

Winter

Don't Hibernate
JAN ~ APRIL

'24



COUNTY OF LACOMBE
COMMUNITY RESOURCE AND ACTIVITY GUIDE
CLLA.COM

Would you like ...

- Support with your job search?
- Help with your resume?

Our employment counsellors are here to support you!

It's simple.
It's free.



We are OPEN
8:30am—4:30pm
Monday to Friday

Lacombe Employment Centre

We offer meeting rooms for your recruiters
to conduct Free Hiring Fairs



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Canada

Alberta

Visit Us www.lacombeemployment.com
Bay 16, 5230 45 Street, Lacombe Centre Mall

403.786.0044



Don't Hibernate Advertising Rates



Ads are full colour and delivered via Canada Post and found online on our website and facebook pages

1/4 pg // \$150

- BEST FOR:**
- Logos/graphics
 - minimal written content
 - box or banner ad size

1/2 pg // \$280

- BEST FOR:**
- Logos/graphics
 - some written content
 - vertical or horizontal space

full pg // \$375

- BEST FOR:**
- exposure and visibility
 - sharing + information
 - value for ad dollars

Get in Touch with Us:
office@clla.com

5340 45th St Lacombe AB (403)782-7955 www.clla.com



WWW.CLLLA.COM

WHY ADVERTISE WITH CLLLA??

WHY?

To share what you do!

PROMOTE YOUR ORGANIZATION, EVENT OR PROGRAMS!

Take advantage of the exposure the delivery range and the continuity in the communities

The CLLLA's Don't Hibernate is a FREE full colour community course and activity guide that is well know and anticipated each Spring, Fall and Winter.

BENEFITS

- Your information gets out!**
The book is distributed throughout the City of Lacombe and the Lacombe County including: Lacombe, Alix, Bentley, Blackfalds, Clive, Eckville, Mirror, and Tees.
- Great value and exposure for your dollars!**
Your advertising dollars provide you with 4 MONTHS of exposure throughout the entire County of Lacombe and it is kept in the communities for the length of the book
- Advertising the gives back!**
Your advertising dollars will also be supporting the continuing growth of lifelong learning opportunities in your community.



2024 DEADLINES

SPRING & SUMMER:

- Deadline is APRIL 5th
- Delivered April 24th

FALL:

- Deadline is Aug. 2
- Delivered Aug. 21

WINTER:

- Deadline is Nov. 23rd
- ADS in by Nov. 22nd



CONTACT US FOR INFO

Dani Ducross
Executive Director CLLLA
(403) 782- 7955
office@clla.com



Hello!

All About CLLLA The County of Lacombe Lifelong Learning Association

ABOUT CLLLA

CLLLA is non-profit organization that has provided adult learning opportunities for the County of Lacombe for over 40 years. CLLLA is overseen by an amazing volunteer board of directors.

WE COVER:

- Literacy & Math Programming
- Employability Workshops
- Computers and Technology
- Healthy Living Skills
- General Interest Courses

WHO WE SERVE

We provide programming for Adults that live within the boundaries of the County of Lacombe. Our mandate is to provide cost-effective learning opportunities for anyone needing assistance. We try to assist with any barriers to learning

+403-782-7955

office@cllla.com

5230 45th ST Lacombe, AB

WHERE ARE WE

Main Office: Located in the Lacombe Center Mall

Areas that we can provide programming for:

- Lacombe
- Mirror
- Gull Lake
- Clive
- Alix
- Bentley
- Tees
- Blackfalds
- Eckville

With enough participants we can bring most of our programs to any of the communities within the County of Lacombe.

OUR FUNDING

We are funded by the Government of Alberta-Advanced Education

CLLLA applies for annual funding in order to provide learning opportunities in :

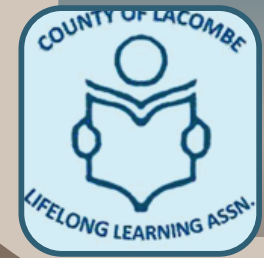
- Foundational Learning,
- Skills for Learning
- English Language Learning
- Community Capacity

HOW TO REACH US

We have variable office hours so it is best to call or email to make an appointment

Dani Ducross (403)782-7955
Executive Director office@cllla.com

THE COUNTY OF LACOMBE Adult Literacy Program



ENGLISH LANGUAGE LEARNING (ELL/ESL)

ENGLISH CLASSES

JANUARY- JUNE 2024
CLASSES START JAN. 15 2024

- beginner-intermediate classes
- daytime and evening classes available
- cost is \$50
- classes are 2x week
- Assessment needed for ALL students for placement in class
- must be 18+
- NO DROP-INS ACCEPTED

ELL/ESL TUTORING

START ANYTIME

- sessions to fit your time
- focus is on individual goals
- 1-2x/week for 1 hour,
- tutoring available in your community
- CLLLA membership required: \$25

SKILLS IMPROVMENT PROGRAM

- one-on one or small groups
- individual goals-and plans
- flexible times, learn at your own pace
- Assessment needed for ALL students
- must be 18+
- CLLLA membership required: \$25

READING:

START ANYTIME

- reading comprehension
- reading speed
- basic literacy skills

WRITING

START ANYTIME

- spelling, grammar and structure
- using punctuation
- improving vocabulary

MATH/NUMERACY

START ANYTIME

- Basic math, +,-,X, /
- using numbers in daily life- budgeting, measuring etc

COMPUTER/DIGITAL LITERACY

START ANYTIME

- learn the basics of using a computer or your cell phone
- basic skills **do not include** software instruction such as word or excel

ABOUT US

The Adult Literacy Program is run by dedicated Instructors and Volunteers. We have been offering Literacy services throughout the County of Lacombe for over 40 years. Please contact Dani or Jacqueline for any needs you might have.

LOOKING TO VOLUNTEER?

- no experience required
- training provided
- on-going support as needed
- a rewarding and meaningful experience

HOW TO REACH :US

Address: 5230 45th ST - Lacombe Center Mall

Phone: (403)-782-7955

Email: office@cllla.com

Website: www.cllla.com



TRY SOMETHING NEW

AT THE COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION

9



SAT-AM start dates vary

BEGINNER CROCHET

A class for anyone wanting to learn how to crochet. 2 hour intro session- suitable for 8+ with accompanying adult.
\$25- all materials inc.

10



Fri. Jan 26th 6-8pm

HOME DECOR COLOUR

This class will give an understanding of undertones of colour to help with deciding on how to enhance your current living space.
\$30/pp- w/refreshments

11



6 wks Starts Tues. Jan 23 7-8:30pm

RELIGIONS OF THE WORLD

A course introducing the student to studies of various world's major living religions, including Judaism, Islam, Hinduism, Daoism, and Buddhism.
\$20pp

12



Sun. Feb.3 1-3pm

MEALS IN A JAR

Learn how to prepare meals in a jar for long lasting meal prep. Includes Salads, soups and stir-frys.
\$30/pp
bring your own jars

13



3 wks Starts Thurs. Feb 1 6-8pm

POLITICS 101

Class including vocabulary, political figures past and present, and processes.
\$45/pp

14



Sat. Feb 2 10-12pm

END OF LIFE PLANNING

Presentation and Q&A on executing your wishes once you have passed.
\$10/pp
includes refreshments

15



class dates vary

BUDGETING

Learn to make a budget and some tips and tricks to save money.
\$10/pp

16



class dates vary

MAKING CHANGES

This class is designed to motivate and help create a plan for change.
\$20/pp

Dates for classes can change and new classes can be added.

If interested in something let us know!

TO REGISTER: Call (403)782-7955 or email office@cilla.com

DO SOMETHING NEW

AT THE COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION

17



Starts Jan. 15
Mon & Wed. 9:15-10am

CHAIR YOGA

A class that helps with flexibility, balance and coordination. Suitable for most abilities.
\$50/pp

18



Sat. Jan 20, Feb 17, Mar. 16
10-12

SELF-DEFENSE

Join us once a month for a self-defense class. Suitable for all levels of ability.
\$25/pp for all 3 sessions

19



Thurs. Mar. 7th 6-8pm

INSURANCE Q&A

Information session with question and answer opportunity to learn more about insurance.
\$10/pp

20



Thurs. Feb. 8th 6-8pm

ASK A REALTOR

Information session with question and answer opportunity to learn more about buying and selling a home in Alberta.
\$10/pp

21



Tues. Feb. 6th 6-8pm

INVESTING 101

Information session with question and answer opportunity to learn more about investments.
10/pp

22



Tues. Jan. 16 or Sat. Jan 20th
1-3pm

INTERNET & PHONE SCAMS

Learn to recognize scams in emails, on social media and through phone calls and what to do in these situations.
\$10/pp

23

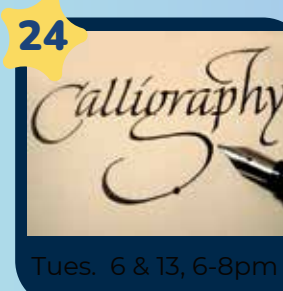


CROCHET BAG

Sat's April 6 & 13th
10-12pm

A crochet class to learn how to make a small bag/purse.
\$40/pp

24



BASIC CALIGRAPHY

Learn the basics of Caligraphy to create a work of your choice.
\$40/pp

Tues. 6 & 13, 6-8pm

Dates for classes can change and new classes can be added.

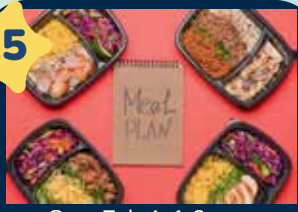
If interested in something let us know!

TO REGISTER: Call (403)782-7955 or email office@cilla.com

EXPLORE SOMETHING NEW

AT THE COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION

25

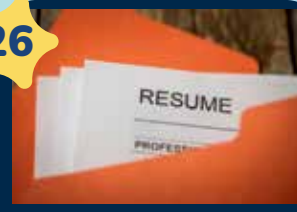


Sun. Feb 4, 1-3pm

MEAL PLAN & PREP TIPS

This class will provide an opportunity to plan meals and show ways to make prep easy and simple for busy lives. \$15/pp

26



class dates vary

RESUME WORKSHOP

Step by step process to show you how to create your own resume and cover letter. Computer skills required. \$15/pp

27



Tues. Jan 23 6-8pm

MAKE-UP APPLICATION

Learn how to apply make-up, what to look for in quality and some tips and tricks for creating different looks. \$15/pp

28



Sat. Feb. 10, 10-12pm

GET A GREENER THUMB

Get ready for a tropical paradise in your home. Learn some tips and tricks for growing keeping and houseplants healthy. \$15/pp

29



Sat. Mar. 23 10-12pm

GARDENING BASICS

This class will help you plan your gardens to prepare for your outdoor spaces this spring and summer. \$15/pp

30



Sun. Feb. 11, 2-4pm

BASIC PET GROOMING

In this session you will learn how to trim nails for your 4 legged friends and some tips and tricks for keeping them clean and healthy. \$15/pp

31

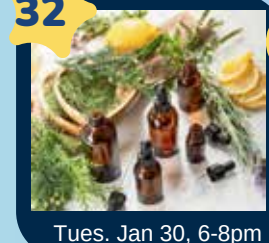


Sat. Mar. 2, 10-12

BASIC HAIR CUTS

Instruction in doing basic hair trims and cutting bangs \$20/pp

32



Tues. Jan 30, 6-8pm

ESSENTIAL OILS

Learn about using different essential oils for natural remedies and aromatherapy. \$20/pp

Dates for classes can change and new classes can be added.
If interested in something let us know!
TO REGISTER: Call (403)782-7955 or email office@cilla.com

LEARN SOMETHING NEW

AT THE COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION

1

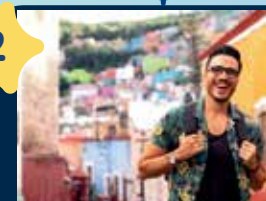


Tues. PM-start dates vary

ASL

American Sign Language. This is a fun interactive class to help develop the ability to communicate using ASL. \$150 includes workbook

2



Tues. PM-start dates vary

TRAVELERS LINGO

Learn common phrases and vocabulary to aid communication in your choice of Spanish, French, Arabic or Ukrainian \$125/ program

3



start dates vary

BEGINNER LANGUAGES

Learn the technical basics of your choice of Spanish, French, Arabic or Ukrainian-includes worksheets, homework and practical exercises. \$125/program

4



start dates vary

POSITIVE THINKING

This 3 part program explores way to practice to positive thinking. \$15/pp

5



FIRST AID

class dates vary

FIRST AID & CPR

Red Cross first aid CPR with AED, Blended class-online theory, in class practical.

6



Sat. Feb 3 or Mar. 16 1-5pm

LOVE LANGUAGES

Learn the love languages of the ones you care about. Connect better with family, friends & partners. \$60- for 2

7



start dates vary
\$200

all materials included

BOOKKEEPING

Instruction in basic bookkeeping principles and practice the full bookkeeping cycle.

8



Sat. Jan 27th 10-12pm
\$30/pp

DECOUPAGE

Using decoupage make some message blocks to give away or to keep for yourself.

Dates for classes can change and new classes can be added.
If interested in something let us know!
TO REGISTER: Call (403)782-7955 or email office@cilla.com

Computer & Technology Training

To register:
 (403)782-7955
 e-mail: office@cлла.com
 Location:



at the County of Lacombe Lifelong Learning Association office located in the Lacombe Centre Mall 5230 45th St.

COMPUTER/DEVICE Q&A:

OFFERED IN PERSON OR VIA ZOOM

Jan- June 2024

Do you have a computer or device question?

CALL TO BOOK A 30 MIN SPACE:

Tues or Thurs 10-12
 Tues 6:30-8:30pm

\$5.00

Learn to use the Computer Classes: These are recommended for anyone not comfortable with computers \$20/class

WHEN: call anytime to get started

- Computer Basics:
- Using the Keyboard and mouse::
- Typing Practice:
- Downloading and Saving Pictures
- Cleaning your computer
- Using Your phone/tablet:
- Using social media(Facebook, zoom etc)

CLLLA ~ SELF PACED PROGRAMS ~ 2024

INDEPENDENT STUDY WITH ACCESS TO INSTRUCTOR DURING COMPUTER LAB HOURS: TUES. 10-12 & 6:30-8:30PM & THUR 10-12

SAGE 50:
\$350 Sage 50

Microsoft Access
 \$180.

Microsoft Outlook
 \$180.

Microsoft OneNote
 \$180

Microsoft Publisher
 \$180.

Microsoft PowerPoint
 \$180.



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

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

NEW FUTURES

MARKET YOURSELF

CAREER INFO

GAIN CONFIDENCE

GET PREPARED

LEARN TO SUCCEED

FREE EMPLOYMENT WORKSHOPS AT LACOMBE LIFELONG LEARNING ASSOC.

CONTACT US TO REGISTER:
 (403)782-7955
 OFFICE@CLLLA.COM.

4 day program start dates:

Jan 15-18	Feb. 12-15
Mar. 11-14	April. 15-18
May.13-16	June 10-13



FREE TO ALL CANADIAN CITIZENS 18+

CAREER CLOSET

THIS IS A COMMUNITY SERVICE THAT HELPS PEOPLE GET "DRESSED FOR SUCCESS" WE CAN TRY TO PROVIDE SUITABLE CLOTHES FOR INTERVIEWS AND JOBS



CONTACT US:
 (403)782-7955
 OFFICE@CLLLA.COM
 OR STOP BY AND SEE US IN THE LACOMBE CENTER MALL



DONATIONS ARE GREATLY APPRECIATED



LAST CHANCE!!!

ACADEMIC EXPRESS

The GED will not be offered in Canada as of May 2024.
This is the last opportunity to get this certification



GED PREPARATION PROGRAMS 2024

GED PREPARATION SESSIONS:

In-person /online delivery available

Evenings:	Afternoons:
January 16- March 28, 2024 Tues-Wed-Thurs. 5-8 pm.	January 22- April 11, 2024 Mon to Thurs. 1-4 pm

PRE-Registration and assessment required:
 ELIGIBILITY REQUIREMENTS FOR FUNDING
 -Canadian citizen
 COST without funding for PREP COURSE is approximately \$200.00 this cost varies depending on needs of students.

FOR MORE INFORMATION:
 Visit us at: 5230 45th St Lacombe, AB Lacombe Center Mall
(403)782-7955 office@cлла.com

Campus Alberta Central

GET YOUR POST-SECONDARY EDUCATION IN YOUR OWN COMMUNITY!
campusalbertacentral.com

For more information, please contact:
Lacombe Lifelong Learning Association
 403-782-7955
connect@campusalbertacentral.com

- RED DEER POLYTECHNIC PROGRAMS**
 Online Delivery with Local Support
- Administrative Professional Certificate
 - Business Certificate
 - Business Administration Diploma
 - Human Resources Management Graduate Certificate
 - Early Learning & Child Care Certificate
 - Early Learning & Child Care Diploma
 - Educational Assistant Certificate
 - Pre-Health Sciences Certificate
 - University Transfer Courses
- Extended Education Online Programs**
- Certificate in Cybersecurity
 - Certificate in Digital Marketing
 - Certificate in Leadership for Women in Business
 - Medical Office Assistant Certificate
 - Unit Clerk and Dental Office Specialty Certifications (with successful completion of the Medical Office Assistant program)
 - Accounting Technician Certificate
 - Activity Coordinator Certificate (Alberta Seniors & Community Housing Association)
 - Site Manager Certificate (Alberta Seniors & Community Housing Association)
 - Management Skills for Supervisors Certificate
 - Management Skills for Commercial Kitchens Certificate
- OLDS COLLEGE PROGRAMS**
 Online Delivery with Local Support
- Veterinary Medical Receptionist
 - Agribusiness Finance
 - Beef Production Certificate
 - Introduction to Brewing Certificate
 - Pre-Apprenticeship Exam Training

COMMUNITY PROGRAMS
 Check the website for start dates and locations

- Practical Nurse Diploma
- Health Care Aide Certificate

IN PARTNERSHIP



attention:

LOCAL EMPLOYERS

CLLLA OFFERS:

- ✓ ENGLISH LANGUAGE LEARNING
- ✓ MICROSOFT OFFICE CLASSES
- ✓ BOOKKEEPING AND ACCOUNTING COURSES
- ✓ CUSTOMER SERVICE WORKSHOPS

and many other programs

Contact us today:
(403)782-7955
office@cllla.com



VOLUNTEER TUTORS NEEDED!

ARE YOU A FRIENDLY PERSON THAT WOULD BE INTERESTED IN HELPING A NEWCOMER TO ALBERTA IMPROVE THEIR ENGLISH COMMUNICATION SKILLS? WE WOULD LOVE TO TALK TO YOU!!

- 1-2 HRS/ WEEK COMMITMENT
- NO EXPERIENCE NEEDED

This is a rewarding way to make a meaningful difference in your community,

Contact The Adult Literacy Program today to learn more about this exciting volunteer opportunity.

Call (403)782-7955 OR EMAIL OFFICE@CLLLA.COM FOR MORE INFO

2024 Winter Don't Hibernate- NEW- restaurant information section

<p>LACOMBE</p>  <p>Pair It Up! Purchase one medium or large pizza and receive a second one at 50% off! Available for Take Out and Delivery!</p>  <p>Proudly Owned and Operated Locally by Jason and Shawna Kachnic</p>	<p>ALIX</p>  <p>Original family recipe since 1996, so flavorful and tasty you'll dream about it!</p> 
<p>LACOMBE</p>  	<p>MIRROR</p>  <p>Good food, not fast food. Homemade from Scratch</p> 
<p>LACOMBE</p>   <p>The Essence of Delicious India.</p> <p>SCAN ME</p>	<p>MIRROR</p>  
<p>LACOMBE</p>  <p>"Serving breakfast, lunch and dinner. And the best donuts and coffee around"</p> 	<p>BLACKFALDS</p>  <p>Korean Take out -inside Shell Gas Station. Lunch Specials EVERYDAY from 11am-2pm. Come check us out!</p> 
<p>LACOMBE</p>  	<p>CLIVE</p>  
<p>LACOMBE</p>  	<p>LACOMBE</p>  



CHECK OUT SPRING AND SUMMER EVENTS/ACTIVITIES/ PROGRAMS CLASSES/ CAMPS/ FUNDRAISERS FUN!!!

3rd Annual Lacombe

SPRING/SUMMER Active Living Fair



Wednesday, March 6th, 2024
4:00 to 7:30 pm

AT THE LACOMBE MEMORIAL CENTER

CONTACT THE COUNTY OF LACOMBE LIFELONG LEARNING FOR MORE INFORMATION: OFFICE@CLLLA.COM (403)782-7955

If you want to participate in this section, please contact Dani at CLLLA (403)782-7955 or office@cllla.com



Visit Alberta's Largest Non-Mountain Ski Area
with 80 acres of skiable terrain,
23 runs, and 6 lifts!

❄️ Private and Group Lessons ❄️ Snow Tubing
❄️ Night Skiing ❄️ CATERED PARTIES/EVENTS

www.canyonski.ca



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 16 - Apr 11
9:45-10:45 am | Free



✓ **INTERMEDIATE FIRST AID**
Jan 9 - Feb 27
✓ **BRONZE MEDDALION & CROSS**
Feb 28 - Apr 15
✓ **NATIONAL POOL LIFEGUARD**
Feb 29 - Apr 11
REGISTRAION & INFORMATION:
www.burmanu.ca/pecentre/recreation

FACILITY HOURS

Sun	8:00 am – 10:00 pm
Mon–Thu	5:00 am – 10:00 pm
Fri	
Apr – Sept	5:00 am – 7:00 pm
Oct – Mar	5:00 am – 3:00 pm
Sat	
Apr – Sept	Closed
Oct – Mar	8:00 pm – 11:00 pm

SWIMMING LESSONS

- 1. MONDAY LESSONS**
JAN 22 - MAR 18
- 2. TUES & THURS | SESSION 1**
Jan 23 - Feb 15
- 3. TUES & THURS | SESSION 2**
Feb 27 - Mar 21

REGISTRAION & INFORMATION:
www.burmanu.ca/pecentre/lessons

PICKLEBALL
MON WED FRI
9:00-11:00 AM



JR. ACRO CLASSES
(5 y.o. & up)
JAN 15 - APR 15
MONS & WEDS
PARENT & TOT GYMNASTICS (2-4 y.o.)
REGISTRAION & INFORMATION:
www.burmanu.ca/pecentre/gymnastics



HOMESCHOOL PE
TUE | JAN 16 - MAR 26
1:15-2:15 PM

AQUACIZE
MON WED FRI
9:30-10:30 AM



RESIST THE TEMPTATION TO BE INACTIVE THIS WINTER

PHYSICAL EDUCATION CENTRE & GWEN BADER FITNESS CENTRE

REGISTRAION | INFORMATION

6415 University Dr.
Lacombe, AB
Phone: 403.782.2822
Fax: 866.874.1936
olgasadovoy@burmanu.ca
www.burmanu.ca/pecente

JR. ACRONAIRES CLASSES
www.burmanu.ca/pecentre/gymnastics

SWIMMING CLASSES
www.burmanu.ca/pecentre/lessons

CONTINUING EDUCATION CLASSES
www.burmanu.ca/pecentre/recreation





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.ca/volunteer

Contact Info:

City of Lacombe
 Recreation Services
 e-mail: recreation@lacombe.ca
 on-line: 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

Lacombe- Strong roots. Fresh perspective.

LACOMBE MEMORIAL CENTRE



lacombe memorialcentre

The perfect place for people to connect.

Book your upcoming event now!

- Christmas parties
- meetings
- training/workshops
- weddings
- anniversaries
- small conferences
- celebrations of life
- exercise classes

Visit www.lacombe.ca/lmc or call 403-782-6668

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



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 the outdoor exercise equipment
- Check out Michener House or the Flatiron Museum



Visit lacombe.ca/choosewell

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).*



Parent & Tot Skate

Echo Energy Arena #1 or Arena #2

Mondays: Noon - 1:00pm

Cost \$5.00/adult

Daytime Public Skate

Echo Energy Arena #1 or Arena #2

Thursday: Noon - 1:00pm

Cost \$5.00/adult, seniors & kids FREE

Adult Shinny Hockey

Echo Energy Arena #1 or Arena #2

Wednesdays: 10:00pm - 11:15pm

Fridays: 12:15pm - 1:30pm

Cost \$5.00/adult

*times may vary

Ice Rental

Ice time can be booked for the Gary

Moe Sportsplex

Call: 403-782-1284

Youth Recreation Hockey

Registrations will begin at 8 am at the Arena or online at cityoflacombe.perfectmind.com January 3, 2024

\$95⁰⁰ /child per session

Friday Session-Group 'A'

Ages: 10 - 13 years

Time: 8:30pm - 9:45pm

Dates: Jan. 12 - Mar. 1 2024

Saturday Session - Group 'B'

Ages: 6 - 9 years

Time: 7:45pm - 9:00pm

Dates: Jan. 13 - Mar. 2, 2024

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.

KINSMEN AQUATIC CENTRE

ADVANCED COURSES

- Bronze Star Jan 9-30 (Tue), 4:00-6:30 pm
- Bronze Medallion and CPR-C Jan 2-5 (Tue-Fri) 9:00-2:00 pm OR Feb 25-Mar 24 (Sun), 9:00-1:00 pm
- Bronze Cross and Intermediate First Aid Feb 19-23 (Mon-Fri), 9:00-5:00 pm OR Apr 14-May 12 (Sun), 9:00-5:00 pm
- Lifesaving Swim Instructor Jan 2-5 (Tue-Fri), 9:00-5:00 pm OR Mar 25-28 (Mon-Thur), 9:00-5:00 pm OR May 28-Jun 20 (Tue and Thur), 4:00-8:00 pm
- Lifesaving Instructor Jan 7-28 (Sun), 9:00-5:00 pm OR Feb 20-23 (Tue-Fri), 9:00-5:00 pm
- National Lifeguard Mar 25-29 (Mon-Fri), 9:00-5:00 pm OR May 26-Jun 23 (Sun), 9:00-5:00 pm
- First Aid Instructor May 14-15 (Tue-Wed), 9:00-5:00 pm
- National Lifeguard Instructor May 16-17 (Thur-Fri), 9:00-5:00 pm

RECERTIFICATIONS

- First Aid Feb 21 (Wed), 9:00-5:00 pm OR Jun 27 (Thur), 9:00-5:00 pm
- National Lifeguard Feb 22 (Thur), 3:00-7:00 pm OR Jun 28 (Fri), 9:00-1:00 pm
- National Lifeguard Instructor Feb 22 (Thur), 9:00-1:00 pm
- First Aid Instructor Feb 23 (Fri), 9:00-5:00 pm

Special programs and pool schedule Feb 19-23 & Mar 25-29 for school breaks

For swimming lesson schedules visit www.lacombe.ca/pool and register for lessons online at Lacombe.ca/perfectmind.

Winter swim registration is open, and Spring swim registration opens Jan 9, 2024

JUNIOR LIFEGUARD CLUB/LIFESAVING SPORT



The season runs Jan 7-Apr 14, 2024.
Sign Up Today!! A swim club for all ages!

- Beginners swim Sundays and Wednesdays (2x/week)
- Intermediate swim Sundays and Thursdays OR Sunday, Monday and Thursdays (2 or 3x/week option)
- Advanced swim Sunday, Monday and Wednesdays (3x/week)
- Adults swim Sundays and Thursdays (2x/week)

SIGN UP!

Register online at cityoflacombe.perfectmind.com
For more information visit www.lacombe.ca/jlc
Registration is now open!

Lacombe- Strong roots. Fresh perspective.

KINSMEN AQUATIC CENTRE SCHEDULE

Schedule in effect from January 7 to March 9, 2024
www.lacombe.ca/pool

Aquatic Centre: 403.782.1278 Schedule Hotline: 403.782.1277
Schedule subject to change. Please call 403-782-1277 for current daily schedule.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim & Parent & Tot 7:00-8:30am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim & Parent & Tot 7:00-8:30am
Swim Lessons 9:00-11:45am	Schools 9:00-11:00am	Schools 9:00-11:00am	Schools 9:00-11:00am	Schools 9:00-11:00am Parent & Tot Swim 9:00-10:45am	Homeschool Lessons 9:00-11:00am	Swim Lessons (including Teen & Adult) 9:00am-11:45am
	Parent & Tot Swim 11:00am-1:00pm	Preschool Lessons 11:10am-12:50pm	Preschool Lessons 11:10am-12:50pm	Preschool Lessons 11:10am-12:50pm	Preschool Lessons 11:10am-12:50pm	
	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Aqua Zumba 11:10-11:55am	Low Impact Fitness 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 Parent & Tot Swim 1:00-3:00pm	Schools 1:00-3:00pm	\$3 Public Swim 1:00-3:00pm	Public Swim 1:15-3:15pm
	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm	Private Pool Rentals 3:30-4:30pm 4:45-5:45pm
Private Pool Rentals 5:05-6:05pm	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
JLC (all levels including Adult) 6:15-8:15pm	AquaZumba & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness 8:00-9:00pm JLC-Adults 8:00-9:00pm		

One lane is available Mon-Wed from 6:30-9:00pm, Thursday from 6:30-8:00pm.
Statutory Holiday Swim Time 1:00-5:00pm

Purchase memberships & register for courses online at: cityoflacombe.perfectmind.com

LACOMBE - KINSMEN AQUATIC CENTRE

Pool Schedule: 403.782.1277

www.lacombe.ca

\$3 Swim!
Every Friday
Including Wolf Creek School District Closures or PD days
Fridays 1:00pm - 3:00pm

2 for 1 Pool Admission

Coupon Expires: December 31, 2024. One Coupon per visit. 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.

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CULTURAL GROUPS & ORGANIZATIONS

MUSIC

- BURMAN UNIVERSITY**
Dr. Wendolyn Munroe 403-348-9150
- FIDDLER'S JAMBOREE**
Laurie Maetche 403-782-5596
- LACOMBE LIONS COMMUNITY BANDS**
- CONCERT BAND** Mark Kenny 403-784-3055
- FLAT IRON JAZZ** Gerald Ganson 403-782-2731
- LACOMBE MUSIC TEACHERS ASSOCIATION**
Judy Foulston 403-396-4445
- MUSIC FOR DEMENTIA**
Chelsea Toews Wolf Creek Primary Care Network
403-782-1408 EXT 117
- PARKLAND CLASSICAL SINGERS**
Carolyn Cave. 403-782-7365
- THE CAT & THE FIDDLERS**
Laurie Maetche 403-782-5596

CREATIVE GUILDS

- CENTRAL ALBERTA WOODWORKERS GUILD**
Duane McCartney 403-782-6597
- LACOMBE ART GUILD**
Leanne Simpson 403-877-5505
- LACOMBE HANDICRAFT AND LAPIDARY GUILD**
Ron Biel 403-782-7365
- LACOMBE WRITERS GROUP**
Maureen Pocock 403-885-4251
- LACOMBE & AREA SPINNERS, WEAVERS & FIBRE ARTISTS**
Donna. 403-784-3292

DANCE

- ROSEDALE VALLEY SCHOOL OF DANCE**
Arlene Cuff. 403-396-5132
- LACOMBE ROUND DANCERS**
Jacques Fyfe 403-782-7166
- DANCER'S EDGE STUDIO**
Heather Buelow. 403-782-1802
- MADDOX DANCE COMPANY**
info@maddoxdance.com 403-506-2980

THEATRE & OTHER PERFORMANCE ARTS

- COW PATTI THEATRE COMPANY**
AnnaMarie Lea 403-304-6329
- HOME GROWN THEATRE PRODUCTION COMPANY**
Rosanna Kerekes 403-588-4386
- LACOMBE AND DISTRICT PERFORMING ARTS FESTIVAL**
Heidi Baumbach 403-552-9166
- LACOMBE PERFORMING ARTS CENTRE FOUNDATION**
Rosanna Kerekes 403-588-4386

OTHER SOCIETIES, ORGANIZATIONS & CULTURAL INTERESTS

- ADULT LITERACY PROGRAM**
Dani Ducross 403-782-7955
- COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION**
Dani Ducross 403-782-7955
- FRIENDS OF GUATEMALA**
United Church. 403-782-3148
- LACOMBE ART COLLECTION COMMITTEE**
Maureen MacKenzie 403-782-1258
- LACOMBE ARTS ENDOWMENT COMMITTEE**
Maureen MacKenzie 403-782-1258
- LACOMBE BLACKSMITH SHOP**
Melissa Blunden. 403-782-3933
- LACOMBE & DISTRICT HISTORICAL SOCIETY**
Melissa Blunden. 403-782-3933
- LACOMBE REGIONAL TOURISM**
Austin Weaver. 403-782-1046
- LACOMBE & DISTRICT RIKUBETSU FRIENDSHIP SOCIETY**
Marlene McQuesten 403-782-5384
- MARY C. MOORE PUBLIC LIBRARY**
. 403-782-3433
- MICHENER HOUSE MUSEUM**
Melissa Blunden. 403-782-3933
- ROGUE ART & DESIGN STUDIO**
Trenton Leach 403-352-4345
- SASART**
Savannah Severin. 403-741-7360

PERFORMANCE VENUE LOCATIONS

- Burman University 5415 College Avenue
- College Heights Seventh-day Adventist Church
6915 Maple Drive
- Kozy Korner 5024 - 53 Street
- Lacombe Memorial Centre (LMC) 5214 - 50 Avenue
- Lacombe Performing Arts Centre (LPAC) 5227 C & E Trail
- Lacombe Upper Elementary School 5414 - 50 Street
- St. Andrew's United Church 5226 - 51 Avenue
- Tin Roof Event Centre Milton Road & Range Road 261

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LACOMBE PUBLIC ART COLLECTION

For a community of our size, our public art collection is unrivalled! Lacombe's collection has over 350 works of art with a value over half a million dollars, and you can see what's on display at City Hall and the LMC.

From our outdoor murals and sculptures to paintings and three-dimensional works of art there is something for everyone to enjoy! If you're out and about, be sure to take the Self-Guided Mural Tours information with you!

www.lacombe.ca/murals



The Shredder
by Angie Rees



Elevators Ascending
by Voyager Art & Tile



Police Officer
by Nathan Scott

DONATIONS OF ART

Are you downsizing and have original artwork that won't fit into your new home, or do you have a beautiful piece of art that you would like to share with the public? Perhaps you have family members who have passed on and you don't know what to do with their art collection. We hope you will consider donating the art to Lacombe's Art Collection. We have received many fabulous donations from local families, whose generosity has been heartfelt and inspiring. Each piece accepted into the collection will receive a tax-deductible donation receipt.



Doc & Dolly: Donated by Ruth More



ENCORE ART SALE

SPONSORED BY VESTA ENERGY

Feature Artist - Marlene Kallstrom-Barrit

Admission by donation

FRIDAY, APRIL 26
1 pm - 8 pm

SATURDAY, APRIL 27
11 am - 5 pm

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



www.lacombe.ca/artsale

Lacombe Arts Endowment Grant

2024 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 or by calling 403-782-1258. Application packages can also be picked up in person at City Hall.

Application Deadline is March 31, 2024

Lacombe- Strong roots. Fresh perspective.

SUPPORT THE ARTS

WOULD YOU LIKE TO SUPPORT THE ARTS IN YOUR COMMUNITY?

There are several ways you can show your support; by volunteering, attending events or by donating to the Lacombe Arts Endowment Fund. This fund is perpetual and lets donors leave a lasting legacy supporting the education, awareness, development and appreciation of the arts. The fund is used for grants in the arts that enrich the quality of life for residents in Lacombe and area.

In addition to cash gifts, donors may choose to make a contribution in other ways including:

- Memorial Gifts
- Publicly Traded Securities
- Real Estate
- Life Insurance
- Bequests

Anyone can donate to the Lacombe Arts Endowment Fund through the Red Deer and District Community Foundation. Cheques made payable to "Lacombe Arts Endowment Fund" can be mailed to:

Red Deer & District Community Foundation
203, 4805 - 48 Street
Red Deer, Alberta T4N 1S6

Tax receipts are issued for any donation of \$20 or more.

For information on how to give in a lasting and meaningful way to emerging artists in our area contact:

City of Lacombe Recreation Services office at 403-782-1266 or email: recreation@lacombe.ca



KD Lang signs a guitar for the Lacombe Arts Endowment Fund



COMMUNITY

Culture news in Lacombe

Sign up for a monthly Arts & Culture News Email! Did you know you can receive a monthly e-mail of cultural events and opportunities taking place each month in Lacombe? Well, you can if you visit: www.lacombe.ca/culture and sign up.

You'll learn about Music in the Park, other concerts, special speaker events, movie screenings, Cow Patti dinner theatres, new art exhibitions at the LMC, monthly group meetings, dance lessons, art sales and so much more!

It's simple and easy, and you can unsubscribe at any time.

Send us your events

Planning an arts or culture event in Lacombe? Let people know what you're up to by submitting your event to the monthly Arts & Culture News email at www.lacombe.ca/culture.

Events that can be submitted are art shows & sales, music concerts, special speaker events, movie screenings, dinner theatres, dance lessons and much more.

Building Community Series: Hosting a Block Party

The City of Lacombe encourages residents to host Summer Block Parties. A neighbourhood Block Party is an opportunity for neighbours to get together, meet each other, have fun and work together on a common activity. Getting together with neighbours for a warm evening of fun and food is not only enjoyable but also enables a renewed attachment among the people in your area.

This FREE workshop will provide resources, tips and tricks, and support for those interested in hosting a Block Party this summer. There will be a draw for three \$100 gift cards to help get your party started!

Supper is included with your free registration by March 12, 2024. For more info email recreation@lacombe.ca or call 403-782-1251



Date: Thursday, March 21st, 2024
Time: 5:15-7:45pm
Location: Lacombe County Room at the Lacombe Memorial Centre
Register at lacombe.ca/blockparty
Questions? Contact Sheri @403-782-1251

COMMUNITY

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



FISH & FETCH PARK



Check it out at 5309 37 Street
(North of Blindman Brewing)

Did you know...

There is a new recreation area in Lacombe! It is 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!



Let's give a 20 Minute Makeover to Lacombe!

Pitch-In Week runs from April 29 to May 5th, 2024
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 30, 2024 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, contact Tracey at tverhoeven@lacombe.ca or call 403-782-1284.

Register today for a chance to WIN A PRIZE!



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 assist your group or business?

For more information on the application process and guidelines, please call (403)782-1251 or visit www.lacombe.ca/grants.

Have a **NEW** idea to build community?

COMMUNITY BUILDER PARTNERSHIP
Connect · Collaborate · Create
Intake dates available in the Spring & Fall
\$100,000 in available funds
For more information call 403-782-1251 or visit lacombe.ca/grants



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 through video demonstrations. Be sure to head out and safely try these moves out for yourself. Visit lacombe.ca/lacombemoves to see exercise instructions.



GRANT WRITING 101 WORKSHOP

Take the free online Grant Writing Course (or numerous other Non-Profit Courses) at: <https://www.alberta.ca/lookup/non-profit-online-courses.aspx>

Grant writing ...ugh. Sound familiar? For many non-profit volunteers and staff, grant writing can seem like a time-consuming task in creative writing, with the payoff being the luck of the draw. The truth is, with steep competition for limited grant dollars, a well-written grant is only part of the success formula. This video series covers core proposal and grant writing skills, how to avoid common pitfalls, understanding what funders look for, and tips on maintaining good relationships with your funders.

GRANT WRITING 201 WORKSHOP - LACOMBE

Date: Thursday, February 29, 2024

Time: 5:00 pm – 8:00 pm

Location: In the Lacombe County Room at the Lacombe Memorial Centre
Visit www.lacombe.ca/grants to register and to see Lacombe's local grants.

Hear application tips from the administration that oversees these grant funds. Learn the do's, don'ts and common issues in grant writing at the local level. Suggested Prerequisite – Grant Writing 101
Supper is included with your free registration by February 21, 2024.

For more information email recreation@lacombe.ca or call 403-782-1251.

Happiness Basics



Free Workshop!

Happiness Basics is a **SIMPLE, POSITIVE, EMPOWERING** workshop. It is a facilitated workshop for people who want to learn to be happier. Happiness Basics moves people to ACTION.

The program teaches low tech and low-cost skills that should be accessible to everyone. The participant's manual engages participants to use the skills they learn in class throughout the week and after the program is finished.

Who is this program for?

Adults (18+) who want to be happier, whether they are depressed, languishing, or flourishing. You do not need a diagnosis to take this program.

Are you interested in an In-person class at the Lacombe Memorial Centre?

Contact the Wolf Creek Primary Care Network (WCPCN) at info@wpcpn.ca or call 403-782-1408 for more information.

All WCPCN Group Programs and Workshops are provided for **FREE!**

For further information on WCPCN group classes and workshops go to: <https://wolfcreekpcn.com/programs-and-classes/>

Sponsored by:



If you are a volunteer or an organization that managers volunteers, www.lacombe.ca/volunteer is an essential resource for you!

- **Resources for Organizations**
Online Grant Writing Workshops through Alberta Community Development
Where can I get grants and funding?
- **Recruiting Volunteers**
What are some different tactics for recruiting volunteers?
- **Retaining Volunteers**
How can I prevent my volunteers from burning out?
- **Recognizing Volunteers**
How do volunteers want to be appreciated?

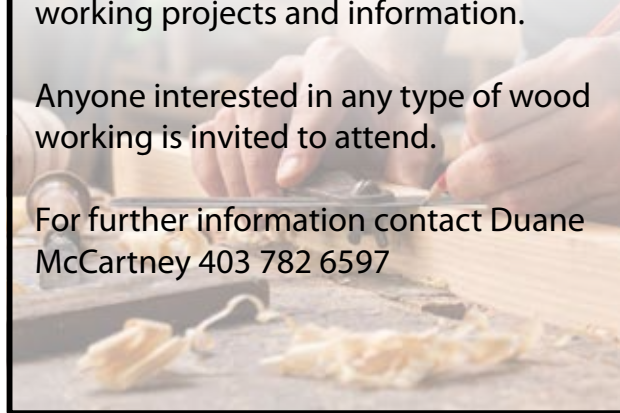
www.lacombe.ca/volunteer

CENTRAL ALBERTA WOODWORKERS GUILD (CAWG)

The Central Alberta Wood Workers Guild meets the third Thurs evening of each month at different locations. Meetings feature guest speakers, tours, wood working projects and information.

Anyone interested in any type of wood working is invited to attend.

For further information contact Duane McCartney 403 782 6597



PHCD

(Principles of Healthy Child Development)

TRAINING IS AVAILABLE IN YOUR AREA

What is it?

A one-day training that teaches front-line leaders how to enhance the quality of the programs they are delivering. It provides in-depth knowledge of the HIGH FIVE® Principles of healthy child development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met.

Who is it for?

Front-line leaders or anyone working with children aged 6 to 12 (i.e. instructor, camp counsellor).

Why does it matter?

Leaders have a major impact on a child's positive experience. The training is based in research and has been designed to equip leaders with activities, knowledge, tips and resources addressing key topics like bullying, conflict resolution, physical literacy, children's mental health and moderate to vigorous physical activity. They also learn to enhance their relationships with children and other staff members.

Training Details:

INTERESTED?

Call 403-782-1251 or email recreation@lacombe.ca or add your name directly to the interest list at www.lacombe.ca/highfive

Training Delivered by:



For further information about HIGH FIVE® training visit www.HIGHFIVE.org

DO YOU HAVE A TEENAGER?



Connect© is a 10-week program to support parents of teens (ages 12-18).

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

@connectparentgrouplacombe web:www.connectparentgroup.org

THE COURSE IS FREE FOR PARTICIPANT

Contact us for upcoming dates



**MARY C MOORE
PUBLIC LIBRARY**

**BOOKS AND MORE
FOR EVERY CHAPTER OF
YOUR LIFE**

We offer a variety of accessible programs that build community connections, provide learning opportunities, and are fun for all ages!

Located in the Lacombe Memorial Centre: 5214 50th Ave Lacombe



Early Literacy Programs for Ages Infant-13

Weekly classes for kids, from infants to tweens. Hosted by Miss Mary in the Children's Program Room. Registration required, 2 sessions per year (Fall and Winter/Spring). Drop-in Summer Reading Club for ages 3-13 in July and August



Multigenerational Programs

Parent/Child Book Club, LEGO Club, Homeshcooler Makerspace and Poetry Tea Time, Family Craft Programs & Movies



Literacy and Recreational Programs for Adults

Monthly Book Clubs, Craft Nights, Art Classes, Genealogy Club, Film Series, Info Sessions, Seniors Outreach, Equipment Lending, Knitting & Fibre Artist meetings



And so much more!

We also host special events for teens and for seniors, local author visits, DND afternoons for teens, and a monthly take-home spice subscription. We strive to keep our programs accessible; all are free or offered at an affordable rate.

Available everyday: free public computer usage, free wifi; a private meeting room, and printing & faxing services.

Contact us for more information on our programs and services:

mcimpl@prl.ab.ca | 403-782-3433 | lacombelibrary.com



Member of the Parkland Regional Library System.
Annual library membership: \$20 per household.



LACOMBE*CLIVE*LACOMBE COUNTY
 DONATIONS & APPLICATIONS
 WWW.LACOMBEFCSS.NET
 403-782-6637



LACOMBE & DISTRICT FCSS SUPPORTS ALL STAGES OF LIFE

STUDENTS & FAMILIES

- TOOLS & SHOES FOR SCHOOL
- COATS FOR KIDS
- RAINBOWS
- HOME ALONE & BABYSITTERS COURSE
- FAMILY SPECIAL EVENTS



ADULTS

- COMMUNITY VOLUNTEER INCOME TAX
- FILL A FRIDGE
- CONNEX TRANSPORTATION
- NAVIGATION REFERRAL SERVICES
- COMMUNITY DINNER
- COMPASS FOR CAREGIVERS
- COMMUNITY GARDEN PLOTS



SENIORS

- MEALS ON WHEELS
- PHILIPS LIFELINE
- SENIOR SUPPORT SERVICES
- HOME SUPPORT
- SENIORS WEEK EVENTS
- OPENING MINDS THOUGHT ART
- SENIORS VISITING PROGRAM



LACOMBE*CLIVE*LACOMBE COUNTY
 DONATIONS & APPLICATIONS
 WWW.LACOMBEFCSS.NET
 403-782-6637

KINDNESS CAMPAIGN

FEBRUARY 2024

#BeKind



The Lacombe Kindness Campaign is a heartwarming movement that unites the city in spreading compassion and care. Through the Kindness Kits, the community actively participates in small acts of kindness. Businesses may order free kits to join the cause, selling pink themed items, and sharing the campaign's message that even the smallest gesture can create a community of kindness. FCSS has partnered with the Lacombe BGC to sell their pink shirts alongside our Kindness Campaign.
ORDER YOUR KINDNESS KIT!!



COMMUNITY VOLUNTEER TAX PROGRAM



FCSS Volunteers trained by the CRA can help file returns for individuals with LOW TO MODEST INCOMES & WITH SIMPLE TAX SITUATIONS.

Available: March 1, 2024

Lacombe * Bentley * Clive * Tees * Mirror * Alix * Lacombe County

HOME ALONE BABYSITTERS

An interactive safety training program for youth 10+ years of age.

A course for responsible youth 12+ years of age who want to have babysitter certification.

Watch for Upcoming Dates!

MEMORY CAFE'



The 4th Friday of every month @ 2pm
 @ Mary C. Moore Library

Memory Café is a social gathering for people with memory loss and those who care for them. Monthly sessions are loosely structured with a positive focus offering opportunity for information gathering, creativity and sharing with others.



COMPASS FOR CAREGIVERS



Caregiving can be stressful, isolating and overwhelming. It can have a negative impact on the caregiver's physical and mental health. That's why our award-winning COMPASS for the Caregiver program helps caregivers balance their own well-being with the challenges of caregiving. COMPASS is a supportive multi-session workshop facilitated by someone who understands how difficult caregiving can be. We discuss dealing with guilt and grief, managing stress, improving communication, navigating the system and planning for the journey ahead. This is a 6 week session meeting once a week.
 Start January 2024

Border Paving Fitness Centre

Cottonwood Meadows Running Track

Red Deer Kinsmen Indoor Play Space

Centrally located just minutes away from Lacombe, Ponoka and Red Deer, the **Abbey Centre** offers drop-in play, programming, on-site child care and much more!

4500 Womacks Rd
Blackfalds, AB
403.885.4039

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blackfalds.ca/abbeycentre

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Quality Hearing Care for Less

Hearing aids
Access to quality hearing care at low prices.
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5230-45 Street,
Lacombe AB
(located in the Lacombe Centre Mall near Peavey Mart)

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

Good food,
not fast food

Homemade from Scratch

Mae's Kitchen

5303-50 Avenue, Mirror, AB T0B 3C0

403-788-2082 | maecummer@gmail.com

Facebook - Mae's Kitchen

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

village of **Clive**

Our active community is located just north of Highway 12, about 15 minutes east of Lacombe. Clive's community of about 800 residents offers an enjoyable country living atmosphere with quick access to all amenities.

Village Office
403-784-3366
www.clive.ca

Check us out on Facebook

Recreation:

- **Outdoor Rink**
- **Arena** - For skate times and upcoming events check out the Clive Athletic & Agricultural Society Facebook Page @ <https://www.facebook.com/groups/104509926326142/>
- **Curling** - Clive Memorial Curling Club bonspiel info on Facebook or **Contact:** Susy Bell Ph:403-396-4456

Programs:

Clive Public Library
Weekly Children Craft Kits
Monthly Bonding Over Books Club
Please follow social media for upcoming programs
Contact: Charissa at 403-784-3131
Email: clivelibrary@prl.ab.ca

Clive FCSS
Tuesday and Thursday 8:30am - 4:00pm
Contact: Celeste Boyle at 403-784-2020
clivefcss@lacombecfcss.net

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 karen.white@mcmcentral.ca

Clive Food Bank
Contact: 780-906-4890
Open Wednesdays 5 - 7pm at the Clive Adventist Community Hall 4903 - 50th Avenue

Lacombe **PH(SIOTHERAPY)** Clinics

"Get Better...Get Moving"

PHYSIOTHERAPY AND MASSAGE TREATMENT TO KEEP YOU ACTIVE

BOOK ONLINE OR CONTACT US:

Lacombe: (403)782-5561
www.lacombephysio.com

Blackfalds: (403) 885-1565
www.blackfaldsphysio.com

5 REASONS TO Foster

- 1 MAKE A POSITIVE DIFFERENCE
- 2 HELP CHILDREN FEEL SAFE AND SECURE
- 3 ENABLE CHILDREN TO ACHIEVE THEIR FULL POTENTIAL
- 4 DEVELOP CHILDREN'S SELF ESTEEM AND SENSE OF PRIDE
- 5 SUPPORT CHILDREN TO FACE THEIR FUTURES WITH CONFIDENCE



TO FIND OUT MORE CONTACT

JACKI @

403-227-5580



“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. The Agency was founded in 1976 and 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:

- Residential Services
- Community Access
- Ponoka Enhanced Housing
- Outreach Services Learning Circle
- Employment Support Services
- Gateway Pre-employment Program
- Family Services for Children with Disabilities

Lacombe Office
 # 4 Iron Wolf Blvd.
 Lacombe, AB, T4L 2K6
 Phone (403) 782-5531
 Fax (403) 782-7073

Red Deer Office
 4620 48th Ave
 Red Deer Alberta
 Phone (403) 358-7816
 Fax (403) 348-0043

Stettler Office
 4804-50th 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’s Favourite Thrift Store!”

Lacombe & District Employment Service Centre
 A full service employment centre in the Lacombe Centre Mall. Offering labour market expertise and support to job seeking Albertans and local employers. If you are looking for a job, we can help.

Office Location
 Bay 16, 5230 45th Street
 Lacombe, Alberta, T4L 2A1

Phone: (403) 786-0044 Fax: (403) 786-0014

Looking for part-time/ weekend employment?

CONSIDER A CAREER WITH THE ACTION GROUP

Looking for dedicated and talented people to join our dynamic team of professionals.

TRAINING PROVIDED

Please email your resume to our Human Resources department at:
recruitment@action-group.org

Please check out our website at www.action-group.ca

MDC

MADDOX DANCE COMPANY

DANCE WITH US!

REC HIP HOP

20 weeks | Jan 12 – May 31, 2024
Ages 6+ | Fridays 6 – 6:45 pm

TEEN BEGINNER BALLET

6 weeks | Jan 16 – Feb 20, 2024
Ages 13+ | Tuesdays 4:15 – 5 pm

BALLET MINI SESSION

6 weeks | Jan 17 – Feb 21, 2024
Ages 6+ | Wednesdays 6:30 – 7:15 pm



PARENTED CLASSES

JAN 15 - FEB 26, 2024

Mondays (no class on Family Day)
9:30 am Sing, Play Grow (ages 2-5)

Tuesdays
9:30 am Bustin' Loose with Mother Goose (ages 0-5)
10:30 am Bonding with Baby (Ages 0-12 months)

MARCH 4 - APRIL 15

Mondays (no class on Easter Monday)
9:30 am Zumbini (ages 0-5)
10:30 am Infant Massage (Ages 0-12 months)

Tuesdays
9:30 am Wiggle & Giggle (ages 0-5)

REGISTER AT
WWW.MADDOXDANCE.COM

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ARTS CENTRE

CREATE, PERFORM,
COLLABORATE.

More info:

lacombePAC.com

403-588-4386

2023 - 2024 CONCERT SERIES

In the SHUNDA Theatre
Brought to you by:

RE/MAX
real estate central alberta

February 4: Sons of Town Hall
March 10: Jack Garton

Tickets, \$35 ea, Available at Mary C
Moore Library or LacombePAC.com

WINTER CLASSES & WORKSHOPS

Brave New Writing

with Fran Kimmel
Continues January 10
Every 2nd Wednesday
6:30 PM - 8 PM

Silk Painting

with Darcy Edinga
April 27,
Saturday
10 AM - 4:30 PM

Indigo Dyeing

with Darcy Edinga
February 24,
Saturday
10 AM - 4:30 PM

Enamelling

with Casting Cats Studio
March 14 - April 18,
Thursdays
6 PM - 9 PM

Drawing, Acrylic, Water
Colour, and more coming
soon!

PERFORMANCES & EVENTS

Student Showcase Month

January
Exhibit Opening: January 12
Free performances
throughout the month

Forbeez Theatre Group

Performances
April 15 - 16

More events coming soon!

BE IN THE KNOW: Become A Member, \$20/year, for monthly newsletters, discounts and more!

RECREATIONAL DANCE & AERIAL

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20 Years of experience,
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Registration & Schedule opens December 1st

www.dancersedgestudio.ca

womens only gym

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Preschool Aged Children 2-5 yrs

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403.391.3124

A NEW student intake happening in January. Have your little one learn and grow with us

\$120 For 2 Days a Week
9-11am



PASSPORT TO
Christmas

Presented by Lacombe & District Chamber of Commerce

"Shop local in Eckville, Bentley, Lacombe and Clive"

Top prize of \$3,000

Deadline for passports is December 24th, 2023

Lacombe & District Chamber of Commerce
2024 Trade Show

Friday April 19th
and
Saturday April 20th, 2024
At the
Gary Moe Sports Complex

We'll be taking registrations soon for the 2024 Trade Show

info@lacombechamber.ca
Call 403 782 4300 or check out our website:

www.lacombechamber.ca



Lacombe Dolphins



Swim Club

**AGM & REGISTRATION NIGHT
WEDNESDAY, MARCH 6th, 7PM**

**COMMUNITY ROOM #2
GARY MOE AUTO GROUP
SPORTSPLEX**

Check out our webpage for more information:

www.lacombedolphinsswimclub.ca

- SUMMER SWIM CLUB
- FULL SEASON: May-August
- HALF SEASON: May-June
- AMAZING COACHES!
- FUN SWIM MEETS!

Join us for a FUN season of swimming!




Dodgers
LACOMBE

INFORMATION NIGHT AND AGM


**January 15th
7:00PM**

Registration Opens January 16th
AA Registration Deadline:
February 15, 2024
A Registration Deadline:
March 15, 2024

**Lacombe
Memorial Centre
County Room**

For more information email
lacombedodgers@gmail.com

\$25/player
Registration
Discount for
those in
attendance.






**AGM
&
OUTDOOR
REGISTRATION
FREE
REGISTRATION
DRAWS!**

**DATE 15
FEB.**

7:00 PM

Lacombe Memorial
Centre
5214 50 Ave
Registration Link
<http://lacombesoccer.rampregistrations.com>


2 LOCATIONS TO SERVE YOU.

DOWNTOWN

5018 50 AVE
LACOMBE, AB
403-782-7357

BIKE SHOP

#20, 7102 52 ST
LACOMBE, AB
403-786-9229



**REDS
SOURCE
FOR SPORTS™**



sourceforsports.ca

Lacoka Lacrosse Association



AGM
Thursday, January 18/24
Ponoka Arena 7pm
lacokalacrosse.com

REDS RUNNERS

FREE RUNNING PROGRAMS

**REDS
RUNNERS**

WALK OR RUN GROUPS

The 'Reds Runners' meet every Wednesday at 6:30pm for a weekly drop-in trail run/walk. There is a running group and a walking group with two distance options: ~4-5k or ~8-10k.

FULL & HALF MARATHON TRAINING

Starting at the end of January 2024, join us for either a Full or a Half Marathon 16-week training clinic, gearing towards a race date for the May long weekend. A subsequent 12-week 10k training clinic will follow, starting at the end of February.
Wednesdays 6pm

**LOCATION IS THE REDS SOURCE FOR SPORTS BIKE SHOP
AT #20 7102-52 STREET,**

**more information, please contact
Doug MacIsaac 403-358-6373.**



SUPERBOWL LVIII LAPA FUNDRAISER



FEB. 11 2024
2PM-10PM

PRIZES-APPLES-50/50-
SILENT AUCTION
-LETO'S LOUNGE-

CONTACT LAPA FOR TICKETS
lacombeathleticpark@gmail.com

LETO'S
STEAKHOUSE AND BAR

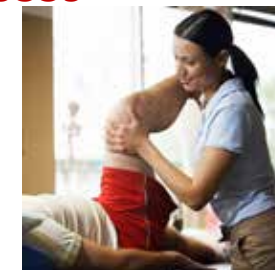
COMMUNITY FIT PHYSIOTHERAPY CLINIC & SPORTS INJURY REHABILITATION

LOCATION: Bay-4, 5265, 45th Street, Lacombe, AB- T4L 2A2.

Phone: 1(403)786-9777 Fax: 1(403)786-9559



email: communityfit_ptc@yahoo.com
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.



LEGACY REHABILITATION

Physiotherapy (PT)
Occupational Therapy (OT)
Speech-Language Pathology (SLP)
Kinesiology (KIN)

General Physio | Neuro-Rehab | Play-Based Children's Services |
Driving Assessments | Aphasia Treatment

EVERYONE is Welcome. Call or Book Online. Direct Billing Available.



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legacyrehab.ca
825-640-8326
admin@legacyrehab.ca



*Fine Art Instruction for All Levels
beginners encouraged ~ age 16+*



Contact: Leanne Simpson
(evenings only please)
P:403-877-5505
E:lacombealbartaartguild@gmail.com
Website: www.lacombeartguild.ca
Facebook: [lacombeartguild](https://www.facebook.com/lacombeartguild) Instagram: [lacombe_art_guild](https://www.instagram.com/lacombe_art_guild)

*What is an Art Guild?
It's a place where artists can meet,
grow through education,
share their work, receive gentle critique,
overcome hurdles, find support and life
long friendships.
Membership in the Lacombe Art Guild:
Offers discounts on our classes, the
opportunity to showcase your work at local
venues, online and at the annual
Encore Art Show.*

"THE LACOMBE ART
GUILD IS THE PLACE
FOR YOU TO COME
FIND YOUR ARTISTIC
VOICE BY TRYING NEW
MEDIUMS, RECEIVING
EXPERT INSTRUCTION
AND CULTIVATE LIFE
LONG CONNECTIONS
AND FRIENDSHIPS WITH
FOLLOW ARTISTS. "
~VAL MCNALL.

**July
12-14**

JOIN US FOR THE 2024

LACOMBE DAYS

BE A PART OF THE FESTIVITIES!

WWW.LACOMBEDAYS.CA
INFO@LACOMBEDAYS.CA

**LACOMBE
ESTB 2023
PICKLEBALL
CLUB**

Join the fun, a great way to be active, meet new friends and learn a new sport.

Club Play:
 Mondays 6:00 - 8:00 PM
 Burman University
 Wednesdays & Thursdays
 5:30 - 9:00 pm
 JS McCormick School

Club Membership & Information:
www.lacombepickleball.org
info@lacombepickleball.org

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 at 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 to learn more!

FALL PROGRAMS

MESSY CHURCH
Food—Faith—Fun—Family Join us on the first Friday each month for a relaxed style of church service for people of all ages that involves creativity, celebration and hospitality.
*First Friday of the month
 5-7pm*

CHOIR
 We are always looking for new members of any experience level to join us. Choir is a great way to participate in worship through music.
Wednesday Evenings

SUNDAY SERVICE
 Join us for faith exploration for all ages followed by fellowship.
Sundays at 10:30am

We offer a wide range of ministries and weekly programs.

- CHILDREN'S MINISTRIES
 - SUNDAY SCHOOL
 - PRE-SCHOOL
 - GRADES 1 - 3
 - GRADES 4 - 6
- YOUTH (GRADES 6 - 12) - MONDAY EVENINGS
- WOMEN'S MINISTRIES
 - MOMTIME THURSDAYS MORNINGS
 - LADIES FELLOWSHIP SATURDAY MORNINGS
- MEN'S MINISTRIES
 - MEN'S BREAKFAST - SATURDAY MORNINGS
 - BAND OF BROTHERS - MONDAY EVENINGS
- PRAYER MINISTRY
- SMALL GROUPS
- HANDS & FEET SUNDAYS

Wolf Creek Community Church
SUNDAYS @ 10AM

4110 WOLF CREEK DRIVE
 @ HIGHWAY 12

PASTOR RICK ABMA

WOLFCREEKCHURCH.CA

403-782-4563

"Wolf Creek Community Church exists to reach out and enfold people for Jesus, together becoming devoted disciples of Him"

Upcoming Events

Spring Charity Auction
 Spring 2024

**Jon Dolman
 Memorial Golf Classic**
 June 7th 2024

Diamonds In The Sky
 October 18th 2024

Santa's Anonymous
 Nov-Dec 2024

**Serving the Community's
 Greatest Need**

**For more information,
 please contact us**
Tel: (403) 782-3148
office@lacombeunitedchurch.ca

**St. Andrew's
 United Church**
*Together on the Journey,
 Loving God and Neighbour*

5226-51 Avenue Lacombe, AB



Your Martial Arts Club in Lacombe!



Programs:

- Adults Brazilian Jiu-Jitsu
- Kids Brazilian Jiu-Jitsu
- Adults Kickboxing

Enhance your:

- Self-defense
- Fitness
- Discipline
- Self-confidence
- Friendships

Phone: 1 587 377 6113

Email: centralalbertabjj@gmail.com

Location: Bay 5-6, 5372 Len Thompson Dr. Lacombe, Alberta



SQUARE DANCING IS FUN AND A GREAT STRESS RELIEVER

NO SPECIAL CLOTHES REQUIRED. CASUAL IS FINE!

MANY AGES, FAMILIES & FRIENDS HAVE FUN TOGETHER.

GENTLE EXERCISE. NO FANCY FOOTWORK NEEDED.

WE DANCE TO A WIDE VARIETY OF MUSIC-POP, CLASSICAL, COUNTRY, ROCK, AND MORE

PHOTO BY FREEPIK

Social Square Dance For Beginners



Coming to Lacombe January 2024

Email or phone to be put on a reminder contact list.

enstart@telusplanet.net
403-782-6746



2024 Micro-Credential Program

Increase your chances for success by learning practical business skills that employers are looking for.

8 Week Online Courses

Session date February - March

Entrepreneurship

- Entrepreneurship & Innovation
- Digital Marketing
- Marketing Strategy
- Bookkeeping & Taxation
- Small Business Finance
- Internet Security

Finance

- Canadian Investments Funds (Mutual Funds - IFSE certified)
- Family Finance
- Introduction to Banking & Financial Institutions
- Bookkeeping & Taxation for Small Businesses
- Small Business Finance
- Real Estate & Insurance Finance

\$300⁰⁰ Per course

\$200⁰⁰ Per course if you are an active post-secondary or grade 12 student.



Apply today at

www.burmanu.ca/smallbusinesscentre



NEW 2024

1-year Business Administration Certificate
2-year Business Management Diploma

"The Burman University School of Business developed my business acumen and empowered me to enter the workforce ready to make a difference."
BREEANN BURGHARDT

\$3,000 scholarship is available for new students enrolling in their first year at Burman University in the School of Business. *CONDITIONS APPLY

For more information about The School of Business visit burmanu.ca/requestinfo

PROGRAMS OFFERED

- BBA Accounting
- BBA Human Resources
- BBA International Business Management
- BA Business Administration (3Yr)

Apply at BURMANU.CA/APPLY





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

INFORMATION SESSIONS FOR PARENTS AND CAREGIVERS

- January 17: Self-Regulation in the Early Years
- January 31: Self-Regulation in the Middle Years
- February 7: Parent - Teen Relationships
- February 28: The Sensory System
- March 6: Children and Anxiety

Sessions will be 7:00pm-8:30pm



Jacey Gamroth, M.Sc., OT, B.A.



Melissa Prins, M.Sc., R. Psych

Presented by TO THE STARS WELLNESS CENTRE



Alberta Provincial Family Resource Networks

Sessions will take place at Lacombe Family Resource Network #4, 4725 49b Ave, Lacombe, AB

All Sessions are Free for Attendees.

THANK YOU!!!



FOR SUPPORTING LACOMBE LIFELONG LEARNING ADULT LITERACY PROGRAM

Wag's



WAG'S HOLISTIC PET NUTRITION
4952 HWY 2A, LACOMBE, AB,
(403) 786-9704
WAGSHOLISTICPET@GMAIL.COM

The Grooming Shop

THE GROOMING SHOP
#3-5034 49 STREET, LACOMBE, AB,
(403) 597-2005
GROOMINGSHOP2@GMAIL.COM



We are hiring!

Seeking caregivers to provide daily living support to children and adults with developmental disabilities

Casual, part-time and full-time shifts available for days, evenings and overnights

hr@pclass.org
www.parklandclass.org




2024 Programs For Grades K-6

School's Out Day Program

The School's Out Day (S.O.D.) Program operates from 8:30AM - 5:30PM during the school year and includes life-skills instruction, leadership training, recreation, field trips and other planned activities on Professional Development Days, school breaks and In Lieu Days for schools. The following dates follow the Wolf Creek Public Schools calendar.

- Thursday, January 19, 2024
- Friday, February 9, 2024
- Tuesday-Friday, February 20-23, 2024
- Wednesday, March 15, 2024
- Monday-Thursday, March 25-28, 2024
- Friday, April 26, 2024
- Friday, May 17, 2024
- Tuesday, May 21, 2024
- Friday, June 14, 2024

Cost: \$15.00-\$40.00/day (Government and Club Subsidies Available)

After School Program


The After School Program (A.S.P.) operates Monday-Friday, from 3:15PM - 5:30PM during the school year and includes life-skills instruction, leadership training, recreation, other activities and a nutritional snack.

- Program Cost: \$15/day (Government and Club Subsidies available)
- Program End Date: Friday, June 21, 2024
- Program Closure: Monday, December 25 - Monday, January 5, 2024

Summer Camp

The Summer Camp operates Monday-Friday, from 8:30PM - 5:30PM during July and August and includes themed weeks, field trips, sports, crafts, games and more.

Location: Ecole Lacombe Upper Elementary School (door #3/E4)
Terrace Ridge School (east doors)
Contact: Phone 403-704-4216
Email: Lacombe@bgcwolfcreek.com
Website: www.lacombe.bgcwolfcreek.com

New!!!




LEARN ON

A FREE tutoring program that allows students ages 13-21 to receive homework support, connect with tutors, and plan for post-secondary education.

JANUARY 9 - JUNE 22, 2024
3:30PM - 7:00PM

Tuesdays - LMC (Kinsmen Room)
Thursdays - Library (History Room)

For more information call 403-704-4216 or email lacombab@bgcwolfcreek.com



The Lacombe Music Festival

is excited to host the 43rd Annual Music Festival in March 2024.

We welcome teachers and coaches to enter their students, and local businesses to support financially by donating to the festival, or to sponsoring awards.

REGISTRATION—January 8—February 8, 2024
www.lacombemusicfest.com







Lacombe Community Christmas Dinner

Monday December 25, 2023

Lacombe Memorial Centre

Doors open at 11:30 a.m.

Dinner to be served at 12:30 p.m.

All are WELCOME!

Admission: FREE

Hosted by

Bethel Christian Reformed Church

For more information call 403-782-6400



CARE **New to Canada?** FOR NEWCOMERS

When Central Alberta is your new home

Care for Newcomers is proud to offer settlement support and community connections programming throughout Central Alberta.

- Connect to your Community
- Ask Questions
- Get Support
- Find Resources
- Translation & Interpretation
- Public Awareness Programs
- Settlement Support In Schools
- Volunteering

403-318-1706 call/text/WhatsApp
regionalsettlement@carefornewcomers.ca
www.carefornewcomers.ca

Funded by:  Immigration, Refugees and Citizenship Canada
Financé par: Immigration, Réfugiés et Citoyenneté Canada



IG PRIVATE WEALTH MANAGEMENT
THIESSEN & ASSOCIATES



Thiessen & Associates
CHRIS THIESSEN, CFP®, CLU
Executive Financial Consultant
Investors Group Financial Services Inc.
403.391.2676 | Chris.Thiessen@igpwm.ca

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mike@eagle-heating.ca



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Winter

Don't Hibernate
JAN ~ APRIL

'24



COUNTY OF LACOMBE
COMMUNITY RESOURCE AND ACTIVITY GUIDE
CLLLA.COM