

TOWN OF REDCLIFF

COMMUNITY PROGRAM



EVENT GUIDE

January To March 2026

SUPPORT SERVICES

TEEN SUPPORT GROUP

Medicine Hat Family Service hosts 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, based on age: the first Wednesday of every month for ages 10-13 and the third Wednesday of the month for ages 14-18. Register at the Redcliff Youth Centre.

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



REDCLIFF FCSS/TOWN

FAMILY FUN NIGHT - Join the Redcliff FCSS for Family Fun Night Valentine's Crafts and Board Games, Tuesday February 10th from 6:00 - 8:00pm! Hosted at I.F. Cox School Gym, this event is completely FREE to attend! Must register prior to event. To register today, visit www.redcliff.ca!

MOTHERS SUPPORT GROUP - Presented by the Redcliff FCSS and Medicine Hat Family Service. Sometimes Moms just need to talk! Join us for coffee and conversation for our next meetings at the Redcliff Library, January 22nd, February 5th, March 5th, from 10:30am - 12:00pm!

SENIOR SUPPORT GROUP - Senior Support Group returns to Redcliff! Join the Redcliff FCSS, Medicine Hat Family Service, and Recovery College Medicine Hat for coffee and conversation with friends on topics that are important to you! Join us at the Redcliff Senior Centre from 10:30am - 12:00pm for our next meetings, Monday February 2nd for Beating the Winter Blues, Monday March 2nd for Boundaries 101, and March 16th for Communication Skills.



ADULT NIGHT OUT - Join the Redcliff FCSS for Adult Night Out, Indigenous Beading Workshop, Thursday February 12th from 6:00 - 8:00pm at the Redcliff Seniors Centre! Registration is only \$20! Register online by visiting www.redcliff.ca "Online Bookings".

SWIMMING LESSONS REGISTRATION - Swimming lesson registration opens Monday, March 2nd at 9:00am for Redcliff residents! Registration for non-residents opens Monday, March 16th.



COMMUNITY ENGAGEMENT

VALENTINE'S DAY DINNER/DANCE AT THE GERMAN CANADIAN HARMONY CLUB

Join the Redcliff German Canadian Harmony Club for a Valentine's Day Dinner and Dance, Saturday February 14th! Doors open at 5:30pm, dinner begins at 6:30pm, and dance at 7:00pm! Music will be provided by Phoenix. Tickets are \$50 and can be purchased at Laurie Ann's Fashions at the Co-op Mall, or calling 403-580-0403,

JOIN THE BOARD OF DIRECTORS FOR THE BADEN-POWELL CENTRE

The Redcliff Baden-Powell Centre is seeking dedicated and enthusiastic volunteers to join the Board of Directors! The Baden-Powell Centre is a hub for Scouting, Guiding, and community activities in Redcliff. We are looking for individuals of all backgrounds with skills or experience in areas such as community involvement, fundraising, building maintenance, and marketing and communications. If this opportunity sounds right for you, please reach out to Mike Lukacs at mike.lukacs@gmail.com or 403-928-4311.



SERVICE CANADA CLINIC AT THE REDCLIFF LIBRARY

Join the Redcliff Public Library for Service Canada Clinics, Learn how to navigate Service Canada January 23rd, February 19th, and March 19th!



PUZZLE AND BOARD GAME SWAP AT THE REDCLIFF LIBRARY

Join the Redcliff Public Library for a puzzle and board game swap! Exchange your gently used puzzles and games with fellow enthusiasts, Saturday January 24th from 2:00 - 4:00pm!



DROP IN PD DAY AT THE REDCLIFF PUBLIC LIBRARY

Come to the Redcliff Public Library Friday March 20th from 1:00 - 2:30pm for drop in PD Day Activities! Activities include Scratch Art and Crafts



IN-STITCHES

Join the Redcliff Public Library for In-Stitches! This group welcomes everyone who knits, crochets, cross-stitches, or weaves to join! We meet every Tuesday from 10:00am - 12:00pm!



LEGO AT THE LIBRARY

Free play with our abundance of Lego! For ages 5+ beginning October 4th and running every Saturday 10:00am - 1:00pm.

SHAKE, RATTLE, AND READ

Infant and toddler story time for ages 0-4! Rhymes, stories, playtime, and take home crafts! every Monday 10:30 - 11:30am.

BRING-YOUR-OWN-BOOK CLUB

Bring-Your-Own-Book Club is a casual club where readers can get together and talk about books! Each meeting will have a theme and guests can bring a book to share with others! Recommend books, ask for recommendations, and make some new friends! Everyone is welcome to join! This program runs the first Thursday of every month from 6:00 - 7:30pm.



STEADY MOVES EDUCATION AND EXERCISE SERIES

Join Primary Care Alberta for Steady Moves fall prevention series beginning Thursday February 5th from the Redcliff Seniors Centre! Steady Moves is an 8-week fall prevention series that mixes evidence based fall prevention strategies and exercise class to help older adults prevent falls and build strength and balance. For more information or to register today, call Melissa at 403-502-8238.



Primary Care Alberta



FREE SUICIDE PREVENTION EDUCATION

The Medicine Hat Family Service is holding a FREE Suicide prevention education group Friday, January 30th from 3:00 - 5:00pm at the Medicine Hat Family Service building at 320 5th Ave SE. To register for this group, please email suicideprevention@mhfamilyservice.com



PUBLIC SKATING SCHEDULE

January - March

Monday: 12:00 - 1:00pm	Thursday: 10:45 - 11:45am
Tuesday: 10:45-11:45am	6:30 - 7:30pm
6:30-7:30pm	Friday: 12:00 - 1:00pm
Wednesday: 12:00 - 1:00pm	Saturday: 6:00 - 7:00pm
	Sunday: 6:00 - 7:00pm

*There will be no public skating February 7th

GIRL GUIDES OF CANADA AVAILABLE PROGRAMMING

Girl Guides of Canada has a vision of a "better world, by girls". Designed for girls ages 5-17! With programming such as Sparks for girls ages 5-6, Embers for 7-8, Pathfinders 12-15, and Rangers 15-17. Watch out for our traditional chocolate & vanilla cookies on sale in late March! Please contact 1-800-565-8111, or email any-cypresshillssac@girlguides.ca for more information.



WHITE DRAGON KARATE

White Dragon Karate registration is open all year long! Open to all youth ages 4 and up! First Class is FREE! Open Monday - Thursday 4:00 - 8:30pm. Call 403-878-6381 or email whitedragonkarate@yahoo.ca for more information.



TWIST AND FLIP GYMNASTICS

Twist and Flip Gymnastics is offering Seasonal Sessions of specialized pre-school and recreational gymnastics classes! With offerings such as birthday party bookings, field trips, summer camps, and drop in/indoor playtime, Drop In/Indoor Playtime happens every Friday from 10:30am - 12:00pm! For more information or to enroll your child in our programming today, call 403-487-5867, or visit www.twistandflip.ca today!



REDCLIFF YOUTH CENTRE HOT LUNCH & DINNER PROGRAM

The Redcliff Youth Centre offers a FREE hot lunch & dinner program for all youth ages 10 - 17! Hot lunch runs Wednesdays 11:30am - 12:10pm, Dinner program runs Tuesdays & Thursdays 4:00 - 6:00pm! Register by calling 403-548-2811!



REDCLIFF YOUTH CENTRE CPR & FIRST AID TRAINING

The Redcliff Youth Centre is offering a FREE First Aid course to registered youth, generously sponsored by the Optimist Club! Program will be delivered by St. John Ambulance. Youth must be at least 12 years old to register. Dates will be confirmed soon, Call 403-548-2811 for more info.



REDCLIFF YOUTH CENTRE VALENTINE'S DAY FUNDRAISER

Join the Youth Centre at the Box Springs Boston Pizza for a Heart-Shaped Pizza Valentine's Fundraiser!



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

MONDAYS: Morning Exercise 9:30-10:30am \$1 entry. Wood Carving afternoons 1:00 - 4:00pm See Ron.



TUESDAYS: Strength and Stretch 1:00-2:00pm Tuesday Pool 1:00 - 4:00pm \$1 entry.



WEDNESDAYS: Morning Exercise 9:30-10:30am \$1 entry. Cribbage 1:00 - 3:30pm \$2 entry.

THURSDAYS: Pool 1:00 - 4:00pm \$1 entry.



FRIDAYS: Strength and Stretch 1:00-2:00pm Whist 6:30 - 8:30pm \$2 entry.



SUNDAYS: Canasta 2:00-4:00pm. Entry is \$1



SPECIAL EVENTS

SOUP AND SANDWICHES: Soup and Sandwiches lunch, Thursday February 12th from 11:30am - 1:00pm.



POTLUCK AND BINGO: Potluck and Bingo, Thursday February 19th. Potluck begins at 6:00pm, with Bingo at 7:00pm. Must be a member to play Bingo.



POTLUCK AND BINGO: Potluck and Bingo, Thursday March 19th. Potluck begins at 6:00pm, with Bingo at 7:00pm. Must be a member to play Bingo.



PANCAKE BREAKFAST: Pancake Breakfast at the Seniors Centre, Saturday March 21st from 9:00 - 11:00am.



REDCLIFF LEGION

MONDAYS

Open 4:00 - 8:00pm. Darts league 12:00 - 3:00pm.



TUESDAYS

Open from 4:00 - 8:00pm. First beer and burger \$15 (with sides) Tuesday Pool League 7:00pm.



WEDNESDAYS

Open 4:00 - 8:00pm. Get a pound of wings for \$9.95 with numerous flavors available!



THURSDAYS

Open 4:00 - 8:00pm. Drop-in Senior Darts 12:00 - 3:00pm.



FRIDAYS

BSO OSI Buddy Check In Coffee 12:00 - 2:00pm: A Veteran led group open to all Allied, CAF, and RCMP members, serving or retired.



SATURDAYS

Open 12:00 - 8:00pm. Meat Draw every Saturday at 4:30pm.

UPCOMING EVENTS

Trivia Nights - Saturdays, January 31st, February 28th, March 7th at 7:00pm. Sign up sheet can be found at the Legion bar, or phone 403-548-3601- Or 3217 to sign up today!

Crib Nights - January 17th, February 21st, March 21st. Registration is 9:00am day of, \$25 fee.

Honours & Awards Night - Robbie Burns & Honours and Awards Night! Saturday, January 24th from 6:00pm. Haggis Supper by donation.

Painter Girl Valentine's Couple Evening - Saturday, February 14th. Couples night with Painter Girl, Platter & Dessert Duet. Cost is \$110. Begins at 6:00pm.

St. Patrick's Day Craic - Saturday March 14th, St. Patrick's Day Craic, music, dancing, Irish Stew & dessert!

EMERGENCY AND SOCIAL SUPPORT

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