



(Please join this group on Facebook

**“IN THE LOOP!**

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

**^^ for ongoing updates)**

**FEBRUARY 2026**

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**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**

**February 1-7**

**Sunday (1)**

**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)

**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:** Music For Healing (Legion)

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

**Friday (6)**

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

**Saturday (7)**

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

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

**February 8-14**

**Sunday (8)**

**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:** FREE Community Concert- Greg Rider  
(Hope Church)

**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)

**1:00pm:** BTG- “Name That Tune” (LOA)

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

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

Friday (13)

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

Saturday (14)- Valentine’s Day!

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

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

**February 15-21**

Sunday (15)

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

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

Monday (16)- Family Day

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

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

Tuesday (17)

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

**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:** Music For Healing (Legion)

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

Friday (20)

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

**12:00:** Lunch & Learn (WFCSS)

Saturday (21)

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

**February 22-28**

Sunday (22)

**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:** Music For Healing (Legion)

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

Friday (27)

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

Saturday (28)

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

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

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+!



[Strathmore Taxi](#)

Call: 403.830.8294

Free taxi rides to church on Sundays



**Do you have a map?**

**Because I keep getting lost in  
your eyes.**



**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**

*You're my Wi-Fi when life's offline,  
The steady connection,  
my Valentine.  
With you, there's no buffering,  
it's always true,  
I'm downloading love,  
all thanks to you!*



Motivation for Mom



*Valentine's Day  
song match*



**MATCH THE ARTIST TO THEIR FAMOUS LOVE SONG**

- |                   |                                 |
|-------------------|---------------------------------|
| ___ ED SHEERAN    | A. IF I AIN'T GOT YOU           |
| ___ FRANK SINTARA | B. I DON'T WANT TO MISS A THING |
| ___ BRUNO MARS    | C. THINKING OUT LOUD            |
| ___ AEROSMITH     | D. BED OF ROSES                 |
| ___ JOHN LEGEND   | E. INTO YOU                     |
| ___ ELVIS PRESLEY | F. MY FUNNY VALENTINE           |
| ___ ALICIA KEYS   | G. JUST THE WAY YOU ARE         |
| ___ THE BEATLES   | H. ALL OFF ME                   |
| ___ BON JOVI      | I. CAN'T HELP FALLING IN LOVE   |
| ___ ARIANA GRANDE | J. SOMETHING                    |

## UPCOMING HAPPY GANG 2025/2026 EVENTS

Thursday Feb. 5 <sup>th</sup> .	Appreciation Lunch for Activity Leaders & Directors 12pm to 1pm
Friday Feb. 20 <sup>th</sup> .	Coffee and Dessert & New Game Night. If you have new games, you would like to introduce to play. We're interested. <u>Let's try something new 6:30pm to 9:30pm. Ish.</u> Sign up
Friday Mar. 13 <sup>th</sup> . A lucky day. The Leprechauns will protect us.	St. Patrick's Day Potluck. BYOB, Meat Draw Spouse or partner welcome, must be a senior. <u>Doors open 5:30</u> <u>Dinner at 6:00</u> Cards, Pool, Board Games. Wear your green. Sign up
April No Event	Happy Easter

## UPCOMING HAPPY GANG 2025/2026 EVENTS

Friday May 1 <sup>st</sup> .	<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.  <b>Bake/Garage Sale</b> Date and Time TBA by organizers  <b>Strawberry Tea</b> Date and time to be announced by organizer
Fri. & Sat. May	
Tues. May	
June 6 <sup>th</sup> to 10 <sup>th</sup> . Seniors' week	<b>Bridge Tournament.</b> All day time and information to come from organizer  <b>Crib Tournament</b> 1:30 to 4:30pm more information to come from organizer.
Wed. June 8 <sup>th</sup> .	
Friday June 10 <sup>th</sup> .	
Saturday July 24 <sup>th</sup> , Pending. Depending on Interest	Old Fashion Summer Potluck Picnic in the Park
August	No Events
Friday Sept. 4 <sup>th</sup> .	Elections and Members BBQ 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



## 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 22nd, 2026  
4:00pm-6:00pm**

- Connect with other caregivers
- Share stories and feelings
- Relieve frustrations
- Support 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

January 13

February 3

March 3

April 7

April 28

May 26

June 16

SUMMER

August 4

August 25

September 22

October 20

November 24

### Pickup

between 2-4pm

January 23

February 13

March 13

April 17

May 8

June 5

June 26

BREAK

August 14

September 4

October 2

October 30

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 it's 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

## FCSS Events Calendar

### February

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

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



**WE'RE LOOKING FOR YOU!**

**WHAT TO EXPECT**

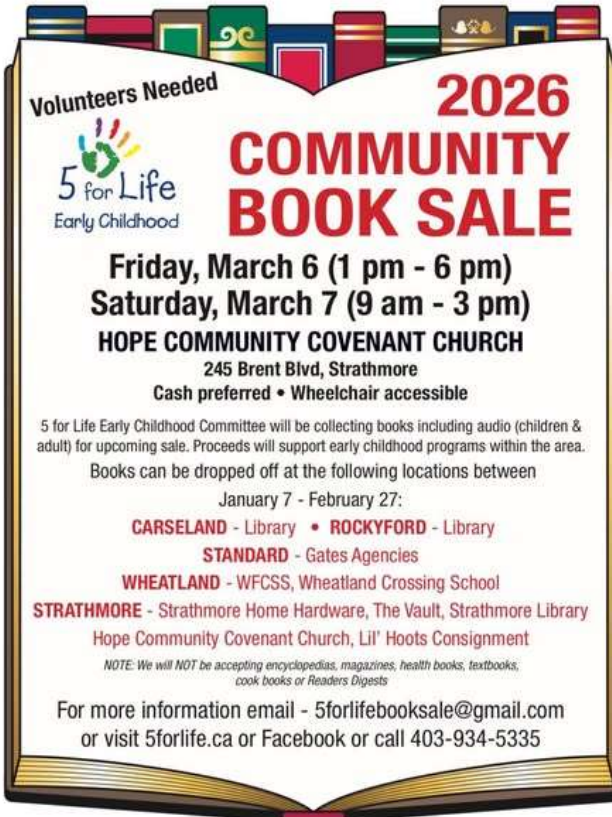
- ★ SOCIAL SQUARE DANCE is FUN!! Most often heard comment, "I had no idea square dancing is *THIS* much fun!"
- ★ FRIENDLY PEOPLE - Mixed ages, singles, couples.
- ★ CASUAL ATMOSPHERE - No dress code.
- ★ GREAT MUSIC - Rock, Pop, C&W, Latin, Blues and more.
- ★ EASY! "Two left feet"? No problem! No fancy 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



## Book Sale



**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

## Valentine's Day Word Scramble

l a h u g	___	___	___	___	___	
y n o h e	___	___	___	___	___	
r o y m m e	___	___	___	___	___	___
o l e v	___	___	___	___		
i b o b n r	___	___	___	___	___	___
s g i t f	___	___	___	___	___	
s e r o	___	___	___	___		
u r e t	___	___	___	___		
i a f l m y	___	___	___	___	___	___

Word List	
family	memory
gifts	ribbon
honey	rose
laugh	true
love	

