

Thank you for  
supporting our first  
year!



(Please join this group on Facebook

**“IN THE LOOP!**

**Strathmore and Wheatland County 55+  
Upcoming Events”**

^^ for ongoing updates)

**MARCH 2026**

**Continue to check back to the Facebook Page  
regularly, as I will continue to add activities as  
they come up. Contact me if you have  
information to add~ Tanya**

**March 1-7**

**Sunday (1)**

**10:45am:** Float Fitness- Drop-In (Pool)

**11:00am:** Darts (Legion)

**2:00pm:** Madhatter’s Cornhole Club (Trinity  
Christian Academy School)

**2:00pm:** Acoustic Jam (Legion)

**Monday (2)**

**10:00am:** Seniorcize (SMP Centre)

**7:00pm:** Men’s Shed (HOB’s Gaming Café)

**7:00pm:** In Stitches (Library)

**Tuesday (3)**

**11:00am:** Lunch Club (LOA)- FCSS Pres.

**6:30pm:** Husker’s Cornhole (Legion)

**Wednesday (4)**

**10:00am:** Seniorcize (SMP Centre)

**5:30pm:** Bingo (Legion)

**7:25pm:** FUN! On The Dance Floor- Modern  
Square Dancing (Westmount Elementary  
School)

**Thursday (5)**

**6:00pm:** Veterans- Music For Healing (Legion)

**7:00pm:** Crib (Legion)

**Friday (6)**

**12:30:** Chair Yoga/ Stretch (SMP Centre)

**1-6:00pm:** Book Sale (Hope Church)

**Saturday (7)**

**9:00am:** Men’s Shed Coffee Club (HOB’s Gaming)

**9-3:00pm:** Book Sale (Hope Church)

**11:00am:** Veteran “Buddy Check”- Legion

**7:00pm:** Arts on 817 “Oncue” United Church

**March 8-14**

**Sunday (8)**

**10:45am:** Float Fitness- Drop-In (Pool)

**11:00am:** Darts (Legion)

**2:00pm:** Madhatter’s Cornhole Club (Trinity  
Christian Academy School)

**2:00pm:** Acoustic Jam (Legion)

**Monday (9)**

**10:00am:** Seniorcize (SMP Centre)

**7:00pm:** In Stitches (Library)

**Tuesday (10)**

**1:30pm:** Functional Fitness Presentation- BTG  
(Library)

**2:30pm:** Grief Support Group (WFCSS)

**6:30pm:** Husker’s Cornhole (Legion)

Wednesday (11)

**10:00am:** Seniorcize (SMP Centre)

**5:30pm:** Bingo (Legion)

**7:25pm:** FUN! On The Dance Floor- Modern Square Dancing (Westmount Elementary School)

Thursday (12)

**6:00pm:** Veterans- Music For Healing (Legion)

**7:00pm:** Crib (Legion)

**7:00pm:** "New Blood" Production (Highschool)

Friday (13)

**12:30:** Chair Yoga/ Stretch (SMP Centre)

**5:30pm:** Happy Gang- St. Patrick Day Potluck

Saturday (14)

**9:00am:** Men's Shed Coffee Club (HOB's Gaming)

**March 15-21**

Sunday (15)

**10:45am:** Float Fitness- Drop-In (Pool)

**11:00am:** Darts (Legion)

**2:00pm:** Madhatter's Cornhole Club (Trinity Christian Academy School)

**2:00pm:** Acoustic Jam (Legion)

Monday (16)

**10:00am:** Seniorcize (SMP Centre)

**7:00pm:** In Stitches (Library)

Tuesday (17)

**11:00am:** Lunch Club (LOA)- Library Pres.

**1:30:** Tidbits with Tanya (Library)

**6:30pm:** Husker's Cornhole (Legion)

Wednesday (18)

**10:00am:** Seniorcize (SMP Centre)

**5:30pm:** Bingo (Legion)

**7:25pm:** FUN! On The Dance Floor- Modern Square Dancing (Westmount Elementary School)

Thursday (19)

**6:00pm:** Veterans- Music For Healing (Legion)

**7:00pm:** Crib (Legion)

Friday (20)

**12:30:** Chair Yoga/ Stretch (SMP Centre)

**12:00: Lunch & Learn;** Dealing with Cardiac Emergencies, Choking and Other Injuries at home (WFCSS)

Saturday (21)

**9:00am:** Men's Shed Coffee Club (HOB's Gaming)

**11:00am:** Veteran "Buddy Check"- Legion

**March 22-28**

Sunday (22)

**10:45am:** Float Fitness- Drop-In (Pool)

**11:00am:** Darts (Legion)

**2:00pm:** Madhatter's Cornhole Club (Trinity Christian Academy School)

**2:00pm:** Acoustic Jam (Legion)

Monday (23)

**10:00am:** Seniorcize (SMP Centre)

**7:00pm:** In Stitches (Library)

Tuesday (24)

**6:30pm:** Husker's Cornhole (Legion)

Wednesday (25)

**10:00am:** Seniorcize (SMP Centre)

**5:30pm:** Bingo (Legion)

**7:25pm:** FUN! On The Dance Floor- Modern Square Dancing (Westmount Elementary School)

Thursday (26)

**4:00pm: Dementia Support Group** (WFCSS)

**6:00pm:** Veterans- Music For Healing (Legion)

**7:00pm:** Crib (Legion)

Friday (27)

**12:30:** Chair Yoga/ Stretch (SMP Centre)

Saturday (28)

**9-3:30pm:** Woman's Conference (Hope Church)

**9:00am:** Men's Shed Coffee Club (HOB's Gaming)



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Please be sure to check out art classes and events of personal interest at Wheatland Society of Arts, Hope Bridges, The Vault and Happy Gang 50+ etc!

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**[Strathmore Taxi](#)**

**Call: 403.830.8294**

Free taxi rides to church on Sundays

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**This month's "IN THE LOOP!"**

**Strathmore and Wheatland County 55+  
Upcoming Events -calendar is brought to you  
by:**



**Generations Of Fun! (GOF)**

**[generationsoffunrectherapy@gmail.com](mailto:generationsoffunrectherapy@gmail.com)**

**[www.generationsoffun.com](http://www.generationsoffun.com)**

**403.934.8644**

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**Where do Leprechauns hang  
out?**

On the Paddy-o!

**Why do Leprechauns love to  
garden?**

They have green thumbs.

# UPCOMING HAPPY GANG 2025/2026 EVENTS



Friday May 1st.	<b>Coffee and Dessert. Talent Night</b> followed by Jam Session. This is the <i>night for your 5 mins. of fame</i> . Play an instrument, sing, dance, be a comedian, do magic get together and put on a skit. Show us and tell us about a hobby. 6:30pm to 9:30pm. sign up.
Fri. & Sat. May	
Tues. May	
<b>June 6<sup>th</sup> to 10<sup>th</sup>.</b> <b>Seniors' week</b>	<b>Bake/Garage Sale</b> Date and Time TBA by organizers  <b>Strawberry Tea</b> Date and time to be announced by organizer
Wed. June 8 <sup>th</sup> .	<b>Bridge Tournament.</b> All day time and information to come from organizer
Friday June 10 <sup>th</sup> .	<b>Crib Tournament</b> 1:30 to 4:30pm more information to come from organizer.
Saturday July 24 <sup>th</sup> , Pending. Depending on Interest	<b>Old Fashion Summer Potluck Picnic in the Park</b>
August	<b>No Events</b>
Friday Sept. 4 <sup>th</sup> .	<b>Elections and Members BBQ</b> Time TBA more information to come.

Possible additions as opportunities arise, if you have any questions, please don't hesitate to ask me.

Looking forward to a fun year.

Yvonne Ruys



## TIDBITS WITH TANYA

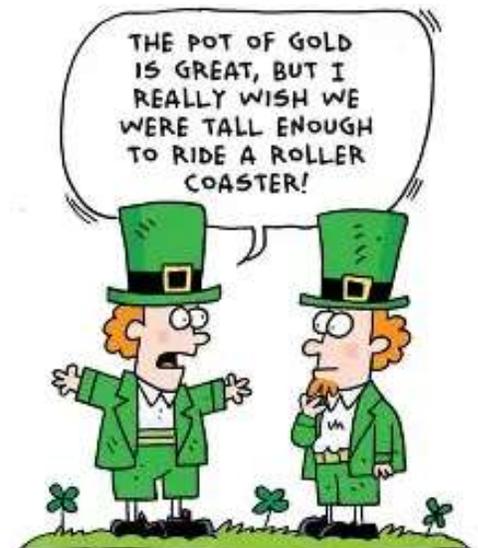
**3<sup>RD</sup> MONDAY OF THE MONTH  
1:30 PM TO 2:30 PM**

We invite you to come and connect with your neighbours through activities and conversation! Make new connections and friends while learning more about the community. Light refreshments will be provided.

Tanya with Generations of Fun will lead the session and share information with the group.

**For seniors!**

Strathmore Municipal Library 85 Lakeside Blvd. Strathmore, AB GENERATIONS OF FUN



**2 NEW PROGRAMS COMING IN 2026**



**Changing Lives & Connecting Individuals**

For more information or to register for one or both programs call 403-934-5335 or send an email to [info@wfcss.org](mailto:info@wfcss.org)  
Location: 242006 Rge Rd 243 Wheatland County Municipal Building

Connecting local residents with others who are navigating grief—whether from the loss of a loved one, the end of a familiar way of life, or a significant personal change. This supportive group offers a safe space to share experiences, find understanding, and build connection with others who truly understand what you're going through.

Uniting local residents who are impacted by dementia—whether you are caring for someone living with dementia, grieving changes in a loved one, or adjusting to a life that looks different than it once did. This group provides a compassionate space to share experiences, receive support, and connect with others who understand the emotional, practical, and personal challenges of the dementia journey.

*stronger together*

[www.wfcss.org](http://www.wfcss.org)



**Grief Coffee'n'Chat**

**2nd Tuesday of the month, starting January 13<sup>th</sup>, 2026  
2:30pm-4:30pm**

- Meet people whose lives mirror yours
- Learn how others are coping and feeling
- Enjoy coffee and snacks
- Registration required

**Dementia Coffee'n'Chat**

**4th Thursday of the month, starting January 22<sup>nd</sup>, 2026  
4:00pm-6:00pm**

- Connect with other caregivers
- Share stories and feelings
- Relieve frustrations
- Supper provided
- Registration required

## Collective Cooking

### What is Collective Cooking

Collective Cooking is a program where a group of people cook food in a group setting.

Participants have input into recipe ideas and make minimal payment to help cover the cost of food items. Our program aims to have each person take home 8 meals at a session. You can cook for one or for as many as are in the home.

The Collective Cooking program is a great way to develop skills in preparing healthy, delicious and affordable meals while having fun, making new friends and learning about healthy eating and meal planning.

Cost is \$5.00 per person/per meal. For example: if you wanted to cook for a family of 3 your cost would be \$15 per meal multiplied by 8 meals = \$120

403-934-5335  
[info@wfcss.org](mailto:info@wfcss.org)



Back by popular demand!

# Lunch and Learn

2026

**Third Friday of each month at 12pm**

**Jan - 16 Feb - 20 Mar - 20**

Pre-registration required by 4pm the Monday prior to event date.

For more information or to register please call 403-934-5335 or visit our website at [wfcss.org](http://wfcss.org)

Doors open at 11:45am  
242006 Rge Rd 243



Topics will be announced soon!



The Good Food Box program has been in our area since the fall of 2014, established to encourage healthy eating and provide local residents an opportunity to purchase fresh produce at prices substantially lower than retail. Anyone can participate as long as you order and pay upfront by the ordering deadline. As we look ahead to 2026, we need to let you know that the cost of the Good Food Box will increase by \$5 per box, due to rising grocery costs, fuel prices, and operational costs. We require this change to ensure the long-term sustainability of the program.



Boxes can be purchased in three different sizes:		
SMALL	15-20 pounds*	\$37
MEDIUM	25-30 pounds*	\$42
LARGE	35-40 pounds*	\$47

\*Weights are approximate

Depending on box size, you pay 40-45% less than retail produce prices.

At minimum, the box usually contains the staples of potatoes, celery, onions, carrots, apples and oranges with additional seasonal fruits and vegetables rounding out the weight.

The program is made possible through our partnership with the Community Kitchens Program of Calgary, which sources produce directly from importers and provincial handlers, bypassing traditional retail channels.

For additional information or to order your box(es) contact WFCSS via [www.wfcss.org](http://www.wfcss.org). Ph: (403)934-5335 or e-mail: [info@wfcss.org](mailto:info@wfcss.org)

Participants pick up their boxes at Wheatland FCSS, tucked away in the Wheatland County Administrative Office at the corner of Range Road 243 and Highway 1.



Order before 12pm	Pickup between 2-4pm
January 13	January 23
February 3	February 13
March 3	March 13
April 7	April 17
April 28	May 8
May 26	June 5
June 16	June 26
SUMMER	BREAK
August 4	August 14
August 25	September 4
September 22	October 2
October 20	October 30
November 24	December 5

**2026 SCHEDULE**

Our payment policy has changed. To ensure your box is ordered, payment is required by the ordering deadline. Payment options are: E-transfer: [info@wfcss.org](mailto:info@wfcss.org), VISA Debit, and VISA/Mastercard.



# Bedside Respite Program



## *What we do*

- One-on-one time
- In your home, the hospital, the Lodge, or Sagewood
- Fully trained and certified by ALA/AHS
- Offer companionship, encouragement, and a warm, welcoming presence



## *How this helps*

- Early, upstream support
- Focuses on living well now, and preparing for transitions as illness advances
- Supports both your loved one and you (so you can get a break)



## *Contact us*

- Our Navigator will help you decide when its best to start with BR volunteers
- Learn how the palliative journey might change over time
- [navigator@wheatlandhospice.ca](mailto:navigator@wheatlandhospice.ca) OR
- 403-934-8199

**“Asking for help” and “Accepting Help” is tough to do!**

## Income Tax Assistance

Event Title	Description	Date	Time	Location
Volunteer Tax Program	An ongoing volunteer-run program providing free tax preparation support for low-income residents, seniors, and individuals with simple tax situations. The program includes volunteer coordination and appointment scheduling	February 1 to April 30, 2026	Anytime between 8:30 a.m. to 4:30 p.m., Monday to Friday	Strathmore Municipal Building

## Square Dancing

## Book Sale

Ready for something different? Bored?? Need a challenge?  
Looking for FUN?



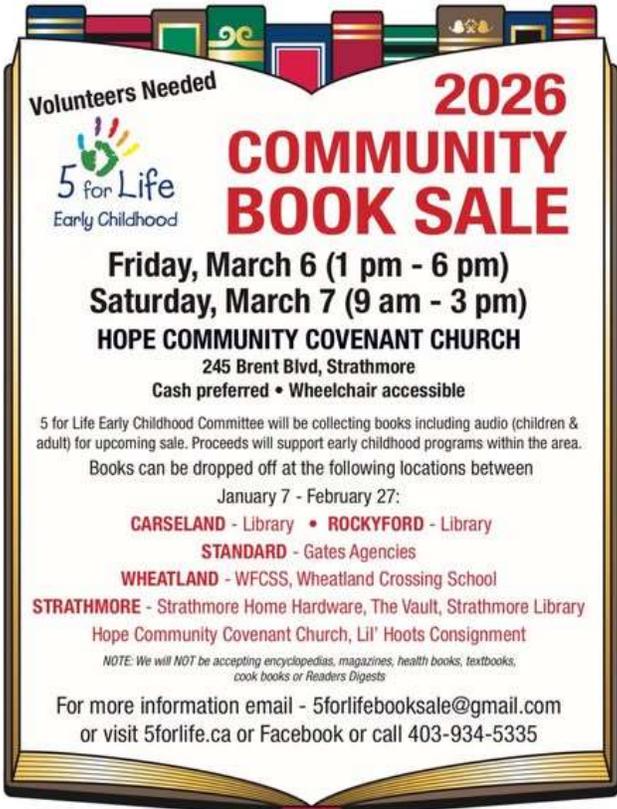
**WE'RE LOOKING FOR YOU!**

**WHAT TO EXPECT**

- ★ SOCIAL SQUARE DANCE is FUN!! Most often heard comment, "I had no idea square dancing is *THIS* much fun!"
- ★ FRIENDLY PEOPLE - Mixed ages, singles, couples.
- ★ CASUAL ATMOSPHERE - No dress code.
- ★ GREAT MUSIC - Rock, Pop, C&W, Latin, Blues and more.
- ★ EASY! "Two left feet"? No problem! No fancy footwork or lead/follow partner. If you can walk and listen, you can do this!
- ★ MEET NEW FRIENDS and get comfortable on the dance floor!
- ★ Light REFRESHMENTS & SNACKS
- ★ ACTIVE - Same benefits as low-impact aerobics.
- ★ NO EXPERIENCE NEEDED - Step-by-step instruction.
- ★ First time is free so you can try it out.

**WEDNESDAYS 7 pm**  
Join Us Any Wednesday during Season - January to April  
Westmount School Gym, 220 Wheatland Trail, Strathmore  
\$7/Person/Session – First time FREE!

website [www.StrathmoreSquareDance.com](http://www.StrathmoreSquareDance.com)  
email [Claudia.littlefair@gmail.com](mailto:Claudia.littlefair@gmail.com)  
instructor Dave 403-620-5131



Volunteers Needed

5 for Life  
Early Childhood

**2026  
COMMUNITY  
BOOK SALE**

**Friday, March 6 (1 pm - 6 pm)  
Saturday, March 7 (9 am - 3 pm)**  
**HOPE COMMUNITY COVENANT CHURCH**  
245 Brent Blvd, Strathmore  
Cash preferred • Wheelchair accessible

5 for Life Early Childhood Committee will be collecting books including audio (children & adult) for upcoming sale. Proceeds will support early childhood programs within the area.  
Books can be dropped off at the following locations between  
January 7 - February 27:

**CARSELAND** - Library • **ROCKYFORD** - Library  
**STANDARD** - Gates Agencies  
**WHEATLAND** - WFCSS, Wheatland Crossing School  
**STRATHMORE** - Strathmore Home Hardware, The Vault, Strathmore Library  
Hope Community Covenant Church, Lil' Hoots Consignment

NOTE: We will NOT be accepting encyclopedias, magazines, health books, textbooks,  
cook books or Readers Digests

For more information email - [5forlifebooksale@gmail.com](mailto:5forlifebooksale@gmail.com)  
or visit [5forlife.ca](http://5forlife.ca) or Facebook or call 403-934-5335



## Women's Conference

Women's Conference 2026- *Putting Yourself First!*

Saturday, March 28th, 2026

Hope Community Covenant Church

9:00am - 3:30pm





# St. Patrick's



## WORD SEARCH

W	N	P	E	P	S	N	I	O	C	Y	C	M	Y	N
R	V	H	F	O	O	J	C	M	A	V	L	R	W	D
L	L	G	M	C	H	R	I	D	Z	M	O	A	S	K
U	K	Z	F	H	T	S	S	R	I	A	V	H	B	C
T	Z	E	C	L	E	K	E	S	E	B	E	C	N	O
Q	Y	R	U	K	C	I	C	S	Q	L	R	T	W	R
B	A	C	R	I	E	H	D	B	R	D	A	U	G	M
M	K	Z	R	F	I	F	L	F	P	O	Y	N	I	A
Y	A	T	Y	E	H	Y	Y	U	W	G	H	V	D	H
N	A	V	V	N	U	A	H	C	E	R	P	E	L	S
P	E	O	Y	R	W	A	R	R	A	I	N	B	O	W
Q	U	E	W	O	D	U	D	P	S	E	J	O	M	Z
S	A	R	R	Y	P	P	C	J	A	P	A	C	E	L
G	O	L	D	G	U	F	Q	S	E	R	S	H	E	R
W	S	S	X	C	O	R	U	C	V	P	J	Y	V	B

CHARM  
CLOVER  
COINS

GOLD  
GREEN  
HARP

HORSESHOE  
IRELAND  
LEPRECHAUN

LUCKY  
MARCH  
MISCHIEVOUS

PATRICKS DAY  
RAINBOW  
SHAMROCK

.....

Coming Soon:



**NEW Adult Day Program (55+)**

.....

**Generations of Fun** has some exciting news!

We are in the process of finalizing our plans to open a half day Respite Care Program for Seniors in Strathmore, two mornings per week (Tues/ Thurs); 9am-12pm. This program has the potential to grow to full days/ more days, based on interest.

Do you currently care for someone in your home, and could benefit from some respite hours each week? Do you have a neighbor or friend that could benefit from this program?

This may be a good fit for them!

The program will be based on a **Recreation Therapy model**. There will be physical activities/ exercises each day, cognitive activities such as reminiscing and games, meaningful conversation-over snacks and coffee, seasonal activities such as crafts and gardening.

Music, pet visits, baking and intergenerational activities will also be a key focus of this program!

Our projected date of opening is April 1, 2026.

Spaces will be limited and must be booked in advance.

For inquiries and to register, please contact us:

403.934.8644  
generationsoffunrectherapy@gmail.com

[www.generationsoffun.com](http://www.generationsoffun.com)

- Tanya

**Contact Numbers**

**Happy Gang 50+:** 403.983.6665

**Library:** 403.934.5440

**Bridging The Gap- BTG (Nancy):** 403.361.7216

**Wheatland FCSS:** 403.934.5335

**Strathmore FCSS:** 403.934.9090

**Madhatter's Cornhole (David):** 403.615.4168

**Huskars Cornhole (Lance):** 403.808.6506

**The Bank Gym:** 403.901.8402

**Wheatland Society of Arts:** 403.934.6665

**The Vault:** 403.901.1654

**Hope Bridges:** 403.983.3640

**SMP Sports Centre:** 403.361.2121

**Joyland Theatre:** 403.934.3057

**Compass For The Caregiver:**

Deana 403.934.5335

**LOA:** Lord Of All Lutheran Church (near library)

**SMP:** Strathmore Motor Products Centre (George Freeman Tr.)

**Publisher- Generations Of Fun!**

403.934.8644

generationsoffunrectherapy@gmail.com



## [In The Loop & Generations Of Fun!- Fundraiser](#)

**You Can Buy Yourself Flowers!**

**Generations Of Fun!** is hosting a plant fundraiser to help offset the costs of the programs we offer in and around the Strathmore & Wheatland County.  
(including the costs associated with this publication- **“In The Loop!”**)

This fundraiser will allow us to continue to offer some of our group programs at a reduced rate, and in some cases free! Funds raised will allow us to continue to offer **more** individuals, the benefits of **Recreation Therapy** right in their community!

**It's a Win/ Win.....**beautiful plants for your yard/ garden and the opportunity to be supporting a great cause for seniors in your local area.

**Plants will be available for pick up in Strathmore: June 6, 2026.**

**For more details, or help with ordering please call/ text 403.934.8644, or email [generationsoffunrectherapy@gmail.com](mailto:generationsoffunrectherapy@gmail.com)**

**<https://generationsoffun.growingsmilesfundraising.com/>**

Need help? [Email](#) or call 403.934.8644

**Growing Smiles**  
FUNDRAISING

LOGIN

Help us by sharing on Facebook!

### Generations Of Fun!

WELCOME TO OUR  
**Spring Plant**  
FUNDRAISER

You Can Buy Yourself Flowers! Generations Of Fun! is hosting a plant fundraiser to help offset the costs of the programs we offer in and around the Strathmore & Wheatland County. This fundraiser will allow us to offer some of our programs at a reduced rate, in turn offering more individuals the benefits of Recreation Therapy! It's a Win/ Win.....beautiful plants for your yard and an opportunity to be involved out in your local community.

Click the button below To Place an Order!

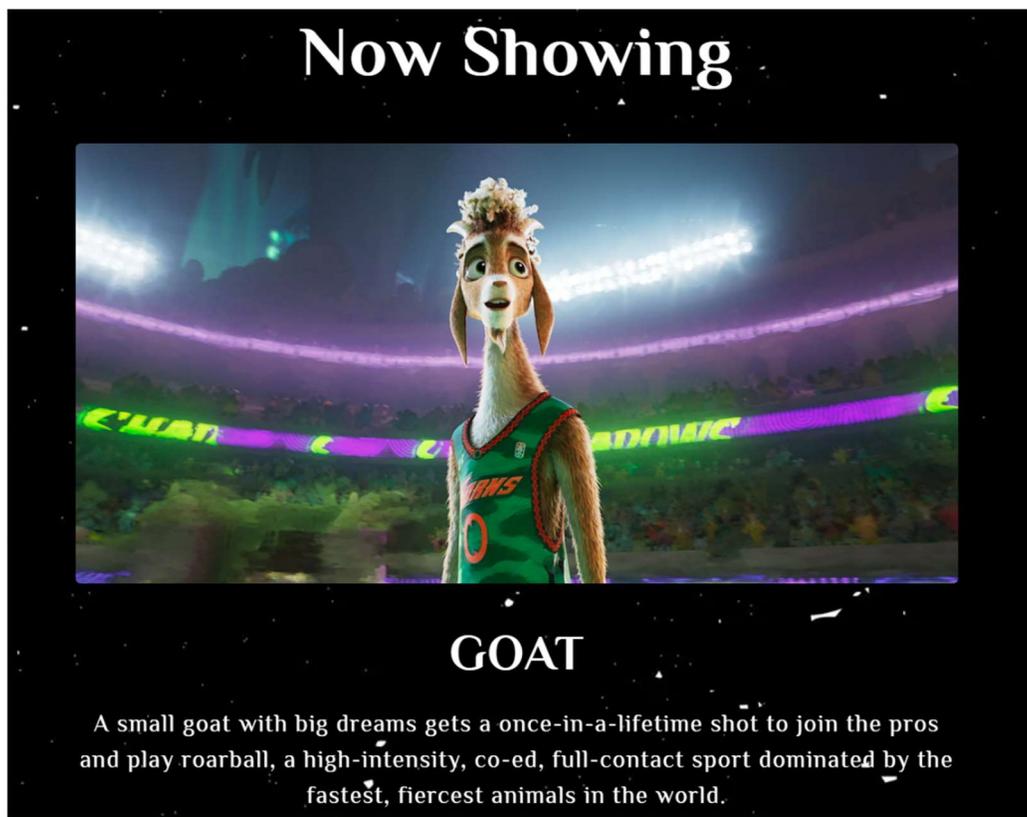
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Support Worker's - Admission Fees Waived for Recreation Facility

Aide/Support Worker

The Town of Strathmore welcomes people with disabilities and will work together to take reasonable steps within each recreation facility to ensure inclusion in programs and services. It is recognized that there are times when a Support Worker/Aide is needed. There are no admission or registration fees for Support Workers to attend programs or services with a paying customer, although there are expectations:

Joyland Theatre:



General regular evening movie showings  
are at 7:30PM each day, except  
Mondays.

**CASH ONLY**

Rates:

Seniors \$8

Tuesday Night- \$8/ all seats

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