



February 2024 Community Calendar



SASKATCHEWAN COUNCIL ON AGING GLOBE WALK - January-April. Come move with us. Mark down your movement – housework, workouts, shoveling, walking, shopping, etc. 15 minutes of activity equals 1300 steps which is the equivalent to 1 km. Forms at the Strasbourg Town Office, Strasbourg Health Centre, and Forever in Motion Classes. Submit monthly totals to Vicki at (306) 725-7603 or Rita at (306) 725-7819. Let's see how far we can go!

- Jan 30 FAY'S FLOWERS PRESENTATION** by Alana Munholland. Strasbourg Library at 7:00 p.m.
- Jan 31 SCHOOL'S OUT DAY CAMP** from 9:00 a.m. – 4:00 p.m. at Arlington Beach Camp. For more information and to register, visit www.arlingtonbeachcamp.com.
- 1 FOREVER IN MOTION (SENIOR FITNESS 50+)**, 10:00 a.m. - 11:00 a.m., Strasbourg Memorial Lower Hall. **Every Monday and Thursday.** If you wish to walk ahead of time, please come at 9:30 a.m. Please bring clean runners, fitness band, and water bottle. All fitness levels are welcome. No charge. Note: this is a scent free activity.
- SENIORS DROP INN THURSDAY BRIDGE**, 1:30 p.m. Play, learn, teach, laugh, and have fun. **Every Thursday.**
- 2 INDOOR WALKING**, 9:00 a.m. – 10:00 a.m. Strasbourg Memorial Lower Hall. Walking every **Tuesday and Friday.** Clean indoor runners required. Everyone welcome. Sponsored by the Strasbourg Rec Board. Call Diane with any questions at (306) 725-8101.
- CHAIR YOGA**, 12:20 p.m. – 12:50 p.m., Strasbourg Lower Memorial Hall. \$15.00 drop-in.
- SENIOR DROP INN FRIDAY AFTERNOON CARDS & GAMES**, 1:30 p.m. Play Rook, 500, Crib, Rummy, Scrabble, Tile Rummy, Dominoes, etc. Followed by coffee and snacks. **Every Friday.** Birthday cake, strawberries, and ice cream served on the last Friday to celebrate monthly birthdays!
- LADIES ANNUAL FUNSPIEL** "Wine a Little, Laugh a Lot," Strasbourg Curling Rink, 6:30 p.m. Two 4-end games. Sign up at the Rink as teams or singles, or call/text Rhonda at (306) 725-7535 or Kathy at (306) 725-8230 by January 29. New curlers welcome!
- 4 PICKLEBALL**, Strasbourg School (WDS) Gym, 3:30 p.m. – 6:00 p.m. Enter through the middle doors. \$50.00 for the season or \$5.00 drop-in. Bring a water bottle, and clean shoes are required. **Every Sunday.** Everyone 18+ are welcome.
- ADULT CO-ED REC VOLLEYBALL** at William Derby School gym. **Every Sunday** 7:30 p.m. - 9:00 p.m. \$5 drop-in, or cost for the season TBD. Please bring clean, non-marking shoes. Everyone 18+ is welcome.
- 5 DUVAL OPTIMIST CLUB BINGO**, Duval Hall. Speedos at 7:00 p.m. Regular games half an hour later. Bring an item for Strasbourg Food Bank and get a free 3-up card.
- 6 AL-ANON**, 8:00 p.m., St. John Lutheran Church basement. For family and friends of alcoholics. Everyone is welcome to attend.
- 7 SENIOR DROP INN TEA & TALK, COFFEE & CONVERSATION, OR WATER & WITTER**, 2:00 p.m. to 4:00 p.m. **Every Wednesday.** Meet your friends for a quiet afternoon.
- GRIEF-WHAT CAN I DO ABOUT IT?** Strasbourg Library, 2:00 p.m. Presentation by Clinical Counsellor Cindy Werner.
- DUVAL RINK WING NIGHT**, 5:00 p.m.
- 8 FIRE TRAINING & MEETING**, 7:00 p.m., Strasbourg Fire Hall.
- 9 CHAIR YOGA**, 12:20 p.m. – 12:50 p.m., Strasbourg Lower Memorial Hall. \$15.00 drop-in.
- NO ONE EATS ALONE**, 5:00 p.m., Strasbourg Rink – Burger and fries for \$10.00. Register with Ashley at (639) 914-7088 by February 7th. Enjoy a great meal and good company.
- 12 SENIOR DROP INN CENTRE SPECIAL EVENT**, 1:30 p.m. Come join us for the afternoon. Tea, coffee and refreshments will be served. For further information, please contact Sherry at (639) 914-7006.
- 13 SHROVE TUESDAY PANCAKE SUPPER**, 5:00 p.m. - 6:30 p.m., St. John Lutheran Church. Cost \$10.00, 7-12 years \$5.00, children 6 & under free. Everyone welcome.
- AL-ANON**, 8:00 p.m., St. John Lutheran Church basement. For family and friends of alcoholics. Everyone is welcome to attend.
- 14 DUVAL RINK BURGER NIGHT**, 5:00 p.m.
- TOWN COUNCIL MEETING**, 7:00 p.m., Town Council Chambers.
- 16 ORDERS DUE FOR NICKY'S CAFE** at 12:00 p.m. To order, call or text Ashley at (639) 914-7088. Menu options on Town Bulletin Board by the Pharmacy or on Strasbourg Age Friendly Recreation Board Facebook page.
- 16-18 YOUTH RETREAT** at Arlington Beach Camp. For more information and to register, visit www.arlingtonbeachcamp.com.
- 19 DUVAL OPTIMIST CLUB BINGO**, Duval Hall. Speedos at 7:00 p.m. Regular games half an hour later. Bring an item for Strasbourg Food Bank and get a free 3-up card.
- 20 STRASBOURG RECREATION BOARD AGE-FRIENDLY TOONIE LUNCH**, 11:30 a.m. – 12:30 p.m., Strasbourg Memorial Hall. Menu: Roast beef, potatoes, and bread pudding. Call Sherry (639) 914-7006 for a free ride to the event. Everyone 55 and older.
- AL-ANON**, 8:00 p.m., St. John Lutheran Church basement. For family and friends of alcoholics. Everyone is welcome to attend.
- 21 DUVAL RINK WING NIGHT**, 5:00 p.m.
- 23 SCHOOL'S OUT DAY CAMP** from 9:00 a.m. – 4:00 p.m. at Arlington Beach Camp. For more information and to register, visit www.arlingtonbeachcamp.com
- 27 AL-ANON**, 8:00 p.m., St. John Lutheran Church basement. For family and friends of alcoholics. Everyone is welcome to attend.
- 28 DUVAL RINK BURGER NIGHT**, 5:00 p.m.
- TOWN COUNCIL MEETING**, 7:00 p.m., Town Council Chambers.
- WELLNESS CLINIC**, 1:00 p.m., Strasbourg Library. Topic of the month: *Foot Care and Healthy Aging* with Peggy Gwillim, NP. Foot care will be provided by Peggy Gwillim for \$15.00. To book foot care, call (639) 914-7088. For a free ride, call Sherry at (639) 914-7006.



Phone Chain – Ensure everyone stays safe this winter. Call or text (639) 914-7088 to be added to the chain!

AGE-FRIENDLY STRASBOURG IN PARTNERSHIP WITH STRASBOURG SHARED MINISTRY will be taking names for anyone needing a food hamper. All information will be kept confidential. Financial donations can be left at the Strasbourg Co-op. Please make cheques payable to *Strasbourg Shared Ministry*. If you or someone is in need of a food hamper, please contact Community Coordinator Ashley Scholefield at (639) 914-7088.

Library News

Tuesday: 10:30 a.m. - 2:30 p.m. & 3:00 p.m. - 6:00 p.m.
Thursday: 10:30 a.m. - 4:30 p.m.
Friday: 10:30 a.m. - 4:30 p.m.

Any self-publishing local authors in the area? We would love to have your book on the shelves in the Library. Also looking for local authors to come out and read from their books. Contact Angela to make arrangements.



All new readers welcome! **FREE WI-FI** available. The Library has DVDs and VHS tapes available to be signed out. **Contact Angela at (306) 725-3239 for more details.**

If you have an e-reader and would like to download free e-books, all you need is your library card. Just visit:
<http://www.prl.ab.ca/ebooks>

Submit your events by email on or before the 23rd of the month to strasbourg@sasktel.net. Community Calendar available on the Town of Strasbourg website www.townofstrasbourg.ca and Facebook page. The Community Calendar is a free service offered by the Town of Strasbourg on behalf of the Strasbourg Recreation Board. While we make every effort to ensure accuracy, errors and omissions still may occur and are not intentional.

Church News & Events

Strasbourg Alliance Church

Sunday Worship Services 10:00 a.m.

Check out our website or Facebook for more information.

St. Rita Catholic Parish

Feb. 3 - 7:00 p.m.

Feb. 11 - 11:00 a.m.

Feb. 17 - 5:00 p.m.

Feb. 25 - 9:00 a.m.



St. John Lutheran Church

Feb. 4 - St. John 9:30 a.m./Norrona 11:30 a.m.

Feb. 11 - Norrona 9:30 a.m./St. John 11:30 a.m.

Feb. 18 - Norrona 9:30 a.m./St. John 11:30 a.m.

Feb. 25 - St. John 10:00 a.m.

Also, please visit <http://stjohnnorrona.com> for our services.

Strasbourg United Church

Service at 10:00 a.m. on the first, second and fourth Sundays of the month.

Calvary Fellowship Strasbourg

Sunday Worship Services 10:00 a.m.

East Shore Wildlife Hall

www.ccregina.ca/strasbourg

Seniors Drop Inn Centre

WEDNESDAY AFTERNOON COFFEE & CONVERSATION, TEA & TALK, OR WATER & WITTER!, 2:00 p.m. to 4:00 p.m. Every Wednesday. Meet your friends for a quiet afternoon.

THURSDAY AFTERNOON BRIDGE, 1:30 p.m. Bridge for everyone! Come learn, teach, laugh, chat and have fun. Every Thursday.

FRIDAY AFTERNOON CARDS & GAMES, 1:30 p.m. Play Rook, 500, Crib, Rummy, Scrabble, Tile Rummy, Dominoes, etc. Followed by coffee and snacks. Every Friday. Cake, ice cream, and strawberries will be served on the last Friday to celebrate December birthdays!

Watch for a special event each month! Something different each month, usually on a Thursday afternoon.

The Senior Drop Inn Centre is located in the Strasbourg Memorial Hall which is accessible from the back alley behind Long Lake Insurance and Strasbourg Family Foods.

Strasbourg Recreation Board Ongoing Events

SENIOR FITNESS CLASSES (FIM) (50+ CO-ED FITNESS CLASS), Every Monday & Thursday, 10:00 a.m. to 11:00 a.m. in the Lower Hall. Walking at 9:30 a.m. Bring water bottle, clean indoor runners, and band. Can purchase a band at class for \$5.00. Class is free. Come out, get moving, and have some fun!

INDOOR WALKING, 9:00 a.m. - 10:00 a.m. Strasbourg Memorial Lower Hall. Walking every Tuesday and Friday. Clean indoor runners required. Everyone welcome. Sponsored by the Strasbourg Rec Board. Call Diane with any questions at (306) 725-8101.

PICKLEBALL, 3:00 p.m. Every Sunday at Strasbourg School (WDS) Gym. Bring water bottle & clean indoor shoes. \$50.00 membership or \$5.00 drop-in fee. New players always welcome. Age 18+.

ADULT CO-ED REC VOLLEYBALL at William Derby School gym. Every Sunday 7:30 p.m. - 9:00 p.m. \$5.00 drop-in, or cost for the season TBD. Please bring clean, non-marking shoes. Everyone 18+ is welcome.

CHAIR YOGA, 12:20 p.m. - 12:50 p.m., Strasbourg Lower Memorial Hall. \$15.00 drop-in or \$50.00/for 5-week session. **Every Friday until February 9th.**

Snow Angels Program



Call or text (639) 914-7088 if you are a senior who needs help with snow removal.

Last Mountain Regional Landfill

Winter Hours of Operation: November 1 - April 30
Wednesdays & Saturdays 10:00 a.m. - 3:00 p.m.

Landfill Operator (306) 725-7010
Landfill Administrator (639) 914-7773

Located on Highway 220 one mile west of the Highway 322 & 220 junction

As Strasbourg is not a member of the Last Mountain Regional Landfill Authority, please note there will be a \$20.00 non-member surcharge required in addition to the cost per load to utilize the landfill.

Senior Citizen's Taxi Service February Drivers



Glen Thompson	(306) 725-7149
Gary Frizzell	(306) 737-8577
Donna Kelln	(306) 725-4508
Peter Barry	(306) 725-3190

Winter Rates: November 1 - April 30
All Local (Strasbourg) Trips: \$5.00 per trip (Suggested)
Trips out of Town: \$0.45 per km
Trips to Regina: \$75.00 per trip (Suggested)

*LO denotes Local Only - These driver's only do in-town trips

Drivers driving the Last Mountain Pioneer Home Bus are not to be paid. This is a volunteer service. Fees paid for the use of the bus go to the LMPH Foundation Board.

Taxi Service Coordinator Sherry Burgess (639) 914-7006
(will drive whenever needed)