COMMUNITY PROGRAM & EVENTS GUIDE

Keeping our Community Connected

GROUPS & NON-PROFITS INCLUDED

Alder Flats Buck Lake Public Library Buck Lake Ag Society & Farmers Market Buck Lake Stampede Family Resource Network JEDI Alberta Lone Ridge Hall Millet Art 'n Crafts Guild Millet & District Museum & Archives Millet Library Mulhurst Bay Community League Pigeon Lake Library Royal Canadian Legion Mulhurst #246 Usona Ag Society Wetaskiwin Ag Society Wetaskiwin Community Collaborative Network Wetaskiwin Medi Lend Society Wetaskiwin Olympian Swim Club Winfield Community Library Wizard Lake Watershed & Lake Stewardship Association Yeoford Hall

CONTACT US

p. 780-352-3321 e. fcssadmin@county10.ca m. Box 6960, Wetaskiwin, AB, T9A 2G5 p. 243019A Highway 13

Like Follow Share

FCSS

Family and Community Support Services (FCSS) provides preventative programs and services that enhance the social well-being of families and individuals. FCSS is a cost shared program between the County of Wetaskiwin No. 10 and the Province of Alberta.

The programs and services provided through FCSS are intended to promote and enhance safe and healthy family and community life.

Visit our website at county.wetaskiwin.ab.ca or follow us on Facebook for the most current programming.



Have an activity or club you would like us to share? Email fcssadmin@county10.ca



COMMUNITY RESOURCES

Wetaskiwin & Area

Buck Lake Ag Society

bucklakeagsociety@gmail.com 780-388-3855



Pub Night (18+)

- February 22
- Doors Open at 7:30 PM

Pub Night (18+)

Battle of Alberta Hockey Night

- March 22
- Doors Open at 7:30 PM

Hockey Playoff Watch Parties

 Check the Facebook Page for updates

Farmer's Market Saturdays

- May 10th September 6th
- 10:00 AM-1:00 PM

Mother's Day Pancake Breakfast

- May 11
- Raffle & Pull Tickets

Fathers' Day Breakfast

- June 15
- Raffle and Pull Tickets

Like and Follow us on Facebook at <u>Buck Lake Community Ag</u> <u>Society & Farmers Market</u>

Summer Kick-off Party

- June 28
- Boat Parade: 11:00 AM Start
- Corn Hole Tournament
- Car Show
- Burgers, Bar & Entertainment
- Prizes & Raffle Table

Fall Supper

- September 27
- Contact for Tickets

Thanksgiving Farmers Market

October 11 - 10:00 AM-1:00 PM

Pub Night (18+)

- October 25
- Doors Open at 7:30 PM

Christmas Market

November 8 - 10:00 AM-1:00 PM

Pub Night (18+)

- November 29
- Doors Open at 7:30 PM

Santa Parade

- December 13
- Hot Dogs & Raffle

New Years Eve Party (18+)

- December 31
- Contact for Tickets

Buck Lake Stampede

bucklakestampede@gmail.com www.bucklakestampede.com 780-682-2258

July 12 & 13, 2025

Full Rodeo Covered Grandstands Beer gardens with LIVE BAND

Visit www.bucklakestampede.com for more information.

Millet Arts 'n Crafts Guild

Lower level 5120 – 50 Street Millet Do you knit, sew, quilt, or weave? Come craft with us Tuesdays 1:00 PM.

Monthly meetings held the 4th Tuesday at 9:30 AM of every month except July and December.

Guild items are sold at craft sales and through the Millet Museum's Redwagon Gift Shop catalogue: https://www.milletmuseum.ca/Gift-Shop.

For more information on becoming a member contact:

Clara at 780-387-7413 or Peggy at 780-387-4750



Family Resource Network

Wetaskiwin, Ponoka, Rimbey, and surrounding areas







The *Family Resource Network* provides programs and services to children and youth 0-18, parents, caregivers, and families. The Family Resource Network receives and responds to referrals to ensure seamless access to prevention and early intervention services for children, youth, and families improving child and youth development, building resiliency and fostering well-being.

Along with our community partners, BGC Wetaskiwin is pleased to support Wetaskiwin, Ponoka, Rimbey, and Surrounding Areas.

For more information, call the Family Resource Network at 780-352-4643 Ext. 3

Spokes offered through the Family Resource Network:

Child and Youth Development provides supports to youth 7-18 to enhance development through social skills groups, anger management, coping strategies, and substance use programming.

Early Child Development serves families with children 0-6 including parent/child play and developmental screening through Ages and Stages Questionnaires to support child development.

The Enrichment Program provides solution-focused support to families with children ages 7-18 and youth directly to build skills, caregiver capacity, protective factors, and reduce risks to improve personal and family functioning. **Family Support** serves families with children and youth aged 0-18 to build parental resiliency and promote family wellness.

To access support, refer, or for additional information, please contact the Family Resource Network Hub at:

780-352-4643 Ext. 28 kathryn@wetaskiwinyouth.ca 5109-51 Street Wetaskiwin, AB T9A 2A5 www.wetaskiwinyouth.ca

Home Visitation supports families to provide a nurturing, stimulating, and safe environment for their children from prenatal until the child turns six.

Parent Education serves families with children aged 0-18 to review parent education programs including Connect, Triple P, and Active Parenting.

Mâmawipaýiwin, the Cree word for togetherness, supports children, youth, and families to become actively involved in a cultural life. Families will have access to culturally rooted programs and services, ensuring all individuals have the opportunity to learn and practice culture.

Wahkohtowin Program is a traditional parenting program for caregivers to promote holistic and balanced families through activities, healthy meaningful conversations, and guest presenters.



Resource Networks

Lone Ridge Hall Ioneridgehall@gmail.com 780-312-2119 or 780-360-6162 - Hall Bookings

LONE RIDGE COMMUNITY HALL

Children's Programming For ages 6-12 years, 4:30-6:30 pm. Fee: \$75 for all eight sessions. Call or Text Brenda to register at 780-361-5503.

- September 17: Build and Decorate a Kite
- October 15: Wax Crayon Resist Hallowing Scene
- November 19: Make a Piggy Bank
- December 10: Make Christmas decorations and cards.
- January 14: Paint Chinese New Year Dragons
- February 18: Make Cupcakes and Chalky Polar Bears.
- March 18: Create water colour painting in the style of Vincent Van Gogh
- April 15: Make a Mother's Day surprise gift.

Adult's Programming

- Men's Coffee Hour: Mondays 9-10 am. November to April
- Crafty Mondays, 9-3 pm: Time to sew, quilt, or work on a craft of your choice. Weekly fee: \$2.
 September to May.
- Line Dancing with Judy: Tuesdays, March 18- April 22 and September 16 - October 21, Fee: \$36, Call Brenda at 780-361-5503 to register.

Community Events

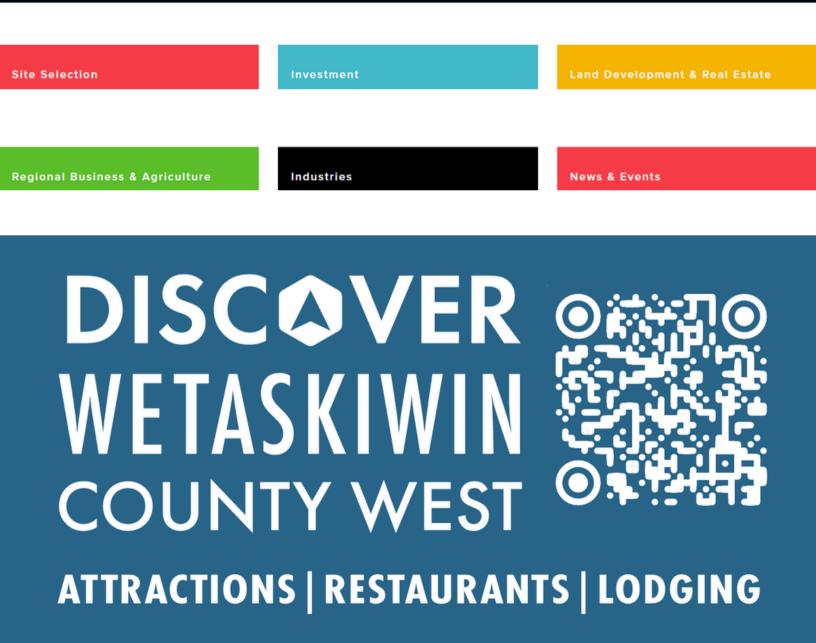
- Lone Ridge Hall Garage Sale: May 17, 9-4. For tables call Bev at 780-352-3415. Tables \$10
- Fall Turkey Supper: October 26, 5:30 PM



JEDI is your partner for business & investment in the County of Wetaskiwin. Reach out & discover how we can support your success today!



WWW.JEDIALBERTA.COM





Millet & District Museum & Archives

5120 50 Street, Millet 780-387-5558 www.milletmuseum.ca info@milletmuseum.ca Visit Millet Redwagon Gifts

100 Year Farm Exhibit Featuring the Goin Farm

April 26, 1PM, Spring at the Farm Event Featuring the Thistle Hill Petting Farm, Antique Tractors and a market! Celebrating 40 years of the Millet Museum! Call 780-387-5558 for more information.

Artisan Craft Classes

Check out MilletMuseum.ca Pysanka Egg Workshop March 20 & 27, 4-7 PM and March 22 & 29, 1-4 PM \$25 per person. 7 Years and up! Limited Spaces. Call 780-387-5558

Slow Stitch Workshop

Make your own landscape or journal cover February 22 - March 15, Saturdays, 10 AM-12 PM \$60 per person. Supplies Included. Limited Spaces. Call 780-387-5558

Weekly Summer Kids Programs

July - August, Wednesday's, 1-3PM Join us for our free weekly drop in program, for all ages. Children under four must be accompanied by a parent. Visit our website for official start dates and details!

Heritage Cooking

July - August, Thursday's, 10AM-12PM & 1-3 PM, Maximum 12 Children Watch our website for information on our free children's cooking classes; back by popular demand! This program requires preregistration, and is designed for ages 5-10 years old.

Programming subject to change. Be sure to visit website for the most current information.

Millet Library

millet@yrl.ab.ca www.milletlibrary.ca 780-387-5222

STEAM program:

- Tuesday and Thursday schooldays from 3:30 PM-4:30 PM
- Grade one and up
- Registration required
- Kits available for pickup

Storytime:

- Wednesdays at 11:00 AM
- Drop-in

Kits available for pickup

Tutoring:

- Wednesday schooldays starting at 3:30 PM
- Children Kindergarten Grade 5
- Registration required

Homebound:

- First Thursday of the month
- Book delivery service
- Call to register

Summer Program:

- July August
- Grade 1 and up
- Call for more information

Scavenger hunts:

- Monthly
- In the library
- Call for more information

Millet Public Library Connect Learn Discover

Mulhurst Bay Community League

mulhurstbaycommunity@gmail.com www.mulhurstcommunity.com 780-389-2455 - Hall Bookings

Mulhurst Bay Community Hall

3802-50th Avenue, Mulhurst Bay

March 2 - Painting with Lorraine, 11:00 AM

April 11 - Wine & Appetizer Pairing, 7:00 PM

April 27 - Learn to Table Knit a Blanket, 11:00 AM, No Experience Required

May 9 - Mothers Day Pancake Breakfast, 8:30 AM - 11:00 AM

- May 9 A Toast to Mothers, Spirit & Appetizer Tasting,7:00 PM
- May 24 Fundraiser Event Bob Layton & Shane Blakely, Details to Follow
- June 13 Fathers Day Pancake Breakfast, 8:30 AM 11:00 AM

June 13 - Beer & Appetizer Tasting, 7:00 PM

August 2 - Mulhurst Daze Parade & Car Show

Computer and Cell Phone Classes

• Visit county.wetaskiwin.ab.ca for Tech Class Information

Farmers Market

- Saturdays 11:00 AM 3:00 PM (unless hall is rented)
- Super Saturday Last Saturday of the month with extra vendors.
- Email carolwright258.cw@gmail.com

Mulhurst Bay Quilters Club

• Wednesdays at the Hall 9:00 AM - 3:00 PM

Seniors' Floor Curling

Thursdays, October - May 1:30 PM - 4:30 PM

Please like and follow our Facebook Page at **Mulhurst Bay Community** to watch for upcoming news and events.



Pigeon Lake Library pigeonlakelibrary@yrl.ab.ca

www.pigeonlakepubliclibrary.ab.ca 780-586-3778

603 2 Ave, Ma-Me-O Beach

Fiber Art Group Wednesdays at 1:00 PM For knitters, crocheting, macramé, felting and anything with a needle Home Schoolers Meetup Thursdays from 2:00-4:00 PM Paint Pouring & Other Workshops Daytime and evening sessions to be announced.

Plant Group Meets once per month For people interested in anything that grows inside or out Two Adult Book Clubs

Each club meets once every 6 weeks at 1:00 PM at the Library Call the Library for more information. Writers Meet Up Every Second Friday from 2:00-3:00 PM

Also Offering a Saturday Series and Monthly Speaker Series!

Like and Follow us on Facebook at <u>Pigeon Lake Library</u>

Royal Canadian Legion Mulhurst #246

5705-49 Street, Mulhurst Bay

Contact Kate for Details - 780-945-1453

Weekly Family Bingo's - Every Tuesday

• Start time 6:30 PM

Month End Community Socials - Saturday's Mid month

- Doors open at 7:00 PM
- Sampling of food (\$7.00/plate)
- Games, Meat Draws, 50/50 raffles

Usona Ag Society

usonahall611@gmail.com Hall Rentals - 780-352-4239

June 13 - Farmer's Day October 18 - Usona Ag Expo October 25 - Harvest Dinner & Dance PLEASE LIKE AND FOLLOW OUR FACEBOOK PAGE AT USONA AG SOCIETY TO WATCH FOR UPCOMING EVENT DETAILS.

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Wetaskiwin Ag Society

wetagsoc@xplornet.com www.wetaskiwinag.ca 780-352-2780



Wetaskiwin Ag Grounds on Highway 13 East beside the Loons Golf Course.

<u>Wetaskiwin Rawhide Rodeo</u> June 13 (Friday Night Slack), 14 & 15, 2025 Highlights include Sheep Riding AND a full

Rodeo program with food vendors, and Live Band.

<u>2025 Truck & Tractor Pull</u> July 18 & 19, 2025 with July 20 being a rainout day.

We provide camping, parking and grandstands for spectators and visitors. There will be food truck vendors, live music, children's entertainment and a fireworks display. This is an exciting fun filled event for the entire family!

Wetaskiwin Farmers Market

Wednesday's Year Round - Visit the Wetaskiwin Farmers Market Page on Facebook for more information and special market dates.

Wetaskiwin Ag Society Gymhkana Club Tuesday Evenings May through August

Wetaskiwin **Medi Lend Society**

wetaskiwinmedi@gmail.com 780-352-0206

Location: 5106B - 50 Avenue, Wetaskiwin Monday, Wednesday and Friday, 10:00 am to 2:00 pm by appointment

Wetaskiwin Medi Lend Society is a nonprofit, 100% volunteer run organization which provides short term loan of medical equipment, free of charge, to residents of the City/County of Wetaskiwin and the Town of Millet. Equipment available includes: bath seats, tub grab bars, bed rails, crutches, commodes, raised toilet seats & arms, walkers and wheelchairs.











COUNTY OF WETASKIWIN RESIDENTS

STARTING MARCH 1, 2025

FREE INCOME TAX **PREPARATION IS AVAILABLE FOR:**

- INDIVIDUALS & **FAMILIES** WITH MODEST **INCOMES** - STUDENTS - SENIORS

CONTACT FCSSADMIN@COUNTY10.CA OR 780-352-3321 PARTICIPANTS OF THE CANADIAN VOLUNTEER INCOME TAX PROGRAM *SOME SUPPORT RESTRICTIONS APPLY

Learn your Technology!

Learn the basics of your computer and it's apps in a friendly classroom environment at the Mulhurst Bay **Community Hall!**

New classes regularly added.





Wetaskiwin Olympian Swim Club

wosc.pres@gmail.com www.wetaskiwinolympians.com

The Wetaskiwin Olympian Swim Club is a competitive summer club that teaches the basics of speed swimming in a team environment. We have a variety of programs including options for beginners ages 4 to 8, part-time, full-time, and advanced options for our competitive youth groups (minimum Red Cross Level 4).

Our season begins on May 1st and runs through to the end of July or mid-August each year, depending on the program that you have selected. We practice at the Manluk Centre in Wetaskiwin, with optional weekend meets (most are held on Saturdays only) across our region throughout the season. The details on pricing and programs for 2025 will be posted to our website by the end of February with registration beginning in March. Registrations are accepted online only, via our website.

Please visit us at <u>www.wetaskiwinolympians.com</u> for more info and follow the Wetaskiwin Olympian Swim Club's Facebook page if you would like to receive updates. As we are a private club, we do not have an office, so please submit any inquiries via the "Contact Us" button on our website, or email <u>wosc.pres@gmail.com</u>.

Wizard Lake Watershed & Lake Stewardship Association

stewardship@wizardlake.ca www.wizardlake.ca 780-985-2538

July 1, 2025 - Canada Day Celebration

Boat Parade TBA -Fireworks July 12, 2025 - Park Day Details to Follow TBA 2026 Try It Event Details to Follow

Please like and follow our Facebook Page at Wizard Lake Watershed and Lake Stewardship Association to watch for event details.

Winfield Community Library

winfieldlibrary@yrl.ab.ca www.winfieldlibrary.ab.ca 780-682-2498

Please like and follow our Facebook Page at <u>Winfield Community</u> <u>Library</u> to watch for programs and information.



Yeoford Hall

yeofordhallbookings@gmail.com

Yeoford Homeschool Co-op - Meets weekly for fun activities, events and learning opportunities. Contact veofordhomeschoolers@gmail.com for information. Bootcamp Fitness - Thursdays 6:00 - 7:00 PM, Contact fitalkemist@gmail.com for information. Yeoford Skating - Free skating and shinny hockey for Yeoford Members at the Winfield Arena. Hosted by Yeoford Homeschoolers. February 14, 6-8 PM Family Valentine's Dance February 17. 6-9 PM Junk Journal Workshop March 22, 2 PM Free Screening of "Water is Love: Ripples of Regeneration". A documentary about the relationships between communities and their water sources and water rights world wide. March 25, 2-4 PM Bracelet Making Workshop March 29, 10 AM-3 PM Laundry Soap and Cold Process Soap Making Workshop April 26, 4-8 PM Spring Back to Life: Wagon Rides, Bouncy Castle, Local Makers Market, Live Music, Silent Auction, Chicken Bingo, Local Food and MORE! May 10 - 10 AM - 12 PM Plant and Seed Swap, Yeoford AGM June 7. 10 AM-12 PM Youth Business Fair November 29, 12-3 PM Yeoford Old Fashioned Christmas: Wagon Rides, Kids Activities, Artisan Christmas Market, Pie Auction and MORE!

Please like and follow our Facebook Page at <u>Yeoford Hall</u> to watch for programs and information.



CHECK IN, WHERE ARE YOU?

Self Care & Social Support

HEALTHY

Normal mood fluctuations. Takes things in stride. Consistent performance. Normal sleep patterns. Physically and socially active. Usual self-confidence. Comfortable with others.

REACTING

Irritable/Impatient. Nervousness, sadness, increased worrying. Procrastination, forgetfulness. Trouble sleeping (more often in falling asleep), tired. Muscle tension, headaches. Difficulty in relaxing. Intrusive thoughts. Confusion, disorientation. Decreased social activity.

Professional Care

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IMMEDIATE HELP

Significant difficulty with emotions, thinking triggers high level of anxiety. Panic attacks. Depressed mood, feeling overwhelmed. Constant fatigue. Disturbed contact with reality. Significant disturbances in thinking. Suicidal thoughts/intent/behavior. Self-harming behaviors. Excessive crying or panic (unable to calm)

ACTIONS AT EACH STEP

WHERE TO GO

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HEALTHY

- Focus on the task at hand
- Break problems into manageable chunks
- identify & nurture support systems
- Maintain healthy lifestyle

REACTING

- Recognize your limits
- Get adequate rest, food & exercise
- Engage in your healthy coping strategies (Sleep, Exercise, Nutrition & Healthy Socialization)
- Take a step toward your goals

DISTRESSED

• Identify & understand your own signs of distress

DISTRESSED

Anger, anxiety.

Lingering sadness, tearfulness,

hopelessness, worthlessness.

Excessive guilt, shame or blame.

Decreased performance in academics

or at work.

Significantly disturbed sleep

(falling/staying asleep).

Fatigue, aches & pains.

Avoidance of social situations,

withdrawal.

- Talk with someone
- Seek help
- Seek support instead of withdrawing

IMMEDIATE HELP

- Seek Professional consultation as needed
- Follow healthcare provider recommendations
- Regain physical and mental health

KEEP ON FLOURISHING

Helping Others Interacting Playing Spiritual Activity Being Physical Learning Something New Volunteering Acts of Kindness Communicy Engagement Communicate and Listen to Others Expressing Gratitude Recognize the Good

TAKE A DEEP BREATH

Isolated - For Local Supports call: 211 Seniors Supports: seniors.gov.ab.ca Income/Unemployed/Disability: 1-877-644-9992 Food Bank (Millet): 780-387-2214 Food Bank (Wetaskiwin: 780-352-2416 Family Resource Network:

780-352-4643 ext. 28 Indigenous Support: 1-855-242-3310 LGBTQ@+ Support:

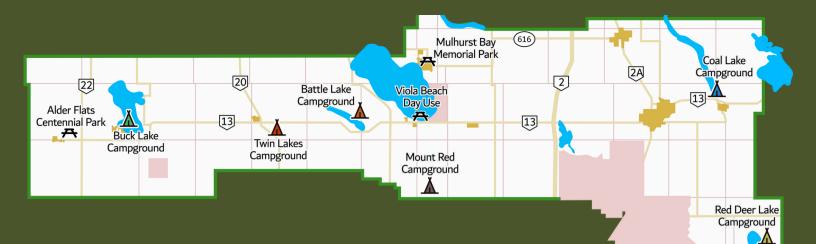
pridecentreofedmonton.ca County of Wetaskiwin FCSS: 780-352-3321

TAKE A STEP TODAY TO HELP TOMORROW

Women's Shelter (Camrose): 1-877-672-1010 Primary Care Network: 780-312-2500 Mental Health: 780-361-1245 Maskwacis Mobile Mental Health Crisis Line: 780-362-2150 Addiction: 780-361-1358 Eating Disorder Support: 1-866-633-4220 Smoking Cessation: 1-866-710-7848 Men's Help: www.sp-rc.ca Health Link: 811

CALL NOW

Call Emergency: 911 Wetaskiwin and District Victim Services: 780-312-7287 Suicide Prevention Help Line: 1-877-303-2642 Mental Health Line: 1-877-303-2642 Sexual Abuse/Assault Line: 1-866-403-8000 Transgender Suicide Hotline: 1-877-330-6366 Kids Help Line (Ages 5-21): 1-800-668-6868 (Text "CONNECT" TO 686868) AVAILABLE 24/7 - 100% Confidential



Municipal Campgrounds Accepting 2025 Online Bookings APRIL 1 at Letscamp.ca



Battle Lake Campground 20077A TWP RD 462A

- Boat Launch

- Restrooms
- Wood (\$10.00 Add-on)

Buck Lake Campground 710 Lakeshore Drive East

- Boat Launch
- Fishing
- No Hook Ups
- Pay Showers
- Restrooms
- Wood (\$10.00 Add-on)

Coal Lake South Campground 764070 HWY 822

- Boat Launch
 - Fishing
- No Hook Ups
- Restrooms
- Wood (\$10.00 Add-on)

Mound Red Campground 281077B TWP RD 452

- Fishing
- No Hook Ups
- Group Camping
- No Motor Boats
- Wood (\$10.00 Add-on)

Red Deer Lake Campground 440050 RGE RD 222A

Twin Lakes Campground 461034B RGE RD 33A

- Fishing
- No Hook Ups
 - No Motor Boats
 - Playground
 - Wood (\$10.00 Add-on)

