

COMMUNITY CONNECT



Monthly Events

-DUNVEGAN TOASTMASTERS CLUB Wednesdays on Zoom
6:30 pm to 8 pm Contact
Carolyn at 780-864-5657

-FCSS ROUND TRIP BUS to
Grande Prairie, Sexsmith or
Clairmont on Tuesdays,
Wednesdays & Thursdays
Leaves 8:30-9:00 am, returns
by 5:00 pm - \$25.00 per trip
Call 780-864-3500 to book or
for more information

-RYCROFTS FARMERS MARKET
2021 Season starting June 3
Thursdays 3:00 to 6:00 pm
@Rycroft Ag Centre

World Bicycle Day is June 3

Why should Central Peace celebrate the bicycle?

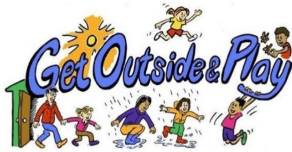
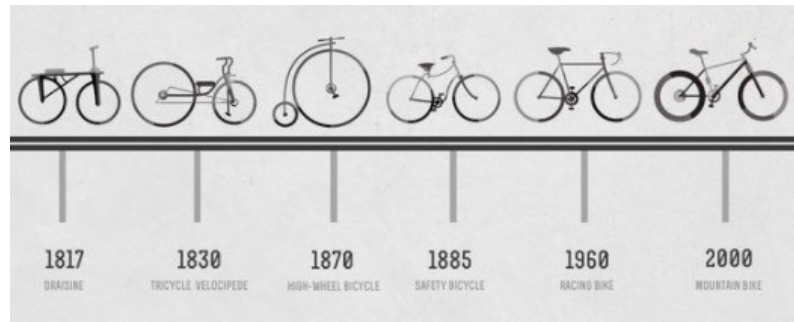
The Bicycle is a simple, affordable, reliable, and sustainable means of transportation.

It can serve as a tool for development, not just for transportation, but also of access to education, health care, and sport.

The synergy between the bicycle and user fosters creativity and social engagement.

Dust off your bicycle and join us in celebrating some fun, outdoor physical activity on Thursday, June 3!

(Source: <https://www.un.org/en/observances/bicycle-day>)



The Rycroft Library is happy to announce the hosting of Get out and Play for the 4th year.

Date & Time: June 12th @ 2 PM

Come join up for a fun scavenger hunt.
Starting at Firetruck park, making your way to the
Sand park, finishing at the Library.

Maps provided at the Firetruck park.
More details to be posted on our Facebook page.



SENIORS WEEK – JUNE 7-13

In honor of the contribution seniors have made to society and our community, we recognize Seniors Week this year by giving out gifts to up to **150 Seniors!**

Please support our endeavour by sponsoring a gift for a donation of \$15 made out to the MD of Spirit River

If you know of a senior who needs to be remembered by their community, please contact the FCSS office to ensure they will receive a small gift bag of necessities during **Senior's Week.**

\$15/GIFT from their community



Mom's Pantry Fundraiser

Please order online to support our fundraiser. A receipt will be issued when you checkout.

2.

Your online order number and passcode makes ordering simple. The Participant's/Student's Name should appear as the "Seller"

3.

ORDER ONLINE
Go to: momspantry.ca

If you have any question please contact that Rycroft

Library.

Email:

librarian@rycroftlibrary.ab.ca

Phone: (780) 765-3973

Or connect with us on Facebook.

To order online to support the Rycroft Library

Order Number:
332063

Group Passcode:
25482

Central Peace FCSS is planning to run their annual day camp this summer from **July 5– August 20.**

Registrations are weekly:

Mondays-Fridays

9:00am-3:00pm

\$60/week per child (\$45 for August 3-6). Bring your lunch.

Registration opens June 21, 2021. *Subsidy program may be available



CONTACT: fcss@mdspiritriver.ab.ca

Camp is a fun, socially interactive, supervised place for children to express themselves while working on communication, creativity, friendship skills, and conflict resolution skills. There is a planned craft and activities each day, and a weekly theme to guide the fun and games! All COVID-19 protocols will be adhered to. Masks may be mandatory.



PLANT A ROW, GROW A ROW

Put your gardening skills to use for people in need. How often is it that you can enjoy a favorite hobby and help others in your community at the same time?

The Plant A Row, Grow A Row is a fun way to do both. We invite local gardeners to grow an extra row of vegetables, or earmark fruit and vegetables for donation to your local food bank.

HOW TO GET STARTED: Plant your seeds and nurture your garden. At harvest time, simply remove most of the garden dirt and take your produce in to your local food bank. Pat yourself on the back for making a wonderful contribution to your community.

WHICH CROPS ARE BEST FOR DONATION?

- Root vegetables are best; however, any produce items that can be easily handled and stored, such as cabbage, carrots, peas, beans, tomatoes, radishes, parsnips, sweet peppers, summer squash, and apples are welcome.

Grief Recovery Support Group
Information, friendship, and support for those grieving the death of a spouse, child, family, or friend.

Date and Time to be announced

For more information contact:

Wendy 780-864-9400

GriefShare

**CENTRAL PEACE
FAMILY
AND
COMMUNITY
NAVIGATOR**

FOR MORE INFORMATION ON
SUPPORTS FOR OUR G5 AREA

Call text or email Petrina @

780 500 7166

cpfamilynavigator@outlook.com

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to cphawc2.connect@outlook.com.

Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](https://www.facebook.com/CPHAWC) Facebook page.

If you would like to receive the newsletter via email, please send an email to cphawc1@outlook.com requesting to be added to the list.