



(Please join this group on Facebook

“IN THE LOOP!

Strathmore and Wheatland County 55+
Upcoming Events”

^^ for ongoing updates)

JANUARY 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

January 4-10

Sunday (4)

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

2:00pm: Acoustic Jam (Legion)

Monday (5)

10:00am: Seniorcize (SMP Centre)

7:00pm: In Stitches (Library)

Tuesday (6)

6:30pm: Husker’s Cornhole (Legion)

Wednesday (7)

10:00am: Seniorcize (SMP Centre)

1:30-3:30pm: Compass For The Caregiver- pre-register with WFCSS

5:30pm: Bingo (Legion)

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

Thursday (8)

6:00pm: Music For Healing (Legion)

7:00pm: Crib (Legion)

Friday (9)

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

Saturday (10)

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

January 11-17

Sunday (11)

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

2:00pm: Acoustic Jam (Legion)

Monday (12)

10:00am: Seniorcize (SMP Centre)

7:00pm: In Stitches (Library)

Tuesday (13)

2:30pm: Grief Support Group (WFCSS)

6:30pm: Husker’s Cornhole (Legion)

Wednesday (14)

10:00am: Seniorcize (SMP Centre)

1:30-3:30pm: Compass For The Caregiver- pre-register with WFCSS

5:30pm: Bingo (Legion)

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

Thursday (15)

6:00pm: Music For Healing (Legion)

7:00pm: Crib (Legion)

Friday (16)

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

12:00: Lunch & Learn (WFCSS)

Saturday (17)

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

January 18-24

Sunday (18)

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

2:00pm: Acoustic Jam (Legion)

Monday (19)

10:00am: Seniorcize (SMP Centre)

1:30-2:30pm: Coffee Connections (Strathmore
Library) Timbits with Tanya!-
**Generations Of Fun!- 1st Birthday
Celebration**

7:00pm: In Stitches (Library)

Tuesday (20)

6:30pm: Husker’s Cornhole (Legion)

Wednesday (21)

10:00am: Seniorcize (SMP Centre)

1:30-3:30pm: Compass For The Caregiver- pre-
register with WFCSS

5:30pm: Bingo (Legion)

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

Thursday (22)

4:00pm: Dementia Support Group (WFCSS)

6:00pm: Music For Healing (Legion)

7:00pm: Crib (Legion)

Friday (23)

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

Saturday (24)

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



January 25-31

Sunday (25)

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

2:00pm: Acoustic Jam (Legion)

Monday (26)

10:00am: Seniorcize (SMP Centre)

7:00pm: In Stitches (Library)

Tuesday (27)

6:30pm: Husker’s Cornhole (Legion)

Wednesday (28)

10:00am: Seniorcize (SMP Centre)

1:30-3:30pm: Compass For The Caregiver- pre-
register with WFCSS

5:30pm: Bingo (Legion)

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

Thursday (29)

6:00pm: Music For Healing (Legion)

7:00pm: Crib (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

**This month's "Wheatland County Senior
Supports, Care Services & Upcoming Events" -
calendar is brought to you by:**



Generations Of Fun! (GOF)

generationsoffunrectherapy@gmail.com

**Wishing you health, happiness and all the
best in 2026!**

~Tanya- Generations Of Fun!~

www.generationsoffun.com

403.934.8644



GENERATIONS OF FUN!



Therapeutic Recreation
Services

**CHEERS
TO ONE
YEAR!**

**PLEASE JOIN US TO CELEBRATE
WITH CAKE & ACTIVITIES!**

COFFEE CONNECTIONS

**TUESDAY, JANUARY 19, 2026
1:30-2:30PM
STRATHMORE LIBRARY**

UPCOMING HAPPY GANG 2025/2026 EVENTS

Thursday Feb. 5 th .	Appreciation Lunch for Activity Leaders & Directors <u>12pm to 1pm</u>
Friday Feb. 20 th .	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 th . 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 st .	Coffee and Dessert. Talent Night 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	
	Bake/Garage Sale Date and Time TBA by organizers
	Strawberry Tea Date and time to be announced by organizer
June 6 th to 10 th . Seniors' week	Bridge Tournament. All day time and information to come from organizer Crib Tournament 1:30 to 4:30pm more information to come from organizer.
Wed. June 8 th .	
Friday June 10 th .	
Saturday July 24 th , Pending. Depending on Interest	Old Fashion Summer Potluck Picnic in the Park
August	No Events
Friday Sept. 4 th .	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



The Vault Cultural Collective Speaker Series

"On The Road" with Calgary Sun's Mike Drew



Photographer
and
Journalist



Friday
January 23 - 7:00 PM

The Vault Upper Gallery
Registration is Free
Tickets Available in Person at
The Vault or online
thevaultonline.ca/collections/tickets

Please note the Upper Gallery is NOT handicapped accessible



The Vault Cultural Collective

Strathmore's Home for ARTS - Culture - History 136 2nd Ave Strathmore AB
Gift Shop Open Tue - Fri 10 AM - 4 PM Shop Online at thevaultonline.ca 403-901-1654



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

Doors open at 11:45am
242006 Rge Rd 243



Topics will be announced soon!



4

Benefits of physical activity for older adults:

- 1 Improved balance
- 2 Reduced falls and injuries
- 3 Ability to stay independent longer
- 4 Reduced risk of heart disease, stroke, osteoporosis, type 2 diabetes, some cancers, and premature death

Canada

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
or visit 5forlife.ca or Facebook or call 403-934-5335

Compassion Corner



The library has partnered with the Wheatland and Area Hospice Society to bring you compassion corner.

Compassion corner is a dedicated space in the library where you can find an array of print resources on death, dying, supportive care and coping with end of life. The resources are suitable for any age group and focus on aspects of grief, stress of caregiving, and loss during illness or death.

"A compassionate corner means that they have a single, directed place to go. This is a nice place for them to go within the library to just gather some resources so that they might be able to help themselves through a path they didn't really know they were on." - Dr. Joni McNeely, WAHS president.

Click on the link below to view the many valuable resource available online.

[Canadian Virtual Hospice](#)

Compassion Corner books available to borrow from the Strathmore Municipal Library.

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
Location: 242004 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



Grief Coffee'n'Chat

**2nd Tuesday of the month,
starting January 13th, 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
- Supper provided
- Registration required

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



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
email claudia.littlefair@gmail.com
instructor Dave 403-620-5131



COMPASS for the Caregiver

Caregiving can be stressful, isolating, and at times overwhelming.

The **COMPASS for the Caregiver** program helps caregivers balance their own well-being with the challenges of caregiving. Join our trained facilitator as she walks us through the 4-week program. Sessions will be held in person at the WFCSS office.

Session Schedule

Wednesday, January 7	1:30-3:30pm
Wednesday, January 14	1:30-3:30pm
Wednesday, January 21	1:30-3:30pm
Wednesday, January 28	1:30-3:30pm

Registration is required. If you are a resident of Strathmore, Wheatland County, Hussar, Rockyford, or Standard please contact Deana Nolan (403-934-5335) to register or for additional information. You can also register online through our website.

Wheatland FCSS will absorb the cost of registration and manuals for local residents. Residents living outside of the above municipalities will pay \$55 (registration fee and manual).

Additional sessions will be offered in March and May.

www.wfcss.org





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.
Ph: (403)934-5335 or e-mail: 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, VISA Debit, and VISA/Mastercard.

NEW YEAR'S WORD SEARCH

New Year's Word Search

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

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST

