



April 2024 Community Calendar



SASKATCHEWAN COUNCIL ON AGING GLOBE WALK - January-April, ages 55+. 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 us see how far we can go!

STRASBOURG AGE FRIENDLY RECREATION BOARD STEPS CHALLENGE - April-May, ages 18-55. Pick up a form from the Town Office and receive an entry for a \$50.00 lottery draw each month for every 10,000 steps submitted. Enter your steps to safrbcommunicationsofficer@gmail.com. The challenge starts April 1st. Start walking!

March

29 THE STATIONS OF THE CROSS, 7:00 p.m. at Strasbourg Alliance Church (with the St. Rita Catholic Church). Come celebrate Holy Week/Passion Week with others in our community.

April

- 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.
- STRASBOURG COMMUNITY CHOIR PRACTICE**, 3:30 p.m. at St. John Lutheran Church. The choir will be singing at the Community Easter Program on April 7th at 2:00 p.m. at St. John Lutheran Church. All voices welcome.
- DUVAL OPTIMIST CLUB BINGO**, Duval Hall. Speedos at 7:00 p.m. Regular games half an hour later.
- 2 AL-ANON**, 8:00 p.m., St. John Lutheran Church basement. For family and friends of alcoholics. Everyone is welcome to attend. **Every Tuesday**.
- 3 SENIOR DROP INN WEDNESDAY QUIET TIME**, 2:00 p.m. – 4:00 p.m. Do a jigsaw puzzle, play chess, or other “quiet” activity. Bring your own chess or checkers games, but there are many jigsaw puzzles at the Drop Inn. **Every Wednesday**. Meet your friends for a quiet afternoon.
- 4 SENIOR DROP INN THURSDAY BRIDGE**, 1:30 p.m. Play, learn, teach, laugh, and have fun. **Every Thursday**.
- 5 CHAIR YOGA**, 12:20 p.m. – 12:50 p.m., Strasbourg Lower Memorial Hall. Seven-week session \$70.00 or \$15.00 drop-in. **Every Friday until April 26**.
- SENIOR DROP INN FRIDAY 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!
- NO ONE EATS ALONE**, 5:00 p.m., Digers. Register with Ashley at (639) 914-7088 by April 4. Enjoy a great meal and good company.
- 7 PICKLEBALL**, Strasbourg School (WDS) Gym, 3:00 p.m. – 6:00 p.m. Enter through the middle doors. \$50.00 for the season or \$5.00 drop-in. Please bring clean, non-marking shoes. **Every Sunday**. Everyone 18+ are welcome.
- ADULT CO-ED REC VOLLEYBALL**, Strasbourg School (WDS) Gym, 7:30 p.m. - 9:00 p.m. Enter through the middle doors. \$25.00 for the season or \$5.00 drop-in. Please bring clean, non-marking shoes. **Every Sunday**. Everyone 18+ are welcome.
- 10 TOWN COUNCIL MEETING**, 7:00 p.m., Town Council Chambers.
- 11 FIRE TRAINING & MEETING**, 7:00 p.m., Strasbourg Fire Hall.
- STRASBOURG AGE FRIENDLY CONTAINER PLANTING PRESENTATION** by Phyllis Galandie of Beach Buds in Bloom. 7:00 p.m., Strasbourg Library. Tips and tricks followed by Q & A. Everyone welcome.
- 15-16 LAST MOUNTAIN DISTRICT MUSIC FESTIVAL**, St. John Lutheran Church. Sessions: 9:00 a.m. – 5:00 p.m. and 7:00 p.m. – 9:00 p.m. April 16 – 9:00 a.m. – 5:00 p.m. 10:30 a.m. band session is at William Derby School gym. Lunch will be for sale each day at St. John Lutheran Church. Final concert Friday, April 19 at 7:00 p.m. at St. John Lutheran Church. Please come out to support our students, thank you!
- 15 WELLNESS CLINIC**, 1:00 p.m., Strasbourg Library. Topic of the month: *Advanced Care Planning* with Jennelle Hubick, NP. Foot care 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.
- DUVAL OPTIMIST CLUB BINGO**, Duval Hall. Speedos at 7:00 p.m. Regular games half an hour later.
- 16 STRASBOURG RECREATION BOARD AGE-FRIENDLY TOONIE LUNCH**, 11:30 a.m. – 12:30 p.m., Strasbourg Memorial Hall. Menu: Fish and Chips. Call Sherry (639) 914-7006 for a free ride to the event. Everyone 55 and older.
- A DAY IN THE LIFE OF A POULTRY FARMER**, 7:00 p.m., Strasbourg Library. Presentation by Greg & Bree Hill of Hill Poultry Farms.
- 20 BULYEA THEATRE COMPANY & LAST MOUNTAIN THEATRE COMPANY FULL-LENGTH DRAMA PRODUCTION “THE TIN WOMAN,”** Strasbourg Memorial Hall. Performance only. Doors open 6:30 p.m., Showtime 7:30 p.m. Tickets \$25.00. Rush seating only. Tickets also available at the door. Tickets on sale at the Strasbourg Town Office or by e-mail lastmountaintheatre@gmail.com. Cash, cheque, or e-transfer available for payment. Proceeds from play ticket sales going towards the expenses of performing this play at Theatre Saskatchewan’s Full-Length Festival in North Battleford on April 26, 2024.
- 23 SENIOR DROP INN SPECIAL EVENT**, 2:00 p.m. At least 10 games, door prizes, refreshments – tons of fun! Call Sherry for more info (639) 914-7006. Then watch for crib tournament, whist drive, sequence day, crafts, and other great days in the future.
- 24 FIRE TRAINING & MEETING**, 7:00 p.m., Strasbourg Fire Hall.
- 25 STORY TIME**, 10:30 a.m. at the Strasbourg Library. All preschool children welcome.
- 30 COMMUNITY GARDEN BOXES APPLICATION DEADLINE**. Twelve garden boxes available (8'x4') located in the Strasbourg Lions Park. Orientation and key pick-up on May 11 from 1:00 p.m. – 2:00 p.m. Responsible use of pesticides and herbicides allowed. Soil amended and water on site. Bring your own tools. Beds must be cleaned and keys must be returned by September 30. Contact Ashley at (639) 914-7088 to make an application.

Upcoming Events

- MAY 2, 3 & 4 - STRASBOURG AGE FRIENDLY RECREATION BOARD WINDOW WASHING SERVICE FOR RESIDENTS 55+.** \$10.00-\$20.00 depending on number of windows. Exterior main floor windows only. Call or text (639) 914-7088 by April 28th to get on the list.
- MAY 18 - STRASBOURG COMMUNITY GARAGE SALE.** Call Carol at (306) 725-3360 to register your yard. Watch for more information.
- JUNE 22 - STRASBOURG LIONS PARK GRAND OPENING.** Come celebrate the official opening of the Strasbourg Lions Park! Planned events include pancake breakfast, BBQ lunch fundraiser, food trucks, bouncy castle, live music, pickleball tournament and demonstration, and much more. Open to all ages. Please watch for upcoming advertisements!

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 will resume in the fall. Enjoy the beautiful outdoors for your walks.

PICKLEBALL, Strasbourg School (WDS) Gym, 3:00 p.m. – 6:00 p.m. Enter through the middle doors. \$50.00 for the season or \$5.00 drop-in. Please bring clean, non-marking shoes. **Every Sunday**. Everyone 18+ are welcome.

ADULT CO-ED REC VOLLEYBALL, Strasbourg School (WDS) Gym, 7:30 p.m. - 9:00 p.m. Enter through the middle doors. \$25.00 for the season or \$5.00 drop-in. Please bring clean, non-marking shoes. **Every Sunday**. Everyone 18+ are welcome.

CHAIR YOGA, 12:20 p.m. – 12:50 p.m., Strasbourg Lower Memorial Hall. \$15.00 drop-in or \$70.00/for seven-week session. **Every Friday until April 26**.

OUTDOOR BOOT CAMP IN MAY – Watch for more info.

AUGUST 19-23 YOUTH DRAMA CAMP will be happening this summer. Watch for details to register your child or grandchild next month.

Strasbourg Recreation Board wishes to congratulate 24 new babysitters in the Strasbourg area that have completed and received their certificate. Another proud event sponsored by the Recreation Board.

Thanks to the Students from WDS and Bulyea School for the beautiful art pieces around the community that are being displayed in businesses, outdoors, and at the Strasbourg Library. Take time to stop and admire the work of our local artists.

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.

MAY 9 - MOTHER'S DAY TEA, 2:00 p.m.

MAY 16 - STORY TIME, 10:30 a.m.

JUNE 3-28 - GRADUATION DISPLAY. If you have grad dresses or suits, class jackets, rings, and/or yearbooks, please bring them for the display by May 31st.

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>

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

Holy Thursday March 28 - 7:00 p.m.

Easter Sunday March 31 - 9:00 a.m.

April 6 - 7:30 p.m.

April 14 - 11:00 a.m.

April 20 - 5:00 p.m.

April 28 - 9:00 a.m.



St. John Lutheran Church

Maundy Thursday March 28 - St. John 7:00 p.m.

Good Friday March 29 - St. John 9:30 a.m.

Easter Sunday March 31 - Norrona 8:00 a.m./St. John 11:00 a.m.

April 7 - St. John 10:00 a.m.

April 14 - St. John 9:30 a.m.

April 21 - St. John 9:30 a.m.

April 28 - St. John 9:30 a.m.

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

Strasbourg United Church

Good Friday March 29 – 10:00 a.m.

Easter Sunday March 31 – 10:00 a.m.

Regular services 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 QUIET TIME - Do a jigsaw puzzle, play chess, or other "quiet" activity.

THURSDAY BRIDGE - Always looking for more players, beginners or more advanced. All for fun and laughs.

FRIDAY CARDS & GAMES - Cards, games, coffee and cookies. Ice cream and cake on the last Friday of the month to celebrate the month's birthdays.

APRIL SPECIAL EVENT, 2:00 p.m. on April 23rd. At least 10 games, door prizes, refreshments - tons of fun! Call Sherry for more info (639) 914-7006. Then watch for crib tournament, whist drive, sequence day, crafts, and other great days in the future.

If you are not into playing games, consider joining us for coffee around 3:15 p.m. for some great conversation!

WHY NOT JOIN THE SENIORS CLUB? \$25.00 per year. Ages 55 & over. Everyone welcome.

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.

Senior Citizen's Taxi Service April Drivers

Glen Thompson	(306) 725-7149
Gary Frizzell	(306) 737-8577
Donna Kelln	(306) 725-4508
Rita Kerr	(306) 725-7819
Ruth Heintz	(306) 725-8106
Sylvia Appel	(306) 725-3347 *LO

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)**