

# WINTER 2022 DON'T HIBERNATE

County of Lacombe  
Community Course and Activity Guide



## January – April 2022

TRY SOMETHING NEW TODAY!!

# EAGLE



# HEATING

Hot Water Tank Repair/Replacement

Furnace Repair/Replacement

Garage Heaters

Modular Home Specialist

Heating

Air Conditioning

Plumbing

Boilers

403-872-0843

mike@eagleheating.ca



Financeit<sup>SM</sup>

24/7 Service



Let's get you rewarded.

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# COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION

5230 45th St.  
Lacombe  
Centre Mall

(403)782-7955  
office@cilla.com  
www.cilla.com

Staff  
**Dani Ducross,**  
Executive Director

**Laura Tory,**  
Computer Program Director

## CLLLA is a non-profit society

The County of Lacombe Lifelong Learning Association (CLLLA) is a non-profit society that is one of over 80 Adult Learning Programs throughout Alberta. We are funded by the Alberta Government and supplemented by advertising revenue from the Don't Hibernate and from programming fees.

CLLLA is governed by a volunteer board of directors and a list of current board members is available on our website at [www.cllla.com](http://www.cllla.com). The mandate of CLLLA is to provide adult learning opportunities in the areas of:

- Literacy And Essential Foundational Skills
- English Language Learning
- Employment Enhancement
- Community Capacity Enhancement

## About the Don't Hibernate Brochure

First published in 1975, the Community course and Activity is compiled 3 X year in order to provide a FREE, comprehensive resource of information on programs, events, activities, businesses, and services for the County of Lacombe. We distribute guides in August for September-December, in December for January- April and in April for May- August.

Copies are distributed through Canada Post and are made available at a variety of community locations in every town and City throughout the County of Lacombe. It can also be found on our website at [www.cllla.com](http://www.cllla.com)

This service is provided to the County of Lacombe for FREE thanks to the advertising revenue from contributing participants in the brochure.

## DON'T HIBERNATE Spring/Summer 2022 ADVERTISING

### RATES

IMAGE SIZE	REGULAR RATE
<b>FULL PAGE</b> 7 x 9 <sup>3</sup> / <sub>4</sub> "	\$350.00
<b>1/2 PAGE VERTICAL</b> 3 <sup>3</sup> / <sub>8</sub> x 9 <sup>3</sup> / <sub>4</sub> "	\$230.00
<b>1/2 PAGE HORIZONTAL</b> 7 x 4 <sup>3</sup> / <sub>4</sub> "	\$230.00
<b>1/4 PAGE VERTICAL</b> 3 <sup>3</sup> / <sub>8</sub> x 4 <sup>3</sup> / <sub>4</sub> "	\$120.00
<b>1/4 PAGE HORIZONTAL</b> 7 x 2 1 <sup>1</sup> / <sub>4</sub> "	\$120.00

Nonprofit memberships are \$30 and offer a 20% discount on advertising and first aid courses.

For more information contact the CLLLA office.

## DEADLINE

**FOR AD RESERVATION FOR THE  
Spring/Summer DON'T HIBERNATE IS  
FRIDAY | Mar. 25, 2022 TO BE DELIVERED  
THE WEEK OF Apr. 25, 2022**

[www.vecteezy.com](http://www.vecteezy.com)





# WHY ADVERTISE IN THE COUNTY OF LACOMBE COMMUNITY COURSE AND ACTIVITY GUIDE??

- Highly anticipated publication
- Distributed by Canada Post throughout the County of Lacombe
- Maintained in communities for 4 months!!!
- Excellent resource for community information
- Provides funds to support necessary adult learning opportunities

## The Ideal Promotional Tool for:

- Home based businesses
- Community programs and events
- Appreciation ads
- Annual events and activities
- Sporting schedules
- Registration dates and deadlines
- Volunteer requests
- Contests & Surveys

## SOMETHING TO CONSIDER

NOT EVERYONE IS CONNECTED TO THE INTERNET- THIS RESOURCE PROVIDES A CONNECTION TO THE COMMUNITY FOR THOSE NOT ABLE TO ACCESS ONLINE INFORMATION.

Please consider advertising in the next publication of the County of Lacombe Community Course and Activity Guide.

*~It just makes sense!!~*

*For more information contact Dani at (403)782-7955 or email at office@cilla.com*



## Lacombe Career Closet:



This is a community service that helps get individuals "dressed for success"!

We can help to provide suitable clothing for interviews or new jobs to those needing a bit of a boost!

Please contact:

the County of Lacombe Lifelong Learning Association for more information:

(403)782-7955 or e-mail [office@cilla.com](mailto:office@cilla.com) 5230 45<sup>th</sup> St. Lacombe Centre Mall

# TAKE A CLASS!

We follow strict sanitizing routines and protocols to ensure the continued safety of our participants and our staff.

Class dates will be decided when min. number of participants has been reached- so if interested call and get your name on the list!!! No payment required until class has been confirmed.



Pre-registration is required for all Lifelong Learning Courses.

By Phone: Call 403.782.7955 By e-mail: [office@c11la.com](mailto:office@c11la.com)

By Mail: mail- PO Box 5742, Lacombe, AB, T4L 1X3

IN Person: Lacombe Centre Mall office hours 10am-3pm Tues. Wed, Thurs.(appointments available for any time that is convenient)

Payments can be made:

In person: by cash or cheque at 5230 45 ST-Lacombe Centre Mall.  
Cheques payable to : The County of Lacombe Lifelong Learning Association  
or via e-mail transfer to [office@c11la.com](mailto:office@c11la.com)

**LEARNING BURSARIES** are available for employment related classes to help with financial barriers thanks to advertisers that contribute to this community activity guide.

## What did you learn today?

**DATES FOR MOST CLASSES ARE FLEXIBLE, CONTACT US FOR THE NEXT CLASS DATE!!!**

### FIRST AID CERTIFICATION

Red Cross First Aid: \*LB

Blended learning- online/in-person components

#### EMERGENCY FIRST AID

(online 3-4hrs, in-class 4-5 hrs) \$110

-This course focuses on the ABC's - airway, breathing, and circulation, CPR Level C – Adult/Child / Infant.

#### STANDARD FIRST AID

(online 4-5hrs, in-class 6-8hrs) \$120



Classes available upon request in Lacombe, Clive, Alix, Blackfalds, Bentley, and Eckville- minimum 5 people.

### Contact us For Next Class Dates

**Group classes can be arranged for min. 5 people**

### National Food Safety Training Program

The NFSTP course will help food handlers and management in Food Service and Food Retail operations learn how to prepare and serve safe food.

**Certificate course.**

**WHEN: start anytime-** please call to book a date and for more information

**COST: \$120**



# Weekly Classes

## Presenting with Confidence

This program is a combination of reading out loud and public speaking practice to assist the participant with verbal communication skills in front of others. Class runs weekly  
COST: \$5/class



## Weekly Meal Prep Workshops

Join us on Sunday afternoons at 2pm to assemble a weekly set of meals. Menus will be different each week and will vary between soups, salads, casseroles and other mix and match type meals.

**WHEN:** Sundays 2pm

**COST:** \$25/class



## Computer Q&A

This class is offered to provide an opportunity for individuals to come and ask common computer questions.

**Lacombe:** Tues. **AND** Thurs. **10-12 AM.**

**COST:** \$5/class

## Conversational Spanish:

Meet weekly to practice your Spanish Conversation skills. Some Spanish is required- practice speaking and listening, expand vocabulary.

**WHEN:** Tuesdays 5:30-6:30

**COST:** \$10/class



## Join the Conversation

Bring a beverage and join us for a weekly chat on the topic of the week. This is a great place to come for some company, to improve your English language skills and to just enjoy the afternoon.

**WHEN:** Sundays 1:30pm

**COST:** no fee

# Monthly Classes

## Tips and Tricks for Saving Money

Join us for a monthly update on tips and tricks for saving money. Different areas discussed each time.

**WHEN:** The 1<sup>st</sup> Tuesday of the Month- 7pm

**COST:** \$5/class



## Writing Workshop

This series of writing workshops focuses on developing the skill of written expression/description in a variety of ways.

expression/description in a variety of ways.

**WHEN:** The 3<sup>rd</sup> Saturday of the month- 10am

**COST:** \$10/class



**PRE-REGISTRATION REQUIRED FOR ALL CLASSES**

## Wills & Estates

Learn about types of Wills and what to include; guardianship, trusteeship, enduring powers of Attorney, choosing an executor, personal directives as well as taking inventory of expenses, assets, creditors, and insurance.



**When:** Contact us for next class date

**Cost: \$10.00**

## End of Life Planning

This information session will share details on all the aspects of what to consider in regards to death, including funeral costs, burial/cremation, legal documents, wills and wishes, etc.



**WHEN:** Contact us for next class date

**COST: \$10**

## Estate Transfer

Information and Q&A Session.

Learn the basics on what is involved in transferring estates and avoiding complications.



## Succession Planning:

This class is designed to help families with businesses/farms learn about succession planning. A well-thought-out succession plan ensures a seamless transition of management, in case of unforeseen circumstances or retirement

**WHEN:** Contact us for next class date

**COST: \$10**

## Chair Yoga Classes:

**WHEN:** Mon & Wed,

**COST: \$50**

## Brain Grooving:

This class combines movement patterns and music to help keep the brain on its toes. A great program for seniors or those that are looking for a class that is not too strenuous, but still fun and effective.

**WHEN:** Fridays

**COST: \$40**



**Classes run 9:15am-10am Jan. 10- May 2022**



## "I DON'T" SEPERATION/DIVORCE WORKSHOP

If you and your current significant other are considering separation or divorce, this session will help with knowing what to expect, what options you have and give some suggestions regarding legal advice and reconciliation.



**WHEN:** Contact us for session date  
**COST:** \$15 pp, 20/couple

## Couples Communication Class

Would you like a happier, stronger relationship with your spouse?

This class incorporates the principles of the 5 Love Languages and teaches other practical tools that will enhance your communications skills with loved ones.

The instructors: Rick and Linda Graber.



**WHEN:** contact us for next class dates  
**COST:** \$60-couple

## Basics of Sushi

This class teaches you all about the basics of making sushi- what it is and how to prepare and assemble the ingredients for sushi. Class will practice making California and cucumber rolls.



**WHEN:** Thurs. Feb. 10<sup>th</sup> 6pm  
**COST:** \$30/pp \$50 for 2 people

## Easy Bagels

A fun class that will have you taking home a batch of bagels to bake fresh for family, friends or just yourself!

This is a basic beginner level class.



**WHEN:** Contact us for next class date  
**COST:** \$25pp

## Intro to Crochet

### *the VERY Basics*

Interested in learning how to crochet? We are offering a 2 hour introduction to crochet .



*Project is a dishcloth.*



**WHEN:** Contact us for next class date  
**COST:** \$25- all materials provided

## Crochet Cowl

Crochet a lovely cowl. All materials provided.  
Must have beginner crochet skills.  
This class will be held over 2 weeks.



**WHEN:** Wed. at 6pm  
Contact us for next start date  
**COST:** \$40

## Crochet Mittens

Crochet a pair of mittens. All materials provided. Must have beginner crochet skills.

This class will be held over 2 weeks.



**WHEN:** WHEN: Wed. at 6pm  
Contact us for next start date  
**COST:** \$40

## Crochet Jellyfish Stuffie

Crochet a cute jellyfish stuffie. All materials provided. Must have beginner crochet skills.  
This class will be held over 2 weeks.



**WHEN:** Wed. at 6pm  
Contact us for next start date  
**COST:** \$40

## Beginner Spanish

Learn the basics of Spanish grammar and build conversation skills and a vocabulary base.



**WHEN:** Contact us for next start date  
Thursdays 6:30-8 pm (5 weeks)

**COST:** \$125

SPANISH LEVEL 2 IS ALSO AVAILABLE UPON COMPLETION

## Travelers Spanish

Learn some common phrases and expressions to use during travels or with your Spanish speaking friends



**WHEN:** call for next start date  
Tuesday evenings (5 Classes)

**COST:** \$125

## Beginner ASL:

**Learn to communicate in ASL.**  
This is a 6 week introductory course.



**WHEN:** Tues. 6:30-8pm  
Call for the next start date

**COST:** \$150 includes manual

## ASL - 2

Learn to increase your signing vocabulary to increase your skills and abilities to communicate in ASL. This is a 6 week follow up class to the introductory sessions.



**WHEN:** Tues. 6:30-8pm  
Call for the next start date

**COST:** \$100

**DATES FOR MOST CLASSES ARE FLEXIBLE,  
CONTACT US FOR THE NEXT CLASS DATE!!!**

## Goal Setting Workshop:

This workshop will explore how to set achievable goals and implement strategies to accomplish them.



**WHEN:**

Contact us for upcoming class date

**COST: \$10**

## Improving Self Confidence:

In the 2 sessions in this workshop series you will work on understanding the causes of low self-confidence, identify how to improve it and work on a personal confidence plan.

**WHEN: Contact us for upcoming class date**

**COST: \$25**



## Vision Boards

Learn about what a vision board is, how they can help with focus and motivation of goals and then build your own.



**WHEN: Contact us for next class date**

**COST: \$50 materials provided**

## Positive Thinking Series:

Join us for 6 weekly workshops on ways to stay positive during hectic our day to day lives:



**WHEN:**

Contact us for upcoming class date

**Cost: \$40**

## Basic Bookkeeping (Manual)

Learn the basics of bookkeeping and accounting principles. All materials provided



**WHEN:** (Each session is 5 classes)

Contact us for next class date:

**COST: \$200**

-In person class delivery -

## Basic Office Skills Program:

This course will assist with the development of standard skills for working in an office environment. Classes include computer skills, word, excel, emailing, customer service, basic book keeping, Quickbooks OR Sage accounting training etc.



**WHEN:** start anytime- Course completion will depend on your availability. Approx. time required is 12 weeks. The days for course components vary. We will work with you as much as possible to make a schedule to fit your time availability

**COST:** \$1000 (\$200 required at course start- remaining can be paid in payments)

*please note this is not a credited program, upon successful completion, participants will receive a certificate of completion and a letter of reference*

## Computers Q&A

This class is offered to provide an opportunity for individuals to come and ask common computer questions.



Please book an appointment.

Lacombe: Every Tuesday AND Thursday 10-12 AM.

**COST: \$5**

Course covers the basic concepts of what a computer is and how it functions?

### Sessions include:

- the components of a computer,
- using a mouse,
- building and moving files,
- basics of internet
- many other areas.

**WHEN:** contact us for next start date

**COST:** \$20/session or 4 for \$75



# Other Computer & Technology Training

Please call to register: (403)782-7955 or e-mail: [office@clla.com](mailto:office@clla.com)  
 \$20/class Contact us for the next class date

## STAYING CONNECTED

Learn to use the basics of :



Intro classes for:  
**Facebook, Instagram,**  
**Zoom, Facetime, Google Meet,**  
**Skype, Team meets**

### SOME CLASSES AVAILABLE ARE:

- Downloading and Organizing Photos
  - Typing Practice
  - Basics of Microsoft Word
  - Downloading and Saving Pictures
  - Using your IPAD/ANDROID devices
- Let us know if you have any other technology/computer class needs

\$20/class-Contact us for the next class date

## CLLA ~ SELF PACED PROGRAMS ~ JAN- JUNE 2022

INDEPENDENT STUDY WITH ACCESS TO INSTRUCTOR DURING  
 COMPUTER LAB HOURS: TUES. 10-12 & 6:30-8:30PM & THUR 10-12  
 PRE-BOOK A SPACE(403)782-7955 [office@clla.com](mailto:office@clla.com)



Microsoft Access  
 \$180.



Microsoft OneNote  
 \$180

Microsoft Outlook  
 \$180 .

Microsoft Word  
 CORE \$350  
 MS Word Expert \$180

Microsoft Publisher  
 \$180.

Microsoft PowerPoint  
 \$180.

Microsoft Excel  
 CORE \$350  
 MS Excel Expert \$180

Learn at your own pace and in your own space. Support available by phone or in person during computer lab hours. This is a great way to increase your office computer skills while juggling a busy schedule. Please call us or send us an email if you have any questions.

## SELF PACED ACCOUNTING SOFTWARE TRAINING

*basic bookkeeping skills recommended*

**SAGE 50: \$350**



**QUICKBOOKS: \$350**





# County of Lacombe Lifelong Learning Association Adult Literacy Program



## Jan- June Programs

ESL ~ CELPIP ~ IELTS ~ GED ~ MATH ~ READING ~ COMPUTERS

### **TUTORING AVAILABLE FOR:**

- English
- Digital Skills
- Math Skills
- Reading Skills
- Writing Skills
- Confidential and customized programs

**Cost** to participate in Adult Literacy Programs is a \$50 fee payable upon registration. This will include any classes and tutoring for the Jan- June 2022 session.

### **ENGLISH CLASSES**

- \*programs for all levels of English
- \*Work towards your goals
- \*Confidential and accessible
- \*Classes start up JAN. 11<sup>th</sup> 2022- call to start anytime
- \*Conversation classes
- \*Beginner and intermediate Levels



## English as a Second Language

**Pre-registration and assessment required.**

*Please call for information*

*located in the Lacombe Centre Mall ~ please call to book an appointment*

**(403)782-7955**

**office@cilla.com**

**We are always looking for Volunteer Tutors**

*Training provided- flexible schedules- rewarding experience!*

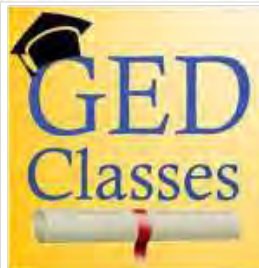
# GED PREPARATION COURSE

in partnership with Academic Express

**Dates: January 11, -March 24, 2022**  
**Tues, Weds, Thurs 5-8pm**

-Free to qualified applicants- includes exam fee-

Please call or e-mail if interested  
Assessment and application required  
(403) 782- 7955 or e-mail  
[office@cilla.com](mailto:office@cilla.com)



**DEADLINE TO APPLY IS:**  
**MONDAY JAN. 10<sup>th</sup> -12pm**

*Spring session runs April – June 2022*  
*Dates still to be determined*

# EMPLOYMENT WORKSHOPS

Offered through partnership with Academic Express.  
Program designed for those looking to change or obtain employment.

**Week Long Workshops Run:**

Mon- Fri , 9-4

Sessions start on



Jan 10

Feb 7

Mar 14

Apr 11

**COST: FREE.** Please ask for an application  
**FREE-** pre- registration is required by the Friday  
before each session.

**CALL (403)782-7955 or**  
**e-mail [office@cilla.com](mailto:office@cilla.com) to register**

*1st Annual Lacombe*

## SPRING/SUMMER Active Living Fair



**Wednesday, May 11<sup>th</sup>, 2022**

**4:00 to 7:30 pm**

Lacombe Memorial Centre 5214-50 Avenue  
Community Group Displays & Program Registrations  
Find out what's happening in the City & County of Lacombe.

Interested in booking a table? \$30

**Call 403.782.7955 or email [office@cilla.com](mailto:office@cilla.com)**



# DO YOU HAVE A TEENAGER?



**Connect© is a 10-week program to support parents of pre-teens (ages 8-12) and teens (ages 13-17).**

Parents meet in groups of 10-14 with two trained group leaders for 1.5 hours each week.

Co-developed over the last 10 years by the Maples Adolescent Treatment Centre and Simon Fraser University, the program focuses on the core components of secure attachment to promote children's social, emotional and behavioural adjustment.

Connect© helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational contexts.

Connect Parent Group Lacombe has partnered with Lacombe FCSS, CLLL and other local organizations to provide support to families with adolescents in the City of Lacombe and surrounding areas.

**To join Connect Parent Group Lacombe or for further information, please contact:**



**Christy or Maria**

**403-307-6221**

**[connectparentgrouplacombe@gmail.com](mailto:connectparentgrouplacombe@gmail.com)**



** [@connectparentgrouplacombe](https://www.instagram.com/connectparentgrouplacombe) [web:www.connectparentgroup.org](http://www.connectparentgroup.org)**

**THE COURSE IS FREE FOR PARTICIPANTS**

**Contact us for upcoming dates**

# PHYSICAL

# EDUCATION

# CENTRE &

# GWEN

# BADER

# FITNESS

# CENTRE

6415 University Dr.

Lacombe, AB

Phone: 403.782.2822

Fax: 866.874.1936

[olgasadovoy@burmanu.ca](mailto:olgasadovoy@burmanu.ca)

[www.burmanu.ca/pecentre](http://www.burmanu.ca/pecentre)



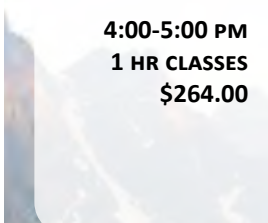
# BURMAN UNIVERSITY

## JR. ACRONAIRES.....GYMNASTICS

**MONS & WEDS (22 CLASSES)**

**JAN. 17 - APR. 4 (NO CLASS FEB. 21)**

*All levels include fitness, balance, tumbling, mini tramp, double mini tramp, trampoline, and rod floor skills. Our goal is for participants to have fun as they learn acrobatic skills and increase their physical fitness.*



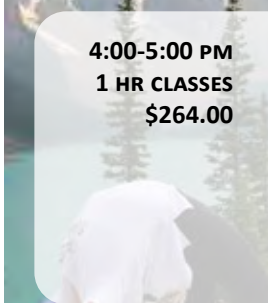
**4:00-5:00 PM**

**1 HR CLASSES**

**\$264.00**

### JR. ACRO BEGINNERS - PINK

Pink In this level your child will begin to learn the fundamentals of acrobatic movement. This includes the basic positions, different balancing postures, beginning rolls, simple jumps, and some fitness skills. An emphasis is placed on including games in the lesson. This level is ideal for your child's very first gymnastics introduction.



**4:00-5:00 PM**

**1 HR CLASSES**

**\$264.00**

### JR. ACRO BEGINNERS - RED

Level Red builds on skills learned in level Pink. At this level they are building their body awareness through the introduction of skills that teach your child to have a tight body and to control body rotation. Your child will begin to learn and master skills such as: climbing the rope, rolls on the floor, headstands, falling safely, and belly/back drops on the trampoline.



**4:00-5:00 PM**

**1 HR CLASSES**

**\$264.00**

### JR. ACRO BEGINNERS - ORANGE

Level Orange consists of skills that prepare your child to learn intermediate body rotations in the next level. The skills that are learned include dive rolls, cartwheels, handstand drills, bridges, and swivel hips. This level is fantastic for kids that are starting to get the hang of keeping their body tight and have mastered many rolling and balancing variations.



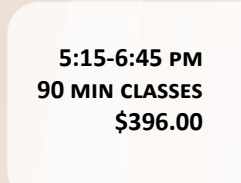
**5:15-6:45 PM**

**90 MIN CLASSES**

**\$396.00**

### JR. ACRO INTERMEDIATE - YELLOW

In level Yellow your child learns different twists and rotations such as the front tuck, back handspring, front handspring, roundoffs, and monkey rolls. A high focus is on being able to balance and hold correct body position for handstands. Your child will continue to develop proprioception and self-awareness.



**5:15-6:45 PM**

**90 MIN CLASSES**

**\$396.00**

### JR. ACRO INTERMEDIATE - BLUE

In this level, your child is taught multiple skills that are linked together to create sequences. More advanced double moves are also taught and many trampoline skills are moved to the floor. Blue is currently our most advanced level taught.



**3:00-3:45 PM**

**45 MIN CLASSES**

**\$165.00**

### PARENT & TOT GYMNASTICS

This program will teach children physical skills in a fun safe environment. You will play with your child and help guide them through circuits and games under the leadership of a certified coach. Ages 2-3 y.o.

# RED CROSS SWIM CLASSES ..... LIFESAVING SOCIETY PROGRAMS

**MONDAYS | JAN. 24 - MAR. 28 (8 CLASSES)**

**NO CLASS FEB. 21 & MAR. 21**

<b>SEA OTTER</b>	4:00 - 4:30 pm
<b>SALAMANDER</b>	4:35 - 5:05 pm
<b>SUNFISH &amp; CROCODILE</b>	5:10 - 5:40 pm
<b>LEVEL 1</b>	4:00 - 4:30 pm
<b>LEVEL 2</b>	4:35 - 5:05 pm
<b>LEVEL 3&amp;4</b>	5:10 - 5:40 pm
<b>LEVEL 5&amp;6</b>	4:00 - 4:45 pm
<b>LEVEL 7&amp;8</b>	4:50 - 5:35 pm
<b>LEVEL 9&amp;10</b>	5:40 - 6:25 pm

**FEE**

Preschool : \$40.00  
 Levels 1-4: \$40.00  
 Levels 5-10: \$45.00

**PRIVATE SWIM LESSONS**

30 min - \$23.00  
 1hr - \$42.00



**BRONZE MEDALLION & BRONZE CROSS**

Pre-Requisites to National Lifeguard  
 Sundays | Jan. 16 - Apr. 11  
 No class Feb. 20 & Mar. 20  
 5:30 - 7:30 pm  
 \$250.00

**AQUATIC EMERGENCY CARE, NATIONAL LIFEGUARD**

Tuesdays & Thursdays  
 Jan. 11 - Apr. 14  
 4:15 - 6:30 pm  
 \$400.00

**RECERTS AEC & NL**

Sunday | Apr. 3  
 NL: 8:00 am - 12:00 pm  
 AEC: 1:00 - 4:00 pm  
 \$60.00 for one | \$95.00 for both

**RECERTS WSI**

Sunday | Apr. 10  
 8:00 am - 1:00 pm  
 \$88.00



## GENERAL INTEREST CLASSES



**FREE FITNESS CLASS FOR SENIORS**

Class is open to everyone who wants to improve their cardiovascular fitness, strength, balance, flexibility, reaction time, or coordination.

Tues & Thurs | Jan. 25 - Apr. 12 | 9:45 - 10:45 am  
 Free

**CHAIR EXERCISE CLASS**

Join us for a fun fitness class focusing on developing strength and movement in our joints. All exercises are done using a chair for assistance and participants can choose to move between standing and sitting.

This class is open to all levels of fitness.  
 Mons & Weds  
 Session 1: Jan. 17 - Feb. 16 (10 classes)  
 Session 2: Feb. 28 - Mar. 30 (10 classes)  
 5:00 - 6:00 pm  
 \$50.00 per session or \$5.50 drop-in



**PLANT BASED COOKING CLASS**

Wednesdays | Jan. 19 | Feb. 16 | Mar. 16  
 You will be able to taste what is demonstrated and take home many new recipes.  
 For more information please e-mail: [vegancooking@burmanu.ca](mailto:vegancooking@burmanu.ca).  
 Co-sponsored by College Heights SDA Church  
 7:00 pm | Free



## HOME SCHOOL ..... PE CLASSES

**HOME SCHOOL PE CLASS**

Play up to five different sports.  
 Ages 6 year & older  
 Tuesdays (10 classes)  
 Jan 25 - Apr 12 (no class Feb 22 & Mar 22)  
 1:15 - 2:15 pm  
 60.00



**RED CROSS SWIM CLASSES (LEVELS 5-10)**

Tuesdays & Thursdays (8 classes)  
 Mar 1-21 (no class Mar 22 & 25)  
 2:30 - 3:15 pm or 3:15 - 4:00 pm  
 45.00



## REGISTRATION ..... INFORMATION

We are a REP facility. Anyone who does not fall under youth exemption must adhere to the REP expectations (proof of vaccination, negative test, medical exemption). ALL participants (including youth) will be screened for symptoms by the facility.

**TO REGISTER PLEASE VISIT:**

[www.burmanu.ca/pecentre/gymnastics](http://www.burmanu.ca/pecentre/gymnastics) - Jr. Acronaires classes  
[www.burmanu.ca/pecentre/lessons](http://www.burmanu.ca/pecentre/lessons) - RC Swim classes  
[www.burmanu.ca/pecentre/recreation](http://www.burmanu.ca/pecentre/recreation) - all other classes

FOR MORE INFORMATION PLEASE PHONE 403-782-2822 OR  
 E-MAIL [OLGASADOVOY@BURMANU.CA](mailto:OLGASADOVOY@BURMANU.CA)



“ENGAGE. INSPIRE. INNOVATE.”

**The Action Group** is a registered non-profit organization that provides a variety of community support programs in Lacombe and throughout Central Alberta. Founded in 1976 the Action Group has been going strong for over forty years.

**The Action Group** operates with a Board of Directors through funding provided by various government departments, fundraising and donations.

### **Services to People with Developmental Disabilities:**

Outreach Support  
Community Access

Learning Circle  
Enhanced Housing  
Family Services

Employment Support  
Residential Services

**Lacombe Office**  
# 4 Iron Wolf Blvd.  
Lacombe, AB, T4L 2K6  
Phone (403) 782-5531

**Red Deer Office**  
4620 48th Ave  
Red Deer Alberta  
Phone (403) 358-7816

**Stettler Office**  
5005 47th St.  
Stettler AB  
Phone (403)-743-0198

**Castaways**  
A huge selection of gently used clothing,  
furniture and household goods.  
4420 Heritage Way  
Lacombe, AB, T4L 2K1  
Phone (403) 782-1456

**Lacombe & District Employment Service Centre**  
Offering labour market expertise and support to job  
seeking Albertans and local employers.  
**Office Location**  
5230 45th Street  
Lacombe, Alberta, T4L 2A1  
Phone: (403) 786-0044

## **CAREER WITH THE ACTION GROUP**

The Action Group continues to seek dedicated and talented people interested in joining our Agency. The Action Group offers a variety of opportunities that are challenging and rewarding within a supportive environment.

Please email your resume to our Human Resources department at  
[recruitment@action-group.org](mailto:recruitment@action-group.org)

Please check out our website at [www.action-group.ca](http://www.action-group.ca)

**JANUARY  
SEASON  
SAMPLER**



# Dancer's

EDGE STUDIO LTD  
BLACKFALDS & LACOMBE

Has your child shown interest in dance but you are unsure which style or class to put them in?! Come for our 4 week season sampler where they will get to experience all dance forms for their age group and no experience is required. Each week your dancer will come to their selected class time and learn a different style of dance. By the end of the sampler they will find their favorites and have experience in multiple styles.



## **CLASSES STARTING JAN. 3rd FOR ALL AGES!**

- ✓ 2-3yrs Half hour per week cost \$30 for 4 weeks (Ballet, Hip Hop, Acro, Tap)
- ✓ 4-6yrs 45 mins per week cost \$40 for 4 weeks (Ballet Hip Hop, Acro, Tap, Jazz)
- ✓ 7-9yrs 1hr per week cost \$50 for 4 weeks (Ballet, Hip Hop, Acro, Tap, Jazz, Musical Theatre)
- ✓ 10yrs+ 1hr per week cost \$50 for 4 weeks (Contemporary, Hip Hop, Acro, Tap, Jazz, Musical Theatre)



**For more information, please email:  
[dancersedgestudio@hotmail.com](mailto:dancersedgestudio@hotmail.com)**

# FREE SERVICES

To assist you in finding the job that fits you

- ◆ Resumes, cover letters and more
- ◆ Job board and assistance with online applications
- ◆ Labour market and training information
- ◆ Community resources
- ◆ Computers, printing, fax, and telephone services
- ◆ Labour standards and Occupational Health and Safety information



Contact us at 403-786-0044; Bay 16, 5230—45 Street, Lacombe Centre Mall  
[www.lacombeemployment.com](http://www.lacombeemployment.com); E-mail: [employmentcentre@action-group.org](mailto:employmentcentre@action-group.org)

**We are here to support you!**  
**It's simple. It's free.**





# Mary C. Moore Public Library

Contact Us:

403.782.3433

[mcmpl@prl.ab.ca](mailto:mcmpl@prl.ab.ca)

Head Librarian:

Christina Petrisor, MLIS

[lacombelibrary.com](http://lacombelibrary.com)

we are located in the  
Lacombe Memorial Centre  
101 5214 50 Ave



We are open 6 days a week  
to serve you!

Please check our website or call  
us to see our current open hours  
for Winter 2022

*Membership fee:*

\$20 per year per household

*Free Services:*

Public computer use & Wifi  
Reference Questions  
Comfortable seating and study  
spaces

a member of Parkland Regional  
Library System

## MCMPL is a hub of learning & entertainment in your community!

We offer more than just books! Your membership also gives you access to our large collection of movies, audiobooks, magazines, ebooks and eaudiobooks.

We also offer a variety of programs to foster community connections and lifelong learning for both children and adults.

We are planning many **adult programs for Winter 2022:**  
**\*In person, with restrictions\***

Craft Nights 4eyes Film Series MCMPL Book Club

*Virtual/Take Home Programs (until public health restrictions are lifted):*

Parent/Child Book Club

Journalling class for support workers

Indigenous Canada course & discussion group

Contests & Reading Challenges

Craft kits & other take-home packages

### Children's Programs:

visit our virtual children's program site

[www.checkoutfunatlacombelibrary.com](http://www.checkoutfunatlacombelibrary.com)

& pick up weekly take home craft kits for ages 2-13

Visit our website to sign up for our monthly newsletter and visit social media pages for all the up-to-date information on our programs



/MCMPL



[mary\\_c\\_moore\\_public\\_library](https://www.instagram.com/mary_c_moore_public_library)



@MCM\_PubLibrary

Get connected! Your library membership provides access to millions of books from 265 libraries across Alberta- including public and post-secondary libraries.



# Programs at the Museum

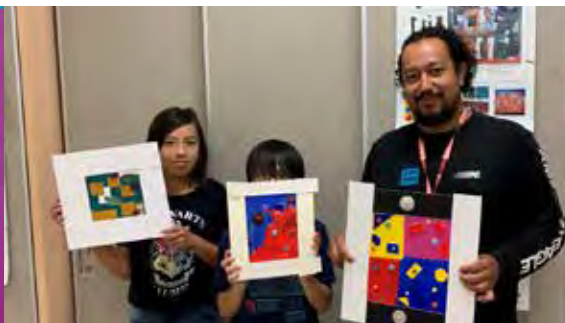
WE HAVE 'ART IN A BAG' TAKE HOME KITS AVAILABLE FOR AGES 3-12! SEE OUR WEBSITE FOR FULL DETAILS.



## mag SATURDAYS

**DROP-IN** → **SATURDAYS 1-4 PM**

*Drop-in artmaking for families with a new activity, each week.*



## MINImag

**DROP-IN** → **WEDNESDAYS 9:30-11 AM**

FROM SEPT-JUNE

*Adult + tot drop-in artmaking - designed for kids 5 and under.*

## mag SPARKS

**DROP-IN** → **MON 1-2:30 PM**

*Drop-in community art tailored to persons with developmental disabilities.*



## Registered Programs

### Home School Programs

Preschool / K-Gr 2 / Gr 3-5 / Gr 6+



### Kids Day Camps

AGES 6-12



4525 47A Ave.,  
Red Deer, AB

[reddeermuseum.com.com](http://reddeermuseum.com.com) | 587-797-4040

Please visit our website for full details on dates, themes and more!





# Programs and Services

For more information and to register for the programs visit [wolfcreekpcn.com](http://wolfcreekpcn.com) or contact your family physician.

## Anxiety to Calm

If anxiety has stopped you from doing your usual activities and living your best life, Anxiety to Calm can help.

## Journey Through Grief

If you have experienced a loss (e.g. death of a loved one, divorce, job loss) and would like to work through it in a safe and supportive group environment.

## Happiness Basics

You will learn what happy people do, how they think and purposefully create happiness for themselves.

## Moving on with Persistent Pain

Learn to focus on your life rather than your pain. Explore the mind-body connection through engaging activities. Challenge yourself to change lifestyle factors that impact your pain.

## Health Basics

Learn to choose healthy eating, become more active and find balance in your life.

## Relationships in Motion

This group may be for you if you are ready to improve the relationships in your life. This includes personal, work, and family relationships.

## Maintaining your Feet

Our foot care nurses can assist you with specific foot problems and get you started in the right direction. If you have diabetes it is encouraged you have a Diabetic Foot Screen done YEARLY to prevent and recognize foot complications that may lead to infection.

## Exercise Classes

Dates and time of Winter classes to be determined.

For more information or register, please contact Kristi at 403-782-1408 or at [Kristi.Lem@wpcn.ca](mailto:Kristi.Lem@wpcn.ca)

### GLA:D™ Canada

The GLA:D® program is an education and exercise program which promotes independence in physical activity for people with symptoms or knee or hip osteoarthritis. Classes are 90 minutes long, twice per week, for 7 weeks.

### Minds in Motion®

Minds in Motion® is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment. Classes are 2 hours, once per week for 6 weeks.

### Aging Well

Instructor lead exercise class with a focus on improving strength, stamina and balance through functional fitness training using seated and standing exercises. Drop in for this 1 hour long class!

### Supervised Exercise

Join this independent gym-based program to learn proper exercise techniques, how to self-monitor while exercising, and maintain or improve fitness (strength, flexibility, endurance and balance). Classes are 90 minutes long, twice per week for 6 weeks.

## Contact Us

[www.wolfcreekpcn.com](http://www.wolfcreekpcn.com)






Phone 403.782.1408



LEARN MORE



# NE SMART COOKIE K9 Services Inc.

-  Puppy Classes & Puppy Parties
-  +R Manners & Behavior
-  Tricks, Canine Fitness, Parkour & Titles
-  Scent Detection Fun & Games
-  Rally-O & Foundation Agility Skills
-  Human-Canine Fitness \*Bow Wow Bootcamp
-  Therapy Dog Temperment Testing & Evaluations



**403-302-1036 / [osck9@shaw.ca](mailto:osck9@shaw.ca)**

**Book Your Appointment Today!**

**[www.onesmartcookiek9training.com](http://www.onesmartcookiek9training.com)**

**5210E Wolf Creek Drive Lacombe, AB**



# Dodgers



Lacombe Minor Baseball  
Annual General Meeting &  
Attendance Discount

Wednesday, February 9, 2022

LMC at 7:00 PM

Visit [www.lacombeminorbaseball.ca](http://www.lacombeminorbaseball.ca)  
or email [lacombedodgers@gmail.com](mailto:lacombedodgers@gmail.com)

A wide-angle photograph of a baseball field from the perspective of home plate, showing the bases and pitcher's mound.

Do **YOU** love  
this view?



Register for an NUCP Clinic.  
Visit [www.lacombeminorbaseball.ca](http://www.lacombeminorbaseball.ca)  
for more information





# FCSS IS FOR EVERYONE

Lacombe & District FCSS supports all stages of life.

## STUDENTS & FAMILIES



- P.A.S.S.
- Tools For School
- Shoes for School
- New Coats for Kids
- Caring for Children
- Rainbows
- Youth Unlimited Friday Teen Drop-in
- Family Special Events



## ADULTS

- Community Volunteer Income Tax
- Fill a Fridge
- Community Outreach
- Community Dinner
- Compass for Caregivers
- Community Garden Plots



## SENIORS

- Meals on Wheels
- Philips Lifeline
- Connex Transportation
- Senior Services
- Home Support
- Seniors Week Events
- Opening Minds Through Art
- P.A.L.S
- Nav-C.A.R.E



Lacombe & District FCSS



403-782-6637





# Nav-CARE

Making Connections, Making a Difference

If you, or someone you love, would benefit from a trained Volunteer visitor to improve community connection, provide companionship, and improve quality of life call Carlene at



**403-782-6637**  
to learn more.



**403-786-9000**



**Monday to Friday  
8:00 am to 4:30 pm**

**Accessible transportation for Seniors & those needing assistance due to age, mobility or illness.**

\$10.00 round trip/\$5.00 one way in Lacombe  
Ticket Pass \$80.00  
(20 one way or 10 return)  
Red Deer Medical Trips \$50.00 (3 hours Max)

# Tax Time!

Volunteers trained by the Canada Customs and Revenue Agency are available to help you complete your basic income tax and benefit return.



## Free of Charge

We can help you file your income tax return on time to ensure you receive all the federal and provincial credits and benefits you are entitled too

# March & April



Call after March 1st to make an Appointment.

Lacombe FCSS  
#403-782-6637



### Home Alone

Age 9 & up  
Friday, February 11, 2022  
11:30 am - 5:30 pm  
Cost: \$40

### YOUTH

### Red Cross Babysitting Course

Age 11 & up  
Friday, March 11, 2022  
11:30 am - 5:30 pm  
Cost: \$45

To register for Programs call FCSS at  
(403) 782-6637 or  
email: [info@lacombefcss.net](mailto:info@lacombefcss.net)  
Courses held at the Lacombe Memorial Centre

Programs, Admissions & Sports Subsidy



Assisting families  
facing financial hardship  
gain access to  
**Sports & Programs**



To Apply or Donate:  
403-782-6637

JOIN US FOR A NEW PROGRAM FOR CAREGIVERS

# JOURNALLING TOGETHER, VIRTUALLY



**A DEMENTIA-FRIENDLY PROGRAM  
FROM MARY C MOORE PUBLIC LIBRARY**

This program is designed for caregivers who may be experiencing burnout and stress and want to learn coping strategies through journaling

EMAIL KIRSTIN FOR MORE INFORMATION AT  
[KBOUWSEMA@PRL.AB.CA](mailto:KBOUWSEMA@PRL.AB.CA)



## SENIORS SERVICES

**403-782-6637**

**Connex:** reliable, mobility friendly, low-cost transportation services

**Nav-CARE:** compassionate, thoughtful & trained volunteer home visitors

**PALS:** financial assistance for qualifying seniors to help with the cost of registration fees for leisure, educational and sporting activities

**Lifeline:** dependable, economical, medical alert system that is complementary to active lifestyles

**Seniors Services:** warmhearted, professional & informed assistance with government documents, and changing lifestyle needs

**Home Support:** affordable, professional light house cleaning, meal preparation & grocery shopping

**Hot & Frozen Meals:** nutritious & delicious meals delivered to your home. Just heat & eat at your convenience



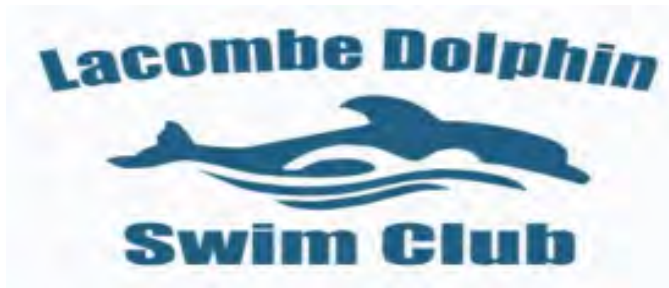
# LACOMBE SOCCER CLUB



Are you ready for  
Outdoor soccer?!

Join us at our Annual  
General Meeting &  
Outdoor Registration

March 2, 2022  
7:00PM at the  
Lacombe Memorial  
Centre



**AGM/REGISTRATION NIGHT  
WILL BE HELD IN  
EARLY MARCH 2022  
PLEASE CHECK OUR WEBSITE FOR  
DETAILS**

**Join us for a FUN season of  
swimming this year!**

- ★ Summer Swim Club
- ★ Full Season

May-August

- ★ Half Season May-June
- ★ Amazing Coaches
- ★ FUN Competitions

[lacombedolphinsswimclub.ca](http://lacombedolphinsswimclub.ca)



Wolf Creek Public Schools

**B R I G H T**  
**F U T U R E S**  
PLAY ACADEMY

Registration  
open  
January 2022



LACOMBE BENTLEY BLACKFALDS ECKVILLE PONOKA RIMBEY

**2022-2023**

PRE-KINDERGARTEN PROGRAM HIGHLIGHTS INCLUDE

◆ Certified Classroom Teacher and Experienced Support Staff ◆ A Focus on Excellence in Developing the Whole Child ◆ Developing Skills Intellectually, Artistically, Emotionally, Physically and Socially ◆ Access to Occupational Therapy, Physical Therapy and Speech and Language Services

TWO and FOUR HALF DAY PROGRAMS for 3 & 4 YEAR OLDS AVAILABLE Program times and offering will vary from school to school

Monday/Wednesday morning or afternoons

Tuesday/Thursday morning or afternoons

[www.brightfuturesplayacademy.ca](http://www.brightfuturesplayacademy.ca)

[brightfutures@wolfcreek.ab.ca](mailto:brightfutures@wolfcreek.ab.ca)

**Momtime** has been on hold due to the Covid 19 pandemic  
(mask muffling is a real thing!)

We hope to begin meeting again in 2022!

Check our Facebook page for updates @wcccmomtime.

We gather **Thursday mornings at 9:15am** at the Wolf Creek  
Community Church.

(There is no cost to attend and we offer free childcare for your preschoolers!  
Come enjoy a snack and see what we are all about!)

**You are Beautiful**  
**For you are Fearfully**  
**and Wonderfully made.** (Psalm 139:14)



**REGISTER  
NOW FOR:  
FEB 2022  
COURSES:**



- \* HIGH SCHOOL COURSES
- \* ACADEMIC TRADES PREPARATION
- \* CAREER & EDUCATION COUNSELING



Alberta **\*GRANTS MAY BE AVAILABLE THROUGH GOV'T PROGRAMS\*** Canada

YES YOU CAN TAKE THE

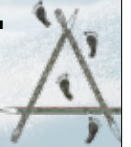


**FIRST STEP!**



THE **FIRST STEP** ADULT EDUCATION CENTER

#1, 4737-49B Ave. Lacombe, AB T4L 1K1  
403-782-5040 [www.firststepcenter.ca](http://www.firststepcenter.ca)



ICE FISHING  
**Adventures**  
AWAIT YOU AT  
**CAMP L.G. BARNES**

VISIT OUR WEBSITE  
LGBARNES.ORG OR SEARCH "CAMP L.G. BARNES" ON FACEBOOK  
FOR UPDATES ON WINTER ACTIVITIES

**You can dance.**

**we'll prove it to you.**

Jan 18 – Apr 5, 2022 | Tuesdays

6 pm Gen-X Movement  
(Ages 50+, Gentle)

7 pm Adult Contemporary  
(some experience recommended)

The Lacombe Performing Arts Centre  
[www.maddoxdance.com](http://www.maddoxdance.com)

**MADDOX**  
DANCE COMPANY



**REDS**  
**Source**  
*for sports.*

**BIKE SALES AND SERVICE**  
**SKATE SHARPENING**  
**SKI AND BOARD WAXING**

5018 50<sup>TH</sup> AVE LACOMBE  
403-782-7357  
SOURCEFORSPORTS.CA



#1 - 5372 Len Thompson Drive



**WHAT WE DO :**



- Small Group Fitness Classes
- Personal Training
- Nutritional Coaching
- Sport Specific Training

Contact us (403) 598 - 7213  
INFO@TNTMETABOLICIGNITERS.CA

WWW.TNTMETABOLICIGNITERS.CA



*If you cross-country  
ski then join the club!*

Visit us at  
**www.skilacombe.com**

or find us on

## Optimized Performance

with Coach Crystal

Strengthen your body & mind with

- PERSONAL TRAINING
- SMALL GROUP TRAINING
- TEAM TRAINING
- SEASONAL S&C PROGRAMS



Crystal@tntmetabolicigniters.ca



@StrengthCoachCrystal

CALLING ALL BUDDING ARTISTS!



Check out our winter classes featuring acrylic, watercolour, graphite and oil classes.

Annual Membership fee :\$20 –benefits are reduced class costs and invite to AGM

Facebook: [www.facebook.com-Lacombe Art Guild](http://www.facebook.com-Lacombe Art Guild)

Website: [www.lacombeartguild.ca](http://www.lacombeartguild.ca)

Email: [lacombealbertaartguild@gmail.com](mailto:lacombealbertaartguild@gmail.com)

Contact: Leanne Simpson (evenings) 403-877-5505



HeartFelt  
Yoga



[www.heartfelt.yoga](http://www.heartfelt.yoga)

HeartFelt Yoga  
offers private &  
small group classes.

Allowing for a  
gentle, therapeutic  
and personalized  
approach to yoga



Services include

- group yoga classes
- specialty yoga classes
- private yoga
- therapeutic yoga
- workshops
- retreats
- reiki
- yoga teacher training

203-5025 Parkwood Road, Blackfalds

[heartfeltblackfalds@gmail.com](mailto:heartfeltblackfalds@gmail.com)

# Supporting Newcomers in Central Alberta



**C.A.R.E. is proud to offer settlement support in Lacombe and throughout Central Alberta**

We can help with:

- Documentation , forms, applications (including PR renewals and Citizenship)
- Basic Needs assistance
- Improving English language skills
- Interpretation & document translation
- Community Connections
- Cultural and Diversity training for the public (workplaces, organizations)

**Let's work together  
in supporting newcomers**



Regional Settlement Practitioner

**Cell: (403) 318-1706**

text, call, WhatsApp  
email

regionalsettlement@care2centre.ca

[www.immigrant-centre.ca](http://www.immigrant-centre.ca)

Funded by the  
Government  
of Canada

Financé par le  
gouvernement  
du Canada

**Canada**



## Kin Canada

### Lacombe Kinsmen Club

The Lacombe Kinsmen Club is a community service club dedicated to serving the needs of Lacombe and the surrounding area. Club meetings are on the second and fourth Friday of each month from September through June in the basement of the Lacombe Royal Canadian Legion Hall (5138 - 49 St., Lacombe)

**New members are always welcome!**

If you are interested in helping the community while having a good time, you've come to the right place. Talk to any one of our members or go to [www.lacombekinsmen.ca](http://www.lacombekinsmen.ca) to learn more!

## Upcoming Events

**Santa's Anonymous**  
Nov-Dec 2021

**Ceilidh**  
March 2022

**Spring Charity Auction**  
Spring 2022

**Jon Dolman Memorial  
Golf Classic**  
June 2022

**Diamonds In The Sky**  
October 2022

***Serving the  
Community's Greatest  
Need***



# THE SHADOW BOX

4823 45a St. Lacombe, Ab

TRAINING FOR COMPETITIVE AND RECREATIONAL BOXERS.

No experience necessary.



Trevor MacKinnon  
Head coach. 780 296 5929

Dana MacKinnon  
Club manager/Coach  
587 306 0069

[Theshadowboxlacombe@gmail.com](mailto:Theshadowboxlacombe@gmail.com)

Find us on facebook!



*"Believe in your infinite potential"*

**Kids, Adults, Beginners, Advanced, Seniors, and Ladies Groups.**



- Endless Benefits!
- Build Confidence!
- Self Defense!
- Stress Buster and Endorphin Release!
- Core Strength and Power!
- Cardio and Super Fitness!
- Life Long Fitness Learning and Friends!

**Competitive Program For Ages 6 And Up.**

Pay Per Use: \$65, \$85 Or \$115 Monthly.

*\* Registration and Equipment Extra\**



## Lacombe & Area MINOR FOOTBALL

NOW Accepting registrations for 2022:

Spring Flag Football *May-June*

Who can Play Flag: Co-ed ages 8-12

Tackle Football Season. *Aug- Nov*

Who can play Tackle: Co-ed ages 8-15



Not sure about Football? Come down and check it out!

All equipment is included, Player just needs cleats to play.

Visit [www.lacombeminorfootball.com](http://www.lacombeminorfootball.com) for more detailed information or

Contact [footballlacombe@gmail.com](mailto:footballlacombe@gmail.com)

*Full Funding Available*



Follow us on Facebook & Instagram

Email: [maddy\\_dub@hotmail.ca](mailto:maddy_dub@hotmail.ca)

Phone: 403-304-3813

## *The Balanced Bohemian*

The Balanced Bohemian is a combination of live ONLINE daily yoga classes and mobile massage. We offer daily classes that are geared to ANYbody, including modifications as well as advanced options. We also offer mobile massage throughout all of Red Deer County, Lacombe County and surrounding areas. Our modalities include: relaxation/therapeutic massage, lomi lomi, kua lua, reiki, raindrop technique, lymphatic drainage and access conscious bars. Our goal is to create a feeling of overall balance, healing and peace within you right from the comfort of your own home! We also offer workshops and retreats upon request.

*Stay active and well!*



# @HOME ESCAPE ROOMS

Live Action Escape Games  
Set up in your Home or Office

403 - 896 - 3794  
athomeescaperooms.wix.com/  
athomeescaperooms

## BRING THE FUN HOME



# THE ONLY THING THAT'S COLD IN OUR TAPROOM IS THE BEER.



HOURS: who knows, check our website!  
blindmanbrewing.com | @blindmanbrewing

## 10<sup>th</sup> Annual Jingle Fun Run

Dec 23, 2021  
7pm  
Meetup at  
Cranna Lake  
Parking Lot

**Dress for the season!**



Come out and enjoy  
Bill's Trails in winter!

Thursdays 7pm  
From Cranna Lake  
Parking Lot

**Headlamp is a must!**

Social Saturday 9am  
Shuffle & Bike  
Start: 5516-55 Ave

Check out our FB page  
or  
Contact Diane @  
haydi628@gmail.com



## Lacombe Running Club Winter Trail Running



## LACOMBE HANDICRAFT & LAPIDARY GUILD



Meeting weekly September to  
May at the Kozy Korner

5024 53 St. Lacombe

**Wednesdays 7-9 pm**

Join the Club to Learn...

- Beading
- Lapidary (Rock Cutting & Polishing)
- Silversmithing
- Faceting
- Wire Wrapping
- Fossil Identification

For info on classes  
and membership  
fees, contact:

Doug: 403-784-2192

Ron: 403 391-8063

Tony: 403-782-7365

# EVERYONE WELCOME!



YOU CAN CHANGE A  
**CHILD'S LIFE**



KIDSPORT LACOMBE COUNTY IS WORKING TO GET KIDS OFF THE SIDELINES AND INTO THE GAME IN 2022.

DONATE, SPONSOR, OR VOLUNTEER TO  
**HELP MORE KIDS PLAY!**

GET INVOLVED AT:  
[kidsportcanada.ca/alberta/lacombe](http://kidsportcanada.ca/alberta/lacombe)



**Youth Unlimited™**  
YFC CENTRAL ALBERTA



**Drop In**

Play games, hang out and make new friends at the Lacombe Youth Centre (5025 50th Street).  
Grades 4, 5 + 6: **Wednesdays @ 3:00-5:30**  
Grades 7-12: **Thursdays @ 6:00-8:30**

**Life360**

Life360 is a youth group style program for youth ages 12-18.

**Lacombe First Baptist Church, Tuesdays @ 6:30pm**

**Stepping Stones**

Stepping Stones is a program for pregnant or parenting young women.

**Bethel Christian Reformed Church, Wednesdays @ 10am**

[www.CAYU.ca](http://www.CAYU.ca) | 403-789-2298 | [info@cayu.ca](mailto:info@cayu.ca)

**tiny tracks**

OUT OF SCHOOL & DAY CARE  
403.782.2235



[tinytracksjunction.ca](http://tinytracksjunction.ca) • #117 5001-52 St, Lacombe, AB





Good food,  
not fast food

*Homemade from Scratch*

Please call for  
updates on ordering  
protocol due to  
restrictions regarding  
Corvid 19

Check out our daily  
specials and menu  
options on Facebook  
or give us a call, or  
send us an e-mail.



# Mae's Kitchen

5303-50 Avenue, Mirror, AB T0B 3C0  
403-788-2082 | [maecummer@gmail.com](mailto:maecummer@gmail.com)  
Facebook - Mae's Kitchen

## This Solar System

Equivalent to 6000 trees 8 year payback



**REQUEST A FREE ESTIMATE**  
See how much you can save

tired of rising electricity prices?  
403-343-6434



[www.sunfindsolarproducts.com](http://www.sunfindsolarproducts.com)



# Lacombe PH (S)IOTHHERAPY Clinics

## **BOOK ONLINE OR CONTACT US:**

Phone: 403-782-5561 (Lacombe)

403-885-1585 (Blackfalds)

Website: [www.lacombephysio.com](http://www.lacombephysio.com)

[www.blackfaldsphysio.com](http://www.blackfaldsphysio.com)

- Individual Treatment Programs
- Restore Your Core Classes
- Pilates Classes
- GLA:D program for osteoarthritis
- Gunn IMS/Dry Needling
- Massage
- Manual therapy

**Tele-health services available**

**CHECK WEBSITE FOR  
UPDATES**

**“Get Better....Get Moving”**

# Come Try Softball!



## **AGM: Jan 17th @ 7pm**

## **Location: LMC**

## **Competitive/Rec Teams**



[www.lacombegirlssoftball.com](http://www.lacombegirlssoftball.com)



@lacombegirlssoftballassociation

# COMMUNITY FIT PHYSIOTHERAPY CLINIC & SPORTS INJURY REHABILITATION

Suite 104 – 4392, 46 Street, Lacombe, Alberta – T4L2B4.

Phone: **1(403)786-9777**

Fax: **1(403)786-9559**



email: [communityfit\\_ptc@yahoo.com](mailto:communityfit_ptc@yahoo.com)

[www.communityfitpt.com](http://www.communityfitpt.com)



## SERVICES OFFERED

- \* Shockwave Therapy \* Dry Needling / IMS \* WCB Injuries \* MVA Injuries
- \* Gait Scan Analysis and Orthotic Assessment Trained \* Manual Therapy
- \* Concussion Management & Advanced Vestibular Rehabilitation
- \* Active Release Techniques (ART) / Myofascial Release \* K-Taping for Sports Injuries

**Venkata. P.GL (Pubby), PT,**

DPT, MSc.PT (Sports), ISDNPM, CRPT, CMT, EMT, K-tape Specialist.,  
Gait Scan Analysis and Orthotic Assessment Trained,  
Concussion Management Trained &  
Advanced Vestibular Rehabilitation Specialist.

### MEDCOMBE WALK-IN CLINIC

4956 Highway 2A  
Lacombe, Alberta  
(P) 403.782.1408  
(F) 403.782.5431

[www.medimap.ca](http://www.medimap.ca)

Office hours vary when busy, please  
check our website  
Or call the office to confirm availability

**Hours:**

**Mon-Fri**

9am- 12pm/1pm to 4pm

To ensure the most efficient attention to  
your medical needs, please try to see your  
family doctor first.

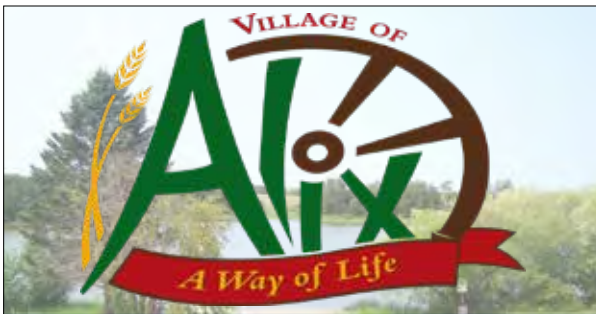
**FOR AN EMERGENCY**

**PLEASE CALL**



**MCMAN IS NEEDING  
FOSTER HOMES  
IN YOUR AREA**

For more information on how to become a  
Foster Parent please contact  
Jacki Collisson at 403-348-3008.



Alix is an inviting Village located along Highway 12 between Lacombe and Stettler. Nestled beside the beautiful Alix Lake that's surrounded by a 6.3 km nature trail, our Village invites you to come and explore the outdoors. You can find various store fronts down Main Street and Railway Ave including restaurants, groceries, antiques, salon, giftware, resource centre, museum, arena, and public library.

**Come visit today!**

**VILLAGE OFFICE**

Phone: 403-747-2495

Email - [info@villageofalix.ca](mailto:info@villageofalix.ca)

Website - [www.villageofalix.ca](http://www.villageofalix.ca)

Facebook - Village of Alix

***Village of Alix***  
***"A Way of Life"***



Our active community is located just north of Highway 12, about 15 minutes east of Lacombe. Clive's community of over 700 residents offers an enjoyable country living atmosphere with quick access to all amenities.

**Village Office**

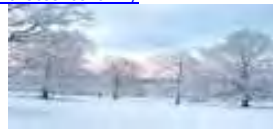
**403-784-3366**

[www.clive.ca](http://www.clive.ca)

Check us out on Facebook

**Recreation:**

- Outdoor Rink
- Arena - For public skate times and upcoming events check out the Clive Athletic & Agricultural Society Facebook Page @ <https://www.facebook.com/groups/104509926326142/>



**Events:**

- Clive Curling Club
  - Ladies Bonspiel- Jan 21-23, 2022
  - Men's Bonspiel- Feb 14-19, 2022
  - Mixed League Play Nov-Feb

**Contact:** Colin Sharp 403-318-8919



**Programs:**

- Clive Public Library  
Craft Bag – Pick up inside  
Monthly Book Club for adults  
**Contact:**  
Jennis at 403-784-3131  
Email: [clivelibrary@prl.ab.ca](mailto:clivelibrary@prl.ab.ca)
- Little Village Playgroup by FCSS @ Clive Baptist Church  
Wed mornings from 9:30am-11:30am  
**Contact:** Clive FCSS at 403-784-2020
- Little Red Hen Playschool  
Meets Tuesdays & Thursdays  
**Contact:** Miss Jamie @403-598-3002
- Family Resource Network  
Lacombe and Area Family Resource Network – for more information  
**Contact:**  
Karen at 403-896-3408 or [keren.white@mcmcentral.ca](mailto:keren.white@mcmcentral.ca)
- Adventist Community Centre  
**Contact:** Darlene 403-784-2283



**Community Services Department**

4834-52<sup>nd</sup> Avenue, Box 179, Bentley AB T0C 0J0

Tel: 403-748-2160 Email: [community@townofbentley.ca](mailto:community@townofbentley.ca) Web: [www.townofbentley.ca](http://www.townofbentley.ca)



**Seniors**

*Government Forms /Seniors Benefits, connections, Seniors Week Activity Programming via zoom in partnership with the Edmonton's Seniors Centre for exercise and some general interest classes.*

**Senior Chair Yoga** *Wednesdays mornings 10:30 - Instructor is via zoom and she is awesome! Gentle stretching and yoga moves. Registration is required with our office n/c*

**Stay and Play**

*Fridays 9:30 to 11 in the Community Room in the Town Office*

**Family enrichment and youth life skills programs**

*Opportunities on ongoing in response to requests. Follow the Community Services Facebook Page. These may include the babysitting course, home alone and other programs requested by communi-ty which fit the FCSS Mandate. Please call us if you have a program request.*

**Volunteer Non Profit Support**

*Assistance with grant research/preparation, board development resources, photocopies, laminating, newsletter promotion, volunteer program*

**Bentley Boutique**



*Clothing recycling program— the best closet in Town! Follow the Bentley Boutique on Facebook. Currency is a smile - tips welcome*

**Host**

*Lifelong Learning Opportunities, Information sessions, meetings*

**Information/ Referrals**

*Data base for a variety of social programs and resources and referrals to local and neighboring communities for services/programs, community connector....*

**Bentley Community Newsletter**

*Community Newsletter – submissions welcome –1217 copies distributed via mailout email [community@townofbentley.ca](mailto:community@townofbentley.ca) to submit by 20th each month.*

**Advocate**

*For community programs/services enhancement and maintenance*

**Lacombe Family Resource Network**

*Please follow their facebook page for updates on scheduling in Bentley. Programs locally and in other communities can be accessed by Bentley residents.*

**Together We Are Better!**

*If there is a program or service you believe would be a benefit to have locally, let us know. We will research and explore the possibilities!*

Looking for more information? Check out the Town website for a the Community Directory list of businesses and non profits.



Big Brothers Big Sisters

**WALK**  
FOR KIDS' SAKE

### Volunteer Opportunities

Be an In-School Mentor - Spend one hour/week with a child at school and have fun while being an important role model!

Be a Big Brother/Sister - With just 3 hours/week you can have a positive impact on a child in need of an adult mentor!

There are over 20 children waiting for a volunteer like you!

To the world you may only be one person,  
But to one person you may be the whole world.

### Child Opportunities

Sign up your child - Your child will have the opportunity to be matched with a "Big Brother/Sister."

Call 403-782-7870 to start a rewarding experience as a volunteer or to enroll your child!

Our agency serves Lacombe, Clive, Bentley, Eckville, Alix & Mirror!



# Family Resource Network

*The Family Resource Network offers support to parents with children ages 0-18 years of age.*

- Do you have questions about child development?
- Are you in need of social supports?
- Are you interested in learning coping and problem-solving skills?



**Lacombe**

**Call:** 1-877-994-5465 (option 3)  
or 403-896-3408

**Email:** karen.white@mcmcentral.ca

LacombeFRN

# Kids Konnection



*Want to be self-employed? Let's Talk!!*



Set your own schedule  
Choose your own clients  
Manage your own income



Provincial provider support funding available

Want quality and reliable childcare?  
Want a licensed day home educator?  
Call us about finding a family day home!

GOVERNMENT SUBSIDIES MAY BE AVAILABLE

**Blackfalds/Lacombe:403-885-2755**

Family Day Homes Serving:

Lacombe ~ Rimbeby ~ Sylvan Lake ~ Blackfalds ~ Bentley ~ Ponoka



**Visit our website:**

**www.razzledazzlekids.ca**



# You're a FUN mom.



**let's dance.**

Jan 18 - Apr 5, 2022 | Tuesdays

**9 am Parent + Toddler**  
Ages 1-4 | Move + Groove | Zumbini

**11 am Mom and Baby**  
Ages 2- 12 months | Baby & You | Infant Massage

**The Lacombe Performing Arts Centre**  
[www.maddoxdance.com](http://www.maddoxdance.com)

**MADDOX**  
DANCE COMPANY



# SNOWSHOE RENTALS

Visit [ALBERTASPORTSHALL.CA /SNOWSHOERENTALS](http://ALBERTASPORTSHALL.CA/SNOWSHOERENTALS)



\$12 /DAY

## Fountain Tire

### We're on this road together.

5643 WOLF CREEK DRIVE LACOMBE, AB T4L 2H8

(403) 782-4151

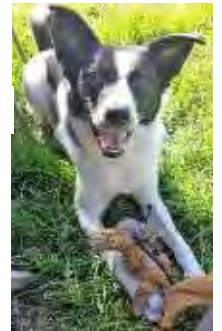
[www.fountaintire.com/stores/lacombe-ab](http://www.fountaintire.com/stores/lacombe-ab)



# Better Dog World

Educated, Licenced, Insured

Lacombe & Area Since 2011



Pet Dog Training – Puppy Classes, Group Classes, Basics & Beyond

Fun & Game Classes, Brain Games, Loose Leash Skills, Treibball Lessons and Nose Work Games

Private One on One Sessions – for you and your whole family, work together with the trainer.

Home School Sessions – have the trainer teach your pup, then transfer those skills to you



### PERFECT FIT HARNESS

Get your dog measured and properly fitted with a walking harness of unique modular design

### SNUFFLE MATS/BALLS & TUGS TOYS

Snuffle mats are an interactive enrichment puzzle. Hand tied with love by Better Dog World



[leslie.bdw@gmail.com](mailto:leslie.bdw@gmail.com)

[www.betterdogworld.ca](http://www.betterdogworld.ca)

Lacombe Performing Arts Centre

# PROGRAMMING WINTER 2022

## YOUTH THEATRE WORKSHOPS

Clowning

Stage Combat

Improv

Musical Theatre

MADDOX DANCE  
COMPANY

ILLUSION DANCE

## YOUTH THEATRE CAMP

February 21 - 25

PIANO & VOICE  
LESSONS

## ADULT THEATRE WORKSHOPS

Stage Manager

Script Writing

CONCERTS

VISUAL ARTS  
WORKSHOPS

## HOMEGROWN THEATRE

Spring Performance

# RENTAL SPACES

SHUNDA THEATRE,  
NOWCO HOME HARDWARE FIRESIDE ROOM,  
ART ROOM, MUSIC ROOM

BECOME A MEMBER TODAY!

Visit [lacombePAC.com](http://lacombePAC.com) for more information.



www.lacombe.ca

Lacombe offers a wide range of recreation options from drop-in fitness opportunities to registered programs and plenty of events and festivals all year long. We also offer a variety of facilities, indoor and outdoor, for rent at very reasonable rates to suit any type of function or activity you're thinking of hosting. From swimming and skating to arts activities, we've got more than you think!

**Root for your Community...**

**5** **Reasons to VOLUNTEER**

- **Develop skills and confidence, gain work experience**
- **Meet new people, network, and help others**
- **Influence your community, find purpose and fulfillment**
- **Connect your family with the community**
- **Enrich your mental and physical wellbeing**

For more information visit:  
**www.lacombe/volunteer**

## Contact Info:

**City of Lacombe  
Recreation Services**  
e-mail: [recreation@lacombe.ca](mailto:recreation@lacombe.ca)  
on-line: [www.lacombe.ca](http://www.lacombe.ca)

**City Hall**  
5432 56 Ave., Lacombe AB T4L 1E9  
403-782-6666

**Gary Moe Auto Group Sportsplex**  
5429 53 Street, Lacombe AB T4L 1H8

**Kinsmen Aquatic Centre Office**  
403-782-1278

**Daily Pool Schedule - HOTLINE**  
403-782-1277

**Arena Schedule Information**  
403-782-6556

**Art & Culture Programs**  
403-782-1258

**Facility Bookings/Rec Hockey**  
403-782-1284

**Lacombe Memorial Centre**  
5214 50 Ave, Lacombe AB, T4L 0B6  
403-782-6668

**Campground Information**  
403-782-2268

**Community Contact list is online:**  
[lacombe.ca/communitycontactlist](http://lacombe.ca/communitycontactlist)

# Help Us Update the Community Contact List

The Community Contact List is a resource for Lacombe's residents and visitors! It is a listing of community groups, schools, churches, sporting groups and many other useful organizations. These resources are only valuable if they are current, and to ensure its accuracy we need your help!

Please submit your NEW or UPDATED organization contact information online at [www.lacombe.ca/communitycontactlist](http://www.lacombe.ca/communitycontactlist)



## EASTSIDE Recreation Area

Check it out at 5409 37 Street  
(North of Blindman Brewing)

### Did you know...

There is a new recreation area in Lacombe!

It will be equipped with:

- fully fenced off leash area for your dog
- fish pond
- agility area
- new trees
- fenced area for smaller dogs
- water fountain for you and your dog and much more!

Watch for the grand opening in 2022.



Let's give a

## 20 Minute Makeover to Lacombe!

Pitch-In Week runs from Sunday, April 17 to Saturday, April 23, all Lacombe and area residents are invited to join in a city-wide litter cleanup.

### What difference can 20 minutes make? A BIG ONE!

If one in four Lacombians takes 20 minutes to pick up litter, we will invest 65,285 minutes, 1088 hours, or 136 work days cleaning up our city. That's a major makeover! If each of us spends just 20 minutes picking up litter in public spaces, we will all benefit from a cleaner, safer city. So grab a friend and help clean up Lacombe!

**Join in: April 21, 2022 from 2:00 pm - 2:20 pm**

Call 403-782-1284 to register your team or community group for a designated area to clean

*\*teams must have a minimum of 5 people to be entered to win*

### Who can participate in the 20-minute makeover?

Everyone - individuals and families, neighbours, schools, corporate and community groups - are all welcome to participate. Community Groups are encouraged to register to clean a park by calling 403-782-1284. Each registered group will be entered into a draw for a Pool Party.

For more information visit [www.lacombe.ca/pitchin](http://www.lacombe.ca/pitchin), contact Tracey at [tverhoeven@lacombe.ca](mailto:tverhoeven@lacombe.ca) or call 403-782-1284.

Register today for a chance to **WIN A PRIZE!**





# lacombe memorialcentre

The perfect place for people to connect.

## Book your upcoming event now!

- training/workshops
- licensed markets
- celebrations of life
- meetings
- weddings
- small conferences

Visit [www.lacombe.ca/lmc](http://www.lacombe.ca/lmc) or call 403-782-6668

Home of Anna Maria's Cafe, Mary C. Moore Public Library and Lacombe & District FCSS.

FIND : SWIM : HEALTH  
 THE : WEIGHTS  
 Right  
 FIT : YOGA :  : EAT SMART  
 READ

Find the *Right* Fit is a program that encourages a healthy lifestyle.

Try a variety of activities to improve your mental and physical health.

Since everyone's needs are different you can explore options at *no cost* and find your *right* fit.

Register online to receive your coupons to participate in the activities.

Register at [www.lacombe.ca/findtherightfit](http://www.lacombe.ca/findtherightfit) or call 403-782-1272



IT'S WINTER

# STAY ACTIVE

## TRY THE FOLLOWING ACTIVITIES

- Explore the trail system
- Visit the library for a great book or snowshoes
- Skate the day away
- Try cross country skiing
- Walk your dog
- Have a snowball fight
- Catch a hockey or ringette game
- Go tobogganing
- Build a snow fort
- Volunteer
- Go bird watching
- Try curling or swimming
- Shovel your neighbour's sidewalk
- Try out the outdoor exercise equipment
- Check out Michener House or the Flatiron Museum



Visit [lacombe.ca/choosewell](https://lacombe.ca/choosewell) for more information

communities  
**choosewell**  
eat right, be active

# Indoor Ice Skating Schedule

## FREE Public Skating

Thanks to the Lacombe Kinsmen Club and the City of Lacombe

*\*Please note no sticks or pucks allowed on the ice during Public Skating October to March.*

## Echo Internet Arena #2 (on the back ice)

Fridays\*: 6:45pm - 8:15pm

Sundays: 12:45pm - 2:45pm

*\* Some Fridays may be cancelled due to tournaments. (Check Arena Hotline at 403-782-6556 or visit [www.lacombe.ca](http://www.lacombe.ca)).*

## Parent & Tot Skate

Echo Energy Arena #1 or Arena #2

Mondays: Noon - 1:00pm

Cost \$4.00/adult

## Daytime Public Skate

Echo Energy Arena #1 or Arena #2

Thursday: Noon - 1:00pm

Cost \$4.00/adult, seniors & kids FREE

## Adult Shinny Hockey

(Temporarily cancelled due to COVID restrictions)

Echo Energy Arena #1 or Arena #2

Wednesdays: 10:00pm - 11:15pm

Fridays: 12:15pm - 1:30pm

Cost \$4.00/adult

\* times may vary

## Ice Rental

Ice time can be booked for the Gary

Moe Sportsplex

Call: 403-782-1284

Call for updates or check website

# Youth Recreation Hockey

Registrations will begin at 8 am at the Arena or online at [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com) January 5, 2022

**\$95<sup>00</sup>** /child per session

## Friday Session-Group 'A'

Ages: 10 - 13 years

Time: 8:30pm - 9:45pm

Dates: Jan. 14 - Mar. 4 2022

## Saturday Session - Group 'B'

Ages: 6 - 9 years

Time: 7:45pm - 9:00pm

Dates: Jan.15 - Mar. 5, 2022

Youth Rec Hockey is an opportunity for youth to enjoy a combination of skill development and game time, playing no contact shinny. The only equipment required is a helmet, stick, skates and gloves. Although optional, players are encouraged to wear elbow and knee pads. This is a parent volunteer run program and is not part of a organized league.

Call for updates or check website

communities  
**choosewell**  
eat right, be active

# ENCORE ART SALE

SPONSORED BY  
VESTA ENERGY

FRIDAY, APRIL 29  
1 pm - 8 pm

SATURDAY, APRIL 30  
11 am - 5 pm



Feature Artist - Marg Blank

Admission by donation

Lacombe Memorial Centre  
5214 - 50 Ave, Lacombe, AB  
403-782-1258



[www.lacombe.ca/artsale](http://www.lacombe.ca/artsale)

## Lacombe Arts Endowment Grant 2022 Call for Submissions

Open to Artists of all forms and mediums

The Lacombe Arts Endowment Committee is happy to announce grant funding is available to artists looking to further their development, education and training in the arts. There are no age restrictions, and all local artists are encouraged to apply.

**\$2,500 Maximum Per Grant**

Details are available online at [www.lacombe.ca/grants](http://www.lacombe.ca/grants) or by calling 403-782-1258. Application packages can also be picked up in person at City Hall.

**Application Deadline is March 31, 2022**



# LACOMBE KINSMEN AQUATIC CENTRE WINTER POOL SCHEDULE

Schedule in effect from January 3 to February 13, 2022

Aquatic Centre: 403-782-1278    Schedule Hotline: 403-782-1277  
www.lacombe.ca/pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule subject to change. Please call 403-782-1277 for current daily schedule.	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim 6:00-7:30am	Lane Swim 7:00-8:30am
	Self-Guided Solo Water Workout Time 7:45-8:45am	Self-Guided Solo Water Workout Time 7:45-8:45am	Self-Guided Solo Water Workout Time 7:45-8:45am	Self-Guided Solo Water Workout Time 7:45-8:45am	Self-Guided Solo Water Workout Time 7:45-8:45am	
Red Cross Lessons 9:00-11:45am	Lane Swim 9:00-11:00am	Lane Swim Parent & Tot Swim 9:00-11:00am	Lane Swim Parent & Tot Swim 9:00-11:00am	Lane Swim Parent & Tot Swim 9:00-11:00am	Homeschool Lessons 9:00-11:00am	Red Cross Lessons 9:00am-11:45am
	Parent & Tot Swim 11:00am-1:00pm	Preschool Lessons 11:05am-12:45pm	Preschool Lessons 11:05am-12:45pm	Preschool Lessons 11:05am-12:45pm	Preschool Lessons 11:05am-12:45pm	
	Self-Guided Solo Water Workout Time 11:10-11:55am	Self-Guided Solo Water Workout Time 11:10-11:55am	Self-Guided Solo Water Workout Time 11:10-11:55am	Self-Guided Solo Water Workout Time 11:10-11:55am	Self-Guided Solo Water Workout Time 11:10-11:55am	
Private Pool Rental 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Private Pool Rental 12:00-1:00pm
Public Swim 1:15-5:00pm	Schools 1:00-3:00pm	Schools 1:00-3:00pm	Schools 1:00-3:00pm	Schools 1:00-3:00pm	\$3 Public Swim 1:00-3:00pm	Public Swim 1:15-3:15pm
	Red Cross Lessons & JLC 3:30-6:30 pm	Red Cross Lessons & JLC 3:30-6:30 pm	Red Cross Lessons & JLC 3:30-6:30 pm	Red Cross Lessons & JLC 3:30-6:30 pm	Red Cross Lessons & JLC 3:30-6:30 pm	Private Pool Rentals 3:30-4:30pm 4:45-5:45pm
Private Pool Rentals 5:15-7:15pm	Public Swim 6:30-8:00pm	\$3 Public Swim 6:30-8:00pm	Public Swim 6:30-8:00pm	Public Swim 6:30-8:00pm	WIBIT Public Swim 6:30-9:30pm	WIBIT Public Swim 6:00-8:00pm
	Lane Swim 8:00-9:00pm	Lane Swim 8:00-9:00pm	Lane Swim 8:00-9:00pm	Lane Swim 8:00-9:00pm		

## COVID-19 Restrictions

- Those with COVID-19 symptoms, recent international travel, or recent close contact with someone diagnosed with COVID-19 are not permitted to enter the facility.
- Lane, Parent & Tot, Public, and Wibit swims are recommended to be pre-booked online. Pre-book by calling 403-782-1278 or online at: [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com).
- Self-guided Water Workout Time will switch back to Group Water Fitness classes once restrictions lift.

Purchase memberships & register for courses online at: [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com)

LACOMBE - KINSMEN AQUATIC CENTRE

Pool Schedule: 403- 782-1277

www.lacombe.ca

**\$3 Swim!**  
**Any Wolf Creek School**  
**District Closures**  
**and Fridays**  
**1:00pm - 3:00pm**

**2for1 Pool Admission**

Coupon Expires: December 31, 2022. Coupon is not for resale and has no cash value. Coupon must be presented in person.

Discount applies to the admission of lesser value.

Coupon is valid for all Public Swim times.

One coupon per customer.

# LACOMBE KINSMEN AQUATIC CENTRE LESSONS & RECERTIFICATIONS

For swimming lesson schedules visit [www.lacombe.ca/pool](http://www.lacombe.ca/pool)

Register for lessons online at [lacombe.ca/perfectmind](http://lacombe.ca/perfectmind)



## RECERTIFICATIONS



- National Lifeguard: April 10 & June 25
- Aquatic Emergency Care: April 24 and June 26
- Lifesaving Instructor: April 10
- Water Safety Instructor: April 22 (12-6 pm)

Call for  
updates or  
check  
website

## SPECIAL SWIM AND POOL SCHEDULE FEBRUARY 21-25 & MARCH 28-APRIL 1 FOR SCHOOL BREAKS!

Let's keep the pool clean! Please remember to wash with soap and water prior to entering the pool.

## ADVANCED COURSES

- Water Safety Instructor Part 1: Jan. 10 & 12 or Feb. 23 & 24 or March 30 & 31 or April 26 & 27
- Water Safety Instructor Part 2: March 28-April 1 or June 7, 9, 14, 16, 21, 23
- Lifesaving Instructor: Feb. 22-25
- Bronze Medallion: Jan. 9-20 or Feb. 27-March 20
- Bronze Cross & Aquatic Emergency Care: Feb. 22-26 or April 3-May 8
- National Lifeguard: March 28-April 1 or May 29-June 26
- Lifesaving First Aid Instructor: Feb. 12 & 13
- National Lifeguard Instructor: Feb. 14 & 15

For more information about our pool schedule and programs, please call the Kinsmen Aquatic Centre at 403-782-1278 [www.lacombe.ca/pool](http://www.lacombe.ca/pool)

Register online at [lacombe.ca/perfectmind](http://lacombe.ca/perfectmind) Schedule Hotline: 403-782-1277

# 2022 JUNIOR LIFEGUARD CLUB & LIFESAVING SPORT



## A swim club for all ages!

All swimmers in the 2021/22 season in Intermediate & Advanced groups must sign up for a FREE tryout before registration!

Tryouts are on:

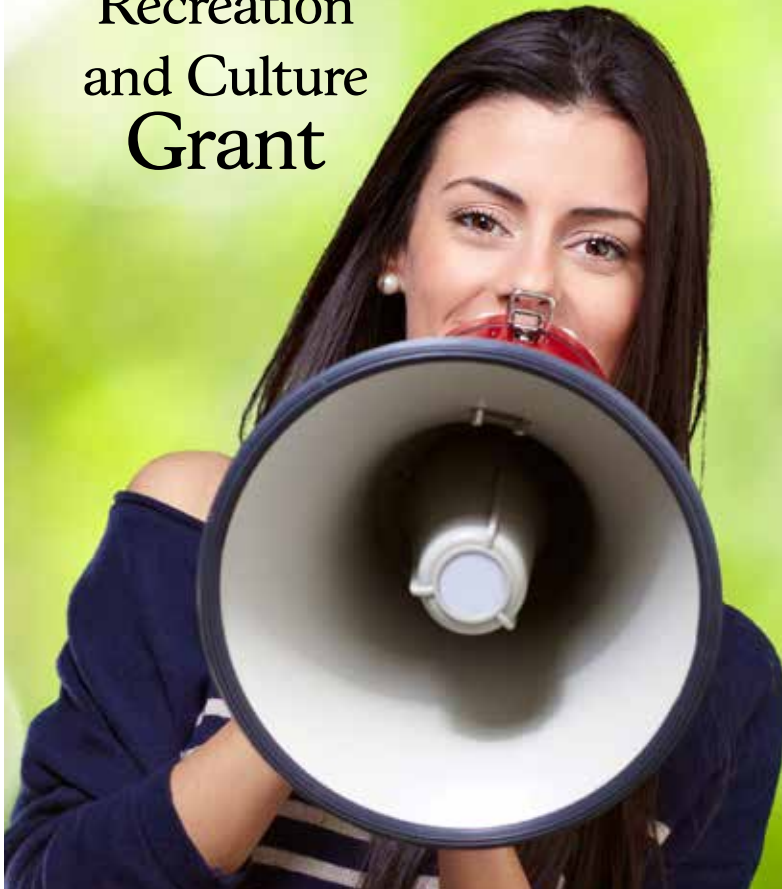
- December 16, 2021
- January 5, 2022

# SIGN UP!

Registration opens December 16, 2021

Register online at [lacombe.ca/perfectmind.com](http://lacombe.ca/perfectmind.com)  
For more information visit [lacombe.ca/jlc](http://lacombe.ca/jlc)

## Recreation and Culture Grant



Does your group or organization have an idea for a NEW initiative that would enhance the quality of life in Lacombe through recreation and culture? If so, you may be able to access available funding through the City of Lacombe's Recreation and Culture Grant.

**The grant is open to ALL non-profit community groups and businesses within the city.**

The Lacombe & District Recreation, Parks and Culture Board reviews all submissions.

For more information phone 403.782.1266 or email [recreation@lacombe.ca](mailto:recreation@lacombe.ca) or visit [www.lacombe.ca/grants](http://www.lacombe.ca/grants)

**Application Deadline is Feb 28, 2022**



## Facility Rental Financial Assistance Grant

Are you a community/volunteer organization or business with limited budget capacity looking to utilize City facilities?

Did you know that there is grant money available to reduce the impacts of COVID-19 and assist your group or business?

For more information on the application process and guidelines, please call (403)782-1266 or visit [www.lacombe.ca/grants](http://www.lacombe.ca/grants).

# CHECK IT OUT!

## Online registration & more!



We are pleased to offer:

- Online registration for swimming lessons and programs
- View facility availability at LMC, Gary Moe Autogroup Sportsplex or sports fields
- Ease of use on your mobile device
- Online pool membership purchasing/tracking
- Online booking for meetings and rooms at LMC

Visit:  
[cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com)



Watch the Lacombe Moves videos on our social media channels.

The City of Lacombe is home to various pieces of outdoor exercise equipment and Certified Strength and Conditioning Coach Crystal Watson is here to help guide our community. Be sure to head out and safely try these moves out for yourself.



Where kids can Explore



# FINE ARTS CLUB

PLAY MOVE CREATE GROW

A unique and comprehensive experience for your preschool aged children!



**New Session Starting January**  
[dancersedgestudio@hotmail.com](mailto:dancersedgestudio@hotmail.com)



## Lacombe Music Teachers Association



### Teachers

Greicy Álvarez, B.Mus, MBA, HR  
 Heidi Baumbach, B.Mus  
 Naomi Delafield, B.Mus, MM  
 Judy Foulston, RCM Certified  
 Raymond Hansen, B.Mus  
 Jessica Heisler, BAMus  
 Laurie Maetche, BAMus  
 Melrose Randell, MA, LRSM,

### Subjects

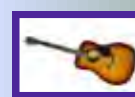
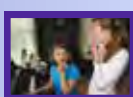
V,Va  
 V,Va,CM  
 V,SO,S&R  
 P,A,Th,MH  
 Ce,G,P,Th  
 P,Vo,MYC  
 V,Va,Ce,G,M,P,FG,SO,Th  
 Vo,Th,MH,Sp,P  
 CM, FG, MH, MHar, SO,  
 V,Va,P,Th

### Phone

403-352-0702  
 403-302-7294  
 403-782-1642  
 403-396-4445  
 403-304-2465  
 403-877-8239  
 403-782-5596  
 403-782-3810

### Legend

A~Accordion  
 Ce~Cello  
 CM ~Chamber Music  
 FG~Fiddle Group  
 G~Guitar  
 M~Mandolin  
 MH~Music History  
 MHar~Music Harmony  
 MYC~Music for Young Children  
 Pe~Percussion  
 P~Piano  
 SO~String Orchestra  
 Sp~Speech Arts  
 V~Violin  
 Va~Viola  
 Vo~Voice  
 S&R~Stringed Instrument  
 repairs, sales & rentals



The LMTA is a group of teachers who provide music education, support the performing arts in Lacombe, and act as a catalyst for developing and promoting professional development among its members.

**Youth**



## Art Masters of the Past 4 week art program Youth ages 12-17

**Learn about different artists and art movements from history and follow their lead in making art projects!**

With a focus on Surrealism, we'll watch short performance art films, look at the progression of an artist's work and how each movement came to be. We will be creating Cyanotypes, Cubist paintings, and Ready-mades to name a few. All fine art supplies are included!  
Cost: \$48/MAG members or \$55/regular

**Program runs select Tuesdays from 4:30-6 pm:**  
January 18 & 25, February 1 & 8, 2022

**Adult**



*Acrylic Painting*  
with Christel Langan

## PAINT . CREATE . CONVERSE

**Join Christel Langan B.F.A. as she works with you to create a flower painting using acrylic (paint).**

Learn how to use the Grid Method to proportionately enlarge your image and draw it on canvas, then move into colour blocking your image with paint, colour mixing, and using multiple layers of paint to give your artwork depth and dimension! Start with a blank canvas and at the end of the 6 weeks you will have a MAGnificent flower painting. You will have also had some great conversations and coffee with like minded individuals. Cost: \$100 members, \$120 regular. Note: materials not included. Materials list will be provided.

**Program runs select Tuesdays from 9am-12pm**  
Jan. 18, 25, Feb 1, 8, 22 & Mar. 1, 2022

register online/in-person/phone  
**reddeermuseum.com**

587.797.4040

4525 47A Ave  
Red Deer, AB  
T4N 6Z6

Red Deer Museum  
**mag**  
+ Art Gallery

## 6<sup>th</sup> Annual Jake Saufert Memorial

# Ice Fishing Derby

• Cash and  
draw prizes!

• Adult &  
junior angler  
prizes!

• Lunch included!



**Saturday February 26, 2022**

**Brownlows Landing,**

**Gull Lake**

**\$25 per person**

CFE #607676

- COVID-19 friendly
- Junior anglers (10 and under) fish free!
- Register through Eventbrite
- Visit our facebook page: Jake Saufert Annual Memorial Ice Fishing Derby
- Tamara Saufert 403-598-5588, [tamara@saufert.com](mailto:tamara@saufert.com)



Proceeds going to Red Deer & District  
Community Foundation  
Jake Saufert Memorial Fund



The Music You Grew Up With!



LACOMBE ONLINE





# Make time to get together.

**Conferences, workshops, business lunches or weekend retreats.**

With beautiful meeting spaces, professional catering, and year-round lodgings, we'll help give your next gathering the space it needs to be great.

*Only a 20 min drive west of Lacombe on Highway 792.*

***gull lake centre***

[gulllakecentre.ca/rentals](http://gulllakecentre.ca/rentals)

