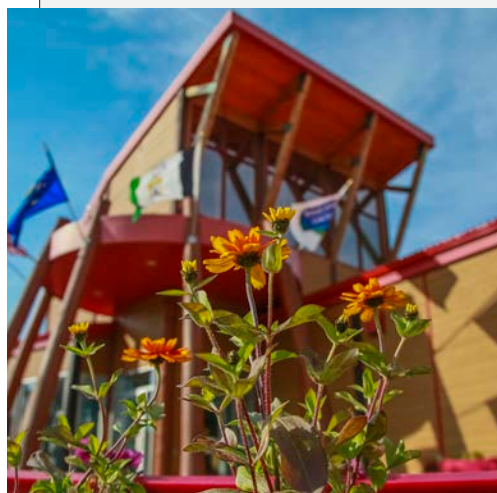


AUGUST
SEPTEMBER
OCTOBER
2025

MAKING *Connections*

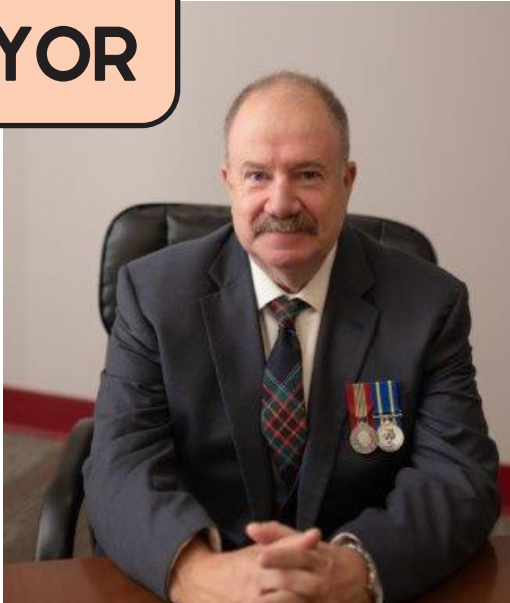
SENIORS' NEWSLETTER



INSIDE

- + Municipal Election
- + Men's Shed
- + Scam Savvy
- + Volunteer Drivers Needed

MESSAGE FROM THE MAYOR



The current Town Council term is coming to an end, and the next Municipal Election is scheduled for October 20, 2025. For information on the upcoming Municipal Election, including voter information and a register of candidates, visit www.whitecourt.ca/your-town/election

Over the last four years, Town Council has aimed to enhance economic health, livability and service excellence; and, has been committed to fostering a community that is progressive, prosperous, connected and engaged. I'm proud of the work we have accomplished to meet these goals and to grow Whitecourt.

I want to thank Whitecourt for its continued support, engagement and participation. Seeing Whitecourt grow over my time on Council has been incredibly rewarding.

Tom Pickard, Whitecourt Mayor

Election Workers Needed

The Town of Whitecourt needs election workers to assist at the 2025 Municipal Election.

Election workers help with the voting process and vote counting. Previous municipal election experience is preferred.

Application forms will be available on the Town website at www.whitecourt.ca/2025Election

VOTE

OCTOBER
20

Whitecourt



Scam Savvy

Thursday, October 16, 7:00pm

Forest Interpretive Centre 3002-33 Street

Join us for an important information session on how to keep seniors safe from scams and abuse. Presented by the Whitecourt RCMP, this session will cover:

- Common types of scams and abuse targeting seniors;
- How to recognize the warning signs;
- Steps you can take to protect yourself or your loved ones.



Transportation is available upon request.

ANOTHER SUCCESSFUL SENIORS' WEEK!



A heartfelt thank you to all our incredible community partners who helped make this week so special.



LAST PARTY OF THE SUMMER!

Lyons Park

35 Trading Post Trail

**Wednesday
August 20**

5:30-7:30pm

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

Brought to you by:

whitecourt.ca

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

INTERGENERATIONAL COOKING CLUB



VOLUNTEER CALL OUT

Do you enjoy cooking or baking? Would you like to share your knowledge with youth in our community?

Join our Intergenerational Cooking Club. It's fun, rewarding, and delicious!

Volunteer commitment is flexible and based on availability.

**DOORS
→ OPEN**
YOUTH PROGRAM

For more information contact the Town of Whitecourt, Youth Development Coordinator - Emma Harper at 780-706-0202 or emmaharper@whitecourt.ca

FREE

Armchair Travels

Whitecourt



September 3 ID:10168
GERMANY

October 1 ID:10169
GREECE

November 5 ID:10170
COSTA RICA

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



TREKS & TRAVELS



Farmers Market and Edmonton Historical Tour

Join us for a lively seniors outing to the St. Albert Farmers Market, where you'll explore fresh local produce, handmade goods, and vibrant community stalls. Be prepared for plenty of walking as we take in all the sights and sounds of the market, we will be having lunch onsite. Afterward, enjoy a guided driving tour by some of Edmonton's historic buildings, rich with stories of the city's past. Comfortable shoes and walking aids are recommended for this active day of discovery at the Market.

SATURDAY, SEPTEMBER 6

Departure: 9:30am from JDA Place (Arena)
Seniors Circle Member: FREE
Non-Member: \$37.50
Course ID#: 10173
Fee includes transportation, lunch is at your own expense.



ZACHARY STEVENSON'S Tribute to BUDDY HOLLY



**Saturday
November 8th**



Join the fun in our trip to the Arden Theatre as we take in the Zachary Stevenson's Tribute to Buddy Holly. As an accomplished actor and musician, Zachary has played the starring role as Buddy Holly in over twelve different theatrical productions of the "Buddy Holly Story" across North America.

SATURDAY, NOVEMBER 8

Departure: 4:30pm from JDA Place (Arena)
Senior Circle Member: \$66.00
Non-Member: \$96.00
Course ID#: 10171
NOTE: There will be no meals included in this trip.

Show begins at 7:00pm and runs for 2 hours. Tickets include entrance into show and transportation.



A SPACE BY MEN, FOR MEN

The Whitecourt Sheddars will meet for coffee the second and fourth Wednesday of each month at 9:00am.

Brothers Diner
5123 Kepler Street
Whitecourt

Come connect, relax, and share great conversation.



Questions?
Contact Fay Arcand at
780-778-3637 ext. 417





SUMMER STREET FEST 2025

DOWNTOWN WHITECOURT

AUGUST 9 12-5PM

FUN FOR THE WHOLE FAMILY

ART FOOD

LIVE PERFORMANCES

SHOP LOCAL

FREE FAMILY FRIENDLY FUN

WHITECOURT.CA  **WHITECOURT TOURISM** 

For more info, contact ecdev@whitecourt.ca.



WHITECOURT VOLUNTEER HUB

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.

Caregivers Peer Support Group



Being a caregiver can be both rewarding and challenging. It's easy to feel overwhelmed or isolated, but you don't have to face it alone. This peer support group provides caregivers a space to share experiences, gain insights and connect to people with a shared experience.

This program is **free** and **drop in** at the Allan & Jean Millar Centre, at 1:30pm every third Tuesday of the month. Starts October 21.

Call 780-778-3637 ext. 417 for information.

 **Caregivers Alberta** | CARING FOR CAREGIVERS 

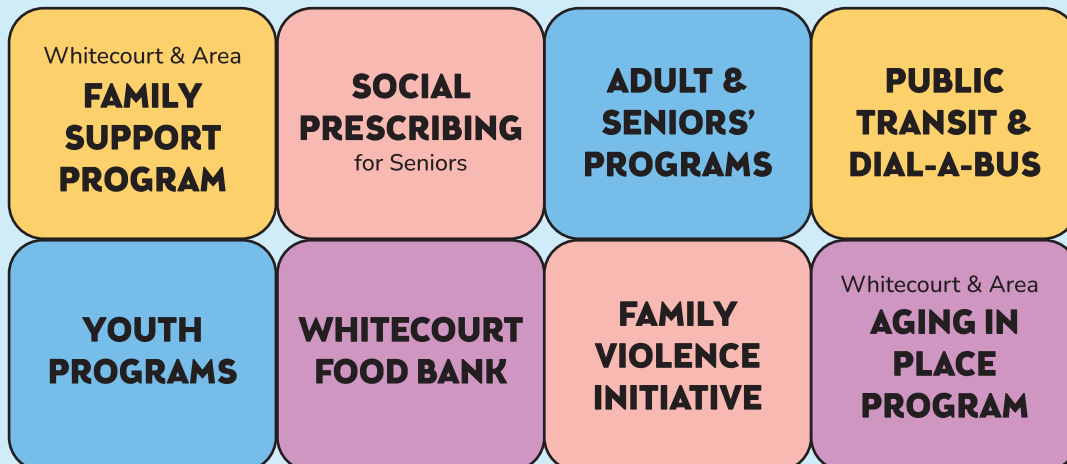


WHAT IS FCSS?

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.

UPDATED: PERISHABLE BOXES

Perishable Boxes are available at noon every day that the Whitecourt Food Bank is open. **One box per household will be available weekly. Proof of Residency and ID will be required every 3 months.** 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™

Join us for Death Café

Monday,
September 15

6:00 - 7:30pm



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

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





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](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



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.

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



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

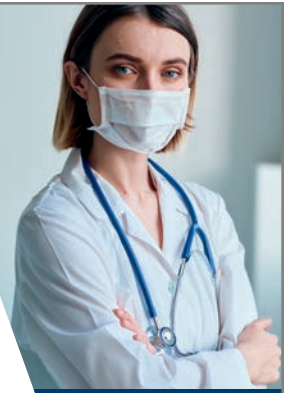
Same-Day NP appointments available in Whitecourt. Phone 780-779-0079 for details.



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



volunteer driver program

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

Fridays at 11:00am
EVERMORE YOGA by donation

Wednesdays at 11:00am
SENIORS CIRCLE FREE
- returns September 3



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

PICKLEBALL

Pickleball Schedule

Join us Monday-Friday mornings and Monday & Thursday evenings. Everyone is invited to drop in and give it a try!

Monday | Skill development, 9:00-11:00am, All ages

Tuesday-Friday | 9:00-11:00am, All ages

Monday & Thursday | 8:00-10:00pm. 18+

Members: FREE!

Retail: \$4.48



Pickleball FUN Tournament

Join us at the Allan & Jean Millar Centre for a fun Round Robin Pickleball Tournament! All skill levels welcome—play multiple games with different partners and opponents, learn new skills, and enjoy friendly competition. Don't miss out! Min.8/Max.24

SATURDAY, NOVEMBER 1, 9:30AM START

Allan & Jean Millar Centre

\$20.00/person

Course ID #: 10101

Registration Deadline: Tuesday, October 28



For more information call Guest Services 780-778-3637 Ext. 0 or email jaimeesutton@whitecourt.ca.

Outdoor Pickleball

A portable pickleball net is available through the Allan & Jean Millar Centre for use at Percy Baxter School or the tennis/pickleball court by Carlan Services Community Resource Centre.

Net Lending: Free for members, \$25 damage deposit for non-members.

To book a net, call 780-778-3637 ext. 402.





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

Returns September 15 for Fall Session

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

Returns September 16 for Fall Session

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

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

9:15-10:00am (Fridays)

Fall Session: 9:00-10:00am (Mondays & 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

Returns September 16 for Fall Session

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

Summer session runs until August 27.

Fall session begins September 17.

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

Returns September 18 for Fall Session

Summer Session runs until August 29.

Fall Session runs September 15 to December 19.

No classes October 13.





Working together to bring Government services to **you.**

September 25, 2025

9:00am to 3:30pm

**Allan & Jean Millar Centre,
Whitecourt, Alberta**

ID requirements are based on the service offering requested. Please bring a piece of Government issued photo ID.

If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657

Service Canada

- Get a Social Insurance Number (SIN)
- Receive a PAC access code to sign up for My Service Canada
- Canadian Dental Care Plan (CDCP)
- Employment Insurance (EI)
- Pension information for Canada Pension Plan (CPP) and Old Age Security (OAS)
- Passport Information
- General Government of Canada information

Canada Revenue Agency (CRA)

- Tax Slip information (T4, T5007, T4A-Pension, T4A-OAS and more)
- Notice of Assessments (NOAs) and Assistance with CRA correspondence
- Benefits and Credits information: Disability Tax Credit (DTC), Canada

Presented by: Service Canada and the Canada Revenue Agency with the support and assistance of Whitecourt FCSS.



Government
of Canada

Gouvernement
du Canada

Canada

A NOD TO THE PAST

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

JOANNE AND ROLAND THOMPSON

Picture this. The year is 1980 and we were married in June. Christmas Eve was upon us and the snow wouldn't quit! We were snowed in and Roly's parents wanted us to come over for supper. They were in their new home; the main road to them was being constructed and the snow still kept falling! What to do!?

Well Roly had a solution: remember the song...over the hills and through the woods to Gramma's (in this case Mom's) house we go? Yup that's what we did. Only a horse drawn sleigh wasn't used... oh no...a 430 John Deere Caterpillar was the choice of mobility! Now there are no side by side seats on a cat. Roly had to steer and operate this machine so where was I going to sit? You guessed it, on the front cover above the motor and behind the upright muffler! That's right I straddled the motor!

Decked out in multiple layers of warm clothes, and I'm hanging on for dear life, Roly started the motor. With a roar the old cat

came to life. Roly angled the blade down and away we went! Deep snow rolled away, the clunk clunk of the cat tracks echoed through the falling snow and night. Racing down the east hill the engine kept backfiring and what a noise! Perhaps that's why to this day my hearing hasn't been the same since.

Down through the valley and across the frozen creek just to start the long climb to the field south of Roly's parents home. With the putta, putta, putta noise of the Cat the outdoor lights came on the house. The look on mom and dad's faces was priceless! It was unbelievable that we would choose to travel that way and come to visit. With the road unpassable for a vehicle you do with what you have. I must admit the offering of a home cooked meal was a drawing card. We were after all just married and getting use to food likes and dislikes!

After a lovely supper and conversation, it was time to return home. It was pitch black and the snow was still dropping. Oh the cold, the noise and the putt putt movement of the Cat! Today every Christmas Eve we laugh about the memories we made that night.

The old Cat was eventually sold and we sometimes wonder...has it ever been used again to go over the hills and through the woods to Gramma's house we go...?

My husband has lived on the mountain his whole life...65 years. We celebrated our 44th wedding anniversary June 14, 2024. Lots of memories made and more to come!



**Seniors Circle
Jam Session**

Sunday, November 9
1:00-5:00pm
Doors Open at 12:30pm

Musicians \$5 General Entry \$10
Refreshments will be available.

In-School Mentoring

In partnership with our local schools, the Town of Whitecourt is **looking for volunteer mentors.**

Anyone 
can be a mentor.

Join us today!



Requirements:

Caring Adult + Positive Role Model + Enjoy Having Fun!

You don't need to be superhuman or have special qualifications to be a mentor. Mentors are caring adults who strengthen our community through the simple act of spending time with youth.

Share your wisdom, have fun together, and help transform the life of a young person (Grades 1-8) in our community.



 **Training is provided.**

For more information contact Emma Harper at 780-706-0202 or emmaharper@whitecourt.ca.

www.whitecourt.ca

SENIORS CIRCLE HALLOWEEN DANCE SATURDAY, OCTOBER 18

Doors Open: 5:00pm, Supper: 6:00pm
Costumes are Encouraged

Tickets available at the Seniors Circle.
Seniors Circle Members: \$30
Non-Seniors Circle Members: \$50

 Entertainment by Danny Hooper



RECIPE CORNER



PASTA WITH EGGLANT & TOMATO

Pasta tossed in a gooey eggplant and tomato sauce that comes together in the time it takes to boil the water and pasta. Serves: 2-3

INGREDIENTS

- ½ lb pasta (rigatoni or similar)
- 2 tbsp olive oil
- 1 large eggplant, cubed
- 4 cloves garlic, finely chopped
- ½ tsp chili flakes
- 2 cups canned tomatoes, finely diced
- ¼ cup Romano or Parmesan, freshly grated
- salt and pepper
- fresh basil, finely chopped (optional)

INSTRUCTIONS

1. Put a pot of water on high heat and add a good shake of salt. Bring it to a boil and cook the pasta according to the package instructions.
2. While the water is coming to a boil, splash the olive oil into a wide pan on medium-high heat. Let it get hot. Add the eggplant cubes and sprinkle them with salt, then cook for about 5 minutes. If the eggplant starts to look too dry, add a bit of water.
3. Once the cubes are a little brown on all sides, add the garlic and chili flakes and stir. Add the tomatoes and cook for about 15 minutes, stirring occasionally. Again, if it looks too dry, add a bit of water. Everything will shrink up and become a thicker sauce.
4. Add half the cheese and half the basil, if you have it.
5. Once the pasta is cooked, drain it and add it to the saucepan. Toss everything together, then turn off the heat. Add salt and pepper to taste, serve it in bowls sprinkled with more Romano and basil.

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.



Have stories, topic ideas or photos for
future newsletters?

Contact Fay Arcand at 780-778-3637