



## **Thursday, February 1, 2024**

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### **Kindness Bingo!**

Date and Time: Thursday, February 1 12:00 am

Address: 902 5 Avenue

February is here, and with February comes our Bingo Challenge!

During the entire month of February, you have the opportunity to participate in our Kindness Game Bingo Challenge to complete as many Bingo Boxes as you can! When you hand in your sheet to us at FCSS, you can choose from one of three awesome books!

Let's come together to create a ripple effect of kindness that will be felt far and wide. Whether it's a simple smile, a kind note, or a helping hand, every act counts!

To get your own bingo sheet, scan the QR code on the poster, contact Wainwright FCSS or stop into the office.

## **Saturday, February 3, 2024**

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### **Farmers Market**

Date and Time: Saturday, February 3 10:00 am - 3:00 pm

Address: Wainwright Communiplex, 700 - 2 Avenue

2024 Wainwright Stampede Farmers Market

## **Friday, February 9, 2024**

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### **Middle Raged Adult Comedy Show**

Date and Time: Friday, February 9 7:30 pm - 9:30 pm

Address: Communiplex Hall, 700 - 2 Avenue

**Wainwright Encore Entertainment Society presents:**

### **Middle Raged, Adult Comedy Show**

**Middle Raged is a hilarious live sketch comedy revue starring Geri Hall (22 Minutes, Second City), and Gary Pearson (MadTV, Corner Gas), that explores life between 30 and 65- from raising kids, to financial stress, to dealing with elderly parents, to going to more funerals than weddings, and even trying to keep romance alive through 'Outlander' role play in the bedroom. Critics are raving at the special chemistry and comedy of Gary and Geri as they send up the time of life when the bloom is off the rose, but the thorns are sharper than ever.**

## **Saturday, February 10, 2024**

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### **Liquorfest 2024**

Date and Time: Saturday, February 10 5:00 pm - 7:00 pm

Address: Elks Hall, 1401 - 1 Avenue, Wainwright, AB

70's Theme

Games and prizes

Bar opens at 5:00pm, Supper at 6:00pm

\$50.00 per ticket, \$250 for table of 8

### **Middle Raged Adult Comedy Show**

Date and Time: Saturday, February 10 7:30 pm - 9:30 pm

Address: Communiplex Hall, 700 - 2 Avenue

**Wainwright Encore Entertainment Society presents:**

### **Middle Raged, Adult Comedy Show**

**Middle Raged is a hilarious live sketch comedy revue starring Geri Hall (22 Minutes, Second City), and Gary Pearson (MadTV, Corner Gas), that explores life between 30 and 65- from raising kids, to financial stress, to dealing with elderly parents, to going to more funerals than weddings, and even trying to keep romance alive through 'Outlander' role play in the bedroom. Critics are raving at the special chemistry and comedy of Gary and Geri as they send up the time of life when the bloom is off the rose, but the**

thorns are sharper than ever.

## Monday, February 12, 2024

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### Senior Yoga

Date and Time: Monday, February 12 10:00 am - 11:00 am

Address: Prairie Rose Senior Activity Center

Join us and enjoy the benefits of gentle yoga! Learn poses that improve balance, flexibility, and strength. Plus, experience the ultimate in relaxation and mindfulness, reducing stress and boosting your overall well-being.

PLEASE NOTE: Each yoga session has a fee of \$5 per session for each individual. If this fee is a barrier for you, please reach out to us.

Low mobility? No worries!

\*NO EXPERIENCE NECESSARY!\*

For more information or to register:

-Visit: <https://forms.gle/JfCFDjbzG1UQbwk96>

-Call: 780-842-2555

-Email: [community@wainfcs.ca](mailto:community@wainfcs.ca)

## Tuesday, February 13, 2024

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### Shrove Tuesday Pancake Supper

Date and Time: Tuesday, February 13 5:00 pm - 7:00 pm

Address: 1038 - 4 Avenue

### Charcuterie Box Workshop

Date and Time: Tuesday, February 13 6:30 pm - 8:30 pm

Address: 1505 - 2 Street

Join [Out of Office: Social Activities & Events](#) for the Charcuterie Box Workshop with [Vera's Catering Co.](#)

Learn how to create a fancy charcuterie box for 2, just in time to enjoy on Valentine's Day. \$65/box (max 2 people). Limited spots!

Register at <https://bit.ly/3U2gXMX> & pay at the Town Office, 1018 - 2 Avenue, by February 9th to secure your spot.

## Wednesday, February 14, 2024

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### Eating Healthy on a Dime

Date and Time: Wednesday, February 14 5:00 pm - 6:00 pm

Address: 902 5 Avenue

Join us on March 5th for an eye-opening discussion with a registered AHS dietitian!

Are you ready to eat healthy without breaking the bank? Whether you're a student, a busy professional, or a family on a budget, this event is for YOU! Learn how to make nutritious choices without compromising your wallet.

Don't miss out on this opportunity to gain practical knowledge, skills, and tips to empower yourself to make healthier choices every day! Invite your friends and loved ones, and let's embark on this journey towards a healthier lifestyle together.

To sign-up for this VIRTUAL event:

Visit: <https://forms.gle/Qx8bMFTPAPYzYcHi9>

Call: 780-842-2555

Email: [community@wainfcs.ca](mailto:community@wainfcs.ca)

## Monday, February 19, 2024

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### Family Day at Garrison Wainwright

Date and Time: Monday, February 19 10:00 am - 12:00 pm

Address: Bldg 210, Whitehorse Road, Denwood AB, Wainwright, AB T0B 1B0

10:00am to 12:00pm

Garrison Fitness Centre

Bounce houses, snacks, crafts, nail painting station and more!

Phone: 780-842-1363 x1274

### Family Day at CPlex and PMM

Date and Time: Monday, February 19 2:00 pm - 5:00 pm

Address: 700 - 2 Avenue

## **Wednesday, February 21, 2024**

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### **Lenten Soup Days at Grace United Church**

Date and Time: Wednesday, February 21 12:00 pm - 1:00 pm

Address: 1038 - 4 Avenue

Come and enjoy a selection of soups each week as well as drink and fellowship. A firm favourite in town. \$9 entry.

### **Wainwright Arts Festival - Music Night**

Date and Time: Wednesday, February 21 6:00 pm - 10:00 pm

Address: Wainwright Communiplex, 700 - 2 Avenue

Music Night

6 - 10pm (doors open at 5:30pm)

All ages show, local musicians

## **Thursday, February 22, 2024**

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### **ID Clinic and Hot Lunch**

Date and Time: Thursday, February 22 11:30 am - 2:30 pm

Address: 731 - 2 Avenue

Join us at the Prairie Rose Center, 731 - 2 Avenue

First Come, First Served

Drop-ins welcome, Lunch Provided

Please bring any documents you do have, such as birth certificate, tax returns, Alberta Health Care card, and/or proof of residency to help with this process.

### **Wainwright Arts Festival - Literary Night**

Date and Time: Thursday, February 22 7:00 pm - 9:00 pm

Address: Wainwright Public Library, 921 - 3 Avenue

Literary Night

Open mic

## **Friday, February 23, 2024**

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### **Wainwright Arts Festival - Art Show and Sale**

Date and Time: Friday, February 23 7:00 pm - 10:00 pm

Address: Wainwright Communiplex, 700 - 2 Avenue

7-10pm (6:30pm Sponsor preview)

Wine & cheese provided by the Honeypot Eatery & Pub

Local music

## **Saturday, February 24, 2024**

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### **Wainwright Arts Festival - Art Show and Sale**

Date and Time: Saturday, February 24 10:00 am - 4:00 pm

Address: Wainwright Communiplex, 700 - 2 Avenue

10:00am - 4:00pm

Local music

## **Sunday, February 25, 2024**

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### **Elks Royal Purple Sunday Brunch**

Date and Time: Sunday, February 25 9:00 am - 1:00 pm

Address: 1401 - 1 Avenue

Excellent variety for a wonderful Sunday morning out.

Age 11 and up \$15, 5-10 \$10 and under 5 free.

### **Wainwright Arts Festival - One Act Plays**

Date and Time: Sunday, February 25 2:00 pm - 4:00 pm

Theatre 75 presents - Two One At Plays

## Monday, February 26, 2024

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### Senior Yoga

Date and Time: Monday, February 26 10:00 am - 11:00 am

Address: Prairie Rose Senior Activity Center

Join us and enjoy the benefits of gentle yoga! Learn poses that improve balance, flexibility, and strength. Plus, experience the ultimate in relaxation and mindfulness, reducing stress and boosting your overall well-being.

PLEASE NOTE: Each yoga session has a fee of \$5 per session for each individual. If this fee is a barrier for you, please reach out to us.

Low mobility? No worries!

**\*NO EXPERIENCE NECESSARY!\***

For more information or to register:

-Visit: <https://forms.gle/JfCFDjbzG1UQbwk96>

-Call: 780-842-2555

-Email: [community@wainfcs.ca](mailto:community@wainfcs.ca)

### Senior Craft and Connect!

Date and Time: Monday, February 26 11:15 am - 12:00 pm

Address: Prairie Rose Senior Activity Center

Join us and embrace the joy of creativity and connection with beaded hanging suncatchers! Whether you're a seasoned crafter or just starting out, this is a perfect opportunity to unwind, share stories, and make some new friends.

*What to expect:*

- Creative craft suitable for all skill levels.
- A warm and welcoming atmosphere to connect with fellow seniors.
- Light refreshments and good company.

**Free event. All materials provided. Refreshments available.**

For more information or to register:

-Visit: <https://forms.gle/2QyoZg63ySyidf2x6>

-Call: 780-842-2555

-Email: [community@wainfcs.ca](mailto:community@wainfcs.ca)

# Wednesday, February 28, 2024

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## Lenten Soup Days at Grace United Church

Date and Time: Wednesday, February 28 12:00 pm - 1:00 pm

Address: 1038 - 4 Avenue

Come and enjoy a selection of soups each week as well as drink and fellowship. A firm favourite in town. \$9 entry.

<http://events.wainwright.ca>