

# REDCLIFF REPORT

- January 21, 2019



## Town of Redcliff Services & Info

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### FIND US ON FACEBOOK

For up to date news and what's going on, like us on Facebook: [www.facebook.com/TheTownOfRedcliff](http://www.facebook.com/TheTownOfRedcliff)

### WINTER PROGRAMMING

The Winter Community and Events Guide is available now! For more information on the following events and to register for current programs, visit [www.redcliff.ca](http://www.redcliff.ca) or call 403-548-3232.

Community Guides are available at Town Hall and in the Green stand in front of the Post Office.

- Easter Egg Hunt
- Winter Festival
- Roller Disco
- Babysitting Courses
- Kids Zumba
- High Fitness
- Canadian Firearms Safety Course & Restricted Course
- Home Alone Course
- Hunter Education
- Community Kitchens
- Kid's Cooking Classes
- Family Fun Nights
- Painting with Val
- Volunteer/Pitch-In Week events

### REDCLIFF COMMUNITY GARDEN

Garden plots are available for the 2019 growing season!

\$30.00 per year.

Call 403-548-3232 for more information.

### FITNESS with Marla from Heartbreaker Fitness

STARTING IN FEBRUARY (Tuesdays)

RecTangle upstairs meeting room.

**Kids ZUMBA** 5 - 5:40 pm

**Adults HIGH** Fitness 6 – 6:45 pm

Register at [www.redcliff.ca](http://www.redcliff.ca)

### SA Cliffer Youth Basketball - Registration Nights

Tuesday, January 22<sup>nd</sup> & Wednesday, January 23<sup>rd</sup>

Redcliff Library 6pm - 8pm

### FAMILY FUN NIGHT – Play Dough Night

January 24 6 – 8 pm

February 4 – Valentines Decorations

IF Cox School Gym. Register at [www.redcliff.ca](http://www.redcliff.ca)

## **PAINTING WITH VAL**

January 24, 6 - 9 pm

Redcliff Legion - Register at [www.redcliff.ca](http://www.redcliff.ca)

## **PARENT & ME COOKING CLASS**

January 26, 1 – 3 pm

Ages 5 and under.

Gordon Memorial Church Kitchen. Register at [www.redcliff.ca](http://www.redcliff.ca)

## **SUNDAY CINEMA AT THE LIBRARY**

January 27, 1:30 – 3:30 pm

Showing: *Lords of the Arctic*. Refreshments supplied.

## **LIONS FAMILY DAY SKATE**

February 18, 10:00am – 1:00pm

Redcliff RecTangle

FREE hot chocolate and hot dogs provided by the Redcliff Lions Club.

## **GROWING UP DIGITAL: DISTRACTED, TIRED, AND ANXIOUS**

February 20, 2019, 6:30 – 7:30pm at I.F. Cox School

A Presentation on screen time and children. Open to all parents, professionals and community members.

FREE tickets will be available on [Eventbrite.ca](http://Eventbrite.ca)

## **REDCLIFF WINTER FESTIVAL**

February 24, 4:00-6:00pm, followed by public skating from 6:00-7:00pm

Redcliff Rec-Tangle

FREE

Let's gather as a community to enjoy a hayride, warm fires, music, and hot chocolate. Followed by free public skating.

## **SUICIDE AWARENESS SEMINAR**

March 21, 6:30-7:30pm

Town Hall Education Room

Free – Drop In

Suicide is a universal human concern; it affects all of us. Early recognition and response of distress can prevent suicide. This hour session will provide participants with information on recognizing the signs and how to connect someone at risk of suicide to help.

# Family & Community Support Services (FCSS)

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## 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 perogies, 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 \$6.50 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.

## HOME CLEANING SUPPORT SERVICES

Professional quality in-home services. Assistance is available when required due to illness, convalescence, health limitations and other reasons. Rates are on a sliding scale determined by client's annual income and is subsidized by the Town of Redcliff. Call 403-548-3232 for more information.

## REDCLIFF PARENT & TOT MEET UPS

Parent and Tot Meet-Up is collaborating with McMan Parent Link Centre to bring you drop in play groups! Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday from 10:00-11:00am in the Redcliff Rectangle Meeting Room.

Come and enjoy a coffee in a supportive environment while connecting with other parents and their tots.

## Other Community Information

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### ADULT VOLLEYBALL

Tuesdays from 7-8:30pm

Parkside School Gymnasium

Drop in, FREE

### REDCLIFF PUBLIC LIBRARY

#### LEGO @ the Library

Saturdays, 10:00 – Noon. Free! Drop in. (5-12 yrs)

Redcliff Public Library Grant Congdon Room, 131 Main Street South. (403) 548-3335

Have fun together making Lego-riffic creations! Parents/Caregivers must attend with their child/children.

FREE - Supported by Redcliff FCSS & REDI Enterprises

#### Shake, Rattle, and Read Toddler Storytime

Mondays, January 7 – April 5. 10 – 11:30 am

Parent/Caregiver Interactive for 0-4 years old.

### REDCLIFF MUSEUM

Is now closed for the season. Tours can still be arranged during fall/winter months. To arrange a tour, please contact Alex Grant at 403-548-6260, or email [redcliff.museum@gmail.com](mailto:redcliff.museum@gmail.com).

## **MEDICINE HAT WOMEN'S CANCER SUPPORT GROUP**

A local support group for women at all stages of their cancer journey.

**Meetings:** 4<sup>th</sup> Wednesday of each month at 7pm (No meetings July, August or December)

**Where:** Medicine Hat Public Library – Legion Room

**For more info:** [medicinehatwomenscancergroup@gmail.com](mailto:medicinehatwomenscancergroup@gmail.com)

## **REDCLIFF LIONS – DECEMBER/JANUARY YARD OF THE MONTH**

Congratulations to Tom & Wendy at 319 - 6 St SE for their beautiful winter yard!

Redcliff Lions are seeking nominations for Yard of the Month! Call or text Elliot (403) 548-8940

## **ROYAL CANADIAN LEGION**

### **Meat Draws**

Meat draws and 50/50 are held every Saturday from 4:45 to 6:15pm. Everyone welcome.

### **Friday Night Dances**

Time: 7:30-10:30pm

Admission: Members \$6.00, Non Members \$7.00 EVERYONE WELCOME!

January 18 – Rusty Nails Band

January 26 (Saturday) - Dance Country Mix

## **GOOD FOOD CLUB**

The Good Food Club is a local group buying club that provides fresh fruits and vegetables, local when possible, at wholesale prices through the power of bulk buying. Pick-up day for the Good Food box is the 2<sup>nd</sup> Tuesday of each month. The Good Food Club is open to anyone in Redcliff. Members can choose to order a box every month (or more than one box). Orders for the following month can be made on pick-up day or during the current month on or before the last Tuesday. Payments can be made at any of the depots when they are open, during pick-up day, or at the Redcliff Public Library during the month.

## **REDCLIFF SENIOR SOCIETY**

If you are 55 years+ and want to share some fun time with new friends, come out to the Redcliff Seniors Centre. Our senior society is dynamic and social. We currently enjoy the following activities: exercises, wood carvings, pool, crib, trump whist, and bus trips.

Membership is only \$15 per year and we would love for you to join us!

**To enroll or for further information call Mel at 403-527-4300.**

### **Coffee**

Members and guests meet for coffee Tuesdays at 10am

**Cost:** \$1.00

### **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 24 Fitness Fix.

**Cost:** \$1.00

### **Quilting**

Fridays: 10am-5pm at the Seniors Centre

## SENIORS BREAKFAST

Saturday, January 26. 9 – 11 am

Free to 2019 members, \$3 for member's guests.

Memberships available for \$15.

## SENIOR'S SOCIETY CRIB RESULTS JANUARY 16, 2019

Attendance 20

High Hand		Kasper Fitierer	24
Ladies:	1 <sup>st</sup>	Larry Peers	16
	2 <sup>nd</sup>	Melisa Oerlemans	33
	3 <sup>rd</sup>	Sandy Vinton	38
Men:	1 <sup>st</sup>	Dale MacDermid	45
	2 <sup>nd</sup>	Stephen Pyke	52
	3 <sup>rd</sup>	Heinze Pachen	60
H Low Lady		Irene Fitterer	172
H Low Man		Andre Therrien	105

