2024

FEBRUARY - MARCH - APRIL

MAKING Connections

SENIORS' NEWSLETTER

INSIDE

+ Treks & Travels
  'One Night With The King'
+ Women's Conference
+ Community Volunteer
  Income Tax Program
+ National Volunteer Week

Whitecourt

WOODLANDS COUNTY

Whitecourt

MESSAGE from the MAYOR

As part of a recent housing study, seniors self-contained affordable housing with supports has been identified as a priority for Whitecourt.

The Government of Alberta recently requested municipalities prepare a Housing Needs Assessment so that it can develop solutions to address unique local needs. Over the last several months, Town of Whitecourt representatives have met with key community stakeholders to develop Whitecourt's assessment and the report has been adopted and submitted to the Province. This information will be utilized by local organizations and for-profit companies to support their grant applications.

Population trends predict that Whitecourt's seniors population will continue to increase as more people move here to be with family, and as more residents choose to retire in this community. Despite already having three local facilities that cater to the senior demographic, this increase will require more housing suitable for older adults.

In addition to continuing to advocate for seniors affordable housing and supports, the Town of Whitecourt is also working to promote the need for new and expanded healthcare services. West Yellowhead MLA Martin Long is the Parliamentary Secretary for Rural Health, and Whitecourt has been working with him to bring solutions for our local healthcare issues to the Alberta Minister of Health. MLA Long and I had the opportunity to tour Alberta Health Minister Adriana LaGrange around our community and hospital last fall, and will continue to work with key stakeholders to stress the need for expanded services here in Whitecourt.

Tom Pickard, Whitecourt Mayor

COMMUNITY GARDEN WHITECOURT

GET GROWING!

Check out our website for the latest Community Garden updates and to download the 2024 Gardener's Contract.
www.whitecourtcommunitygarden.com

ANNUAL GARDENER'S MEETING

WEDNESDAY, APRIL 3
DROP-IN FROM 7:00-8:30PM

ALLAN & JEAN MILLAR CENTRE IN THE CROWN & ANCHOR 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

Whitecourt | WOODLANDS COUNTY

March 13 ID:9001
MONGOLIA

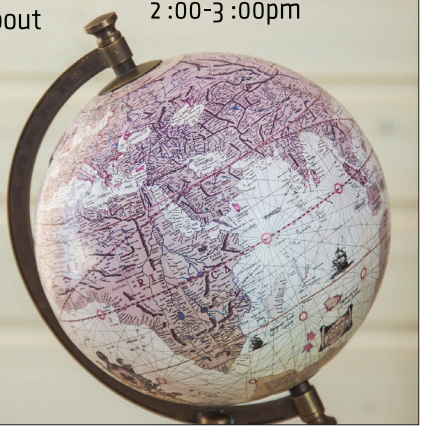
April 10 ID:9127
ITALY

May 8 ID:9128
NEW YORK CITY

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 & Anchor Meeting Room
2:00-3:00pm



WOMEN'S CONFERENCE

RECHARGE. REVITALIZE. REPLENISH.

2024

Saturday, April 13

It's hard to be your best on empty.
Take some time to recharge, revitalize and replenish.
This conference offers the opportunity to meet new people, explore new interests, and focus on you!

9:00am - 4:00pm

$40 for the whole day Includes sessions, lunch, and gift bag.

KEYNOTE SPEAKER
JOCELYN LAIDLAW

REGISTRATION OPENS MARCH 1

Register by calling the Allan & Jean Millar Centre, 780-778-3637 ext. 0.

The conference is a walkable experience within our downtown core supporting local resources and businesses.

Free transportation will be provided for those with mobility issues.

whitecourtwomensconference

Limited child care available at the Allan & Jean Millar Centre. Must be booked separately.

Proudly supported by: Whitecourt, Woodlands County, Eagle River Casino & Travel Plaza, Millar Western, Capstone Infrastructure, Ralcomm, dh, Microtel Inn & Suites by Wyndham

Cross Country Ski

BORROWING

Thanks to a grant provided by Communities Choosewell, the Town of Whitecourt is excited to partner with the Whitecourt & District Public Library and the Whitecourt Golf & Country Club to bring free cross country ski rentals to Whitecourt!

Skis, boots and poles can be borrowed from the Library for free with a Library card. Check out the maintained ski trails at the Whitecourt Golf Course!

Youth and Adult sizes available!

Contact the Library for more information.

780-778-2900

communities choosewell eat right, be active | Whitecourt | Whitecourt & District Public Library | WHITECOURT GOLF & COUNTRY CLUB

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.

NO EXPERIENCE NECESSARY!

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

Indoor Walking Group

Thursdays 10:00-11:30am
Starting November 16

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.

Runs until May 2

ALLAN & JEAN MILLAR CENTRE

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)

FREE TO MOVE *Land*

Using natural body movement, we will develop your strength, flexibility, and mobility; all without the use of any weights. When your body moves properly, you feel better. Improved mobility can not only lessen the risk of injury in everyday life but can also improve strength gains both in and out of the gym.
Level: All Levels
Days: Mondays
Time: 10:15-11:00am

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

Water

No water classses February 18, March 25 - April 1.

WHITECOURT Food Bank
COMMUNITY HELPING COMMUNITY

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

Whitecourt

Practicing proven and effective skills to manage anxiety and feel a sense of calm.

ANXIETY TO CALM

Workshop

FREE IN PERSON WORKSHOP
ADULTS (18+)

THURSDAYS FEBRUARY 1 - MARCH 21
1:30-3:30 AT THE MRPCN WHITECOURT OFFICE

VISIT MRPCN.CA
OR CALL 780-779-0079
TO REGISTER

Alberta Anxiety to Calm™

PrimaryCare Network
MCLEOD RIVER

Parkinson Association of Alberta

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.

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
WhitecourtCancerAndWellnessSociety

WHITECOURT CANCER & WELLNESS SOCIETY

LIVING THROUGH CANCER

If you or someone you know is living through cancer, join us for an afternoon of self care, information and inspiration.

Open to anyone affected by cancer - Patients, Survivors, Caregivers, Family and Friends
All communities are welcome.

Come together to connect with your local cancer support community & to hear from a variety of speakers including Wellspring Alberta.

When | April 20 1-5pm
Doors open 12:30pm
Where | Forest Interpretive Centre, Whitecourt
Cost | $10 per person includes afternoon coffee and snacks. Tickets available on EventBrite or at the door.

Register now: https://ow.ly/tmo850Que75

For more information email wctcancerwellness@gmail.com or call 780 778 0932

Whitecourt

wellspring CANCER SUPPORT ALBERTA

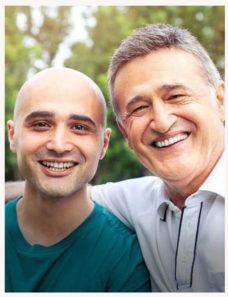
YOU ARE NOT ALONE

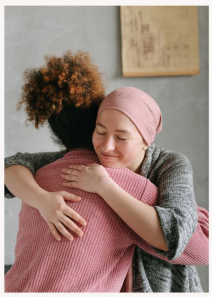
Whitecourt Cancer Support Group

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 ghanderson@telus.net

Join us for

Death Café

"I hope to arrive at my death late, in love and a little drunk."
Atticus

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

Monday, March 11

6:00 - 7:30pm

More information at www.deathcafe.com
Contact Kim: 780-396-9528

WHITECOURT CANCER & WELLNESS SOCIETY

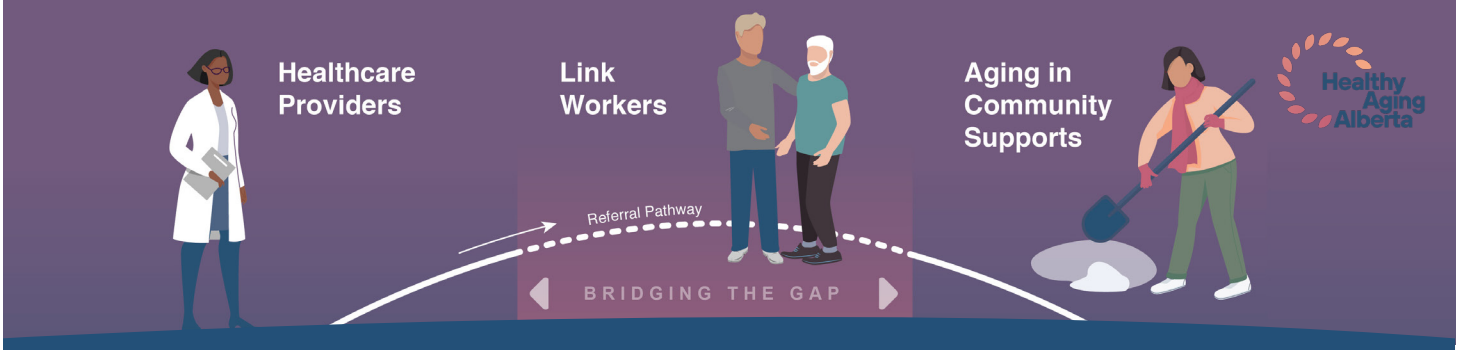
Whitecourt & District Public Library

New

SOCIAL PRESCRIBING: A Formal Referral Pathway

Connecting healthcare providers to community-based services for older adults

Whitecourt



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 fayarcand@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**
- **School Days & Work-Life: 1950s-1990s**
- **Growing Memories While Gardening**
- **Classic Television and Films: 1950s-1990s**
- **The Joy of Food from Home & Abroad**
- **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

Whitecourt | Woodlands County | Whitecourt & District Public Library

2024 Whitecourt

WINTER PARTIES

Brought to you by:

Whitecourt

P.O.W.E.R.

PEMBINA

Light Up Toboggan Party

Wednesday, February 7
5:00-7:00pm
All ages
Dahl Drive
Toboggan Hill
*Bring your own toboggan

Hot Dogs & Hot Chocolate
Glow Sticks
Helmets Recommended

Winter Skate Party

Thursday, March 7
5:00-7:00pm
All ages
Percy Baxter Rink
101 Mink Creek Rd
*Bring your own skates

Hot Dogs
Refreshments
Helmets Recommended

Winter Party events will be cancelled if temperatures are below -20.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

Program begins February 26, forms accepted until April 22

To find out if you are eligible for help, use the income levels shown in the table called "Maximum Income Levels". For each additional dependant you have, add $2,500 to the family income. Interest income must be less that $1000.

Volunteers can only complete returns for the current tax year and do not prepare complex returns, such as returns for individuals who:

- have self-employment income;
- have business or rental income and expenses;
- have capital gains or losses;
- have employment expenses;
- file for bankruptcy;
- deceased in the year.

Maximum Income Levels

Taxpayer Status:	Family Income:
Single person	up to $30,000
Couple	up to $40,000
One adult with one child	up to $35,000

Bring all tax forms (T-4 slips, Social Insurance Number, yearly prescription print outs, 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.

NEW!

DROP-IN TAX CLINIC
Whitecourt Seniors Circle
1:00-4:00pm
March 12 and 19

DROP-IN TAX CLINIC
at the Allan & Jean Millar Centre, 58 Sunset Blvd
Thursdays from 1:00-3:00pm
March 7, 14, 21, 28
April 4, 11

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

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: **ANIS.BOUBAKER@AHS.CA**
OR **IN PERSON AT 4707-50TH AVE** | *Whitecourt Community Health*
Office Hours: Mon- Fri 9am-12pm/1pm-4pm
Questions? Call: 780-396-2635 or 780-706-3173

Primary Care 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

Alberta Health Services
Alberta Healthy Living Program

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

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 consellors
3. Exploration of ideas to improve your situation
4. A course of action that is decided by YOU.

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

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 for more information on advertising rates and options.

FOR MORE INFORMATION

Call 780-778-3637 ext. 429 | Email transit@whitecourt.ca

TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

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).

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

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
1:00-3:00pm
(last pickup at 2:45pm)

FOR MORE INFORMATION

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

Whitecourt

WWW.WHITECOURT.CA

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

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

Chair Yoga FOR SENIORS

Wednesdays at 11:00am
SENIORS CIRCLE *FREE*

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

CALLING ALL WRITERS!

We're looking for reader submissions for:

A NOD TO *The Past*

If you have a bit of local history you'd like to see in an article please contact Doreine directly at 780-268-5397.

FAMILY VALENTINE'S DAY DINNER & DANCE

Saturday, February 10

Whitecourt Seniors Circle. Doors open at 5pm. Dinner at 6pm.
Dance to follow. Live music by Metis Country.

Tickets

Include dinner and dance.
Seniors Circle Member: $30 -or- Non-Seniors Circle Member: $40
Youth 7-12 Years: $20 and Youth 6 & Under: Free

Tickets available at the Seniors Circle Mon-Fri 8:30-10:30am or by calling Carole 780-778-3975 or Mabel 780-778-6632.

National Volunteer Week
April 14-20, 2024

Every Moment Matters

Please join the Town of Whitecourt in celebrating those who give selflessly of their time in our community.

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 Volunteer
- Longstanding Achievement
- Corporate Leader
- The Extra Miler

One nominee from each category will be selected. The successful nominee of each category will receive a prize pack in recognition of their volunteering spirit.

For category information and nomination forms, visit www.whitecourt.ca. Nomination packages can also be picked up from Guest Services at the Allan & Jean Millar Centre. The deadline for nominations is Monday, April 8.

Lunch and Learn

A lunch hour session for non-profit organizations featuring a guest speaker from Volunteer Canada to discuss 'Volunteer Recruitment and Retention'.

Date: Thursday, April 18
Time: 11:30am-1:00pm
Cost: $5.00

Limit 2 people per organization

To register for this event call the Allan & Jean Millar Centre at 780-778-3637 ext.0

SWEET POTATO & BLACK BEAN CHILI Servings: 4

INGREDIENTS

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile
- ¼ teaspoon salt
- 2 ½ cups water
- 2 (15 ounce) cans black beans, rinsed
- 1 (14 ounce) can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

DIRECTIONS

Step 1: Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Step 2: Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

MAKING

Connections

IS ONLINE AT 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

Treks & Travels

MAYFIELD DINNER THEATRE

SUNDAY, MARCH 24 MATINEE

Performance at noon. Ticket includes return transportation to Edmonton, meal with gratuity and administration fees (from Mayfield) and travel refreshments.

Cost
Seniors Circle Member (60+): $111.50
Non-Seniors Circle Member (60+): $156.90

Departure Time
8:00am JDA Place (Arena) - 78 Sunset Blvd
8:15am Cottonwood Esso - Highway 43

ID #9133

WHITECOURT SENIORS CIRCLE Event Calendar

2024 FEB - MAR - APR

	MON	TUE	WED	THU	FRI	SAT	SUN
COFFEE | 9AM -11AM (Monday - Friday)	X	X	X	X	X		
FLOOR CURLING | 9AM - 1PM (Mondays)	X						
PAINTING | 9AM (Tuesdays)		X					
BINGO | Doors Open 5PM, First Call 6:45PM (Tuesdays)		X					
CHAIR YOGA | 11AM-NOON (Wednesdays)			X				
POTLUCK | 6PM (Last Wednesday of the Month)			X				
GAMES NIGHT | 7PM (Thursdays Nights)				X			
CRIB | 1PM (Second & Third Sunday of the Month)							X

Have stories, topic ideas or photos for future newsletters? Contact Fay Arcand at 780-778-3637