

TOWN OF REDCLIFF

COMMUNITY PROGRAM

&

EVENT GUIDE

September - November 2024



REDCLIFF LEGION

WEEKLY EVENTS

Mondays

Kitchen open **10:00 am-2:00 pm** for breakfast and lunch; canteen open **10:00 am-5:00 pm**. Drop-in Seniors Darts **12:00 pm**.

Tuesdays

Kitchen open from **5:00 pm-8:00 pm**; canteen open from **5:00 pm-10:00 pm**. Get 15% off all handhelds. Drop-in Jitney Darts **6:30 pm**
Dart and Pool League

Wednesdays

Kitchen open from **5:00 pm-8:00 pm**; canteen open from **5:00 pm-10:00 pm**. Wing Wednesday: Get a pound of wings for **\$9.95**. Choose from 32 different flavors!

Thursdays

Kitchen open from **10:00 am-8:00 pm** for breakfast, lunch and dinner; canteen open from **10:00 am-9:00 pm**. Dinner Special: Buy One, Get One Half Off on all mains. Drop-in Seniors Darts **12:00 pm**.

Fridays

Kitchen open from **4:00 pm-8:00 pm**; canteen open from **12:00 pm-10:00 pm**. Fish Friday Buffet. Friday Night Dances

Saturdays

Kitchen open from **4:00 pm-8:00 pm**; canteen open from **12:00 pm-9:00 pm**. Meat Draw every **Saturday**; starts at **4:30 pm**.

UPCOMING EVENTS

Junior Darts fundraising BBQ & Bottle Drive: **Sept 21**
Legion Area Dart Tournament: **Sept 28 @ 10:00 am**. See **Baz Cole**.

Crib Tournament: **Oct 19 @ 9:30 am**

Trivia Night: **Oct 19 @ 6:30 pm**

Legion Area 8-Ball Tournament: **Nov 2**. See **Baz Cole**.

Veteran's Dinner: **Nov 9**

Trivia Night: **Nov 16 @ 6:30 pm**

Crib Tournament: **Nov 23 @ 9:30 am**

FRIDAY DANCE LINE-UP

Sept 20: Happy Gang

Sept 27: Mixed Company

Oct 4: Rodi and Guys

Oct 11: Willow Creek

Oct 18: Happy Gang

Oct 25: Mixed Company

Nov 1: Rodi and Guys

Nov 8: Willow Creek

Nov 15: Happy Gang

Nov 22: Mixed Company

Nov 29: T.T Band

Please contact **Rita** at **403-548-2166** for additional information.

SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

If you are a male over the age of 45, getting your PSA levels checked [a simple blood test] could save your life!

MEDICINE HAT AND AREA PROSTATE CANCER SUPPORT GROUP

We are a local Medicine Hat and area Prostate Cancer Support Group that meets on the last Saturday of every month. We will share the story of our journeys from symptoms to diagnosis, treatment options and recovery. Our FREE group meets at the lower floor meeting room at St. Patrick's Church in Medicine Hat [238 2nd Ave NE west side entrance] at **10:00 AM**. We offer round table health discussions, support and refreshments. Spouses are most welcome! Contact **Philip Buisseret** at **pbuiss7@telus.net** or phone **403-581-3116**.

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IN-STITCHES

We welcome anyone who knits, crochets, cross-stitches, or weaves to join this group.

In-Stitches meets every **Tuesday 10:00 am-12:00 pm** in our meeting room at the **Redcliff Public Library**. Bring along your project and enjoy a morning of coffee and conversation.

ADULTS & SENIORS

REDCLIFF SENIORS SOCIETY - 55+

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

WEEKLY EVENTS

Wood Carving: **Monday** afternoons **1:00-4:00 pm**

Morning Exercise: **Monday** and **Wednesday 9:30 am-10:30 am**. Open to all members; only **\$1**

Cribbage: **Wednesday** afternoons **1:00-3:30 pm**; cost is **\$2**. No partner needed but must be a member to attend.

Pool: **Tuesday** afternoons **1:00-4:00 pm**; only **\$1**. All members welcome.

Whist: **Friday** evenings **6:30-9:00 pm**; cost is **\$2**. No partner needed but must be a member to attend.

UPCOMING EVENTS

Potluck and Bingo: **Sept 19** from **6:00-7:00 pm**. Must be a current member to play Bingo.

Military Whist Tournament: **Sept 21**. Starts at **10:00 am**. Cost is **\$80** per team of four; includes lunch. Call **Dalton** at **403-471-9547** to register.

Soup and Sandwiches: **Sept 26** from **11:30 am-1:00 pm**. Cost is only **\$8**.

Monthly General Meeting: **Oct 3 @ 2 pm**. All members welcomed to attend.

Potluck and Bingo: **Oct 17** from **6:00 pm-7:00 pm**. Must be a current member to play Bingo.

Cribbage Tournament: **Oct 19 @ 10:00 am**. Cost is **\$20** each and includes lunch. Contact **Mel** at **403-527-4300** to register.

PUZZLE COMPETITION 500 - ADULT EDITION

Join us at the **Redcliff Public Library** for a fun, competitive puzzle challenge! This after-hours competition takes place **Saturday, October 26 at 6:30 pm**. This Halloween themed event will include prizes, snacks, and good times! Call **403-548-3335** to register your team. All team members needs to be over 18 years of age.

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 **Shawna 403-594-3190** or **Ryan 403-502-0150**.

REDCLIFF LIONETTES

Get involved! Join the Redcliff Lionettes. We are a fun, loving group of ladies. Text **Jenn**, our president, at **587-253-5366** or **Sharen** at **403-548-1472** for more information.



CHILDREN, YOUTH & FAMILIES

TEEN SUPPORT GROUP

Medicine Hat Family Service will host a Teen Support Group at the **Redcliff Youth Centre**. This is a **FREE**, closed group for those **10-18 years old**. The Teen Support Group meets twice a month, depending on age: the **second Wednesday of every month** for **ages 10-13** and the **last Wednesday of the month** for **ages 14-18**.

Topics of discussion include:

- grief and loss
- depression and anxiety
- boundaries and consent
- bullying and harassment
- healthy relationships
- gender identity and self-esteem
- resiliency and coping

Please register at the **Redcliff Youth Centre**. Parent consent is required.

PUZZLE COMPETITION - FAMILY EDITION

Join us at the **Redcliff Public Library** for an afternoon of family fun! This friendly competition will be held on **November 16 at 1:30 pm**.

At least one member of your team needs to be under the age of 12 years.

Call **403-548-3335** to register your team (max 6 people). Prizes and snacks included!

SHAKE, RATTLE, & READ

Toddler storytime, crafts, & socializing at the **Redcliff Public Library** from **September 9-November 25 on Mondays 10:30-11:30 am**. There will be no Shake, Rattle, & Read on September 30, October 14 & November 11.

YOUNG ADULT INDIGENOUS AUTHOR VISIT

Jen Ferguson, author of "Those Pink Mountain Nights", "The Summer of Bitter and Sweet", and "Constellation of Minor Bears" will be at the **Redcliff Public Library** for an author talk on **September 18 at 1:00 pm**.

LEGO @ the Library

Free play with our abundance of LEGO! Every **Saturday from 10:00 am - 1:00 pm** at the **Redcliff Public Library**. Held from **October 5 - April 26**.

COMMUNITY RECREATION

TWIST & FLIP GYMNASTICS

Offers seasonal sessions of specialized preschool & recreational classes. Drop-in times, field trips, and birthday party/group bookings are also available!



We will be holding **FREE** indoor playtimes. Drop-in from **10:30 am-12 pm** every **Friday**.

Thank you to **Girls on the Go Real Estate Team** and **Trilogy Mortgage Corporation** for sponsoring this program!

PUBLIC SKATING SCHEDULE

SEPTEMBER

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

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

Saturday and Sunday 6:00 pm-7:00 pm

There will be no public skating September 30

OCTOBER

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

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

Saturday and Sunday 6:00 pm-7:00 pm

There will be no public skating October 14

NOVEMBER

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

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

Saturday and Sunday 6:00 pm-7:00 pm

There will be no public skating November 11 and 16



EMERGENCY SERVICES

Emergency Services.....	911
Alberta Resource Centre (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
Income Support (AB Government).....	1-844-388-7744
24-hr Emergency Income Support.....	1-866-644-5135
YMCA Employment Centre.....	403-529-4733
The Mustard Seed (Emergency Shelter).....	1-833-448-4673
Kids Help Phone.....	1-800-668-6868
Kids Help Phone Text Line.....	686868
Mental Health Helpline.....	1-877-303-2642
Suicide Crisis Helpline (Call or Text).....	988
Child Abuse Reporting Line.....	1-800-387-5437
Persons in Care Abuse Line.....	1-888-357-9939
Medicine Hat Women's Shelter Society....	403-529-1091
Root Cellar (MH Food Bank)	403-528-4313
Counselling - free or low cost	
AHS Addiction & Mental Health.....	403-529-3500
Medicine Hat Family Service.....	403-504-8026



PROGRAM GUIDE SEPT 8 - NOV 9

- Redcliff Seniors Society
- Redcliff Legion
- Redcliff Public Library
- Redcliff Youth Centre
- Recreation
- Other Events/Special Occasions

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	Exercise 9 Wood Carving Drop-In Seniors Darts	Pool 10 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 11 Cribbage Teen Support Group	12 Drop-In Seniors Darts	Whist 13 Dance DROP IN & PLAY	14 Meat Draw
15	Exercise 16 Wood Carving Drop-In Seniors Darts	Pool 17 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 18 Cribbage Author Visit: Jen Ferguson	19 Potluck & Bingo Drop-In Seniors Darts	Whist 20 Dance DROP IN & PLAY	Meat Draw 21 Military Whist Tournament Fundraiser BBQ & Bottle Drive
22	Exercise 23 Wood Carving Drop-In Seniors Darts	Pool 24 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 25 Cribbage Teen Support Group	26 Soup & Sandwiches Drop-In Seniors Darts	Whist 27 Dance DROP IN & PLAY	28 Meat Draw Dart Tournament
29	Exercise 30 Wood Carving Drop-In Seniors Darts	Pool 1 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 2 Cribbage	3 Monthly General Meeting Drop-In Seniors Darts	Whist 4 Dance DROP IN & PLAY	5 Meat Draw
6	Exercise 7 Wood Carving Drop-In Seniors Darts	Pool 8 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 9 Cribbage Teen Support Group	10 Drop-In Seniors Darts	Whist 11 Dance DROP IN & PLAY	12 Meat Draw
13	Exercise 14 Wood Carving Drop-In Seniors Darts	Pool 15 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 16 Cribbage	17 Potluck & Bingo Drop-In Seniors Darts	Whist 18 Dance DROP IN & PLAY	Meat Draw 19 Cribbage Tournament Cribbage Tournament Trivia Night
20	Exercise 21 Wood Carving Drop-In Seniors Darts	Pool 22 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 23 Cribbage	24 Drop-In Seniors Darts	Whist 25 Dance DROP IN & PLAY	26 Meat Draw Puzzle Competition: Adult Edition
27	Exercise 28 Wood Carving Drop-In Seniors Darts	Pool 29 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 30 Cribbage Teen Support Group	31 Drop-In Seniors Darts	Whist 1 Dance DROP IN & PLAY	2 Meat Draw 8- Ball Tournament
3	Exercise 4 Wood Carving Drop-In Seniors Darts	Pool 5 Darts & Pool Drop-In Jitney Darts In-Stiches	Exercise 6 Cribbage	7 Drop-In Seniors Darts	Whist 8 Dance DROP IN & PLAY	9 Meat Draw Veteran's Dinner

MEALS ON WHEELS

Hot meals are available to eligible adults of any age on a long term or short-term basis. Volunteers deliver lunch from Monday - Friday between 11:00 am-12:00 pm. This service is subsidized by the Town of Redcliff and is available for \$7.00 per meal. Meals are provided by Trukkers. Call 403-548-3232 or email cps@redcliff.ca.



REDCLIFF MENTAL WELLNESS CIRCLE

The Medicine Hat Family Service is excited to invite you to join their circle dedicated to exploring various aspects of mental wellness. This inclusive space offers everyone an opportunity to share, learn, and grow together in a supportive environment. We believe in fostering meaningful dialogue and personal development for all participants and look forward to having you join us on this journey towards greater well-being.

SEPT RESILIENCE- Redcliff Public Library
25 Board Room, 6-7:30 pm

OCT HEALTHY RELATIONSHIPS - Redcliff
23 Public Library Board Room, 6-7:30 pm

NOV GRIEF- Redcliff Public Library Board
27 Room, 6-7:30 pm