



Every Wednesday
Doors open 11:30am Lunch 12pm
\$15 per person
Meal Announcement Every Sunday
on our Website & FB Page

NEW MEMBERS WELCOME!
2025 & 2026 **\$10 per year**
memberships are available.

Scheduled Activities

LIFE STEPS WORKSHOPS **Feb to May Check the Schedule**
Free! Includes snacks & refreshments
Please register so we know how many to expect. Open to our members and non-members of any age.
Mon. Feb 10 Frauds & Scams 6:30-7:30pm - Presented by Julie Matthews - Learn how to spot the most common scams and recognize red flags. Discover tips to help keep you safe.
Mon. Feb 24 Home is Where the Heart is Part 1 Continuing Care & Home Care 6:30-7:30pm - Presented by Jennifer Gauthier AHS - Discuss different levels of care and services offered.

Monday
Men's Coffee & Pool 8-10am
Movement Mondays 1-2pm
Ladies Coffee Group 2pm
Tuesday
Bingo Feb 4 & 18 @ 1pm
1st & 3rd Tues each month
Wednesday
Eat to Live 12pm
Games 1pm
Thursday
Men's Coffee & Pool 8-10am
Crafts & Quilters 10am-5pm
Drop-In Cornhole
6:30-7:30pm
Friday
Floor Curling 1pm

Meetings & Other Activities

Sun. Feb 2 Card Making Class \$20/session. Make 5 cards. Please call Annemarie at 780-623-3640 to register. (max 10 per class) Card Making is one Sunday a month. Starts 1pm.
Wed. Feb 19 Member Cafe General Meeting 3rd Wednesday after Eat to Live each month. Next meeting **AGM March 19**
Thurs. Feb 13 Tech Time 1-3pm Sign-up for 1/2hr time at front desk if you would like a little help with functions on your smart phone or help with your email. \$5 fee per 1/2hr.
Mon. Feb 24 Movement Monday Chair Yoga 1-2pm with Jenny Pietzsch
Games Wednesday's - Scheduled after Eat to Live
Come for Eat to Live Lunch and stay to play games, or just join us for games. Wii bowling, cards, scrabble...your choice.
Floor Curling Tournament Heritage Centre March 29
Crib Tournament Heritage Centre April 12
Interested in volunteering for our tournaments?
Billiards (Poker Pool & 8 Ball) or Cornhole Spring League
Interested? Contact Stacey

Bus Trips

Lac La Biche Ice Festival - Sunday, March 2 @ 1pm We will bus out on the ice to see the aircraft & watch some racing from the bus. Weather permitting more activities. Must sign-up for this trip. Members FREE Non-members \$5

Office Hours & Contact Information

February Hours

Monday to Thursday 10am to 2pm

☎ 780-623-8350 ✉ heritage2016@hotmail.com



TO OUR MEMBERS

Alta Lucier
Annette Plamondon
Annette Van Dorland
Charlotte Lilly
Dave Phillips
Florence McAssey
Gene Lucier
Helen Faucher
Jacqueline Pirnak
Lise Gaudet
Lorraine Duperron
Olive Skakun
Raymonde Lett
Steve Chorzempa
Thelma Buckler

