



## **Saturday, March 2, 2024**

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### **Farmers Market**

Date and Time: Saturday, March 2 10:00 am - 3:00 pm

Address: Wainwright Communiplex, 700 - 2 Avenue

2024 Wainwright Stampede Farmers Market

### **Wainwright Wildlife Society Banquet**

Date and Time: Saturday, March 2 5:00 pm - 9:00 pm

Address: 1002 - 18 Street

Donation to WWS. Silent auction at 5pm, Roast Beef Supper at 6pm. Guest Speaker and Toe-Tapping entertainment. Call or text for more info or RSVP to 780-806-9668 by February 20.

## **Sunday, March 3, 2024**

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### **Ham Supper at St. Thomas Anglican Parish**

Date and Time: Sunday, March 3 4:30 pm - 6:30 pm

Address: 305 - 12 Street

## **Monday, March 4, 2024**

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### **Young Chefs**

Date and Time: Monday, March 4 10:30 am - 11:30 am

Address: 902-5 ave Wainwright AB

As a parent, meal time can be a struggle. Did you know, picky eaters are more likely to try foods if they are involved in making it? Our Young Chef program is designed to help introduce foods to children in a hands on approach. Also engaging the child's gross motor skills by cutting/chopping, measuring, stirring, etc to create this fun snack. As always, our programs are free of cost but this event does require registration so we can have enough supply for your child. Register on Facebook using sign up link or calling the center. As a reminder we are parent and child drop in - not drop off. See you at the Center.

## Tuesday, March 5, 2024

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### Conversation Cafe

Date and Time: Tuesday, March 5 10:00 am - 11:00 am

Address: 902-5 ave Wainwright AB

Join us for coffee conversations, led by Triple P facilitators. Each with different parenting solutions and topics such as: The importance of play, routines & family connections. This is for parent(s) and children of all ages but concentrate on toddler - school age children. Coffee Bar, social connection and parent education resources will be provided for parents, and activities and snack for children. As always our programs are free of charge. No registration required.

### Jim Hole - Business Growth in Rural Communities

Date and Time: Tuesday, March 5 11:30 am - 1:00 pm

Address: 700 - 2 Avenue

A Wainwright and District Business Luncheon - Business Grown in Rural Communities featuring Jim Hole.

Tickets are \$20.00/person, lunch is included. Get your tickets now at <https://bit.ly/3S8WXFU>

### Jim Hole - Innovations and Strategies for Horticulture

Date and Time: Tuesday, March 5 6:15 pm - 8:15 pm

Address: 731 - 2 Avenue

Register by noon on Monday, March 4th by contacting Shelby at [soracheski@mdwainwright.ca](mailto:soracheski@mdwainwright.ca) or 780-842-4454. Tickets are \$10.00/person, dessert is included.

### Eating Healthy on a Dime

Date and Time: Tuesday, March 5 7:00 pm - 8:00 pm

Address: Online Event

Join us for a **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)

## Wednesday, March 6, 2024

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### Scam and Fraud Prevention Presentation

Date and Time: Wednesday, March 6 9:00 am - 3:30 pm

Address: Multiple Locations

We invite all interested community members to join us for a learning session on Frauds & Scams presented by The Canada Revenue Agency (CRA) as they share common scam and fraud methods as well as the steps you can take to protect yourself.

Participants will leave confident and ready to recognize the warning signs of various fraud and scam methods commonly used today as they gain the necessary skills to recognize this type of deceit, how to report, and where to go for more information. Take-home resources and information packages will also be available!

We will be in Irma at 9AM, Wainwright at 11AM, and Edgerton at 1:30PM. See poster for more details.

For more information or to register,

-Call: 780-842-2555

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

### Open Office Wednesdays!

Date and Time: Wednesday, March 6 9:00 am - 12:00 pm

Address: 902 5 Avenue

We're thrilled to announce a new initiative aimed at providing even more personalized support to our community members! Starting this Wednesday, and every Wednesday thereafter, we're opening our doors for "Open Office Wednesdays" at Wainwright FCSS.

What does this mean for you? It means you can drop by our office anytime between 9am and 12pm on Wednesdays for individualized support! Whether you need assistance filling out forms, have questions about different resources or benefits, or need assistance with setting goals and action planning, our team will be here to help!

Looking for support on a different day/time? Call 780-842-2555 for an appointment.

### Baby Bunch

Date and Time: Wednesday, March 6 11:00 am - 12:00 pm

Address: 902-5 ave Wainwright AB

A support group at the Family Resource Center for parent(s) and baby (ages 0-12 months) to receive social connection and parent education for all things child minding related. Each week new and upcoming topics and resources provided. Please register so we can prepare a spot for you and your child. 780-842-2555. As always our programs are free of charge.

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

Date and Time: Wednesday, March 6 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.

## **Thursday, March 7, 2024**

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### **Songs & Rhymes, Musical Mornings**

Date and Time: Thursday, March 7 10:00 am - 11:00 am

Address: 902-5 ave Wainwright AB

Join us at the FRN for a morning of songs, stories and rhymes. This program is for families with children of all ages. Using music, stories and rhymes to interact and stimulate your child's brain while encouraging literacy within the child and parent(s). No registration required.

## **Friday, March 8, 2024**

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### **Employment Workshop - Resume Development**

Date and Time: Friday, March 8 4:00 pm - 5:00 pm

Address: 921 - 3 Avenue

### **Chris Funk The Wondersit presented by Wainwright Encore Entertainment Society**

Date and Time: Friday, March 8 6:00 pm - 10:00 pm

Address: 700 - 2 Avenue Wainwright AB

The Master of Illusion, March 8 & 9th, 2024. Wainwright Multiplex. Catered Dinner show. Refreshments at 6:00pm, Dinner at 6:45pm, Show at 8:00pm. Tickets available at Bison Printing 2000 Ltd Main Street. 780-842-4217

# Saturday, March 9, 2024

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## Chris Funk The Wondersit presented by Wainwright Encore Entertainment Society

Date and Time: Saturday, March 9 6:00 pm - 10:00 pm

Address: 700 - 2 Avenue Wainwright AB

The Master of Illusion, March 8 & 9th, 2024. Wainwright Multiplex. Catered Dinner show. Refreshments at 6:00pm, Dinner at 6:45pm, Show at 8:00pm. Tickets available at Bison Printing 2000 Ltd Main Street. 780-842-4217

# Monday, March 11, 2024

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## Chair Yoga

Date and Time: Monday, March 11 10:00 am - 11:00 am

Address: Prairie Rose Senior Activity Center

Join us and enjoy the benefits of gentle chair 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/JfCFDjzbzG1UQbwk96>

-Call: 780-842-2555

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

## Young Chefs

Date and Time: Monday, March 11 10:30 am - 11:30 am

Address: 902-5 ave Wainwright AB

As a parent, meal time can be a struggle. Did you know, picky eaters are more likely to try foods if they are involved in making it? Our Young Chef program is designed to help introduce foods to children in a hands on approach. Also engaging the child's gross motor skills by cutting/chopping, measuring, stirring, etc to create this fun snack. As always, our programs are free of cost but this event does require registration so we can have enough supply for your child. Register on facebook using sign up link or calling the center. As a reminder we are parent and child drop in - not drop off. See you at the Center.

## Open Office Wednesdays!

Date and Time: Wednesday, March 13 9:00 am - 12:00 pm

Address: 902 5 Avenue

We're thrilled to announce a new initiative aimed at providing even more personalized support to our community members! Starting this Wednesday, and every Wednesday thereafter, we're opening our doors for "Open Office Wednesdays" at Wainwright FCSS.

What does this mean for you? It means you can drop by our office anytime between 9am and 12pm on Wednesdays for individualized support! Whether you need assistance filling out forms, have questions about different resources or benefits, or need assistance with setting goals and action planning, our team will be here to help!

Looking for support on a different day/time? Call 780-842-2555 for an appointment.

## Conversation Cafe

Date and Time: Wednesday, March 13 10:00 am - 11:00 am

Address: 902-5 ave Wainwright AB

Join us for coffee conversations, led by Triple P facilitators. Each with different parenting solutions and topics such as: The importance of play, routines & family connections. This is for parent(s) and children of all ages but concentrate on toddler - school age children. Coffee Bar, social connection and parent education resources will be provided for parents, and activities and snack for children. As always our programs are free of charge. No registration required.

## Damien Kurek, MP Wainwright Town Hall Meeting

Date and Time: Wednesday, March 13 10:00 am - 12:00 pm

Address: 700 - 2 Avenue Wainwright AB



Wednesday,  
March 13th

10AM to 12PM  
Wainwright Communiplex - Hall 1  
700-2 Avenue

Wainwright

# TOWN HALL MEETING

Join me for a town hall where I will discuss what's happening in Parliament and take your questions and feedback!

**DAMIEN KUREK MP**  
BATTLE RIVER—CROWFOOT

DAMIEN.KUREK@PARL.GC.CA  
1.800.665.4358 • @DCKUREK  
WWW.DAMIENKUREK.CA

## Baby Bunch

Date and Time: Wednesday, March 13 11:00 am - 12:00 pm

Address: 902-5 ave Wainwright AB

A support group at the Family Resource Center for parent(s) and baby (ages 0-12 months) to receive social connection and parent education for all things child minding related. Each week new and upcoming topics and resources provided. Please register so we can prepare a spot for you and your child. 780-842-2555. As always our programs are free of charge.

## Lenten Soup Days at Grace United Church

Date and Time: Wednesday, March 13 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.

## **Thursday, March 14, 2024**

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### **Songs & Rhymes, Musical Mornings**

Date and Time: Thursday, March 14 10:00 am - 11:00 am

Address: 902-5 ave Wainwright AB

Join us at the FRN for a morning of songs, stories and rhymes. This program is for families with children of all ages. Using music, stories and rhymes to interact and stimulate your child's brain while encouraging literacy within the child and parent(s). No registration required.

## **Friday, March 15, 2024**

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### **Employment Workshop - Cover Letter Creation**

Date and Time: Friday, March 15 4:00 pm - 5:00 pm

Address: 921 - 3 Avenue

### **Paint Night with Natalie Costa**

Date and Time: Friday, March 15 7:00 pm - 9:00 pm

Address: 921 - 3 Avenue, Wainwright, AB

Presented by [Out of Office](#)

\$50 per person

Register by March 11 at [bit.ly/2024paint](https://bit.ly/2024paint)

## **Saturday, March 16, 2024**

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### **Ladderball Tournament**

Date and Time: Saturday, March 16 11:00 am - 6:00 pm



Address: 1401 - 1 Avenue, Wainwright, AB

Join the Elks on March 16th, 2024, for a day of ladderball fun and the chance to be one of three lucky teams to take home a combined amount of \$3,000!

Make sure to pre-register your team today at:

<https://wainwrightelks.ca/ladder-ball-tournament/>

Date: March 16th, 2024

Time: Registration starts at 11:00am

Location: Wainwright Elks Hall

## **Wainwright Skating Club Carnival**

Date and Time: Saturday, March 16 1:30 pm - 3:00 pm

Address: Peace Memorial Multiplex, 650 - 2 Avenue, Wainwright, AB

Wainwright Skating Club Presents: Thru The Years 1954 - 2024

Times: 1:30pm & 7:00pm

Admission: \$5

## **Wainwright Skating Club Carnival**

Date and Time: Saturday, March 16 7:00 pm - 8:30 pm

Address: Peace Memorial Multiplex, 650 - 2 Avenue, Wainwright, AB

Wainwright Skating Club Presents: Thru The Years 1954 - 2024

Times: 1:30pm & 7:00pm

Admission: \$5

## **Sunday, March 17, 2024**

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### **Stew Supper**

Date and Time: Sunday, March 17 4:30 pm - 7:00 pm

Address: 1038 - 4 Avenue, Wainwright, AB

Grace United Church Women's Annual Stew Supper will be held on March 17th from 4:30 - 7:00pm

Adults \$15, Kids 6-12 \$10. Everyone is welcome

### **Grace United Church Women's Annual Stew Supper**

Date and Time: Sunday, March 17 4:30 pm - 7:00 pm

Address: 1038 - 4 Avenue

Adults \$15, Kids 6-12 \$10. Everyone is welcome

## Monday, March 18, 2024

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### Chair Yoga

Date and Time: Monday, March 18 10:00 am - 11:00 am

Address: Prairie Rose Senior Activity Center

Join us and enjoy the benefits of gentle chair 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)

### Young Chefs

Date and Time: Monday, March 18 10:30 am - 11:30 am

Address: 902-5 ave Wainwright AB

As a parent, meal time can be a struggle. Did you know, picky eaters are more likely to try foods if they are involved in making it? Our Young Chef program is designed to help introduce foods to children in a hands on approach. Also engaging the child's gross motor skills by cutting/chopping, measuring, stirring, etc to create this fun snack. As always, our programs are free of cost but this event does require registration so we can have enough supply for your child. Register on Facebook using sign up link or calling the center. As a reminder we are parent and child drop in - not drop off. See you at the Center.

## Tuesday, March 19, 2024

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### Conversation Cafe

Date and Time: Tuesday, March 19 10:00 am - 11:00 am

Address: 902-5 ave Wainwright AB

Join us for coffee conversations, led by Triple P facilitators. Each with different parenting solutions and topics such as: The importance of play, routines & family connections. This is for parent(s) and children of all ages but concentrate on toddler - school age children. Coffee Bar, social connection and parent education resources will be provided for parents, and activities and snack for children. As always our programs are free of charge. No registration required.

## Youth Taxes 101

Date and Time: Tuesday, March 19 6:00 pm - 7:00 pm

Address: 902 5 Avenue

Calling all Youth & Young Adults!

Are you ready to tackle your taxes like a pro? Join us for an Income Tax Basics Presentation tailored just for you!

Tax season doesn't have to be daunting! Whether you're a student, a part-time worker, or new to the workforce, understanding the basics of income tax filing is crucial. This presentation will cover everything you need to know to confidently navigate through tax forms, deductions, credits, and more.

Don't let taxes stress you out! Come join us and gain the knowledge you need to conquer tax season with ease. Spread the word and invite your friends to this virtual and free session.

For more information or to register:

-Visit: <https://forms.gle/dvb9Z11kB6EiBtSi6>

-Call: 780-842-2555

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

## Wednesday, March 20, 2024

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### Open Office Wednesdays!

Date and Time: Wednesday, March 20 9:00 am - 12:00 pm

Address: 902 5 Avenue

We're thrilled to announce a new initiative aimed at providing even more personalized support to our community members! Starting this Wednesday, and every Wednesday thereafter, we're opening our doors for "Open Office Wednesdays" at Wainwright FCSS.

What does this mean for you? It means you can drop by our office anytime between 9am and 12pm on Wednesdays for individualized support! Whether you need assistance filling out forms, have questions about different resources or benefits, or need assistance with setting goals and action planning, our team will be here to help!

Looking for support on a different day/time? Call 780-842-2555 for an appointment.

### Baby Bunch

Date and Time: Wednesday, March 20 11:00 am - 12:00 pm

Address: 902-5 ave Wainwright AB

A support group at the Family Resource Center for parent(s) and baby (ages 0-12 months) to receive social connection and parent education for all things child minding related. Each week new and upcoming topics and resources provided. Please register so we can prepare a spot for you and your child. 780-842-2555. As always our programs are free of charge.

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

Date and Time: Wednesday, March 20 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.

## **Thursday, March 21, 2024**

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### **Songs & Rhymes, Musical Mornings**

Date and Time: Thursday, March 21 10:00 am - 11:00 am

Address: 902-5 ave Wainwright AB

Join us at the FRN for a morning of songs, stories and rhymes. This program is for families with children of all ages. Using music, stories and rhymes to interact and stimulate your child's brain while encouraging literacy within the child and parent(s). No registration required.

## **Friday, March 22, 2024**

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### **Cornerstone Co-op Ag Days**

Date and Time: Friday, March 22 10:00 am - 3:00 pm

Address: 400 - 8 Street



# Friday, March 22 10am-3pm

Wainwright Equine Centre, 400 8 St, Wainwright, AB

# AG DAYS

- Cattle & Utility Trailers - Livestock
- Feeding Equipment & Bunk Feeders
- Texas Gates and Panels - Bins &
- Augers - Electric Fencing - Fuel Tanks
- Handling Equipment

**FREE**  
Beef on a Bun  
20+ Vendors

**EQUIPMENT DEMOS | AUGER DEMOS | LIVESTOCK SUPPLIES | FUEL  
EQUIPMENT | EXPERT ADVICE | AGRONOMY SERVICES**

**ENTER TO WIN  
NUMEROUS  
DOOR PRIZES &  
DRAWS**



## Employment Workshop - Job Search Engines

Date and Time: Friday, March 22 4:00 pm - 5:00 pm

Address: 921 - 3 Avenue

## EveryBODY Fashion Show

Date and Time: Friday, March 22 7:00 pm - 10:00 pm

Address: 700 - 2 Avenue Wainwright AB

# EveryBODY Fashion Show

Presented by Maya Ramsahoye, Miss Canada 2023 - in honour of International Women's Day

**7pm Friday March 22**  
**@ Wainwright C-Plex Theatre 75**

*Proudly showcasing women from Wainwright & surrounding area*

Featuring fashion from: Crabapples, Globe Footwear,  
Ameera's Esthetics, Wainwright Golf Course, Armstrong's,  
Wainwright EyeCare & more

All proceeds will be donated to:  
*@Arctic Teen Pad Challenge*  
creating feminine hygiene & essentials packages for young girls & schools in northern  
communities

**Admission: Adult \$15 Youth \$5**

Inquiries → text/call 780-806-1982

## **Saturday, March 23, 2024**

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### **Wainwright Gideon's 45th Fundraising Banquet**

Date and Time: Saturday, March 23 6:00 pm - 8:00 pm

Address: Wainwright Multiplex, 650 - 2 Avenue

Music by Yvonne St. Germaine.

Tickets \$35.

Available from Keith Brower 780-842-3658, Allen Ford 780-842-3609, Gordon Gilchrist 780-842-8022, John Pullen 780-842-8144, Alvin Valleau 780-842-0157, Alfie Fleming 780-754-2106, Paull & Laura Ford 780-806-883, Gerald & Dolly Wadley 780-336-2247

## **Monday, March 25, 2024**

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## Chair Yoga

Date and Time: Monday, March 25 10:00 am - 11:00 am

Address: Prairie Rose Senior Activity Center

Join us and enjoy the benefits of gentle chair 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)

## Young Chefs

Date and Time: Monday, March 25 10:30 am - 11:30 am

Address: 902-5 ave Wainwright AB

As a parent, meal time can be a struggle. Did you know, picky eaters are more likely to try foods if they are involved in making it? Our Young Chef program is designed to help introduce foods to children in a hands on approach. Also engaging the child's gross motor skills by cutting/chopping, measuring, stirring, etc to create this fun snack. As always, our programs are free of cost but this event does require registration so we can have enough supply for your child. Register on Facebook using sign up link or calling the center. As a reminder we are parent and child drop in - not drop off. See you at the Center.

## Aging and Nutrition

Date and Time: Monday, March 25 11:00 am - 12:00 pm

Address: Prairie Rose Senior Center

Join us for a **discussion** with a **registered AHS dietitian** about **Aging & Nutrition!** 🍎🥬

We invite all older adults and seniors to join us and enjoy some delicious lunch and learn more about how our nutritional needs change as we age! 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 event:

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

-Call: 780-842-2555

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

## **Wednesday, March 27, 2024**

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### **Open Office Wednesdays!**

Date and Time: Wednesday, March 27 9:00 am - 12:00 pm

Address: 902 5 Avenue

We're thrilled to announce a new initiative aimed at providing even more personalized support to our community members! Starting this Wednesday, and every Wednesday thereafter, we're opening our doors for "Open Office Wednesdays" at Wainwright FCSS.

What does this mean for you? It means you can drop by our office anytime between 9am and 12pm on Wednesdays for individualized support! Whether you need assistance filling out forms, have questions about different resources or benefits, or need assistance with setting goals and action planning, our team will be here to help!

Looking for support on a different day/time? Call 780-842-2555 for an appointment.

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

Date and Time: Wednesday, March 27 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.

## **Thursday, March 28, 2024**

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

Date and Time: Thursday, March 28 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.

## **Saturday, March 30, 2024**

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## **Free Community Easter Egg Hunt**

Date and Time: Saturday, March 30 10:00 am - 12:00 pm

Address: 1002 - 18 Street, Wainwright, AB

Join us for a fun morning of games, face painting, jar guessing, cookie decorating, crafts & breakfast. We will end the event with an Easter Egg Hunt.

Hosted by the Church of the Nazarene.

## **Sunday, March 31, 2024**

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

Date and Time: Sunday, March 31 9:00 am - 1:00 pm

Address: 1401 - 1 Avenue, Wainwright, AB

Excellent variety for a wonderful Sunday morning out.

Age 11 and up \$15.00, 5-10 \$10.00 and under 5 free.

<http://events.wainwright.ca>