

MAY
JUNE
JULY
2025



MAKING *Connections*

SENIORS' NEWSLETTER



INSIDE

- + Seniors' Week 2025
- + Free Clean Up Week
- + Canada Day
- + Park Parties
- + Treks & Travels



MESSAGE FROM THE MAYOR



The biggest event Whitecourt hosts for the senior demographic is coming up in June – Seniors' Week. Whitecourt is fortunate to have an active and growing seniors population, with many of you involved in a variety of organizations, such as the Seniors Circle, Friends of Whitecourt, and various church groups. Your contributions enrich and enhance our community, and our quality of life. This week provides residents from across our community the opportunity to say "thank you" and show our appreciation for all that you do. I look forward to seeing you at the activities planned during the week of June 2 to 7.

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

- The Whitecourt Farmers Market kicks off the summer season May 6.
- The Run 4 Fun will have people of all ages hitting the trails on June 7.
- Whitecourt's official kick-off to summer, Party In The Park, is scheduled for June 13 and 14.
- Summer Street Fest is back in downtown Whitecourt August 9.

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

Tom Pickard, Whitecourt Mayor

FREE CLEAN UP WEEK MAY 21-24, 2025

To assist you with your spring cleaning, we will be offering free disposal at the Whitecourt Regional Landfill from May 21-24, 2025.

Excludes industrial and commercial customers.



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

DROP OFF DAY PREP

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

All items must be sorted, and bagged or bundled for disposal.

Residents will be responsible for unpacking and placing items in designated areas at the Landfill so be sure to wear appropriate footwear for the Landfill.

DROP OFF HOURS at the Whitecourt Regional Landfill
Located 17kms east of Whitecourt on Highway 43.

WEDNESDAY, MAY 21 - SATURDAY, MAY 24
9:00 A.M. TO 4:30 P.M.

Visit www.whitecourt.ca or www.woodlands.ab.ca for details.

BE READY FOR ELECTION DAY!

VOTE

2025



New in 2025

**Register to Vote by
September 15, 2025**



Make voting quick and simple!

To register, or to check your registration:

- www.voterlink.ab.ca
- info@elections.ab.ca
- Toll Free at 310-0000 then Dial 780-427-7191

Election Day: October 20, 2025



SENIORS' WEEK 2025

JUNE 2-7



Seniors' Week is a celebration of seniors who are the foundation of our community. It is a tribute to their wisdom, resilience and strength, that continues to inspire us.

Registration is required for some of the events. To register call the Allan & Jean Millar Centre at 780-778-3637 ext.0.

MONDAY, JUNE 2

KICK OFF LUNCH Doors Open 11:30am

Whitecourt Seniors Circle
It's time to kick off a week dedicated to our wonderful seniors. We're gathering not only to enjoy a delicious meal but to honour the journeys, experiences, and wisdom that our seniors bring to our lives.
Cost: 60+ \$3.00 / 18-59 \$20.00.

Registration required. ID #9985

FLOWER ARRANGING 3:00pm

Whitecourt Seniors Circle
Get ready to tap into your creativity and connect with nature in this hands-on session. With a variety of fresh flowers and greenery provided, you'll have the chance to design your own unique arrangement.

Cost: 60+ \$5.00. Space is limited.

Registration required. ID #9995

TUESDAY, JUNE 3

BLOOMING TOUR 9:30am

Departing from the Allan & Jean Millar Centre
Cruise by some of Whitecourt's best kept yards on the Dial-A-Bus. Space is limited, registering early is recommended.
Cost: 60+ FREE

Registration required. ID #9988

FUNCTIONAL FITNESS 4 LIFE 10:30-11:15am

Allan & Jean Millar Centre
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 and endurance, flexibility and range of motion. Modifications can be made for all levels of fitness.

Cost: FREE / Drop in, registration not required.

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

Whitecourt Seniors Circle
Community BINGO is hosted by the Whitecourt Seniors Circle and runs throughout the year, with the exception of July and August.
Cost Varies / Drop in, registration not required.

WEDNESDAY, JUNE 4

TABLETOP CURLING TOURNAMENT 9:30am-12:00pm

Whitecourt Seniors Circle
This fun tabletop game recreates all the action of ice curling but has you using your fingers instead of brooms.
Cost: FREE / Drop in, registration not required.

RESOURCE TRADE FAIR 2:00-3:30pm

Whitecourt Seniors Circle / Drop In
Join us for a Resource Trade Fair for Seniors, a one-stop event designed to connect older adults with the services, programs, and information that matters most to them. Whether you're looking for health resources, financial advice, senior-friendly activities, or just want to explore what's available in the community - this fair has something for everyone!
Cost: FREE / Drop in

THURSDAY, JUNE 5

INTERGENERATIONAL LEGO CART RACES

1:00-3:00pm

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

Races will be followed by ice cream sundaes with students.

Cost: FREE / Drop in

FRIDAY, JUNE 6

NATURE WALK 9:30-10:30am

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

Cost: FREE

Registration required. ID #9990



SATURDAY, JUNE 7

PANCAKE BREAKFAST 9:00-10:30am FREE

Whitecourt Seniors Circle
Cost: FREE / Drop in, registration not required.
Donated by the Rotary Club of Whitecourt

DINNER AND ENTERTAINMENT Doors Open 5:00pm, Dinner 6:00pm, Entertainment 7:00-9:00pm

Whitecourt Seniors Circle
Join our final event during this week of celebration. We have the cowboy poet BJ Smith.
Cost: 60+ \$10.00 / 18-59 \$25.00.

Registration required. ID #9997



WHITECOURT.CA

WATCH FOR SENIORS' WEEK BROCHURE



FREE

Armchair Travels




May 7 ID:9809
PORTUGAL

Final adventure of the season. Travels will resume in the fall. Enjoy the summer!

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




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.

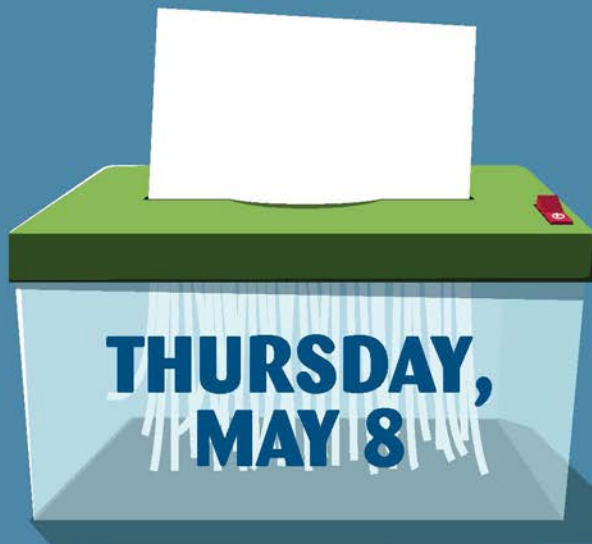
Interested in helping to bring a Men's Shed to Whitecourt? Join us!

Wednesday, May 14 at 7:00pm

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

**Contact Ken Astill
780-778-1032**





FREE COMMUNITY SHRED EVENT

Protect yourself by safely shredding your confidential material for free!

Thursday, May 8

Time: 8:00 to 11:30am

JDA Place Arena Parking Lot

Residents can bring up to 4 bankers boxes or 5 grocery bags to be shredding. This free shredding event is open to private residents.



This event is brought to you in partnership with Merlin Shredding.



WHITECOURT VOLUNTEER HUB

Whitecourt volunteer opportunities and non-profit organization resources can be found on our 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.

Whitecourt recently adopted a new Fire Services Bylaw, and changes have been made to permitting processes.



Fire Pit Permits will now be issued to an individual named on the property. Previously, permits were issued to the property.



FIRE PIT PERMITS ISSUED BEFORE MARCH 2025 ARE NO LONGER VALID

Why the change?

Moving to a system that issues the permit to a person instead of the property will help ensure responsible burning practices and safe fire pit placement. With fire pits becoming increasingly popular, we want to ensure residents are implementing practices to safeguard life and property.

Do you rent?

If your rental property has a fire pit or a permanent structure, you'll need to get a fire pit permit issued in your name before enjoying a fire there.

Did you move into a new home with a fire pit already in the backyard?

You'll need to apply for a fire pit permit in your own name.

Did you recently purchase a portable fire pit?

You'll need to apply for a new fire permit before you enjoy a fire.

Did you recently replace your home fire pit (permanent or temporary)?

You must apply for a new fire permit to ensure placement meets bylaw requirements.

How much are permit fees?

Permit fees are \$25.00. Additional charges may apply if the necessary documentation has not been submitted with your permit application (ex. photos are not provided) or if a site visit is requested. Further details can be found at www.whitecourt.ca.

For more information go to www.whitecourt.ca.





TREKS & TRAVELS

UNIVERSITY OF ALBERTA DEVONIAN GARDENS!

Take a stroll through the lush beauty of the University of Alberta Devonian Gardens. Immerse yourself in the tranquil atmosphere, vibrant flowers, and stunning gardens that make this one of Edmonton's hidden gems. Enjoy a picnic lunch available for purchase or bring your own. The tour of the garden is self guided, and requires a great deal of walking. There are some mobility devices to rent, but the Garden has a limited supply which cannot be reserved.

Thursday, July 10

Depart JDA Place (72 Sunset Blvd): 9:30am

Arrive at Gardens: 11:30am

Depart Gardens: Between 3:00 and 4:00pm

Seniors Circle Members: **\$16.50** | Non-Seniors Circle Members: **\$76.35**
Course ID#: 9981

**2025
NATIONAL
INDIGENOUS
PEOPLES DAY**
*Journée nationale des
peuples autochtones*

**SATURDAY samedi
JUNE 21
21 JUIN**

**FAMILY
DANCE**
dance en famille

6:30-9:00pm
Allan & Jean Millar Centre
Live Music by Métis Country
Spotlight Dance Prizes
Snacks Provided

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



THEY'RE BACK FOR 2025!

This family-friendly event is the perfect way to enjoy the great outdoors, meet new friends, and create lasting memories with your neighbours. Pack your lawn chairs and enjoy a free BBQ.

**2025
KICK-OFF
PARTY!**

Blueberry Park

12 Blueberry Crescent

June 18
5:30 - 7:30pm

Athabasca Park

8 Torgerson Drive

July 16
5:30 - 7:30pm

Lyons Park

35 Trading Post Trail

August 20
5:30 - 7:30pm

Brought to you by:



Neighbourhood fun all summer long!

Whitecourt.ca

CANADA DAY 2025

FÊTE DU CANADA

JULY 1

1ER JUILLET

TUESDAY / MARDI

FUN FAMILY ACTIVITIES
ALL DAY LONG

Journée remplie d'activités
amusante pour toute
la famille

PANCAKE BREAKFAST / Déjeuné de crêpes

9AM-11AM » SENIORS CIRCLE

Hosted by Whitecourt Town Council

TRIPLES CO-ED SAND VOLLEYBALL TOURNAMENT /
Triple tournoi mixte de volleyball sable

10AM » FESTIVAL PARK

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

CRIB TOURNAMENT / Tournoi de crible

1PM » SENIORS CIRCLE

YOUTH CHALK ART COMPETITION /
Concours d'art à la craie pour les jeunes

1PM-6PM » FESTIVAL PARK

Brought to you by Whitecourt Youth Advisory Committee.
Pre-register at the Allan & Jean Millar Centre by calling
780-778-3637 or online at <https://rec.whitecourt.ca>.

FAMILY FUN / Plaisir pour toute la famille

2PM-6PM » FESTIVAL PARK

Circus Surreal, Silly Science Station, Local Live Talent,
Fresh Community Market, Food Trucks and more!

SINGING OF O'CANADA & CUPCAKES /
Chant d'O'Canada & petits gâteaux

4PM » FESTIVAL PARK

LIVE MUSIC / musique

6PM-11:15PM » FESTIVAL PARK

LIVE
ENTERTAINMENT
SPECTACLES SUR SCÈNE
STARTS AT 2PM AT FESTIVAL PARK



HEADLINER 9:45PM

JASON KIRKNESS

LIVE MUSIC **MUSIQUE**
6PM UNTIL THE FIREWORKS

FIREWORKS / Feux d'artifices

11:15PM » FESTIVAL PARK



Canada



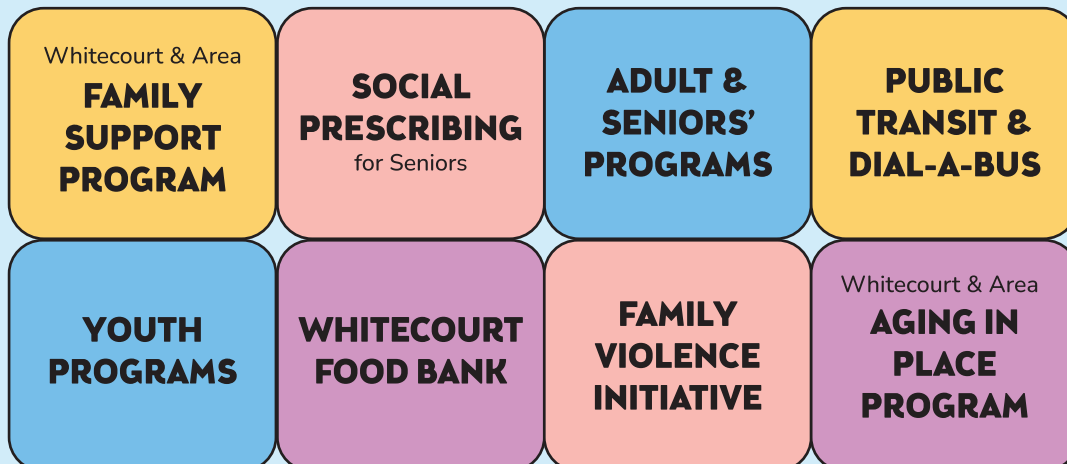


WHAT IS FCSS?

What is FCSS and what does Whitecourt FCSS do?

Whitecourt Family & Community Support Services (FCSS) provides supports, information and referrals to families and individuals in the community.

What programs are part of Whitecourt FCSS?



How do I contact Whitecourt FCSS?

Call 780-778-6300

Email CommunityServicesSecretary@whitecourt.ca

Website www.whitecourt.ca



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 fayarcand@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 fayarcand@whitecourt.ca.



The Food Bank would not be able to operate without the generous donations and volunteer support from the community. Thank you for your assistance!

WHITECOURT FOOD BANK 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

LOCATION

76 Sunset Blvd in the Carlan Services Community Resource Centre

Call 780-778-2341
www.whitecourt.ca

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.

PERISHABLE BOXES

Perishable Boxes are available at noon every day that the Whitecourt Food Bank is open. The boxes are available on a first come, first served basis, and no proof of ID is required to receive the box. It is recommended those wishing to pick up a perishable box arrive around 11:30am as the demand for boxes is high.

DONATING TO THE FOOD BANK

The Whitecourt Food Bank accepts donations year round. Call 780-778-2341 to arrange a drop off of items at the Food Bank.

Cash donations can be made at the Town Office at 5004 52 Avenue. Tax receipts are provided for donations over \$20.00.

For a list of current needs, please visit www.whitecourt.ca



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/>



HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™



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.



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](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



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+)



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 Public Transit



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

PURCHASE PASSES/TICKETS 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 Sundays or Statutory holidays

ADVERTISING

Interior, exterior, and back hatch of transit.
 Transit shelter advertising available for rent.

TRANSPORTATION GRANT PROGRAM & DIAL-A-BUS

The Transportation Grant Program for Seniors and Persons with Disabilities provides qualified recipients with transportation vouchers and discounted monthly passes.

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.

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 and online at www.whitecourt.ca.

Dial-A-Bus Hours | Monday to Friday

9:30am-12:00pm	[first pickup at 9:40am]
1:00-3:00pm	[last pickup at 2:45pm]

For More Information

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



**Track your bus live
with the Transloc app!**

Download on



FOR MORE INFORMATION

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

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

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

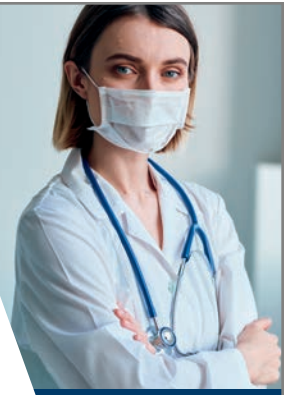
Same-Day NP appointments available in Whitecourt. Phone 780-779-0079 for details.



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



**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 MAYERTHORPE
 and surrounding areas

780-779-0079
 5113 50 Ave Whitecourt

www.mrpcn.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



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



DRIVERS NEEDED

Volunteer Drivers have a flexible schedule and provide safe, free, reliable transportation for residents who struggle to get to their out of town medical appointments.

Compensation for mileage, parking and meals is provided.

Learn more by calling 780-778-3637 Ext. 417.



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*



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.

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

FREE

Runs until May 8

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 *Leisure Pool Water*

An early morning class for those who want to start their day off right with a full-body workout! This is a fun aquatic class that focuses on improving muscular strength & endurance by using a variety of equipment. No swimming skills required.

Level: All Levels

Days: Mondays, Wednesdays

Time: 6:15-7:00am

Session: 1

GENTLE WATER FITNESS *Leisure Pool Water*

This aquatic class is designed to meet the needs of people who experience pain and dysfunction when participating in land based fitness activities. This is a low impact 45-minute class that focuses on enhancing mobility, muscle strengthening, and increased range of motion. The class is ideal for participants with orthopedic issues, arthritis, hypertension, joint replacement, or have weakness and/or physical limitations.

Level: Beginner

Days: Tuesdays, Thursdays

Time: 12:00-12:45pm

Session: 1

WATER WARRIORS *Lap Pool Water*

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

Level: All Levels

Session 1: 9:00-10:00am (Mondays & Wednesdays)

9:15-10:00am (Fridays)

Session 2: 9:00-10:00am (Wednesdays)

9:15-10:00am (Fridays)



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 and endurance, flexibility and range of motion. Modifications can be made for all levels of fitness..

Level: All Levels

Days: Tuesdays

Time: 10:30-11:15am

Session: 1

YOGA & CORE *Mind & Body*

Calm your mind and strengthen your body during this 45-minute practice. This class is designed to improve strength, flexibility, and balance with a focus on the core.

Level: All Levels

Days: Wednesdays

Time: 7:00-7:45pm

Session: 1

Session 1 Classes run May 20 to June 20.

Session 2 Classes run July 2 to August 29.

No classes August 4.



Seniors Property Tax Deferral Program (SPTDP)

How it works

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

Application Submission

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

Applications should be received 30 days prior to the tax deadline. Whitecourt's tax deadline for 2025 is Monday, June 30 at 4:30 pm. If applying, Whitecourt residents application deadline is May 30.

Late Application

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

Outstanding Property Taxes

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

Eligibility

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

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

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

Loan Repayment

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

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

Questions? Need Assistance?

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



RECIPE CORNER



BLT SALAD

All the goodness of a BLT in a healthy salad form with a refreshing lime vinaigrette!

Serves: 2 | Prep: 10 minutes | Cook: 10 minutes

INGREDIENTS

- 2 slices bacon, diced
- 2 cups chopped romaine lettuce
- 1/2 an avocado, seeded, peeled and diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup corn kernels
- 1/8 cup crumbled goat cheese

FOR THE LIME VINAIGRETTE

- 1/4 cup orange juice
- 1/4 cup water
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon fresh ginger or sprinkling of ginger powder

INSTRUCTIONS

1. To make the vinaigrette, whisk together olive oil, apple cider vinegar, lime zest and juice, and sugar in a small bowl; set aside.
2. Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate.
3. In a large bowl, combine romaine lettuce, avocado, tomatoes, corn, goat cheese and bacon. Stir in lime vinaigrette.
4. 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. Phone 780-778-4950.

MONDAY	TUESDAY	WEDNESDAY
COFFEE 9:00am-11:00am FLOOR CURLING 9:30am & 1:00pm	COFFEE 9:00am-11:00am PAINTING 9:00am BINGO Doors Open 5:00pm, First Call 6:45pm	COFFEE 9:00am-11:00am CHAIR YOGA 11:00am - noon POTLUCK 6:00pm Last Wednesday of the Month
THURSDAY	FRIDAY	SATURDAY / SUNDAY
COFFEE 9:00am-11:00am GAMES NIGHT 7:00pm	COFFEE 9:00am-11:00am	No events on Saturdays CRIB 1:00pm First & Third Sunday of the Month



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