



Saturday, March 1, 2025

Story Time

Date and Time: Saturday, March 1 2:30 pm - 3:30 pm

Address: Rycroft Community Library

Join us at the Rycroft Community Library, on Saturday, March 1 & 29, 2025, from 2:30-3:30 p.m., for story time, crafts, and a snack. Parents must be present for this event.

Tuesday, March 4, 2025

Woking Playgroup

Date and Time: Tuesday, March 4 9:30 am - 11:30 am

Address: Woking Multiplex

The Woking Playgroup will resume on September 10, 2024, at the Woking Multiplex!

Bring your 0-6 year olds down every Tuesday, from 9 - 11:30 a.m., for this weekly playgroup. The cost is \$3 per family, per visit, or \$80 for the year (September - May). A snack is provided.

For more information, call Jasmine Fox, at (780) 837-4717.

Wednesday, March 5, 2025

Managing Diabetes Workshop

Date and Time: Wednesday, March 5 9:30 am - 12:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Diabetes Workshop is for those newly diagnosed with Diabetes or Pre-Diabetes, or a refresher for those living with Diabetes.

The workshop offers four different Virtual Classes, including Overview, Nutrition, Ongoing Care, and Foot Care and Seated Exercises.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Woking Multiplex Pickleball

Date and Time: Wednesday, March 5 10:00 am - 12:00 pm

Join the community at the Woking Multiplex on Wednesdays, from 10 a.m. to 12 p.m. Pickleball. For more information, contact Doreen at (780) 814-1127.

Kids Kreate - Green

Date and Time: Wednesday, March 5 3:30 pm - 5:00 pm

Address: Rycroft Library, 4732 50 St., Rycroft, AB. T0H 3A0

Head down to the Rycroft Community Library on Wednesday, February 5 & 12, 2025, for Kids Kreate - Green!

Have tea and create memories with your child while helping to create some green themed crafts.

Please note, a parent or guardian must be present at all times during the event.

Weight Management Workshop

Date and Time: Wednesday, March 5 5:30 pm - 8:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strategies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Managing Diabetes Workshop

Date and Time: Wednesday, March 5 6:00 pm - 7:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Diabetes Workshop is for those newly diagnosed with Diabetes or Pre-Diabetes, or a refresher for those living with Diabetes.

The workshop offers four different Virtual Classes, including Overview, Nutrition, Ongoing Care, and Foot Care and Seated Exercises.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Thursday, March 6, 2025

Weight Management Workshop

Date and Time: Thursday, March 6 9:30 am - 12:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strategies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Sustainable Canadian Agricultural Partnership Value-Added Grant Program Overview

Date and Time: Thursday, March 6 10:30 am - 12:00 pm

Address: Virtual

Join speaker, Jared Huston, Manager, Industry Development Programs from Alberta Agriculture and Irrigation, for an easy-to-follow overview of everything you need to know about the Sustainable Canadian Agricultural Partnership (CAP) Value-Added Grant Program.

Are you interested in applying for a Value-Added Program grant but not sure where to start? This webinar will provide you with all the information, from understanding eligibility to putting together a complete application. In this 1.5-hour session, you'll learn:

- How to Apply: Step-by-step guidance to get started.
- Who Can Apply: Understanding eligibility requirements.
- Eligible Activities and Expenses: What qualifies for funding and what doesn't.

The aim is to keep things simple and straightforward, with plenty of time for questions and answers. Whether you're new to grants or just need a refresher, this session is for you.

Friday, March 7, 2025

FCC Women Entrepreneurs Summit

Date and Time: Friday, March 7 11:00 am - 1:00 pm

Address: Virtual

Farm Credit Canada is hosting a virtual Women Entrepreneurs Summit on Thursday, March 7, 2024, from 11 a.m. to 1 p.m.

Gain insights to boost your leadership skills, connect, and build personal and professional growth.

Register online through Eventbrite, for free at <https://www.eventbrite.ca/e/fcc-women-entrepreneurs-summit-tickets-778349914547>

The event will be recorded and available to registrants only for a limited time.

Community Cafe

Date and Time: Friday, March 7 5:30 pm - 9:00 pm

Address: Rycroft Library, 4732 50 St., Rycroft, AB. T0H 3A0

Join Steve and Janet for Community Cafe, an Open Mic night, on Friday evenings from 5:30 p.m., at the Rycroft Community Library.

The perfect place to share your stories, jokes, and poetry, and have conversations with old, and new, friends.

For more information, contact Steve, at (780) 500-9553.

Saturday, March 8, 2025

Scientists in Situ

Date and Time: Saturday, March 8 2:00 pm - 4:00 pm

Address: Rycroft Community Library

You're invited to participate in a fun, hands-on STEM workshop, on March 8, 2025, from 2:00 p.m., at the Rycroft Community Library. Discover the surprising science hiding in a bag of skittles and explore solubility, buoyancy, and reactivity with the Scientists in School team! Please visit the library to register.

Tuesday, March 11, 2025

Woking Playgroup

Date and Time: Tuesday, March 11 9:30 am - 11:30 am

Address: Woking Multiplex

The Woking Playgroup will resume on September 10, 2024, at the Woking Multiplex!

Bring your 0-6 year olds down every Tuesday, from 9 - 11:30 a.m., for this weekly playgroup. The cost is \$3 per family, per visit, or \$80 for the year (September - May). A snack is provided.

For more information, call Jasmine Fox, at (780) 837-4717.

Managing Diabetes Workshop

Date and Time: Tuesday, March 11 5:30 pm - 8:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Diabetes Workshop is for those newly diagnosed with Diabetes or Pre-Diabetes, or a refresher for those living with Diabetes.

The workshop offers four different Virtual Classes, including Overview, Nutrition, Ongoing Care, and Foot Care and Seated Exercises.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Wednesday, March 12, 2025

Community Kitchen

Date and Time: Wednesday, March 12 9:00 am - 12:30 pm

Address: Fourth Creek Community Hall, Silver Valley, AB T0H 3E0

Join the Fourth Creek Community Association for their monthly Community Kitchen on Wednesday, March 12, 2025, at the Fourth Creek Hall, from 9:00 a.m. - 12:30 p.m.

Adults and Junior High Students work together to create meals that will be frozen and provided to residents of Saddle Hills County.

For more information, to arrange for meals, or to donate, call (780) 864-8605. The groceries for this program are generously sponsored by Tourmaline Oil Corp. (\$5,000) and Birchcliff Energy (\$500).

Heart and Stroke Workshop

Date and Time: Wednesday, March 12 9:30 am - 12:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Heart & Stroke Education Workshop is for those who want to learn how to manage blood pressure and cholesterol, as well as understand the risks for heart disease and stroke.

The workshop offers two different Virtual Classes, including Overview and Protection, and Nutrition.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Managing Diabetes Workshop

Date and Time: Wednesday, March 12 9:30 am - 11:00 am

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Diabetes Workshop is for those newly diagnosed with Diabetes or Pre-Diabetes, or a refresher for those living with Diabetes.

The workshop offers four different Virtual Classes, including Overview, Nutrition, Ongoing Care, and Foot Care and Seated Exercises.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Woking Multiplex Pickleball

Date and Time: Wednesday, March 12 10:00 am - 12:00 pm

Join the community at the Woking Multiplex on Wednesdays, from 10 a.m. to 12 p.m. Pickleball. For more information, contact Doreen at (780) 814-1127.

Weight Management Workshop

Date and Time: Wednesday, March 12 5:30 pm - 8:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strate

gies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Thursday, March 13, 2025

Savanna Creations

Date and Time: Thursday, March 13 9:00 am

Address: Fourth Creek Community Hall, Silver Valley, AB T0H 3E0

Join Savanna Creations from March 13-15, 2025, at the Fourth Creek Hall to craft, shop, or visit. Doors open at 9 a.m. Quilting with the long arm quilting machine will be available.

Weight Management Workshop

Date and Time: Thursday, March 13 9:30 am - 12:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strategies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Friday, March 14, 2025

Savanna Creations

Date and Time: Friday, March 14 9:00 am

Address: Fourth Creek Community Hall, Silver Valley, AB T0H 3E0

Join Savanna Creations from March 13-15, 2025, at the Fourth Creek Hall to craft, shop, or visit. Doors open at 9 a.m. Quilting with the long arm quilting machine will be available.

Curling Fun Night

Date and Time: Friday, March 14 6:30 pm

Curling Fun Night!

March 14, 2025, from 6:30 p.m., at the Spirit River Curling Club.

Come solo or bring friends for a night of curling, followed by dinner from A & B Eats. The bar will also be open!

Register by March 12, 2025.

Lindsay Janes Podcast Creator

Date and Time: Friday, March 14 6:30 pm

Address: Rycroft Community Library

Come meet Lindsay Janes, podcast creator, on March 14, 2025, at 6:30p.m., at the Rycroft Community Library. Hear Lindsay's story of how, and why, she got started! Her podcasts are based on historical crime and punishment, mysteries, missing persons, strange happenings, ghosts stories, and hauntings all focused in the Peace Region of Alberta and British Columbia.

Saturday, March 15, 2025

Savanna Creations

Date and Time: Saturday, March 15 9:00 am

Address: Fourth Creek Community Hall, Silver Valley, AB T0H 3E0

Join Savanna Creations from March 13-15, 2025, at the Fourth Creek Hall to craft, shop, or visit. Doors open at 9 a.m. Quilting with the long arm quilting machine will be available.

St.Patrick's Day Potluck and Live Music

Date and Time: Saturday, March 15 5:00 pm

Address: Blueberry Mountain Hall

St.Patrick's Day Pot Luck & Live Music

Doors open at 5:00 p.m., on Saturday, March 15, 2025, at the Blueberry Mountain Hall.

Come out and enjoy the wonderful cooking of friends & neighbors, along with live music from local musicians.

Tuesday, March 18, 2025

Woking Playgroup

Date and Time: Tuesday, March 18 9:30 am - 11:30 am

Address: Woking Multiplex

The Woking Playgroup will resume on September 10, 2024, at the Woking Multiplex!

Bring your 0-6 year olds down every Tuesday, from 9 - 11:30 a.m., for this weekly playgroup. The cost is \$3 per family, per visit, or \$80 for the year (September - May). A snack is provided.

For more information, call Jasmine Fox, at (780) 837-4717.

Managing Stress Workshop

Date and Time: Tuesday, March 18 1:30 pm - 2:30 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Stress Workshop is a two part series where you will learn techniques to reduce, prevent, and cope with stress.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Managing Diabetes Workshop

Date and Time: Tuesday, March 18 5:30 pm - 7:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Diabetes Workshop is for those newly diagnosed with Diabetes or Pre-Diabetes, or a refresher for those living with Diabetes.

The workshop offers four different Virtual Classes, including Overview, Nutrition, Ongoing Care, and Foot Care and Seated Exercises.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Wednesday, March 19, 2025

Managing Diabetes Workshop

Date and Time: Wednesday, March 19 9:30 am - 12:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Diabetes Workshop is for those newly diagnosed with Diabetes or Pre-Diabetes, or a refresher for those living with Diabetes.

The workshop offers four different Virtual Classes, including Overview, Nutrition, Ongoing Care, and Foot Care and Seated Exercises.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Heart and Stroke Workshop

Date and Time: Wednesday, March 19 9:30 am - 11:00 am

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Heart & Stroke Education Workshop is for those who want to learn how to manage blood pressure and cholesterol, as well as understand the risks for heart disease and stroke.

The workshop offers two different Virtual Classes, including Overview and Protection, and Nutrition.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

123's and ABC's Program

Date and Time: Wednesday, March 19 10:00 am - 11:00 am

Address: Spirit River Municipal Library

Join the South Peace Rural Community Living for a fun and free program!

Your child will learn through songs, art and hands on activities.

March 19 & 26, 2025, from 10-11 am, at the Spirit River Municipal Library.

Woking Multiplex Pickleball

Date and Time: Wednesday, March 19 10:00 am - 12:00 pm

Join the community at the Woking Multiplex on Wednesdays, from 10 a.m. to 12 p.m. Pickleball. For more inf

ormation, contact Doreen at (780) 814-1127.

Kids Kreate - Green

Date and Time: Wednesday, March 19 3:30 pm - 5:00 pm

Address: Rycroft Library, 4732 50 St., Rycroft, AB. T0H 3A0

Head down to the Rycroft Community Library on Wednesday, February 5 & 12, 2025, for Kids Kreate - Green!

Have tea and create memories with your child while helping to create some green themed crafts.

Please note, a parent or guardian must be present at all times during the event.

Weight Management Workshop

Date and Time: Wednesday, March 19 5:30 pm - 8:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strategies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

2025 BCRC Webinars - The Ins and Outs of Parasite Management

Date and Time: Wednesday, March 19 7:00 pm

Address: Virtual

Join the Beef Cattle Research Council for their 2025 Winter Webinar Series, covering topics focused on improving the health and biosecurity of Canadian beef herds based on practical, science-based information for Canadian beef producers and veterinary teams.

The Ins and Outs of Parasite Management
March 19, 2025, 7:00 PM MT

Speakers: Dr. John Gilleard, University of Calgary, and TBD

Parasites, both internal and external, can affect production and cause disease in Canadian beef cattle. Effective parasite control in beef cattle is an important part of maintaining health, welfare and production, and different parasites require specific control measures. This webinar will cover the best way to approach internal and external parasites in a typical production year to ensure the health of your herd and avoid resistance.

Register online to attend the event or to receive the webinar recordings post-event: https://us02web.zoom.us/j/81411270000/register/WN_qJVicZU0SrOXmmLDy6Mjig#/registration

Thursday, March 20, 2025

Weight Management Workshop

Date and Time: Thursday, March 20 1:30 pm - 4:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strategies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Friday, March 21, 2025

Community Soup and Sandwich Supper

Date and Time: Friday, March 21 5:00 pm - 7:00 pm

Address: Fourth Creek Community Hall, Silver Valley, AB T0H 3E0

The Fourth Creek Community Association invites you to their Community Soup and Sandwich Supper at the Fourth Creek Hall, on Friday, March 21, 2025, from 5-7 p.m.

Tickets cost \$7.50 for adults and \$5 for children (under 12). All are welcome.

Community Cafe

Date and Time: Friday, March 21 5:30 pm - 9:00 pm

Address: Rycroft Library, 4732 50 St., Rycroft, AB. T0H 3A0

Join Steve and Janet for Community Cafe, an Open Mic night, on Friday evenings from 5:30 p.m., at the Rycroft Community Library.

The perfect place to share your stories, jokes, and poetry, and have conversations with old, and new, friends.

For more information, contact Steve, at (780) 500-9553.

Movie Night - Moana 2

Date and Time: Friday, March 21 6:00 pm

Address: Gordondale Community Hall

Come and enjoy a movie night with friends and family, on March 21, 2025, at the Gordondale Community Hall !

Doors open at 6:00 p.m. Entry is free and a cash concession will be available.

See you there!

Saturday, March 22, 2025

Savanna AG Society Annual Fundraiser

Date and Time: Saturday, March 22 5:00 pm - 7:30 pm

Address: Savanna Rec Plex

You are invited to the Savanna Ag Society's Annual Fundraiser Supper and Auction, at the Savanna Rec. Plex, on March 22, 2025. A roast beef supper will be served at 5 p.m., followed by a fundraising auction at 7:30 p.m., and ending with a family dance. Tickets cost \$30 p/p for adults and \$15 for kids. Those aged 5 and under may attend for free. If you would like to donate something to the auction, please contact Christine, at (780) 864-5429 .

Monday, March 24, 2025

Supervised Exercise Program

Date and Time: Monday, March 24 1:00 pm - 2:30 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This program meets twice per week, for 1.5 hours per session, to exercise in a group setting with people with a variety of health conditions.

Alternatively, you can attend from 6 to 7:30 p.m., for the same sessions.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Tuesday, March 25, 2025

Working Playgroup

Date and Time: Tuesday, March 25 9:30 am - 11:30 am

Address: Woking Multiplex

The Woking Playgroup will resume on September 10, 2024, at the Woking Multiplex!

Bring your 0-6 year olds down every Tuesday, from 9 - 11:30 a.m., for this weekly playgroup. The cost is \$3 per family, per visit, or \$80 for the year (September - May). A snack is provided.

For more information, call Jasmine Fox, at (780) 837-4717.

Managing Stress Workshop

Date and Time: Tuesday, March 25 1:30 pm - 2:30 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Stress Workshop is a two part series where you will learn techniques to reduce, prevent, and cope with stress.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Community Connect - Bonanza

Date and Time: Tuesday, March 25 5:00 pm - 7:00 pm

Address: Bonanza Hall

Come and make community connections at the Bonanza Hall, on the second and fourth Tuesday of every month, beginning March 25, 2025, from 7-9 p.m.

Crib boards and a poker table will be available, and beverages and snacks will be provided. Visit with friends and neighbours, have a coffee, and enjoy some games.

All are welcome!

Managing Diabetes Workshop

Date and Time: Tuesday, March 25 5:30 pm - 8:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Managing Diabetes Workshop is for those newly diagnosed with Diabetes or Pre-Diabetes, or a refresher for those living with Diabetes.

The workshop offers four different Virtual Classes, including Overview, Nutrition, Ongoing Care, and Foot Care and Seated Exercises.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Wednesday, March 26, 2025

Woking Multiplex Pickleball

Date and Time: Wednesday, March 26 10:00 am - 12:00 pm

Join the community at the Woking Multiplex on Wednesdays, from 10 a.m. to 12 p.m. Pickleball. For more information, contact Doreen at (780) 814-1127.

Seniors' Drop In

Date and Time: Wednesday, March 26 10:00 am - 12:00 pm

Address: Woking Municipal Library

Seniors are invited to come and enjoy a coffee with friends and neighbours at the Woking Municipal Library, on March 26, 2025, from 10 a.m. to 12 p.m.

123's and ABC's Program

Date and Time: Wednesday, March 26 10:00 am - 11:00 am

Address: Spirit River Municipal Library

Join the South Peace Rural Community Living for a fun and free program!

Your child will learn through songs, art and hands on activities.

March 19 & 26, 2025, from 10-11 am, at the Spirit River Municipal Library.

FCC Young Farmers Summit

Date and Time: Wednesday, March 26 12:00 pm - 2:00 pm

Address: Virtual

Supercharge your farm management skills

The FCC Young Farmer Summit is a free event bringing farmers under 40 together to explore the business side of farming – and have fun!

Learn from industry experts, connect with peers and get the knowledge you need to take your operation to the next level. Explore topics like business, financial and transition planning, economics and mental wellness to set yourself up for success.

Event recording will be available to those who register in advance.

Register at: <https://www.eventbrite.ca/e/virtual-fcc-young-farmer-summit-registration-1054153925769>

Supervised Exercise Program

Date and Time: Wednesday, March 26 1:00 pm - 2:30 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This program meets twice per week, for 1.5 hours per session, to exercise in a group setting with people with a variety of health conditions.

Alternatively, you can attend from 6 to 7:30 p.m., for the same sessions.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Weight Management Workshop

Date and Time: Wednesday, March 26 5:30 pm - 8:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strategies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Thursday, March 27, 2025

Weight Management Workshop

Date and Time: Thursday, March 27 1:30 pm - 4:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This Weight Management Workshop is a three part series that will teach you effective weight management strategies and how to build healthier habits, as well as help you understand ways that thinking patterns, sleep, physical

l activity, and nutrition impact your goals.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Youth Time

Date and Time: Thursday, March 27 5:00 pm - 6:30 pm

Address: Rycroft Community Library

Come get together for supper and activities at the Rycroft Community Librar, on March 27, 2025, from 5-6:30 p.m. Supper is at 5:30 p.m, and youth can enjoy Karaoke, Switch, VR and so much more! Please register at the library by the day before.

Heart and Stroke Workshop

Date and Time: Thursday, March 27 5:30 pm - 8:00 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

The Heart & Stroke Education Workshop is for those who want to learn how to manage blood pressure and cholesterol, as well as understand the risks for heart disease and stroke.

The workshop offers two different Virtual Classes, including Overview and Protection, and Nutrition.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

Saturday, March 29, 2025

Story Time

Date and Time: Saturday, March 29 2:30 pm - 3:30 pm

Address: Rycroft Community Library

Join us at the Rycroft Community Library, on Saturday, March 1 & 29, 2025, from 2:30-3:30 p.m., for story time, crafts, and a snack. Parents must be present for this event.

Sunday, March 30, 2025

Community Connect - Gordondale

Date and Time: Sunday, March 30 2:00 pm - 4:00 pm

Address: Gordondale Community Hall

Come and make community connections at the Gordondale Community Hall, on the second and fourth Sunday of every month, beginning March 30, 2025, from 2-4 p.m.

Games, movies, and light refreshments will be provided. Visit with friends and neighbours, have a coffee, and (most importantly) have fun!

All are welcome!

Monday, March 31, 2025

Supervised Exercise Program

Date and Time: Monday, March 31 1:00 pm - 2:30 pm

Address: Virtual Zoom Class

Alberta Health Services is offering Virtual Classes by Zoom, through the Alberta Healthy Living Program.

This program meets twice per week, for 1.5 hours per session, to exercise in a group setting with people with a variety of health conditions.

Alternatively, you can attend from 6 to 7:30 p.m., for the same sessions.

To register for a Zoom Class, call 1-877-349-5711 or visit <https://www.healthylivingprogram.ca>

<https://events.saddlehills.ab.ca>