

# **Just in Case Workshop**

**In a moment of distress, don't waste time or deal with the stress of finding important documents.**

**Come create a folder for key information in your life “just in case” of an emergency, so you or your loved ones can quickly find important information such as wills, insurance papers, key contacts, and passwords.**

**May 7, 2025**

**1:30 - 3:30 pm OR 5:30 - 7:30 PM**

**Kneehill Regional FCSS Office**

**To register contact:**

**[angie@krfcss.com](mailto:angie@krfcss.com) or 403-443-3800**





## fountain of health

This three-hour session explores the THRIVE Approach to Wellbeing, which is six evidence based, high impact actions you can take to promote wellbeing, age optimally and thrive.



Next Fountain of Health Group

June 4, 9:00 AM - 12:00 PM

Kneehill Regional FCSS Office

For more information or to register

call 403 443 3800 or contact [shelley@krfcss.com](mailto:shelley@krfcss.com)



MONTHLY  
**Families**



CONNECT  
THROUGH **ART**

**It is all about family connection!**

**Art is a way that people can creatively communicate things they may not be able to put into words.**

*\*No artistic skills are required for these sessions\**

**New Themes Every Month!**

**June's Theme**

**New Beginnings**  
Change & Goals

**Parents & Kids grades 1-6:**

1st Friday of each month

June 6th at 5:30-7pm

**Location:**

Kneehill Regional FCSS  
Office, Three Hills

**REGISTRATION  
IS REQUIRED**

403-443-3800

michaela@krfcss.com

www.krfcss.com

SPACE IS LIMITED



# **MKM**

# **2025**

## **MEN, KIDS & MAYHEM**

**JUNE 3 - LINDEN OR JUNE 5 - TROCHU  
5:30 - 7:00 PM**

**PLEASE REGISTER BY MAY 30  
PHONE 403-443-3800 OR  
EMAIL [ANGIE@KRFCSS.COM](mailto:ANGIE@KRFCSS.COM)**

**Hot dog supper provided.  
Activities will have you creating  
and having fun!**

**ACTIVITIES FOR MEN &  
CHILDREN  
(5-9 YEARS OF AGE)**

**SPONSORS**

**Kneehill Regional Family & Community Support Services  
Linden Agricultural Society, Town of Trochu**

SPACES  
LIMITED

# Art Summer camp



**Fun & Creative  
Activities**

## July & August

July 14-18 - Carbon

July 21-25 - Trochu

July 28-Aug 1 - Linden

Aug 11-15 - Three Hills

To Be Determined - Acme

Grades 1-3 from 9-12pm  
Grades 4-6 from 1-4pm

## Activities:

- Arts & Crafts
- Painting
- Fun Games

**RSVP Deadlines**  
July Camps - June 30  
August Camps - August 1

**Register  
Today**

**Contact Michaela:**

**Call: 403-443-3800**

**Email: [michaela@krfcss.com](mailto:michaela@krfcss.com)**

**Website: [www.krfcss.com/children](http://www.krfcss.com/children)**





# Rainbows Summer Camp

## Grades 3 - 6

A week long activity based peer support group for kids experiencing grief and loss.

**July 7 - 11**

**Three Hills**

**9:30 AM - 3:00 PM**

**Art, Games and FUN!**

***Deadline is June 27. Space is limited.***

For more information on how to register, please call 403-443-3800 or email [angie@krfccs.com](mailto:angie@krfccs.com)



# Junior Rainbows Summer Camp

## Grades 1 & 2

A week long activity based peer support group for kids experiencing grief and loss.

**July 14 - 18**

**Three Hills**

**9:30 AM - 12:00 PM**

**Art, Games and FUN!**

***Deadline is June 27. Space is limited.***

For more information on how to register, please call 403-443-3800 or email [angie@krfccs.com](mailto:angie@krfccs.com)





# Wetaskiwin Workshop Schedule

If you are between 18 and 24 years old and would like to receive more information on these workshops, or register for one of the upcoming dates, please feel free to contact us at 825.221.1170 or in-person at 5014 48<sup>th</sup> Avenue in Wetaskiwin, Alberta.

[WWW.WTCAN.CA](http://WWW.WTCAN.CA)

The Province of Alberta is working in partnership with the Government of Canada



## RETHINK | CAREER PLANNING

In this FREE one day workshop, you will learn how to successfully change careers by identifying your ideal work and exploring the current labour market.

**May 1, 2025 from 9:00am - 3:00pm**

## RETHINK | JOB SEARCH

In this FREE one day workshop, you will learn how to find the work you want in the fastest possible time-frame by using proven tools and techniques.

**May 8, 2025 from 9:00am - 3:00pm**

## RETHINK | RESUMES

In this FREE half-day workshop, you will learn how to get job interviews by properly preparing and formatting your resume, cover letter and reference page. Once you have completed the workshop, individuals can have their own resume developed by one of our experts.

**May 15, 2025 from 9:00am - 12:00pm**

## RETHINK | INTERVIEWS

In this FREE half-day workshop, you will learn how to get job offers by properly preparing for and navigating through your next job interview. Once you have completed this workshop, individuals can have a one-hour mock interview session with one of our experts.

**May 22, 2025 from 9:00am - 12:00pm**

## BUDGETING & MONEY MANAGEMENT

In this FREE half-day workshop, you will learn what a budget is, different types of expenses, discuss a variety of budgeting methods/tools, strategies to create a spending plan and save money including how to set and maintain your financial goals. Financial resources within the community will also be discussed during this workshop.

**May 26, 2025 from 9:00am - 12:00pm**

## EFFECTIVE COMMUNICATION

In this FREE half-day workshop, you will learn to identify common communication problems, develop skills in asking questions, understand non-verbal communication and coping strategies when working with difficult people - especially within a teamwork environment!

**May 26, 2025 from 1:00pm - 3:00pm**

## STRESS & ANGER MANAGEMENT

In this FREE one day workshop, you will learn what stress and anger are and where they come from, change / anger management and methods to break down old patterns.

**June 23, 2025 from 9:00am - 3:00pm**

## TIME MANAGEMENT

In this FREE half-day workshop, you will learn strategies to organize the home and workplace, techniques for setting and achieving goals and the benefits of prioritization / delegation.

**April 28, 2025 from 9:00am - 12:00pm**

## LABOUR STANDARDS

In this FREE half-day workshop, you will learn your responsibilities as an employee and the responsibilities of an employer within the workforce in Alberta.

**April 28, 2025 from 1:00pm - 3:00pm**





# May 2025 Virtual Workshops Schedule

To get more information on these workshops or to register for one of the upcoming dates, please feel free to contact us at 403.341.7811 or at 866.341.7810 if you are outside of Red Deer.

[WWW.RDCAN.CA](http://WWW.RDCAN.CA)

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## RETHINK | CAREER PLANNING

May 27 & 28, 2025 from 8:45am - 4:15pm

In this FREE one to two day workshop, you will learn how to successfully change careers by identifying your ideal work and exploring the current labour market.

## RETHINK | JOB SEARCH

May 29, 2025 from 8:45am - 4:15pm

In this FREE one day workshop, you will learn how to find the work you want in the fastest possible time-frame by using proven tools and techniques.

## RETHINK | RESUMES

May 30, 2025 from 12:30pm - 3:00pm

In this FREE half-day workshop, you will learn how to get job interviews by properly preparing and formatting your resume, cover letter and reference page. Once you have completed the workshop, individuals can have their own resume developed by one of our experts.

## RETHINK | INTERVIEWS

May 30, 2025 from 8:45am - 12:00pm

In this FREE half-day workshop, you will learn how to get job offers by properly preparing for and navigating through your next job interview. Once you have completed this workshop, individuals can have a one-hour mock interview session with one of our experts.

## CAREER ASSISTANCE NETWORK

Bay 7, 4699 61st Street  
Red Deer, Alberta T4N 7C9  
P:403.341.7811  
E:contact@rdcan.ca  
www.rdcan.ca



# Mature Monday Workshop Schedule

## MAY 2025

To get more information on these workshops for 45+ job seekers or to register for one of the upcoming dates, please feel free to contact us at 403.341.7811 or at 866.341.7810 if you are outside of Red Deer.

### **CAREER CROSSROADS:**

#### **MAPPING YOUR TRANSFERABLE SKILLS**

May 5, 2025, 2025 from 9:00am - 12:00pm

In this FREE half-day workshop, you will focus on identifying transferable skills and using the "4 Quadrant Career Change" tool to develop job focus and direction that utilizes your transferable skills while accommodating changing lifestyle needs.

#### **AGE-PROOF YOUR INTERVIEW**

May 12, 2025, 2025 from 9:00am - 12:00pm

In this FREE half-day workshop, you will learn the tools to present those skills that mature workers typically have that are less prevalent in younger demographics while also emphasizing any unique strengths that you possess that combat common stereotypes.

#### **AGELESS ALLIES:**

#### **BUILDING SKILLS FOR MULTIGENERATION TEAMWORK**

May 19, 2025 from 9:00am - 12:00pm

In this FREE half-day workshop, you will learn key characteristics of different age demographics and how to work effectively within a multi-generational team.

#### **COLOUR SPECTRUMS**

May 26, 2025 from 9:00am - 3:00pm

In this FREE full-day workshop, you will focus on identifying personality styles and developing strategies to successfully work with individuals with your personality styles that differ from yours.

#### **INTRODUCTION TO MICROSOFT WORD**

May 5, 2025 from 1:00pm - 3:00pm

In this FREE 1-hour workshop session, you will focus on how to navigate and use Microsoft Word for basic functions including but not limited to creating letters, tables, and graphs. Free one-on-one support available after the workshop session.

#### **INTRODUCTION MICROSOFT EXCEL**

May 12, 2025 from 1:00pm - 3:00pm

In this FREE 1-hour workshop session, you will focus on how to navigate and use Microsoft Excel for basic functions including but not limited to creating budgets, basic math functions, and tables. Free one-on-one support available after the workshop session.

#### **SOCIAL MEDIA TRAINING**

May 19, 2025 from 1:00pm - 3:00pm

In this FREE 1-hour workshop session, you will focus on how to use social media including safe practices when online. Free one-on-one support available after the workshop session.

#### **USING APPLICATIONS**

May 26, 2025 from 1:00pm - 3:00pm

In this FREE 1-hour workshop session, you will focus on how to navigate and use online video meeting tools including but not limited to Microsoft Teams and Zoom. Free one-on-one support available after the workshop session.

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# May 2025 Workshops Schedule

To get more information on these workshops or to register for one of the upcoming dates, please feel free to contact us at 403.341.7811 or at 866.341.7810 if you are outside of Red Deer.

[WWW.RDCAN.CA](http://WWW.RDCAN.CA)

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## RETHINK | CAREER PLANNING

In this FREE one to two day workshop, you will learn how to Successfully change careers by identifying your ideal work and exploring the current labour market.

May 6 & 7, 2025 from 8:45am - 4:15pm

May 13 & 14, 2025 from 8:45am - 4:15pm

May 20 & 21, 2025 from 8:45am - 4:15pm

May 27 & 28, 2025 from 8:45am - 4:15pm **\*\*VIRTUAL\*\***

## RETHINK | JOB SEARCH

In this FREE one day workshop, you will learn how to find the work you want in the fastest possible time-frame by using proven tools and techniques.

May 1, 2025 from 8:45am - 4:15pm

May 8, 2025 from 8:45am - 4:15pm

May 15, 2025 from 8:45am - 4:15pm

May 22, 2025 from 8:45am - 4:15pm

May 29, 2025 from 8:45am - 4:15pm **\*\*VIRTUAL\*\***

## RETHINK | RESUMES

In this FREE half-day workshop, you will learn how to get job interviews by properly preparing and formatting your resume, cover letter and reference page. Once you have completed the workshop, individuals can have their own resume developed by one of our experts.

May 2, 2025 from 12:30pm - 3:00pm

May 9, 2025 from 12:30pm - 3:00pm

May 16, 2025 from 12:30pm - 3:00pm

May 23, 2025 from 12:30pm - 3:00pm

May 30, 2025 from 12:30pm - 3:00pm **\*\*VIRTUAL\*\***

## RETHINK | INTERVIEWS

In this FREE half-day workshop, you will learn how to get job offers by properly preparing for and navigating through your next job interview. Once you have completed this workshop, individuals can have a one-hour mock interview session with one of our experts.

May 2, 2025 from 12:30pm - 3:00pm

May 9, 2025 from 12:30pm - 3:00pm

May 16, 2025 from 12:30pm - 3:00pm

May 23, 2025 from 12:30pm - 3:00pm

May 30, 2025 from 12:30pm - 3:00pm **\*\*VIRTUAL\*\***

## CAREER ASSISTANCE NETWORK

Bay 7, 4699 61st Street

Red Deer, Alberta T4N 7C9

P: 403.341.7811

E: [contact@rdcan.ca](mailto:contact@rdcan.ca)

[www.rdcn.ca](http://www.rdcn.ca)

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11:45-12:20 Lunch Club 2-3 Story Time 3:00-4:30 Lego Club 10:30-12 Rainbow Pals 1-3 Curiosity Co-op	2 10:45-11:45 Music & Movement	3 10-11:30 Feeding Babies Clinic
4	5 10-11 Words & Wiggles 1:00-2:00 Curiosity Co-op 9-10:30 Sunny Squad 11-12 Rainbow Pals 1-3 Toddler music	6 10-12 Stride & Seek 11:30-12:30 Caregiver Coffee Break 1-3 Kimochis Preschool 4-6 Teen night Tacos & Trivia	7 10-11 Rainbow Pals 11:45-12:30 Lunch Club 3:00-4:30 Lego Club 6:30-8 Playdate Drop in 7-8:30 PM Can We Talk	8 <b>No Programming</b>	9 10:45-11:45 Music & Movement 3:30-5:00 Teen Club 1:30-3:00 Tot Time	10 1-3 Family Fun Swim Event
11	12 10-11 Word and Wiggles 11:45-12:30 Lunch Club 9-10:30 Sunny Squad 11-12 Rainbow Pals 1-3 Toddler music	13 10-12 Stride & Seek 11:30-12:30 Caregiver Coffee Break 1-3 Kimochis Preschool 4-5:30 Lego Club	14 10-11 Rainbow Pals 11:45-12:30 Lunch Club 3:00-4:30 Lego Club 7-8:30 PM Can We Talk 6-8 Dry Canyon	15 11:45-12:20 Lunch Club 2-3 Storytime 3:00-4:30 Lego Club 10:30-12 Rainbow Pals 1-3 Curiosity Co-op	16	17
18	19 <b>Victoria Day</b> No Programming, Office Closed	20 10-12 Stride & Seek 1-3 Kimochis Preschool 4-6 Teen Night Paint & Snacks 7-8:00 PM Caregiver Alliance	21 2-6 Early Years Fair 6:30-7:30 Family Drum Circle	22 11:45-12:20 Lunch Club 2-3 KinderMusik 3:00-4:30 Lego Club 10:30-12 Rainbow Pals 1-3 Curiosity Co-op	23 10:45-11:45 Music & Movement 3:30-5:00 Teen Club 1:30-3:00 Tot Time	24
25	26 10-11 Word and Wiggles 11:45-12:30 Lunch Club 1:30-2:30 Curiosity Co-op	27 10-12 Stride & Seek 1-3 Kimochis Preschool 4-5:30 Lego Club	28 10-11 Rainbow Pals 11:45-12:30 Lunch Club	29 11:45-12:20 Lunch Club 2-3 Storytime 3:00-4:30 Lego Club	30 9:30-10:30 Caregiver Coffeebreak 1:30-3:00 Tot Time	31

## LEGEND

MORRIN

DELIA

HANNA

YOUNGSTOWN

CESSFORD

Carbon

LINDEN

THREE HILLS

TROCHU

DRUMHELLER

HYBRID

VIRTUAL

FOLLOW



REGISTER



Provincial Family Resource Networks

Alberta



McMan

6017 Street East,  
Drumheller AB

## Babies, Toddlers, Children 0-6

**Words & Wiggles:** Join us at the Hanna library with your little one for play that is structured around motor skills, learning and exploring. **Suitable for parents with children 0-2 years.**

**Rainbow Pals:** Come enjoy open ended free play, stories and craft experiences with other parents and kiddos. Offered in Drumheller, Youngstown and Trochu (Arb). **Recommended 4-6 years**

**Storytime:** Come enjoy stories and craft experiences with other parents and kiddos. **0-6 years**

**Tot Time:** Join us at the Carbon Library for a drop in play group for free play. **Suitable for caregivers and children 0-6 years.**

**Toddler music:** Join us at the Drumheller FRN for a facilitated music and movement program. Registration required. **Suitable for caregivers and kiddos 2-3 years.**

**Sunny Squad:** For babies 0-18 months and caregivers. Join us in the morning to explore sensory and gross motor activities. Snacks provided

**Kimochis : For Kiddos 3-6 years and caregivers.** This facilitated program gives children the skills they need to recognize and manage their emotions in a playful way! Registration required.

**Stride & Seek:** An outdoor walking group for parents and kiddos, nature inspired activities offered. 0-6 years. Meeting at Riverside/partici park

## Families 0-18 years

**Curiosity Co-op:** For homeschool families, find us in Trochu and Hanna for STEM based, child led learning experiences, art projects and more. **Children under 6 years must be accompanied by an adult. Snacks provided.**

**Dry Canyon Connections:** Join Lynn, the FRN and a special guest to learn about and create your own rattles. **Pre-registration is required as we have limited supplies.**

## Children & Youth 6-18 years

**Teen Night Drumheller:** Join us after school for an activity and snack. This month we have a trivia night and a paint on canvas night. **For youth 13-18 years.**

**Lego Club:** An afterschool program in Linden, Drumheller and Morrin. Free play with Lego, open ended building in a supportive environment. Snacks provided. **For children and youth 6+**

**Playdate Drop in: An after dinner playgroup for families!** Drop in and enjoy open ended free play, stories and craft experiences with other parents and your kiddos. **Recommended 0-6 years: Space is limited, please call Tara to let us know you are coming!**

**Teen Club Delia Library:** An afterschool program for teens inspired by teens; baking, games, arts and crafts, karaoke, socializing and more. Snacks provided. **For youth 13-18 years. Stay tuned for Special guests!**

**Music & Movement: Join us at the Delia library** for a facilitated music and movement class. Suitable for kids 2-6 years. **Please register.**

## Parent Education

**Family Drum Circle:** No Drumming experience necessary. This facilitated circle for families promotes relaxation, emotional well being and strengthens family bonds; while playfully exploring drum rhythms. Drums provided. Please register.

**Caregiver Alliance:** Caregivers come together virtually and discuss and support others in common caregiving issues along with a facilitator. A safe space to meet others in your community.

**Caregiver Coffee Break:** Join us at the FRN for some coffee and snacks and relax with other caregivers.

**Feeding Babies clinic:** With Dr. Pam Mac Donald. A free lactation clinic at the FRN for anyone expecting a baby and new parents. **Older children welcome. Registration is required.**

**REGISTER FOR PROGRAMS ONLINE, BY E-MAIL, PHONE, OR TEXT MESSAGE**



frndrumheller@mcmancentral.ca



Maria 403-334-5944



Tara 403-443-0304

# Infant Massage

The International Association of Infant Massage (IAIM)

**Mom and Infant 0-12 months Classes**

**AT THE OLDS AND AREA PREGNANCY SUPPORT CENTRE**

**STARTING APRIL 29<sup>TH</sup> 10:30 - NOON**

Register by email at [info@oldspreg.ca](mailto:info@oldspreg.ca)  
or phone 587-796-1611

**Certified Therapist**  
**Natasha Leischner RMT -IAIM**



Benefits of Infant massage • Provides a special individual time for communication that builds love and respect • Promotes attachment and bonding by providing skin to skin touch and a nurturing experience between parent and infant • Helps baby to feel heard, acknowledged and loved, building their self-esteem • Helps baby to sleep longer and more deeply • Increases baby's body awareness • Massage stimulates all body systems • Helps relieve discomfort from gas, constipation, colic, teething, and congestion • Helps to stimulate circulation • Aids digestion and gastrointestinal system • Helps baby to relax and let go of emotional stress • Improves sensory awareness • The sensory stimulation of touch promotes growth and development by supporting myelination of the brain and nervous system • Can be adapted to benefit baby with special needs



**ONE ON ONE CLASSES AVAILABLE BY REQUEST.**

4801 49 Ave, Olds, Alberta T4H 1E1

Charitable registration number: 700129159 RR0001



## Updates from Your Local Health Promotion Facilitator

Chanel Annable

403-740-2410

Chanel.Annable@recoveryalberta.ca

## Upcoming Events

Mental Health Week display: May 8, 2025; 1:30-2:30 at Three Hills Library.

## Sample of Workshop Offered

Wellness Exchange

Self-Care

Vaping/Substance Use

Move Your Mood Kids/Move Your Mood Moms

## Resources

[Home | Recovery Alberta](#)

[Wellness Exchange | Promoting Mental Health for Disasters & Community Mental Health Promotion | Together 4 Health](#)

[Move Your Mood | AHS | Alberta](#)

[Healthier Together | Building Healthy Alberta Communities Together](#)

## **Recovery Alberta – ADDICTION & MENTAL HEALTH**

**Access Addiction and Mental Health – 1-888-594-0211**

**24 Hour Help Line for Mental Health concerns: 1-877-303-2642**

Provide professional help for adults, children and their families experiencing difficulties with addictions or their mental health. Services include addiction services, one-to-one adult therapy, child and adolescent therapy, outreach services, community development and education, geriatric nurse specialist and TeleMental Health Consultations for physicians, therapists and clients engaged in therapy (i.e. psychiatry, referrals to inpatient mental health services, and referral to provincial programs such as eating disorders, forensics and diversion services, community treatment orders, and, concurrent disorder and brain injury treatment).

### **ALL SERVICES ARE FREE AND NO REFERRAL IS NECESSARY.**

**Office Coverage:** Three Hills, Carbon, Acme, Linden, Torrington, Trochu, Huxley, Elnora

**Location:** Three Hills Clinic in the Provincial Building, 123 3rd Ave. S. Three Hills

**Phone:** 403-443-8532

**Fax:** 403-443-8541

**Addiction Services:** Outpatient treatment services to individuals with alcohol, drug, tobacco, or gambling problems. Referrals can be made to adolescent and adult inpatient programs.

Preventive education programs are available. – **Tobacco Reduction/Addiction Counsellor:**

Vipan Bhatia, Therapist

**Adult Short-Term Assessment and Counselling:** mental health counselling to those over the age of 18 – **Adult Mental Health Therapist:** Anita Micheals, Psychologist

**Assertive Outreach:** services for adult individuals with a chronic and persistent mental health

problem – **Assertive Outreach Worker:** Lani Farrell, RN, BSCN, ENC (C) **Consumer**

**Support Worker** Adriana Glass

**Children and Adolescent Mental Health Assessment and Counselling:** service for children and adolescents with mental health concerns and information for families – **Child and**

**Adolescent Mental Health Therapist:** Jaedyn Poffenroth, Therapist

**Mental Health Hospital Liaison/Access and Early Intervention Program:** Provide early intervention mental health services (e.g. Crisis intervention, brief counselling, and education) to

adults, children and their families and refer to other community resources as required – **Mental**

**Health Liaison Workers:** Jana Hirsch, RPN

**Senior's Mental Health Outreach Nurse:** provides assessments for adults over the age 65 with depression and dementia concerns (Call Access Addiction and Mental Health)

**Walk-In Mental Health Therapy:** on a single-session basis at the Three Hills Mental Health Clinic. For any person with any mental health problem. Available Tuesdays and Thursdays from 1:00 am to 3:00pm. No appointment is necessary. First come first serve basis.



# Seniors Outreach - May 2025 Events Calendar



(403) 443-2555

office@seniorso.ca

+1 888-443-2555

www.seniorso.ca



We need volunteers for  
**RECEPTION & DROP IN Centre**  
For more info please call  
**(403) 443-2555**

Contact us for  
**Meals on Wheels**

**FROZEN & HOT MEALS**  
**AVAILABLE FOR HOME**  
**DELIVERY**  
**ORDER BY PHONE**

## Three Hills

FOR APPOINTMENTS + BUS TRIPS  
(403) 443-2555 or 1-888-443-2555

### COMMUNITY DROP-IN CENTRE

**POOL** | Mon-Sat | 9 am - 12 pm | \$3  
 **CRIB** | Thursdays | 9 am - 12 pm | \$3  
 **WHIST** | Thursdays 1:30 pm  
 **Potluck** | Tues, May 6 | Noon | \$5

### Three Hills Regular Bus Route

Thursdays from 1:15-3:30 pm  
Thanks to Three Hills ELKS  
& Healthy Aging Grant



### Olds Bus Trip

Friday, May 16 | 9:30 am  
\$20 from Three Hills  
Stops for shopping and more!



### Drop-In Center Fundraiser

**Dusty Rae - Live Acoustic**  
Thursday, May 1 | 7 PM  
Three Hills Community Drop-In  
**All donations go to support the Drop-In**



## Kneehill South

FOR APPOINTMENTS  
Contact Sherry (403) 412-4195

### Acme Seniors Center

**Bridge**: Mon | 12:30-3:30 pm  
 **65 (Cards)**: Tues | 1-3 pm  
 **Pool**: Tues | 1-3 pm  
**Potluck**: Wed, May 14 | 6pm

### Carbon Seniors Center

Tuesdays & Thursdays  
Coffee, cards, visit | 1:30 pm



### Linden Care & Share

**Coffee's On** | Mondays | 9 - 11 am | \$1  
 **Potluck** | Fri, May 23 | 5:30 pm  
**Tech and Scam Q+A**  
with Josh B to follow



### Calgary Philharmonic Bus Trip

Friday, May 9 | \$25  
Leaves Three Hills at 7:45 am  
Call (403) 443-2555 to sign up!



## Kneehill North

FOR APPOINTMENTS  
Contact Lorna (403) 425-1555

### Trochu Drop-In Center

Mon-Sat | 9-11 am | Coffee - \$1  
Mon, Wed, Fri | 2-4 pm | Card Playing  
Mon | 7 pm | Bridge  
May 13 | 2 pm | Birthday Bingo  
May 20 | Music | 2 pm | Silver Collection  
May 21 | 7 pm | Evening Bingo | \$3  
May 27 | 2 pm | Bingo | \$3

### Wimborne Community Center



Mon-Sat | 10-11:30 am  
Coffee - \$1

### Torrington Silver Willow

Mon-Fri | 9-11 am | Coffee - \$1  
Wednesdays | 1 pm | Crib  
Fridays | 6:30 pm | Games & treats  
May 19 | 10 am - 3 pm | Yard Sale |  
Silver Willow selling beef on bun & pie  
May 23 | Silver Willow Bottle Drive

**Seniors Week is June 1-7**  
**Stay tuned for more info!**