

MARCH 2024

# HARDISTY HAPPENINGS

WWW.HARDISTY.CA | 780-888-3623 | OFFICE: 9 AM - 4:30 PM | 4807-49 ST

Would you like to see your event listed in our newsletter and our website or announced on our Facebook and Twitter accounts? Email upcoming events to [payments@hardisty.ca](mailto:payments@hardisty.ca) no later than the 29th of the preceding month.



## REMINDER:

To anyone hosting a local event that would like a little extra exposure, contact us at the office. We will be happy to add your event to the website calendar. This calendar also gets added to our monthly newsletter.



**St. Paul's United Church**

## Spaghetti Supper & Auction




**Hardisty Community Hall**

**Cost:**

Adults: \$15.00	<b>Monday, April 8, 2024</b>
Ages 6—12: \$10.00	<b>Supper: 5:00—7:00 PM</b>
5 & Under: FREE	<b>Silent Auction: 5:00 PM</b>
	<b>Live Auction: 7:00 PM</b>

Auction items may be dropped off at the Hall during the day of April 8<sup>th</sup>. Please mark them with the donor's name  
 Donations can also be dropped off at St. Paul's on Thursdays during Open Door (2:00—5:00PM)  
 For information or pick up of donated items call: 780-888-2266 or 780-888-3504



## Bill Payments

Payments can be made via cheque, cash, Mastercard, Visa, Debit, Online banking or e-transfer to [payments@hardisty.ca](mailto:payments@hardisty.ca). If you are paying Via e-transfer, please include your account number in the comments.

## St. Paul Church News

Church services at 10:00 a.m.  
Everyone welcome.

**April 8 - Spaghetti Supper and auction.**  
Donation of auction items greatly appreciated. For information call Gail: 780-888-2266 or Fay: 780-888-3504

**June 8 - Town wide garage sale and pancake breakfast.** Watch for information later.



A little fun!  
Find 10 lucky clovers



# Exercise Program

Experience the health benefits!

Learn to exercise safely while living  
with a health condition.

## Upcoming Sessions:

Mar 18- April 24

**Mondays & Wednesdays**

Afternoons @ 1:00-2:30pm

Evenings @ 6:00-7:30pm

April 9- May 16

**Tuesdays & Thursdays**

Mornings @ 10:00-11:30am

Afternoons @ 1:00-2:30pm

### **Free** Exercise Program

- Are you ready to commit?
- Tailored to your fitness level
- 2 times per week for 6 weeks
- No equipment needed!
- Learn to exercise safely
- Use Zoom in your own home



Visit [www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)

Or [Click here to connect](#) with our  
exercise team

If you are an adult living with one or more chronic health conditions, join  
this safe, fun and interactive small group setting.



For more information call  
**1-877-349-5711**



**Alberta Health  
Services**

Alberta Healthy Living  
Program



# March 2024 Workshops for Adults by ZOOM

Be Supported on your Journey to Better Health  
– Right from Home!

## Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those continuing to manage their diabetes.

### Overview

Mar 7	Thurs	9:30am to 12:00pm
Mar 7	Thurs	5:30pm to 8:00pm
Mar 12	Tue	1:30pm to 4:00pm

### Nutrition

Mar 14	Thurs	9:30am to 11:00am
Mar 14	Thurs	5:30pm to 7:00pm
Mar 19	Tue	1:30pm to 3:00pm

### Ongoing Care

Mar 21	Thurs	9:30am to 12:00pm
Mar 21	Thurs	5:30pm to 8:00pm
Mar 26	Tue	1:30pm to 4:00pm

## Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand the risks for heart disease and stroke.

### Overview & Prevention

Mar 5	Tue	1:30pm to 3:00pm
Mar 14	Thurs	5:30pm to 7:00pm
Mar 20	Wed	9:30am to 11:00am

### Nutrition

Mar 12	Tue	1:30pm to 3:00pm
Mar 21	Thurs	5:30pm to 7:00pm
Mar 27	Wed	9:30am to 11:00am

## Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

Mar 12 & 19	Tue	1:30pm to 4:00pm
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## Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Mar 13	Wed	1:30pm to 4:00pm
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## Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

### Series 1—Classes 1.1, 1.2, & 1.3

Mar 4, 11, & 18	Mon	5:30pm to 8:00pm
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### Series 2—Classes 2.1, 2.2, & 2.3

Mar 5, 12, & 19	Tue	9:30am to 12:00pm
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### Series 3—Classes 3.1 & 3.2

Mar 5 & 12	Tue	9:30am to 12:00pm
Mar 6 & 13	Wed	5:30pm to 8:00pm

## Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Mar 18- April 24	Mondays & Wednesdays
Afternoons	1:00-2:30pm
Evenings	6:00-7:30pm

April 9- May 16	Tuesdays & Thursdays
Mornings	10:00-11:30am
Afternoons	1:00-2:30pm

## Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health

### Living with a Chronic Condition

Mar 14 – Apr 18	Thurs	6:00pm to 8:30pm
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### Living with Chronic Pain

Feb 7 to Mar 13	Wed	6:00pm to 8:30pm
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## Getting to know COPD

March 6	Tues	10:30am to 12:00pm
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To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program





# INDOOR WALKING

Hosted by Hardisty Hall Board and  
Town of Hardisty

Tuesdays 9am - 12pm and 7pm - 9pm

\$2 per visit  
65 and Older Free

at The Hardisty Community Hall

Must Wear INDOOR Shoes  
No Minors Unsupervised

**\*\*Tentative Draft (subject to change)\*\***

# Retreat Itinerary

Women's Retreat @ Hardisty Lake  
Camp May 24, 25, 26/ 2024

\*pre-register at [hardistykclub@gmail.com](mailto:hardistykclub@gmail.com)\*



Friday Evening  
possible beer  
tasting, visiting,  
campfire, games



Saturday  
Breakfast, Yoga  
Guided Trails Walk  
Lunch, Painting Class  
Himalayan Sound Bowls  
Supper, Trivia, Firepits



Sunday  
Breakfast  
Coffee Tasting  
Cookie Decorating  
Signs & Symbols  
Session, Farewell

other options include medium & tarot card readings,  
kayaking/swimming and possible drumming circle!

Early bird reservation available at  
[hardistykclub@gmail.com](mailto:hardistykclub@gmail.com)

Can't wait to host you!



Save The Date!

**4TH ANNUAL K-CLUB WOMEN'S  
RETREAT - HARDISTY LAKE  
CAMP - MAY 24, 25, 26/2024**

**EARLY BIRD RESERVATIONS AT  
[HARDISTYKCLUB@GMAIL.COM](mailto:HARDISTYKCLUB@GMAIL.COM)**







## DAYSLAND PALACE THEATRE

Movie Line (780) 673-1325 or [www.palacetheatre-daysarts.ca](http://www.palacetheatre-daysarts.ca) or

follow us on Facebook @ Daysland Palace Theatre

**SHOW TIMES: ALL EVENING SHOWS 7:30**

Tickets : Adults \$10, Seniors \$8, Students \$8,  
Children 3 - 11 \$5, Family \$25

**March 1<sup>st</sup> & 2<sup>nd</sup> @ 7:30pm, March 3<sup>rd</sup> Matinee @ 2pm only**

**The Smurfs Party: Animation/Adventure, G**

**Starring the voice of: Davis Freeman, Kaycie Chase**

The Smurfs are celebrating their 65<sup>th</sup> anniversary on the big screen! With thrilling adventures, crazy situations and irresistible fun, our beloved blue friends are going to smurf your mind!.

**March 8<sup>th</sup> & 9<sup>th</sup> @7:30pm, March 10<sup>th</sup> Matinee @2pm**

**Argylle: Action/Thriller, PG (Violence, Coarse Language )**

**Starring: Henry Cavill, Bryan Cranston, Bryce Dallas**

A popular spy novelist becomes entangled in an international conspiracy after a secret agent reveals that events in her novel are mirror real-life.

**March 15<sup>th</sup> & 16<sup>th</sup> @ 7:30pm, March 17<sup>th</sup> Matinee @2pm**

**Madame Web: Action/Adventure, PG (Violence, Frightening Scenes, Not recommended for young children)**

**Starring: Dakota Johnson, Sydney Sweeney, Tahar Rahim**

After discovering she can see future events, a paramedic acts as a protector for three young women who are targeted by a man who views them as a threat to his life.

**Reel Alternative: Mon Mar 18<sup>th</sup> @ 7:30pm & Wed Mar 20<sup>th</sup> @7:30pm**

**Peace by Chocolate: Drama/Comedy, PG**

**Starring: Hatem Ali, Ayham Abou Ammar, Yara Sabri**

After the bombing of his father's chocolate factory, a charming young Syrian refugee struggles to settle into his new small-town life, caught between following his dream and preserving his family's legacy.

**March 22<sup>nd</sup> & 23<sup>rd</sup> @ 7:30pm, March 24<sup>th</sup> Matinee @2pm**

**Ordinary Angels: Drama PG**

**Starring: Alan Ritchson, Hilary Swank, Nancy Travis**

Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter.

**SEE YOU AT THE MOVIES!"**





### SCNC Volunteer Recruitment

Flagstaff and Camrose Family & Community Supports want to tell you about a new program called Senior's CHOICE/Nav-CARE. It's all about helping lower income seniors in our rural communities. We want them to be able to keep living in their own homes.

We will be offering home support services such as in-home visitations, meal and pharmaceutical delivery, lawn care, yard work, snow removal, and minor home maintenance. Anyone can refer.

We're also looking for men and women from each community in the county (neighbourhood in the city) who can give about 1 to 1.5 hours of their time (Can be seasonal) every couple of weeks. You provide the muscle and we'll provide the equipment.

If you're up for it and want to lend a hand to your neighbours, please get in touch with Holly Bovencamp at 780.673.1492/ Maria Lobreau at 780.672.0141.

Let's all come together as a community and make sure our seniors can stay where they want to be – right at home. Your help can brighten their day!

*"My volunteer is like a long-lost friend who provides me with encouragement, support and makes my day better."*

*"Nav-CARE is an incredible program that gives in so many ways. I am grateful this program helped my mom immensely in her final year of life."*



## Senior's CHOICES



*"Nav-CARE has the ability to send just the right volunteers."*

#### Volunteer Coordinators:

**Holly Bovencamp, Flagstaff**  
h.bovencamp@gmail.com  
780-673-1492  
4809 - 49 Ave  
Killam AB TOB



**Gary Buchholz, Flagstaff**  
garrybuchholz@hotmail.com  
780-385-1954  
Killam AB TOB



**Tia Schnurer, Camrose**  
tia@camrosefcss.ca  
780-673-1350  
4821 - 51 St.  
Camrose AB T4V 1R9



**Lyndell Drever, Camrose**  
lyndell@camrosefcss.ca  
780-673-1370  
4821 - 51 St.  
Camrose AB T4V 1R9



Senior's CHOICES serves low income, older adults (55+) in Flagstaff County, the City and County of Camrose, with income levels based on Line 15000 of previous year's Income Tax Return.

Low Income Cut off:

- \$30,000 single occupant household
- \$50,000 double occupancy

## Making a Connection Making a Difference



Funded in part by the Government of Canada's Age Well at Home Initiative







All Seasons Catering  
will have beef and  
gluten free options  
available

FRIENDS OF  
  
FORESTBURG FIRE



**\$75.00  
PER TICKET**

# PIG ROAST

## AWARDS CEREMONY

HOSTED BY FRIENDS OF THE FORESTBURG FIRE DEPARTMENT

ROCK & ROLL MUSIC BY

**THE CHEVELLES**

LIVE AUCTION & DANCE

**SATURDAY, APRIL 20TH, 2024**

FORESTBURG COMMUNITY HALL

**COCKTAILS 5:00PM**

**SUPPER 6:00 PM**

**DANCE 9:00 PM**

**LIMITED SEATING AVAILABLE!**

To purchase tickets please contact Chad Kuefler 780-385- 8406  
or scan the QR code to inquire with Derek Homme





# MARCH EVENTS CALENDAR

[www.hardisty.ca/town/calendar](http://www.hardisty.ca/town/calendar)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Walking at the Community Hall 9:00 am <b>Library Open</b> 1:00 PM	2 <b>Library Open</b> 1:00 PM <b>Thrift Store</b> 11:00 AM
3	4 Walking at the Community Hall 9:00 am <b>Garbage Pick Up</b> 8:00 AM	5 <b>Fire Practice</b> 7:00 PM Walking at the Community Hall 9:00 am Walking at Community Hall 7:00 pm <b>Library Open</b> <b>Thrift Store</b> 11:00 AM 1:30 PM	6 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	7 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	8 Walking at the Community Hall 9:00 am <b>Library Open</b> 1:00 PM	9 <b>Art Show Rustic Stars</b> 10:00 am <b>Library Open</b> 1:00 PM <b>Thrift Store</b> 11:00 AM
10	11 Walking at the Community Hall 9:00 am <b>Garbage Pick Up</b> 8:00 AM	12 <b>Library Open</b> 11:00 AM Walking at the Community Hall 9:00 am <b>Thrift Store</b> 1:30 PM <b>Council Meeting</b> 7:00 pm Walking at Community Hall 7:00 pm	13 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	14 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	15 Walking at the Community Hall 9:00 am <b>Library Open</b> 1:00 PM	16 <b>Library Open</b> 1:00 PM <b>Thrift Store</b> 11:00 AM
17 <b>St. Patricks Day</b> All Day	18 Walking at the Community Hall 9:00 am <b>Garbage Pick Up</b> 8:00 AM	19 <b>Fire Practice</b> 7:00 PM Walking at the Community Hall 9:00 am Walking at Community Hall 7:00 pm <b>Library Open</b> <b>Thrift Store</b> 11:00 AM 1:30 PM	20 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	21 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	22 Walking at the Community Hall 9:00 am <b>Library Open</b> 1:00 PM	23 <b>Library Open</b> 1:00 PM <b>Thrift Store</b> 11:00 AM
24	25 Walking at the Community Hall 9:00 am <b>Hardisty Lakeview Golf Course - Annual Meeting</b> 7:00 pm <b>Garbage Pick Up</b> 8:00 AM	26 Walking at the Community Hall 9:00 am Walking at Community Hall 7:00 pm <b>Library Open</b> <b>Thrift Store</b> 11:00 AM 1:30 PM	27 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	28 Walking at the Community Hall 9:00 am <b>Library Open</b> 11:00 AM <b>Thrift Store</b> 1:30 PM	29 <b>Good Friday - Office Closed</b> All Day <b>Library Open</b> 1:00 PM	30 <b>Library Open</b> 1:00 PM <b>Thrift Store</b> 11:00 AM
31 <b>Easter Sunday</b> All Day						

## COFFEE TIME

Cancelled for the month of March.

## THRIFT SHOP

The Hardisty Thrift Shop is open Tuesday, Wednesday, Thursday 1:30 - 4:30 p.m. & Saturday 11:00 a.m. - 2:00 p.m.

## ELKS BINGO

SUNDAYS at the Elk's Hall  
Doors Open 6:00 PM  
Bingo Starts 7:00 PM