



COMMUNITY CONNECT



Upcoming Events

-Walk & Talk – 10-2pm on Mondays, Wednesdays, Fridays @ SR Centennial Hall

-Glow Walk – 7-8pm on Feb. 1 @ 50th St. Spirit River

-Court Whist Tournament – 1pm on Wednesdays @ SR Happy Hour Club

-Bingo – 7pm on Wednesdays @ COCO Hall

-Community Kitchen – 9-11am on Feb. 2 @ Rycroft Community Hall

-Walk & Talk – 12-2pm on Tuesdays & Thursdays @ Rycroft Community Hall

-SR Rangers vs. Grande Prairie Athletics – 8:30pm on Feb. 2 @ MRC Arena

-Community Kitchen – 11am-1:30pm on Feb. 3 @ SR Centennial Hall

-PAL Gun Course – 8:30am on Feb. 4 (non-restricted), Feb. 5 (restricted) @ Blueberry Hall

-Rycroft Lions Bingo – 6:30pm on Mondays @ Rycroft Community Hall

-Adult Drop-In Net Sports – 7-9pm on Mondays @ SR Centennial Hall

-The Zone Youth Drop-In Sports – 3:30-5pm on Tuesdays @ SR Centennial Hall

-SR Rangers vs. Grande Prairie Athletics – 8:30pm on Feb. 7 @ MRC Arena

-FCSS Shuttle Transportation to Grande Prairie – Feb. 9
Events continued on next page...

Pedal power for cancer prevention

Residents of the Central Peace were offered a chance to enjoy the fruits of their labour at the Central Peace Health and Wellness Coalition's Open House on Jan. 26th. The Open House showcased physical activity opportunities within the Central Peace and informed the community about the work of the coalition whose goal is to create physical and social environments that promote health and prevent cancer.

The bicycle blender drew curiosity and interest as riders pedaled their way to a healthy and nutritious smoothie. The blender bike is basically a bicycle mounted on a stationary stand. A rack

on the rear of the bicycle allows a custom-made blender attachment to rest against the tire where the spinning motion converts the energy to a blending motion. The result is a calorie-burning, electricity-free tool for blending a tasty smoothie.

The blender bike was hatched from an idea found online and shared among Darryl Triebner and Chris Murray, both active volunteers. Seeing an opportunity to generate interest for the Health & Wellness Open House as well as a potential fundraiser for the local Scouts group, the search for locally-sourced materials was on.

"The hardest piece to find was the bicycle" Triebner said. "The blender is a common style so it was easy to find an old, unused model. Once it was taken apart and housed in a wooden box, there was enough interest in the bike blender that people were coming forward to offer their bicycles."

At the Open House several riders pedaled furiously to blend their pear, banana and spinach concoctions. After taking a small sip, a look of satisfaction and delight came across the faces of eight youth who took a break from the drop-in sports to sample a spinach-smuggled smoothie. Making a three-ingredient smoothie has never before been so clearly illustrated and hands-on! In the near future, there are plans to have a children's version of a blender bike and to visit some of the area schools to help promote nutrition and fitness.

Celebrate Winter Walk Day at the Spirit River Glow Walk

Grab your reflective gear and ice grippers and hike to downtown Spirit River this Feb. 1st. The Central Peace Health & Wellness Coalition (CPHAWC), in partnership with the Spirit River Scouts and the Town of Spirit River have teamed up to promote the benefits of winter walking at the first-ever Glow Walk.

The top downtown section of Main Street (50th St.) in Spirit River will be closed from 7:00-8:00pm on Wednesday February 1st. The closure will be from

ATB Bank to Town Office.

There are a number of games and activities planned, including sidewalk chalk, street badminton, glow in the dark soccer, four-square and hopscotch. There will be hot chocolate and popcorn available, as well as smores by donation. There will also be prizes available for those who attend. Children and pets are welcome, although dogs must be leashed.

The idea behind the event

is to promote Winter Walk Day. Hosted by SHAPE Alberta, Winter Walk Day is celebrated across the province, including Grande Prairie, Fairview, Peace River and Dawson Creek. For more information about this event, please email recmanager@townofspiritriver.ca



Events Cont'd...

- Drumming Circle – 1:30pm on Feb. 11 @ Woking Hall
- Valentines Supper – 5:30pm on Feb. 11 @ Eaglesham Hall
- Valentines Banquet – 6:30pm on Feb. 11 @ Rycroft Community Hall. Hosted by Grace Gospel Chapel.
- Curling Bonspiel – Feb. 11 @ SR Curling Club
- SR Rangers vs. Grande Prairie Athletics – 8:30pm on Feb. 11 @ MRC Arena
- Savanna 4-H MultiClub Pancake Supper – 5pm on Feb. 14 @ Savanna Rec-Plex
- Family Fun Day – 12pm on Feb. 19 @ Moonshine Lake
- Fun Time – 10am-12pm on Feb. 6, 13, 27 @ Woking School. Sponsored by Peace Adult Learning Society.

A challenge for us all

The ParticipACTION 150 Play List was created by over 465,000 votes from people across Canada. Including 150 physical activities that make us uniquely Canadian, the Play List is a challenge to Canadians in communities, schools, workplaces and even abroad to see how many different activities they can complete in 2017.

The list includes traditional as well as unique and exciting new recreational activities including pickleball, flying a kite, geocaching, raking leaves ,canoeing and slacklining.

Canada's 150th birthday is an opportunity to celebrate all that makes us Canadian, and being physically active is an essential part of that collective identity. From tobogganing and snowshoeing to fishing and hiking, movement has always been integral to everyday life in Canada.

You can register and download the full list at www.participaction.com or visit their Facebook page to find out more.

Kickboxing to start in Eaglesham

Enjoy a fun, energetic workout that makes you stronger and toned with Certified Instructor Melodie Beaudoin.

age 16 and up. The cost is \$80 or \$12 to drop-in.

Kickboxing is an aerobic form of exercise that helps strengthen and condition your body.

For more information about this program, please contact Melodie Beaudoin at (780) 837-6101 or via email melodieb3@hotmail.com.

Beginning on Monday February 20th, Kickboxing will be held at Eaglesham School. The 8-week program is back for its second year and will run at 7:00pm. The classes are open to anyone

Come and celebrate Family Fun Day at Moonshine Lake

Alberta Parks

Strap on your skis and sharpen your skates for the annual Family Fun Day at Moonshine Lake Provincial Park on Sunday February 19th. Hosted by Alberta Parks, the event features ice fishing, ice skating, cross-country skiing (free use of cross-country ski equipment), snowshoeing (free use of snowshoes), nature activities, snow golfing, snow painting and horse-drawn wagon rides.

shelter with hot chocolate and snacks for refueling if needed. The event takes place on a free ice fishing weekend, when a license is not required (regulations still in effect).

Moonshine Lake Provincial Park is located 27km west and 7km north of Spirit River in Saddle Hills County and is surrounded by diverse boreal mixed wood forests. There are over 20km of groomed cross-country skiing trails as well as a regulation size

GO PAPERLESS



Go green and receive the Community Connect sooner! Email recmanager@townofspiritriver.ca to receive the Community Connect via email monthly.

PUBLIC SKATING

*patrons must wear a helmet



SPIRIT RIVER
FREE

Sundays 5:30-7pm



RYCROFT
FREE

Tues – Fri. 3:30-5pm

WANHAM
\$3 Drop-In, passes avail.

Mon. & Wed. 4:30-8:30pm

Thurs. & Fri. 4:30-6:30pm

Sat. & Sun. 1-5pm

SAVANNA
FREE

Jan. 2, 4 1-3pm

WOKING
FREE - After school & wknds.

5	1			6	4
9	3		6	5	
		9			
4					9
		1	9		
7					6
		2			
	8	5	7	6	
1	3			7	2

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River. Its intention is to distribute community events and information.

For more information, or if you would like to submit info, please call 780-864-9771 or email recmanager@townofspiritriver.ca.

There will be a warm-up

skating rink.

Originally referred to as Mirage Lake, legend has it that two men in the early 1920's accidentally spilled their home-brewed moonshine into the lake while climbing on a steep bank. It has been called Moonshine Lake ever since.

Please note that all activities are weather-dependent and that some activities may not be available.

For more information about winter activities in provincial parks around Grande Prairie, please call 780-538-5350 or visit www.albertaparks.ca.