

## TOWN OF REDCLIFF

# COMMUNITY PROGRAM

&

## EVENT GUIDE

January to March 2024

### CHILDREN, YOUTH & TEENS

#### REDCLIFF YOUTH CENTRE

Provides free educational and recreational life-skill building programs for youth ages 10-17. Join us for fun daily events and activities, register today on our website [www.redcliffyouthcentre.com](http://www.redcliffyouthcentre.com) or stop in for a tour!  
Open Monday - Thursday 3-8 pm & Fridays 3-10 pm.

#### WHITE DRAGON KARATE

Registration is open! White Dragon provides structure and discipline for all ages and abilities, including special needs children. Classes twice per week for ages 4+. Registration/info call 403-878-6381 [www.whitedragonkarate.ca](http://www.whitedragonkarate.ca)

#### SHAKE, RATTLE, & READ STORY TIME (SRRS)

@ Redcliff Public Library  
January 8 - March 25 (except Feb 19)  
Every Monday, 10:30 - 11:30 am, FREE, ages 0-4 yrs.  
Bring your toddler for story time, crafts, and socializing.

#### LEGO

@ the Redcliff Public Library  
Every Saturday until April 27, 10 am - 1 pm  
Free play with our abundance of LEGO.

#### TWIST & FLIP GYMNASTICS (TFGP)

Twist & Flip Gymnastics offers fall, winter, and spring sessions of specialized preschool and recreational classes including 8 weeks of fun-filled summer camps. Drop-in times, field trips, and birthday party/group bookings are also available! Also offering FREE Indoor Playtime Fridays from 10:30 am - 12 pm.  
For more information go to [www.twistandflip.ca](http://www.twistandflip.ca).



### ADULTS & SENIORS

#### REDCLIFF SENIORS SOCIETY, 55+

Enroll or for more info. call 403-527-4300.  
Our Seniors Society is dynamic and social. The membership fee is only \$15 per year.

Join us weekly for:

- Monday, Morning Exercise @ 9:30 am
- Monday, Wood Carving @ 7 pm
- Tuesday, Pool @ 1 pm
- Tuesday, Chair Yoga @ 1 pm
- Wednesday, Morning Exercise @ 9:30 am
- Wednesday, Cribbage @ 1 pm
- Friday, Chair Yoga @ 1:30 pm
- Friday, Whist @ 6:30 pm

#### Upcoming Monthly Events

- February 1, Monthly meeting @ 2 pm
- February 8, Soup & Sandwiches @ 11:30 am to 1 pm | Cost: \$5
- February 15, Potluck & Bingo @ 6 & 7 pm
- March 21, Potluck and Bingo @ 6 & 7 pm
- March 23, Pancake Breakfast @ 9 to 11 am | Cost: \$3 for non-members

#### IN-STITCHES

@ Redcliff Public Library  
Every Tuesday, 10 am - Noon  
This adult program is for those interested in knitting, crochet, cross-stitch, and needle-point.

#### HEARTBREAKER DANCE & FITNESS (BC)

Now until March 4 | Still time to join!  
From 6 - 6:50 pm @ Rec-Tangle Meeting Room  
Email [cps@redcliff.ca](mailto:cps@redcliff.ca) to register and for more info.  
Designed for beginner to advanced, every class can be modified to meet your abilities.

A variety of equipment will be used, including resistance bands, weights, and kettlebells, for a great total body workout!

Some examples of class formats:

- Boot Camp
- Foxy Boxing
- Step
- Interval/HIIT {High Intensity Interval Training}
- Tabatas
- Triple Threat
- Kettlebells and Core
- Fantastic Elastic
- Strength, Stretch, and Abs

*Heartbreaker*  
dance & fitness

#### BUTI"LICIOUS" YOGA WITH JAMIE (YOGA)

Now until February 27 | Still time to join!  
From 6 - 6:45 pm  
Rec-Tangle Meeting Room  
Email [cps@redcliff.ca](mailto:cps@redcliff.ca) to register and for more info  
Buti yoga combines unchoreographed core conditioning, strength, primal movement, cardio and power yoga with energizing music. The work starts within YOU!



### REDCLIFF LEGION

Redcliff Legion Dances  
\$10.00 admission for members & non-members  
January 19 - Kangaroo Rats, 7:30 - 10:30pm  
January 26 - Mixed Company, 7:30 - 10:30pm  
For more info and to purchase tickets, call Rita Buteau @ 403-548-2166

Every Friday - Veteran's Buddy Coffee 12 - 1 pm & Fish and Chips Special.

Every Saturday - Supper Specials, Meat Draw, 50/50 & Chase the Queen starting at 4:30pm.

### COMMUNITY INVOLVEMENT & VOLUNTEER OPPORTUNITIES

#### REDCLIFF YOUTH CENTRE

The Redcliff Youth Centre is looking for eager and capable individuals to join their volunteer Board of Directors. Contact [rasysocial@gmail.com](mailto:rasysocial@gmail.com) for more information.

#### REDCLIFF LIONETTES

The Redcliff Lionettes is a non-profit, 18+ ladies only organization.  
The first meeting of 2024 will be held on Sunday, January 21 at 10 am at the Redcliff Tim Hortons.  
Grab a friend and join the Redcliff Lionettes!

#### REDCLIFF LIONS CLUB

The Redcliff Lions Club is looking to grow their club memberships! Do you have fresh ideas?  
If you wish to stand up to serve and support Redcliff with your time, energy, knowledge and experience, please reach out to either:  
Lion President Shawna at 403-594-3190  
Lion VP Kim at 403-548-0262  
Lion Secretary Ryan at 403-502-0150

#### SNOW ANGELS

Volunteers are needed to help seniors and those with illnesses or disabilities who can no longer safely do their own shoveling.  
If you, your family, or your organization is looking to become more involved, email [cps@redcliff.ca](mailto:cps@redcliff.ca) or call 403-548-3232

#### TOWN OF REDCLIFF - BOARDS AND COMMISSIONS

If you are a resident of Redcliff interested in assisting the Town with future development planning and the enhancement of community or recreation programs, please submit an application to Bonnie Andres, Executive Assistant, at [bonnie.andres@redcliff.ca](mailto:bonnie.andres@redcliff.ca).

There are currently vacancies on:

- ASSESSMENT REVIEW BOARD
- REDCLIFF & DISTRICT RECREATION COMMITTEE
- SUBDIVISION AND DEVELOPMENT APPEAL BOARD

CONTINUED...

## FAMILY & COMMUNITY

### REDCLIFF LIBRARY BRIDGES FAMILY PROGRAMS

Every Monday from 10 am - 3:30 pm, until March 31  
excluding Statutory Holidays

Support services for Redcliff & area caregivers with children aged 0-18 years. Anyone who meets this criterion is welcome to walk-in & ask questions, explore services & discuss needs!

### FREE FAMILY FUN NIGHTS (FFN)

Enjoy a CRAFT and FREE PLAY  
with your family while connecting  
with others in our community!

Drop In @ I. F. Cox school gym (use side entrance)

February 22nd, 6 to 8 pm

March 21st, 6 to 8 pm

Snacks and refreshments provided.

Kids under 8 MUST be supervised!

### FREE PUBLIC SKATING @ the Redcliff Rec-Tangle Arena

Sponsored by the Medicine Hat Kinsmen!

Monday to Friday, 12 - 1 pm

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

Saturday & Sunday, 6 - 7 pm

The Redcliff arena will be closed statutory holidays & there is NO public skating on Jan 27, Feb 10 & 19 & Mar 17.



### DIY BEESWAX FOOD WRAP WORKSHOP WITH THE HONEY LADY

February 28, 2-3:30 pm @ the Redcliff Senior Citizen Drop In Centre.

\$50.00 per person includes all supplies and packaging to make

2 XL Beeswax Food Wraps - 100% Cotton Fabric XL 18" X 21".

Ages 10+ welcome with an adult. Register at [redcliff.recdesk.com](http://redcliff.recdesk.com)

In this introductory DIY workshop, you will produce and package your plastic-free reusable food wraps. Beeswax food wraps are a green alternative to plastic cling wrap. Attendees customize labels and packaging for choice of gifting beeswax food wraps. Help REDUCE single use plastic in your home!



### CANADIAN FIREARMS COURSES - NON-RESTRICTED

January 27, 9 am - 4:30 pm & January 28, 10 am - 3 pm, @ Redcliff Town Hall Education Room **OR**,

February 24, 9 am - 4:30 pm & February 25, 10 am - 3 pm, @ Redcliff Town Hall Education Room

\$121 per person. Minimum age 12 years. Register at [redcliff.recdesk.com](http://redcliff.recdesk.com)

This course is required to apply for or renew a Possession Acquisition License (PAL). The course stresses safe handling as well as storage and transport of firearms and is instructed by a provincially certified firearms trainer. The exam takes place on the final evening of the course. If students have time restrictions, alternative arrangements may be made with the instructor.

## PROGRAMING at a GLANCE January 14 to March 16

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	Bridges Program Morning Exercise SRRS BC Woodcarving	15 In-Stiches Chair Yoga Pool YOGA	16 Morning Exercise Cribbage BC	17	18 Chair Yoga Whist TFGP	19 Lego
21	Bridges Program Morning Exercise SRRS BC Woodcarving	22 In-Stiches Chair Yoga Pool YOGA	23 Morning Exercise Cribbage BC	24	25 Chair Yoga Whist TFGP	26 Lego
28	Bridges Program Morning Exercise SRRS BC Woodcarving	29 In-Stiches Chair Yoga Pool YOGA	30 Morning Exercise Cribbage BC	31 Monthly meeting	1 Chair Yoga Whist TFGP	2 Lego
4	Bridges Program Morning Exercise SRRS BC Woodcarving	5 In-Stiches Chair Yoga Pool YOGA	13 Morning Exercise Cribbage BC	7 Soup & Sandwiches	8 Chair Yoga Whist TFGP	9 Lego
11	Bridges Program Morning Exercise SRRS BC Woodcarving	12 In-Stiches Chair Yoga Pool	13 Morning Exercise Cribbage BC <i>Valentine's Day</i>	14 Potluck & Bingo	15 Chair Yoga Whist TFGP	16 Lego
18	<i>HAPPY family DAS</i>	19 Chair Yoga In-Stiches Pool YOGA	20 Morning Exercise Cribbage BC	21 FFN	22 Chair Yoga Whist TFGP	23 Lego
25	Bridges Program Morning Exercise SRRS BC Woodcarving	26 In-Stiches Chair Yoga Pool YOGA	27 Morning Exercise Cribbage BC	28	29 Chair Yoga Whist TFGP	1 Lego
3	Bridges Program Morning Exercise SRRS BC Woodcarving	4 In-Stiches Chair Yoga Pool	5 Morning Exercise Cribbage	6	7 Chair Yoga Whist TFGP	8 Lego
Daylight Savings Time Begins 10	Bridges Program Morning Exercise SRRS Woodcarving	11 In-Stiches Chair Yoga Pool	12 Morning Exercise Cribbage	13	14 Chair Yoga Whist TFGP	15 Lego
						16

## You're Not Alone, We Can Help

### Are you feeling overwhelmed?

Here are a few resources that are available to you:

#### 24 Hour Crisis

Emergency Services.....	911
211 Alberta (call, text or chat).....	211
Health Link.....	811
Addiction Helpline.....	1-866-332-2322
Alberta's ONE LINE for Sexual Violence	1-866-403-8000
Bullying Line.....	1-877-352-4497
Canadian Red Cross Society.....	1-800-418-1111
Child Abuse Reporting Line.....	1-800-387-5437
Distress Centre Crisis Line.....	1-800-784-2433
Kids Help Phone.....	1-800-668-6868
Text Line	686868
Mental Health Helpline.....	1-877-303-2642
Talk Suicide Canada.....	1-833-456-4566
Text Line	45645
Person's in Care Abuse Line.....	1-888-357-9939
Medicine Hat Women's Shelter Society	403-529-1091
Toll-Free	1-800-661-7949
Text Line (7am-11pm)	587-850-5885
Webchat	<a href="http://www.mhwss.ca">www.mhwss.ca</a>

#### Counselling

Free or low-cost (virtual and/or in-person) groups are offered at all locations

AHS Addiction & Mental Health.....	403-529-3500
Medicine Hat Family Service.....	403-504-8026
Sanare Centre.....	403-548-2717

Excerpt taken from 'When You Need Help' brochure  
courtesy of the Canadian Mental Health Association &  
Alberta Health Services

This guide is distributed six times per year. Call 403-548-3232 to contribute your public event or program.

Please note that all prices & dates are subject to change. For more information and to register, visit [www.redcliff.ca](http://www.redcliff.ca)