

**Upcoming Events**

-Coffee Time – 10am-1pm on Sundays, 9am-11am on Tuesdays and 3:30-6:30pm on Thursdays @ Tangent Cultural Centre

-Ladies' Afternoon Out – 12-5pm on Oct. 1 @ Ste. Marie School. Hosted by Spirit River Municipal Library.

-Morning Coffee – 7-9:30am Weekdays @ Birch Hills Seniors Centre

-TOPS – 8:30-9:30am on Mondays @ Birch Hills Seniors Centre

-PALS Learn and Grow – 10am-12pm on Mondays from Oct. 23 –Nov. 27 @ Woking School

-Fourth Creek Fitness – 9:30am & 11am on Mondays and Wednesdays, beginning Oct. 16 @ Fourth Creek Hall

-Peace Parent Link: Growing through Play! – 10-11:30am on Mondays @ Rycroft School

-TOPS – 9:30-10:30am on Tuesdays @ SR Happy Hour Club. Weigh-ins 8:30-9:20am.

-PALS Learn and Grow – 9-10:30am on Oct. 4, 11, 25, Nov. 1, 8, 15 @ Ste. Marie School

-Walk & Talk – 11am-2pm on Tuesdays, Thursdays @ Rycroft Community Hall

-Drop-In Quilting – 10am on Wednesdays @ BH Senior Centre

-Drop-In Quilting – 10am-5pm on Wednesdays @ Rycroft Merry Pioneers Senior Centre

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

-Bingo – 7pm on Wednesdays @ Birch Hills Seniors Centre  
*Events continued on next page...*



# COMMUNITY CONNECT



## Manage pain with massage therapy

Massage therapy is a health practice in which the muscles, tendons, ligaments and other tissues in the body are treated to relieve aches, pain and overall tension. There are tremendous benefits to be achieved through regular massage therapy treatments from a Registered Massage Therapist.

Whether your need is to have a moment of relaxation, reduce muscle tension or attain relief from chronic pain, a therapeutic massage can enhance your overall sense of emotional and physical well-being. Massage therapy can be an important part of your health maintenance plan by:

reducing or eliminating pain, improving joint mobility, improving circulation, improving lymphatic draining and reducing muscular tension.

Massage therapy can be used for the treatment of both acute and chronic conditions. RMTs can work with a wide variety of patients, of all ages, in the treatment of illness, injury rehabilitation and disability. As an RMT, or even a student, they can give you the tools to learn new stretches or strengthen exercises to also aid in pain management and improve range of motion.

Mishaela Loset, long-time

resident of Spirit River and area, who is attending the Alberta College of Massage Therapy, is working towards her diploma as a Registered Massage Therapist. Currently at the age of 22, she will be an RMT in February 2018. With this certificate she will be able to write receipts for health spending accounts or insurance benefits, perform an orthopaedic assessment, gait and postural analysis and have a greater understanding of overall health conditions.

Located in the same building as "East of Main" Barber Shop and with flexible hours, give Mishaela a call to talk about your health and see if massage therapy could help you – 780-864-8486.

## Family Dance Fitness at Blueberry Hall

Family Dance-based Fitness – fun, creative, energetic music and moves designed to capture the imagination of participants while making physical activity fun and family-friendly!

A simple physical game or two will be included in warm up and half-way through class. Dance experience and rhythm are not necessary! Classes are easily adapted to individual fitness level and

Ability and will make you smile and sweat!

Family Dance Fitness is happening at the NEW Blueberry Hall for four Tuesday afternoons, beginning on October 10 from 1:30-2:30pm.

Other scheduled dates are October 10, 17, 24, 31, 2017.

There is NO CHARGE for the family fitness classes, thanks to sponsorship by Saddle Hills County and Blueberry Mountain

Goodwill Society. Children MUST be accompanied by an adult, and adults are strongly encouraged to participate! I would ask that participants commit to the four-week program as best they can.

There are limited spots available so please contact Rebecca Fitzsimmons by phone or text at (780) 864-5216, by email at [danbecca@telusplanet.net](mailto:danbecca@telusplanet.net) or by Facebook message to register. Please contact me if you have any questions!



**Get Involved**  
This Affects You!



**Be Involved**  
This Affects You!



**Stay Involved**  
This Affects You!

### MDP and LUB Review

Phase 2 currently underway. Compiling the initial draft as per direction of Council with consideration to public input received to date.

Initial draft expected to be released for public review and further input  
**January 2018**



**Your Land. Your Plan. Your Future**

## Events cont'd...

-AWANA – 3:45-5:15pm on Thursdays @ Grace Gospel Chapel

-Drop-In Shuffleboard – 2pm on Fridays @ Rycroft Merry Pioneers Senior Centre

-Saddle Hills Victory Church Youth Group – 7-9:30pm on Fridays @ SH Victory Church

-Rycroft Thanksgiving Farmers' Market – 12-6pm on Oct. 5 @ Rycroft Ag Center

-Tea / Bake / Garage Sale – 11am-1:30pm on Oct. 6 @ Happy Hour Seniors Club

-Celebrating Canadian Library Month – 12-3pm on Oct. 11 @ Woking Municipal Library

-Woking Willing Workers' Annual Harvest Supper – 4:30pm on Oct. 15 @ Woking Community Hall

-Haunted House & Carnival – Oct. 28 @ Tangent Hall

-Rycroft Old Tyme Hard Tyme Dance – 1-5pm on Oct. 26 @ Rycroft Community Hall

-Pumpkin Festival – 12-4pm on Oct. 29 @ Eaglesham Arena

-Halloween Family Fun Party – 2-6pm @ Bonanza Bowling Alley

-Community and Non-Profit Development Training – Non-Profit Governance – 6pm on Oct. 30 @ County Complex Training Room

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River. To subscribe to receive the Community Connect via email, or if you would like to submit info, please call 780-864-9771 or email [recmanager@townofspiritriver.ca](mailto:recmanager@townofspiritriver.ca).

## Night Hike @ Moonshine Lake

Did you know that bats often consume their own body weight in insects in one night? Or that owls can turn their heads as much as 270 degrees?

The Spirit River Scouts and Alberta Parks is teaming up to bring you an evening of bats, owls and other nocturnal creatures. Come with us as we explore the sights and sounds of the night and learn about what really happens in the dark woods.

There will be an astronomy station, wolf howling, campfire and even bat watching. Tune in as we use a bat detector to pick up

frequencies emitted by the bats to hear how they use echolocation to snatch their prey. Don't forget to bring your flashlights! Recommended for children aged 8 and up. Parents must accompany minors.

The event will run from 6:30-8:30pm at the Group Use Area at Moonshine Lake Provincial Park. Participants are asked to wear sturdy footwear in addition to dressing warm. Sturdy footwear is highly recommended.

For more information on this event please contact Darryl @ (780) 864-9771 or email [spiritriverscouts@gmail.com](mailto:spiritriverscouts@gmail.com).

## Halloween Howl in Rycroft

The Spirit River Scouts are excited to announce the Halloween Howl carnival at the Rycroft Community Hall on Sunday October 29<sup>th</sup>.

The event runs from 4-7pm and features carnival –style mini games and activities to keep the kids busy. There will be a Corn Roast and BBQ dinner by donation at 6pm.

Don't forget your costumes! There will also be a costume

dance party, musical chairs and a mummy relay.

All young attendees will be given a treat for attending. The event is recommended for children ages 6-12. Parents must accompany their children.

The event is not recommended for younger children as there may be some frightening themes and decorations.

## Healthy Halloween tips to follow this season

Halloween is a time that children get excited about dressing up as their favourite character and stocking up on candy. Read on for tips to make your Halloween festivities healthier for your family and others.

For your family:

- Work out a plan with your children and discuss how to enjoy their candy and to decide what they can do with the extra. Use your best


judgment based on their personality and eating habits.

- Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time they spend Trick-or-Treating.

- Always keep safety in mind. Keep only items that are unopened and in their original wrapping.

- Know how much candy was collected and store it out of

### RYCROFT WALK & TALK



Lace up and get active in a warm and safe indoor walking circuit. Come by yourself or bring friends for fitness & fun at the Community Hall in Rycroft.

Please bring a pair of non-marking indoor shoes and a bottle of water to stay hydrated.

**Benefits of Walking**


- Keeps heart, lungs and muscles fit
- Maintains a healthy weight
- Strengthens bones
- Reduces health risks
- Relieves stress and tension
- Reduces fatigue and increases energy

Oct. 3 –  
Apr. 26

**Tuesdays & Thursdays**

**11 – 2 PM**

\*excluding holidays. Sorry, no pets.  
Call Village Office (780) 765-3652 for more information.



## HALLOWEEN HOWL



4 – 7 PM SUNDAY OCTOBER 29, 2017

### RYCROFT COMMUNITY HALL

- COSTUME PARTY
- BBQ SUPPER BY DONATION
- SPOOKY GAMES AND ACTIVITIES

INTENDED FOR CHILDREN 6-12 YRS OLD

ORGANIZED BY THE SPIRIT RIVER SCOUTS  
HOSTED BY THE VILLAGE OF RYCROFT  
FOR MORE INFO CALL (780) 864-9771

sight.

For others:

- Hand out stickers, temporary tattoos, bubbles or Halloween-themed pencils.

- Offer healthier food options like rice cakes or pretzels, pre-packaged cheese sticks, granola bars or bottles of water.

For more ideas on family-friendly, healthy eating please visit:

[www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca).