

REDCLIFF REPORT

- December 4th, 2017



Town of Redcliff Services & Info

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FALL COMMUNITY AND EVENTS GUIDE

Visit www.redcliff.ca to view the Town of Redcliff Community Guide. All Children, Youth, Adult, Senior and Family programming can be located in this guide.

FLU SHOT CLINICS

It's that season again, get your Flu Shots in Redcliff!

Redcliff Pharmasave will be giving free Flu Shots beginning October 23rd, drop in or call to book your appointment.

CANADIAN FIREARMS SAFETY COURSE (PAL) & CANADIAN RESTRICTED FIREARMS SAFETY COURSE

These courses are instructed by a provincially certified firearms trainer. The courses stress safe handling as well as storage and transport of firearms.

PAL: December 16th (3pm-7pm), 17th (10am-2pm), Exam on the 19th at 5:30pm.

Restricted: December 18th (5:30-9:30pm), Exam on the 19th at 5:30pm.

Cost: Each course is \$107.00 +GST

Register: Online at www.Redcliff.ca

DROP-IN ADULT VOLLEYBALL

Tuesdays, starting October 3, 7:00-8:30pm at Parkside School Gym

For adults, all skill levels, non-competitive.

Free, drop in. Phone Jeff at 403-548-5824 for info.

PUBLIC SKATING

Monday - Friday: 12:00 - 1:00pm

Tuesday & Thursday: 6:30 - 7:30pm

Saturday: 5:45 - 6:45pm

Sunday: 5:30 - 6:30pm

**Note: Public Skate is cancelled on Tournament weekends

REDCLIFF GRIZZLIES HOCKEY TOURNAMENT SCHEDULE

Enjoy a coffee and a burger from the concession while cheering on Redcliff's Minor Hockey Teams!

December 15, 16 & 17 Bantam Tournament

January 12, 13 & 14 Atom Tournament

January 26, 27 & 28 Novice Tournament

March 10 & 11 Timbit/Initiation Tournament

Family & Community Support Services (FCSS)

MEALS ON WHEELS

Hot and nutritionally well-balanced meals are available to eligible adults of any age on a long term or short-term basis if they meet one or more of the following criteria: have difficulty preparing nutritious meals convalescing from a recent hospital stay chronic memory impairment recent bereavement or loss no available support system. Sample menu items include: Beef Lasagna, Meatloaf, Turkey and cheddar wrap, Breakfast, Chicken parmesan with rice pilaf, Crispy chicken burger with French fries, Penne and Sausage, Sausage and pierogis, Hot Beef Sandwich, and Grilled Chicken Stir Fry.

Lunches are delivered by volunteers from Monday - Friday between 11:15 am and 11:45 am, except on holidays. (Meals for the weekend are delivered on Friday)

This service is subsidized by the Town of Redcliff and is available to you at a cost of \$5.50 per meal (*subject to change). Fees are paid at the Redcliff Town Office on a monthly basis.

Call 403-5483232 for information or pick up an application.

COATS FOR KIDS & FAMILIES CAMPAIGN 2017

No one should be cold this winter! The Town of Redcliff will be accepting new or gently worn coats for Children & Adults.

Drop off from November 13th until December 8th at Town Hall. Families can pick up winter wear at Town Hall from December 13th to 15th, 8-4:30pm and the 16th 10-2pm. For more info, contact Community & Protective Services at 403-548-3232

SKATE WITH SANTA

December 17th, 5:30-6:30pm join the BIG GUY and his wife when we pops into the Rec-Tangle to skate with our good little girls and boys! Sponsored by Redcliff FCSS

VOLUNTEER OPPORTUNITIES

There are many Volunteer opportunities for all ages in Redcliff! Please contact Community Services at 403-548-3232 for more information.

SNOW REMOVAL

Private individuals and Community Groups available to do snow removal are asked to call Redcliff FCSS. Your name will be passed along to people in our community who NEED HELP due to age, illness or disabilities. Fees (or volunteer services) are set by you and arrangements are made privately with the client. For information, call 403-548-3232

COMMUNITY GARDEN

Did you know that Redcliff has a Community Garden? Garden plots are \$30.00/year. If you are interested in a plot for the 2018 growing season, please contact FCSS at 403-548-3232 for more information.

Other Community Information

REDCLIFF FAMILY CHIROPRACTIC

30 Minute Sitting Rule - Dr. Scott Fedyshen DC, CSCS

Too often, during the winter months our physical activity is decreased and we spend too much time sitting in front of the TV. To keep our bodies healthy we need to move often. When we sit for longer than 20 - 30 minutes the ligaments in our back start to stretch and not in a good way. Once stretched out, those ligaments can take up to one hour to return to normal. This can leave us vulnerable to catching pain as we get up from a chair. To prevent this, try to get up a minimum of every 30 minutes. Stand up tall, reach for the sky, arch backwards then relax and shake out your legs and arms. Remember, Motion is Lotion and Movement is Medicine.

Contact: Email - patients@rfpractice.ca Phone - 403-548-6192

REDCLIFF LIBRARY

Rhyme Time (Mennonite Families)

Mondays October 23rd – December 18th

1:00-2:00pm, Free! Drop in.

Redcliff Public Library in the Grant Congdon Room

Interactive story time for 0- 4 year old toddlers and parents. Call Rhonda 403 548 5579 for info.

LEGO @ the Library (5–12 yrs)

October 7th - Dec 30th (except Nov 11th)

Saturdays, 10am-noon. Free! Drop in.

Redcliff Public Library

Families can have fun together making Lego-riffic creations! Parents/Caregivers must attend with their child/children. Supported by Redcliff FCSS & REDI Enterprises.

REDCLIFF MUSEUM

The Redcliff Museum is now closed for summer. We will attempt to open several afternoons a week. However the hours might not be regular. So keep in mind that if the open sign is out then someone is in the building and feel free to come in. For special tours: Please contact Vi @ 403-548-3818 or at vi.rieger@gmail.com

COMMUNITY LESSONS AND CAROLS

Come join in the singing of traditional, favourite carols led by the Roving Choir and listen to the Christmas story as told in the nine readings. The free will offering, will go to the Santa Claus Fund. Refreshments and fellowship will follow in the Church Hall. Everyone welcome! Come and support this much needed cause.

Where: St. Ambrose Anglican Church

When: December 3rd, at 7:00pm

TOPS (TAKE OFF POUNDS SENSIBLY)

TOPS meet in Gordon Memorial United Church 402 2nd St. S.E. in Redcliff, Thursday mornings at 11am. New members welcome!!! Young mothers are welcome to bring children, nursery space available. For more information phone Diane at 403-928-6638.

MEDICINE HAT HOCKEY HOUNDS

Supporting Local Hockey! Looking for new members, for more information: info@hockeyhounds.ca

YOUTH ADVISORY COMMITTEE

Family and Community Support Services (FCSS) is inviting Redcliff youth between 11 and 13 & 14 and 17 years old to join the newly created Youth Advisory Committees. We want our community to reflect the voice of youth in Redcliff so whatever your interests, we want to hear what you have to say. Monthly meeting dates and times will be determined. Call 403-548-3232 for more information or to apply. Apply by February 28.

GERMAN CANADIAN HARMONY HALL

Christmas Dinner & Dance

December 9th, Doors open at 5:00pm, Dinner at 6:30pm, Dance to follow

Music by Country Squires

Members \$25.00, Nonmembers \$30.00

For tickets call 403-548-7531/403-548-6092

New Year's Eve Dinner and Dance

December 31st, Doors open at 5:00pm, Dinner at 6:30pm, Dance to follow

Members \$30.00, Nonmembers \$35.00

For tickets call 403-548-7531/403-548-6092

REDCLIFF ROYAL CANADIAN LEGION

Friday Night Dances

December 8, 2017 Country Squires

December 15, 2017 R and R Band

December 22, 2017 Mixed company (Christmas Dance)

Admission: Members \$5.00, Non-Members \$6.00

Time 7:30- 10:30 p.m.

Everyone Welcome! Have a Very Merry Christmas and Happy 2018!

Meat Draws

Meat draws and 50/50 are held every Saturday from 4:30 to 6:00pm. Everyone welcome.

Weekly Bus

Every Tuesday at 1:00 pm the bus takes seniors to the Medicine Hat Mall. We leave from the Legion but will drive passengers home after the trip. All seniors welcome. You do not have to be a Legion member. For more information please call Ruth at 403-526-7885.

REDCLIFF SENIOR SOCIETY

Group Fitness Classes

Everyone is invited to participate in group fitness classes at the Senior Center every Monday and Wednesday at 9:30am. Classes facilitated by an instructor from Medicine Hat College.

Cost: \$1.00

Quilting

Fridays: 10am-5pm at the Seniors Centre

Senior's Society Crib Results – November 29th, 2017

Attendance: 22
High Hand: Manly Knutson
High Score: 24

Ladies Division:

1 st	Gretchen Therrien	883
2 nd	Agnes Biffard	873
3 rd	Gerry Taillefer	870
Low Lady:	Isabell Stripling	822

Men's Division

1 st	Manly Knutson	913
2 nd	Steven Pyke	878
3 rd	Marvin Helmer	862
Low Man:	Bruce Johnson	796

