAT IS A MEN'S SHED?

Simply put, a Men's Shed is a group of men who get together in their community to develop new skills, discover new interests, and make new friends. But it's so much more than that!

Shed members cross age, culture, and socioeconomic status, and no two Sheds are quite alike. Most team up with local organizations to do special projects that support their community. What all Sheds have in common is a welcoming environment where men create shared experiences celebrate accomplishments, and build community.

Interested in helping to bring a Men's Shed to Whitecourt? Join us!

Thursday, February 6 at 3:30pm

Allan & Jean Millar Centre in the Crown & Anchor Pub Meeting Room

Contact Ken Astill 780-778-1032

2025 BUDGET OPEN HOUSE

Wednesday, February 26
4-7pm Allan & Jean Millar Centre

Drop in, ask questions, share your thoughts.

New



Whitecourt and Area Aging in Place Program

The Whitecourt and Area Aging In Place Program aims to support individuals age 55 years and over to age in place for as long as possible.

Services are varied depending on client needs and can include light housekeeping, meal prep, grocery shopping, and yard maintenance.

The Whitecourt and Area Aging In Place Program is a fee for service program, rates are dependant on household income.



For more information, contact Fay Arcand, the FCSS Program Coordinator at 780-778-3637 ext. 417 or email fayarcan@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.

Alzheimer Society

ALBERTA AND NORTHWEST TERRITORIES

Information Session

Tuesday, March 11
6:30-8:30pm

Forest Interpretive Centre (3002 33 St.)
Free and Drop In

Drop into this information session facilitated by the Alzheimer Society of Alberta & Northwest Territories.

Session will give an overview on the difference between dementia and Alzheimer disease, discuss resources and give practical tips to help yourself and those close to you. Opportunity will be given to ask questions.



Whitecourt

FRIENDLY VISITOR PROGRAM VOLUNTEERS NEEDED

We are looking for people who want to volunteer their time to provide companionship for elderly and isolated people. Visiting can be a great source of satisfaction, enjoyment and fun for the volunteer, as well as the person being visited. Keeping isolated individuals connected to their community improves their mental and physical health. Volunteering with Friendly Visitor program is flexible and orientation is provided.

Please contact Fay Arcand at 780-778-3637 ext.417 or fayarcand@whitecourt.ca for further information on this wonderful volunteer opportunity.

Community Volunteer Income Tax Program

Program begins
Tuesday, February 25,
forms accepted until
Tuesday, April 22

DROP-IN TAX CLINIC at the
Allan & Jean Millar Centre,
58 Sunset Blvd

Tuesdays from 3:30-5:30pm
March 4, 11, 18, 25

Thursdays from 1:00-3:00pm
March 7, 14, 21, 28 | April 4, 11

Volunteers do not prepare complex tax returns, such as returns that include:

- income over the above-noted thresholds
- capital gains or losses
- self-employment income or employment expenses
- declared bankruptcy in the tax year (or year before declaration)
- business income and expenses
- interest income over \$1,000
- death
- rental income and expenses
- foreign property
- foreign income (this include foreign pensions, other than US social security benefits)

Bring all tax forms (T-4 slips, Social Insurance Number, **yearly prescription print outs from pharmacy**, etc.) to the Allan & Jean Millar Centre from 9:00am-12:00pm and 1:00-3:00pm Monday to Friday.

A tax information questionnaire must be completed when handing in tax slips.

To find out if you are eligible for help, use the income levels shown in the table called "Maximum Income Levels".

Maximum Income Levels

1 person	\$35,000
2 people	\$45,000
3 people	\$47,500
4 people	\$50,000
5 people	\$52,500
5 people +	\$52,500+
	\$2,500 for each additional person





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.



GET GROWING!
Check out our website for the latest Community Garden updates and to download the 2025 Gardener's Contract.
www.whitecourtcommunitygarden.com

ANNUAL GARDENER'S MEETING
TUESDAY, APRIL 15
7:00PM AT THE ALLAN & JEAN MILLAR CENTRE
CROWN & ANCHOR PUB MEETING ROOM

Garden plots will be assigned and a gardener's contract will be required.
Plots are \$40 per season and due at time of registration.

FREE

Armchair Travels



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.

February 5 ID:9634	NIGERIA
March 5 ID:9635	BHUTAN
April 9 ID:9808	THAILAND
May 7 ID:9809	PORTUGAL

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





PERSONAL & PARTNER TRAINING

Staying active is one of the best ways to feel strong and energized. A personal trainer can help you:

- Improve your balance and flexibility
- Build strength at your own pace
- Reduce the risk of falls
- Support you in achieving your health goals

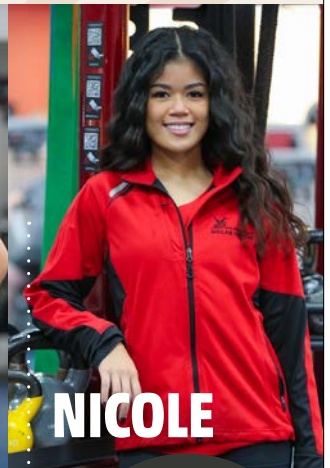
STAY STRONG. STAY INDEPENDENT!



RYAN



SHANNON



NICOLE

With tailored, focused guidance, you can stay confident in your body and maintain your independence.

Call us at 780-778-3637 or come in and chat with our Guest Services to learn more!

All trainers are available for One-on-One, Partner or Group Training Sessions

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

Runs until May 8

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

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

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 water classes February 10 - March 2.

No classes March 22-30, April 18-21, and May 19.



Whitecourt's Volunteer Awards Program

Community members are invited to nominate deserving individuals, corporations, and agencies/groups for recognition through this five category volunteer award.

- Community Leader
- Outstanding Youth
- Longstanding Achievement
- Corporate Leader
- The Extra Miler

One nominee from each category will be selected. Winners from each category will be announced at the Volunteer Celebration Lunch, April 28.

Nomination deadline is NOON on Tuesday, April 22. Check out our Volunteer Hub for more information on the awards and the nomination

form, or contact the FCSS Program Coordinator at 780-778-3637 ext. 417 or fayarcand@whitecourt.ca



SCAN ME

Each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change.

Please join the Town of Whitecourt as we celebrate our amazing volunteers!

You've Been Great! Volunteer Celebration Lunch Monday, April 28

To show our gratitude for their hard work and the care they give to our community, volunteer organizations will receive an invitation to the event. As seating is limited, an RSVP will be required. All Volunteer Award nominees will be invited to the celebration lunch, where the winners of each category will be announced.



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



**WHITECOURT
CANCER &
WELLNESS
SOCIETY**

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

Phone: 780-778-0932
Email: wctcancerwellness@gmail.com
Facebook: [WhitecourtCancerAndWellnessSociety](https://www.facebook.com/WhitecourtCancerAndWellnessSociety)



YOU ARE NOT ALONE

Whitecourt Cancer Support Group

<p>SURVIVOR</p> <p>no matter how long you have been a survivor</p>	<p>BATTLING & THEIR CARE GIVERS</p> <p>currently in treatment and battling cancer</p>	<p>CANCER SCARE</p> <p>waiting on results and don't know where to turn</p>
---	--	---






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**



We only live once, snoopy.
Wrong! we only die once. We live every day!

Drop In at the
Whitecourt & District Public Library
Monday, March 17
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>.

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.ca/alberta-supports.aspx

Government of Alberta | Published: March 14, 2022



enhancing your quality of life
DEDICATED HEALTH CARE TEAMS
 McLeod River Primary Care Network

The McLeod River Primary Care Network has dedicated health care teams in Whitecourt, Fox Creek, Edson, and Mayerthorpe that offer a range of services to support you in enhancing your quality of life. Your McLeod River PCN family doctor can refer you to the McLeod River PCN health care teams for:

- Cancer Navigation and Supports
- Chronic Disease Education & Management
- Diabetic Foot Care
- Grief Counselling
- Health and Disability Navigation
- Pre & Postnatal Care
- Seniors Health Assessments
- Exercise and Education
- Family Practice Nurses
- Geriatric Program
- Palliative Care
- Psychological Assessments
- Social Support Navigation
- and more

Same-Day NP appointments available in Whitecourt. Phone 780-779-0079 for details.




For More Information scan the QR code or visit www.mrpcn.ca




Grief & Loss Session

Are you or someone you know going through Grief & Loss?
 Are you curious and want to learn more about Grief & Loss?




Please join us for an information session hosted by Recovery Alberta's Mental Health and Addiction staff to learn more about Grief & Loss.

You will learn:

- When and how we experience grief
- The process of grief
- Different styles of grief
- And ways to support yourself or someone you care about who is experiencing grief

February 25, 2025 at 6:30pm or February 26, 2025 at 2:00pm
Session: 1-Hour Presentation with Q&A Session to Follow
Location: Allan & Jean Millar Centre in the Crown & Anchor Pub Meeting Room
To Register: Call 780-706-3281 or 780-778-7123

recoveryalberta.ca



Groups & Workshops

McLeod River PCN - Whitecourt

The McLeod River Primary Care Network offers a range of Group Education and Workshops in Whitecourt. See below for a few examples of what's ahead in 2025. Scheduled sessions will go ahead with sufficient enrolment only.

Journeying Through Grief

- Helps you develop a tool kit to effectively cope with loss
 - Wednesdays March 26 to May 14
 - Register by phone 780-779-0079
- Visit www.mrpcn.ca for more information

Anxiety to Calm (Adults)

- Learn skills to find calm, challenge yourself, and live well
 - Wednesdays September 24 to November 12
 - Register by phone 780-779-0079
- Visit www.mrpcn.ca for more information

Unconfirmed but in the works: Journeying Through Grief (Oct/Nov 2025), and Anxiety to Calm For Youth (April/May and Nov/Dec 2025)



visit our website




Alberta Health Services **WHITECOURT**

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*

Fridays at 11:00am
EVERMORE YOGA *by donation*

FAMILY DAY WEEKEND
WINTER CARNIVAL
SATURDAY
FEBRUARY 15
FESTIVAL PARK 12-4PM



Ice Slide, Skating Oval, Crockicurl, Sleigh Rides, Family Games, Snowshoes & Cross Country Skis to try, Hot Chocolate, Hot Dogs, & Bannock (while supplies last)and more winter family fun!

EVENTS ON MONDAY TOO!

SNOW SCULPTURE CONTEST
FEBRUARY 9-14

Families are encouraged to create their own unique snow sculpture, and submit a photo for your chance to win prizes! Visit rec.whitecourt.ca for contest details and how to enter.







SENIORS CIRCLE
SPRING DINNER & ENTERTAINMENT
SATURDAY, MARCH 15

Join the Seniors Circle as they host an evening of enjoyment! Tickets include catered dinner and entertainment.

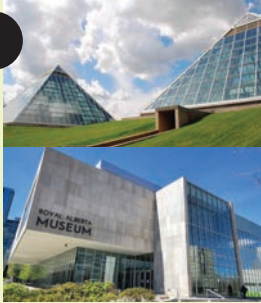
Doors Open 5:00pm, Dinner 6:00pm
 Entertainment 7:00pm

TICKETS Seniors Circle Member: \$30
 Non-Seniors Circle Member: \$40

Tickets available for purchase at the hall Monday-Friday during coffee time (9-11am) or by calling Carol at 780-778-3975.

TREKS & TRAVELS

MUTTART CONSERVATORY & ROYAL ALBERTA MUSEUM
WEDNESDAY, APRIL 23





Have you been to the new location of the Royal Alberta Museum? We're heading there and the Muttart Conservatory. Join us as we discovery new things and learn about old things! We will be finding a nice spot for an early lunch prior to arriving at our first venue, the Muttart Conservatory. We will then travel on to the Royal Alberta Museum. This trip is self guided and will include a great deal of walking at each venue. There will be refreshments on the bus, but lunch will be at your own expense. ID: #9817

Bus Departs: 9:00am from JDA Place in Whitecourt

Muttart Conservatory	Royal Alberta Museum
Arrival: 12:00pm	Arrival: 1:45pm
Depart: 1:30pm	Departing for home: 3:30pm

Ticket Price:
 Seniors Circle Member: \$28.55
 Non-Seniors Circle Member: \$88.55

Meal Service Update

As the Meals on Wheels program has struggled with participation over the past year the decision was made to end the Meals On Wheels program.

There is a new frozen meal home delivery service available in Whitecourt called Heart To Home Meals. Individuals interested in learning more can call 1-800-704-4779 to speak to the Heart To Home Meals team.

<https://www.hearttohomemeals.ca/>




RECIPE CORNER



VEGETABLE STIR-FRY

This quick take on everyone's favourite carryout dish can be adapted to whatever ingredients you have on hand and made in one pan for easy cleanup.

STIR-FRY INGREDIENTS

- 1 tablespoon olive or non-hydrogenated vegetable oil
- ½ pound protein, such as cubed chicken breast, sliced steak, or tofu
- 2 cups mixed vegetables (such as peppers, zucchini, broccoli, onions, snap peas, and mushrooms)

SAUCE INGREDIENTS

- ¼ cup orange juice
- ¼ cup water
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon fresh ginger or sprinkling of ginger powder

INSTRUCTIONS

1. Heat oil in a large wok or skillet over medium heat. Cook the protein, stirring regularly, until lightly browned and cooked through. Add vegetables and cook for another 5-10 minutes, until soft. Remove meat and veggies from the pan and set aside.
2. Mix all sauce ingredients in a small bowl. Add the mixture to your pan and bring to a simmer over medium-high heat. Simmer for about 3 minutes or until slightly thickened.
3. Add vegetables and protein back to the pan and stir to combine.
4. Serve over brown rice or noodles for a filling meal.

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. Phone 780-778-4950.

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>



MAKING *Connections*

is online at

www.whitecourt.ca

Search 'Seniors Services' to access online.



Have stories, topic ideas or photos for future newsletters?

Contact Fay Arcand at 780-778-3637