



Wednesday, April 3, 2024

Open Office Wednesdays!

Date and Time: Wednesday, April 3 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.

Friday, April 5, 2024

Learn to Box

Date and Time: Friday, April 5 6:30 pm - 8:30 pm

Address: 1357 - 1 Avenue

Out of Office presents: Learn to Box with the Wainwright Boxing Club

\$25 per person, Limited spots

Includes self defense training and introduction sparring exercises!

Register online at bit.ly/LearnToBox. Deadline to register is April 2nd.

As with all our events, NO MINORS please!

Saturday, April 6, 2024

Farmers Market

Date and Time: Saturday, April 6 10:00 am - 3:00 pm

Address: Wainwright Communiplex, 700 - 2 Avenue

2024 Wainwright Stampede Farmers Market

Monday, April 8, 2024

Chair Yoga

Date and Time: Monday, April 8 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:

-Call: 780-842-2555

-Email: community@wainfcs.ca

Wednesday, April 10, 2024

Wainwright Rotary Membership

Date and Time: Wednesday, April 10 6:30 pm - 7:30 pm

Address: Moonlight Bay Brewing Co., 2501 - 14 Avenue, Wainwright, AB

Join us for a quick evening to learn about Rotary Club and enjoy a cocktail on us!

Adults Only - 18+ event

Register at: b.berg@ronsvac.com or call/text 780-842-8438

Drop-ins are welcome

Thursday, April 11, 2024

Fraud Seminar

Date and Time: Thursday, April 11 10:00 am - 12:00 pm

Address: 1038 4 Avenue, Wainwright

GRACE UNITED CHURCH

FRAUD SEMINAR

Learn how to recognize scams and
avoid falling victim to them

WITH
VISION CREDIT UNION

APRIL 11

10:00 – 12:00



**1038 4 AVE
WAINWRIGHT
OPEN TO ALL**

Monday, April 15, 2024

Chair Yoga

Date and Time: Monday, April 15 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. P

lus, 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:

-Call: 780-842-2555

-Email: community@wainfcs.ca

Tuesday, April 16, 2024

Health Care Aide Information Night

Date and Time: Tuesday, April 16 7:00 pm - 8:00 pm

Address: 700 - 2 Avenue, Wainwright, AB

Join us on April 16 to learn more about the Wainwright Health Care Aide program.

Speak to [Lakeland College Canada](#) and local employers about pre-requisites, schedule, tuition, bursaries and employment opportunities. There are up to \$9,000 in bursaries available from the Alberta Government to take the Health Care Aide program.

Register at bit.ly/2024HCAInfoNight

Community Connection Club

Date and Time: Tuesday, April 16 7:00 pm - 8:00 pm

Address: Prairie Rose Senior Center

Are you looking to expand your **social circle**, **engage** in **meaningful conversations**, and **unleash** your **creativity**? Look no further!

We are thrilled to invite you to our monthly "Community Connection Club"! Whether you're new to the area or a longtime resident, our club is open to everyone eager to connect with like-minded individuals and foster a sense of community spirit.

What to expect:

- Creative crafts and activities suitable for all skill levels
- A warm and welcoming atmosphere to connect with fellow community members
- Light refreshments and good company

Mark your calendars and spread the word!

Free event. All materials provided. All ages 15+ are welcome to attend.

For more information or to register:

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

-Call: 780-842-2555

-Email: community@wainfcs.ca

Wednesday, April 17, 2024

Open Office Wednesdays!

Date and Time: Wednesday, April 17 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.

Friday, April 19, 2024

Grace United Church UCW Spring Rummage Sale

Date and Time: Friday, April 19 4:00 pm - 8:00 pm

Address: 1038 - 4 Avenue, Wainwright, AB

Pie and coffee for sale both days. BYOBags

Absolutely No furniture Drop offs accepted now.

Saturday, April 20, 2024

Grace United Church UCW Spring Rummage Sale

Date and Time: Saturday, April 20 10:00 am - 2:00 pm

Address: 1038 - 4 Avenue, Wainwright, AB

Pie and coffee for sale both days. BYOBags

Absolutely No furniture Drop offs accepted now.

Tuesday, April 23, 2024

Autism 101

Date and Time: Tuesday, April 23 7:00 pm - 8:30 pm

Address: Online Event

Join us for a **transformative journey** into understanding **Autism & Neurodiversity!**

Gain valuable insights as we delve into the world of Autism, exploring its intricacies and celebrating Neurodiversity. Whether you're a parent, educator, caregiver, or simply curious about Autism, this workshop is designed to provide a foundational understanding and foster greater acceptance and inclusion!

This session will dive into a basic overview of Autism & Neurodiversity including:

- Characteristics of Autism
- How Sensory Processing Works
- Sensory Toolbox
- Sensory Diet
- Visual Supports
- Accommodation

To sign up for this event:

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

-Call: 780-842-2555

-Email: community@wainfcs.ca

Wednesday, April 24, 2024

Open Office Wednesdays!

Date and Time: Wednesday, April 24 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.

Saturday, April 27, 2024

Tayam Wellness Weekend

Date and Time: Saturday, April 27 10:00 am - 4:00 pm

Address: 4920 50 st. Irma

Welcome to the Tayam Wellness Weekend! Join us Apr 27, 28 from 10 to 4. Get ready to unwind, experience and explore different self-care options, and connect with like-minded individuals. Vendors on site will allow you to take home products to assist to continue your journey. Don't miss out on this chance to nurture your mind, body, and soul. We can't wait to see you there!

Junk in the Trunk

Date and Time: Saturday, April 27 1:00 pm - 4:00 pm

Address: 1401 1 Ave, Wainwright, AB T9W 1L1

Come down to elks hall parking lot at 1pm on april 27th for a free event where you can gift items you no longer need to fellow community members and pickup items you do need. Bring some cash and bottles for the bake sale and bottle drive in support of the pride walk happening in June. Hosted by "Buy nothing Wainwright and are a"

Sunday, April 28, 2024

Wainwright Elks Royal Purple Sunday Brunch

Date and Time: Sunday, April 28 9:00 am - 1:00 pm

Address: 1401 - 1 Avenue, Wainwright, AB

Excellent variety for a wonderful Sunday morning out.

9:00am - 1:00pm

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

Tayam Wellness Weekend

Date and Time: Sunday, April 28 10:00 am - 4:00 pm

Address: 4920 50 st. Irma

Welcome to the Tayam Wellness Weekend! Join us Apr 27, 28 from 10 to 4. Get ready to unwind, experience and explore different self-care options, and connect with like-minded individuals. Vendors on site will allow you to take home products to assist to continue your journey. Don't miss out on this chance to nurture your mind, body, and soul. We can't wait to see you there!

Monday, April 29, 2024

Chair Yoga

Date and Time: Monday, April 29 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:

-Call: 780-842-2555

-Email: community@wainfcs.ca

Senior Craft and Connect

Date and Time: Monday, April 29 11:00 am - 12:00 pm

Address: Prairie Rose Senior Center

Attention community members 55+! Join us and embrace the joy of **creativity** and **connection** with **pressed flower lanterns!**

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 crafts 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

Tuesday, April 30, 2024

Autism 201

Date and Time: Tuesday, April 30 6:00 pm - 8:30 pm

Address: Online Event

Join us for a **transformative journey** into understanding **Autism & Neurodiversity!**

Gain valuable insights as we delve into the world of Autism, exploring its intricacies and celebrating Neurodiversity. Whether you're a parent, educator, caregiver, or simply curious about Autism, this workshop is designed to provide a foundational understanding and foster greater acceptance and inclusion!

This session will provide a deep dive into Autism & Neurodiversity including:

- Sensory Differences
- Sensory Needs
- Co-Existing Disabilities
- Strengths/Challenges
- Meltdowns Including:

1. Triggers
2. Relationship Recovery & Repair
3. De-Escalation Techniques

To sign up for this event:

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

-Call: 780-842-2555

-Email: community@wainfcs.ca

<http://events.wainwright.ca>