

WINTER/SPRING

2026 PROGRAMS



How to Register



IN PERSON

At the Sturgeon County Family and Community Services Office (9608 100 Street, Morinville) during regular business hours (8:30 a.m. to 12 p.m. / 1 to 4:30 p.m.)



ONLINE

www.SturgeonCounty.ca/Programs

You will need to create an account to register online. You'll be asked to input your name, address and phone number. Your online profile stores your registration history and receipts.



BY PHONE

Call 780-939-8334; Payments can be made by credit card.

Refund and Withdrawal Policy

Refunds are available if a program is cancelled by Sturgeon County or for medical reasons. Participants may choose a **full refund or account credit**.

To withdraw from a program, please email programs@sturgeoncounty.ca. If the withdrawal request is received **at least 10 business days before** the program starts, a **full refund or credit** will be provided based on preference.

Requests received **fewer than 10 business days before** the program starts **may not be eligible for a full refund or credit**, unless due to medical reasons.

- Refunds or withdrawals of **\$20 or less** will be issued as an **account credit only**.
- **Account credits do not expire** and can be used for future registrations.

Let's Stay Connected

Visit SturgeonCounty.ca

Check out our website for the latest information on community news, events, programs, services and more.

Follow us on social media

Follow Sturgeon County on your favourite social media channels.



@SturgeonCounty

Subscribe to our email newsletters

Subscribe to our daily or weekly email newsletters to get news and project updates delivered to your inbox. Get details at SturgeonCounty.ca/Subscribe

– Early Childhood Programs

Note: Children must be potty-trained to participate in early childhood programs. Children will be required to bring a nut-free snack and indoor shoes.

All About Play

This two-day per week program uses theme-based play activities that support early childhood social development, communication and language skills, and awareness of self and the world. Children will begin to learn their shapes, colours, numbers and letters. This is an excellent program to get children socialized and used to a school-based setting.

Winter Session:

Location: Calahoo Hall

Dates:

Mondays and Wednesdays

January 12 to March 18

*No class on January 16

Time: 9:00AM – 11:30AM

Ages: 3-4

Fee: \$190

Location: Cardiff Hall

Dates:

Tuesdays and Thursdays

January 13 to March 19

*No class on January 17

Time: 9:00AM – 11:30AM

Ages: 3-4

Fee: \$190

Spring Session:

Location: Calahoo Hall

Dates: Mondays and

Wednesdays

March 30 to June 17

*No class on April 6 and

May 18

Time: 9:00AM – 11:30AM

Ages: 3-4

Fee: \$220

Location: Cardiff Hall

Dates: Tuesdays and

Thursdays

March 31 to June 18

*No class on April 7 and

May 19

Time: 9:00AM – 11:30AM

Ages: 3-4

Fee: \$220

Busy Bags

Looking for fresh stories or fun literacy-based activities for your child? Our early literacy Busy Bags are filled with books, games and hands-on activities designed to engage young minds. Available for a two-week loan, these themed kits cater to various age groups and provide hours of family fun.

Pickup Location: Sturgeon County Family and

Community Services Office, 9608-100 Street, Morinville

Dates: Monday to Friday, year-round

Time: 8:30AM - 4:00PM

Ages: 0-8

Fee: Free, registration required

Contact: Please e-mail cfirmaniuk@sturgeoncounty.ca to request a bag.

ABC123

This two-day per week, session-based program uses free-play, games, stories, songs and crafts to stimulate children's early development. Each week incorporates a letter and number theme, allowing children to begin learning the concepts of letter and number recognition. This is an excellent program to assist children in developing the independence and socialization skills needed for entering a school environment. Children should be old enough to enter Kindergarten the following year.

Winter Session:

Location: Calahoo Hall

Dates:

Mondays and Wednesdays

January 12 to March 18

*No class on February 16

Time: 12:00PM – 2:30PM

Ages: 4-5

Fee: \$190

Location: Cardiff Hall

Dates:

Tuesdays and Thursdays

January 13 to March 19

*No class on February 17

Time: 12:00PM – 2:30PM

Ages: 4-5

Fee: \$190

Spring Session:

Location: Calahoo Hall

Dates:

Mondays and Wednesdays

March 30 to June 17

*No class on April 6

and May 18

Time: 12:00PM – 2:30PM

Ages: 4-5

Fee: \$220

Location: Cardiff Hall

Dates:

Tuesdays and Thursdays

April 1 to June 18

*No class on April 7

and May 19

Time: 12:00PM – 2:30PM

Ages: 4-5

Fee: \$220

Silly Sprouts

We are partnering with the Families First Society to bring you this FREE, drop-in, facilitated program for caregivers and their children aged 0-6 years old. Join us for songs, rhymes, stories and playtime!

Location: Rivière Qui Barre (RQB) Arena

Dates: Mondays, January 12 to June 8

*No program on February 16, March 23, April 6, May 18

Time: 10:00AM - 11:30AM

Ages: 0-6

Fee: Free, drop in

(no registration required)

Teddy Bear Picnic

Bring your favourite stuffy and enjoy a fun-filled afternoon playing games, making new friends and savouring yummy picnic goodies. Don't forget your teddy bear and a blanket to sit on!

Location: Alcomdale Hall

Dates: May 28

Time: 4:00 – 6:00PM

Ages: 2-6 (child must be accompanied by a parent or guardian)

Fee: \$5, registered program

Location: Cardiff Park

Dates: June 14

Time: 1:00 – 3:00PM

Ages: 2-6 (child must be accompanied by a parent or guardian)

Fee: \$5, registered program

— Youth Programs —

Garrison Youth Rock Climbing

In partnership with the Edmonton Garrison, join us for a fun and active rock-climbing session! Youth will learn basic climbing skills, play games, and challenge themselves on indoor climbing walls. No experience needed—just bring your energy and a sense of adventure!

Location: Edmonton Garrison Fitness Centre

Session 1: February 7

Session 2: March 14

Ages 8-10: Time: 8:30 – 10:00AM

Ages 11-12: Time: 10:30AM – 12:00PM

Ages 13-15: Time: 1:00 – 2:30PM

Fee: \$10 per session

RQB After School Youth Yoga

Please bring a mat (extras available if needed) and a water bottle.

Pickup location:

Rivière Qui Barre (RQB) Community Classroom
(NOTE: youth will meet at the Camilla School front entrance and walk over to the RQB Community Classroom.)

Session 1: February 12, 26 and March 12

Session 2: April 9, 23 and May 7

Time: 3:00 – 4:15PM

Ages: 9-15

Fee: \$30 per session

Sturgeon County–Garrison Spring Break Programming

In partnership with the Edmonton Garrison, we will feature a mixture of theme days and fields trips. Look for more information to be shared closer to Spring Break 2026.

Dates: March 23 to March 27

MLC Youth Takeover – Spring Break Edition

In partnership with the Town of Morinville, we're calling all youth aged 12 to 17 to take over the Morinville Leisure Centre for a day! Choose your own recreation adventure and try a variety of fun activities with your friends. Lunch will be provided.

Location: Morinville Leisure Centre

Date: March 27

Time: 11:00AM – 3:00PM

Age: 12-17

Fee: Free, drop in

Makers Studio

Youth will get to explore their imagination and bring their ideas to life! We will be creating two different creative projects, playing games and using our imagination to build some cool creations with random supplies during this fun-filled afternoon. No art experience or skills needed.

This program is offered in partnership with the Town of Bon Accord.

Location: Bon Accord Arena mezzanine

Date: May 15

Time: 12:00 – 4:00PM

Age: 7-12

Fee: Free, registered program

Cardiff Golf Youth Camp

In partnership with the Cardiff Golf and Country Club, join us for a day of activities learning the basics of golf and more! Start the day learning the different fundamentals of hitting the ball with your driver and irons and hitting the greens with your putter. Then end the day off playing on the course! Please bring a water bottle, snacks and a bagged lunch.

NOTE: Please bring your own clubs. For youth measuring 5 feet or taller, there are a limited number of rental clubs, so we kindly ask that you call us before registering, at (780) 939-8334.

Location: Cardiff Golf and Country Club

Date: May 2

Time: 1:30 – 6:30PM

Age: 12-18

Fee: \$30

Canoe and Kayak Youth Program

In partnership with the St. Albert Canoe Kayak Club, participants will enjoy two evenings of canoeing and kayaking. Topics covered will include: key paddling techniques, teamwork, steering, and balance in canoes; and how to safely enter, exit and maneuver kayaks. The focus is on coordination, communication and building confidence on the water.

Location: Cardiff Park Pond

Date: June 9 and June 11

Time: 5:00 – 7:00PM

Ages: 10-18

Fee: \$20

Play Like a Girl

This is an energy packed, active event! Be a part of the action by joining girls and female-identifying individuals from all over the County in a mind-blowing variety of sport, recreation and active living. This program is planned in partnership with the Edmonton Garrison Fitness Centre. Lunch is included!

Location: Edmonton Garrison Fitness Centre

Date: May 30

(Children will be grouped according to age)

Time: 9:00AM - 1:00PM

Time: 12:00 - 4:00PM

Ages: 6-9

Ages: 10-17

The Year-Round JET (Job Experience Training) Program

Ages: 12-17

Fee: Free

The Year-Round JET Program is a free, flexible opportunity for youth ages 12-17 to build leadership skills, gain volunteer experience, and strengthen confidence and community connections. It offers optional in-person workshops, at-home learning modules, and community volunteer opportunities. Participants can join anytime during the school year in whatever way fits their schedule and interests.

Interested? Please contact Family and Community Services at programs@sturgeoncounty.ca for more detailed information!

Bloom Builders

Get creative and take home your own flowerpot filled with vibrant plants! Through this hands-on experience, participants will learn about different plants, soil and care techniques, and take home a personalized planter.

Location: RQB Arena (classroom #4)

Date: May 7

Time: 5:30 – 7:00PM

Ages: 8-14

Fee: \$5

Life Skills Management Workshop

Are you ready to take the next step toward adulthood? Join our free, six-session Life Skills Workshop designed specifically for transition-aged youth (ages 16 to 24) who are preparing to live independently, pursue education or employment and build a successful future. This program is delivered in partnership with the SAiF Society.

Location: Sturgeon County Family and Community Services

Date: February 12 and 26, March 12 and 26, April 9 and 23

Time: 5:00 – 7:00PM

Ages: 16-24

Fee: Free, registered program

Scan the QR code for more information and to register. For questions about the program, please contact SAiF at 780-460-2195.



Babysitter Training: Programs Held in the Region

Location: Morinville Community Cultural Centre

Date: January 30

Time: 10:00AM – 4:00PM

Age: 12-14

Fee: \$45

Register: app.amilia.com/store/en/morinville

Location: Gibbons Cultural Centre

Date: March 9

Time: 9:00AM – 3:00PM

Age: 11.5+

Fee: \$50

Register: gibbons.ca/register

Home Alone: Programs Held in the Region

Location: Morinville Community Cultural Centre

Date: January 28

Time: 10:00AM – 2:00PM

Age: 10-12

Fee: \$25

Register: app.amilia.com/store/en/morinville

Location: Gibbons Cultural Centre

Date: June 1

Time: 9:00AM – 3:00PM

Age: 10+

Fee: \$40

Register: gibbons.ca/register



Save the Dates!

Keep these dates in mind and watch our socials for more detailed information as the days approach!

Family Day

February 16

Mental Health Week

May 4 to May 10

Youth Week

May 2 to May 6

Red Dress Day

May 5

Seniors' Week

June 1 to June 7

National Indigenous

Peoples Day

June 21

For outdoor fun all winter long, be sure to check out the **Cardiff Skating Loop** and **Cardiff Ski Trails**. For more details, visit sturgeoncounty.ca/recreation-activities/trails.

– Family Programs –

Kangoo Jump Boots Fitness

Bounce into fitness with this high-energy workout using Kangoo Jump boots! This fun and low-impact class combines cardio, strength and balance exercises with upbeat music. Great for all fitness levels, no experience needed! Kangoo Boots are included. Participants 15 years of age or younger must be accompanied by an adult 18 years of age or older who is also enrolled in the program.

Location: Calahoo Community Hall

Date: February 10 and February 17

Time: 6:00 – 7:00PM

Ages: 12+

Fee: \$30

Location: Cardiff Hall

Date: March 10 and March 17

Time: 6:00 – 7:00PM

Ages: 12+

Fee: \$30



Family Day in Rivière Qui Barre

In partnership with the Rivière Qui Barre Agricultural Society, join us for a Family Public Skate and a mix of fun activities. Lots of options for families to join in the fun and celebrate Family Day together!

Location: Rivière Qui Barre Arena and Community Gym

Date: February 16

Family Public Skate

Time: 10:00 – 11:00AM

*Note: Helmets required by all participants; children under the age of 10 must be accompanied by a caregiver on the ice or on the player's bench.

Family Day Activities

Time: 11:00AM – 1:00PM

Ages: All ages

Fee: Free, drop in

**REGISTER
ONLINE** →



Sturgeoncounty.ca/Programs

Create a user account to register
and pay for courses online.

Family Game Night

Get ready for a night of laughter, competition and quality time! Join us for Family Game Night, where we'll gather around the table for board games, card games, and more. From classic favourites to new challenges, we'll play, laugh and make memories together. Who will be the champion of the night? Join us to find out!

Location: Family and Community Services Hub

Date: February 19

Time: 6:00 – 7:30PM

Age: All ages

Fee: Free, registered program

Location: Calahoo Hall

Date: March 19

Time: 6:00 – 7:30PM

Age: All ages

Fee: Free, registered program

Location: Pinewood Community Hall

Date: May 14

Time: 6:00 – 7:30PM

Age: All ages

Fee: Free, registered program

Lilo and Stitch: Community Movie Night

Aloha! Expect laughter, tears and possibly a few “Ohana means no one gets left behind...unless they're a destructive alien” moments, as we watch Lilo and Stitch (2025). Bring your favourite blanket to sit on and we will bring the popcorn!

Program in partnership with the Town of Gibbons and the Gibbons Public Library.

Location: Gibbons Cultural Centre

Date: February 27

Time: Doors open at 6:00PM, movie starts at 6:30PM

Age: All ages

Fee: Free, drop in (no registration required)

Rogue One: A Star Wars Story: Community Movie Night

May the Fourth be with you! Join us for a galactic celebration on May 4th as we challenge you with some Star Wars trivia (with prizes!) and screen the movie Rogue One: A Star Wars Story!

Program in partnership with the Town of Gibbons and the Gibbons Public Library.

Location: Gibbons Cultural Centre

Date: May 4

Time: Doors open at 5:30PM, trivia at 6:00PM, movie starts at 6:30PM

Age: All ages

Fee: Free, drop in (no registration required)

Family Learn to Pickleball in Legal

In partnership with the Town of Legal, come out and learn the fastest-growing sport in North America, together as a family! Equipment provided or bring your own. Participants 15 years of age or younger must be accompanied by an adult 18 years of age or older who is also enrolled in the program.

Location: Legal School

Date: April 14

Time: 5:30 – 8:30PM

Age: All ages

Fee: \$15 per person

Canoe and Kayak Family Program

In partnership with the St. Albert Canoe Kayak Club, participants will enjoy two evenings on the water. One evening will cover team canoeing, with a focus on paddling technique, steering and balance. The second evening will feature dragon boating, with participants paddling together in a 24-seat boat, learning timing, synchronization and power application to move in perfect rhythm. Participants 15 years of age or younger must be accompanied by someone 18 years of age or older also enrolled in the program.

Location: Cardiff Park Pond

Date: June 23 and June 25

Time: 5:00 – 7:00PM

Age: 10+

Fee: \$20

Pride Picnic in the Park

Grab your friends, pack a lunch and head to the park for an unforgettable afternoon of family-friendly fun, live music, dazzling drag performances and so much more!

This program is offered in partnership with the Town of Morinville.

Location: Ray MacDonald Sports Centre Grounds

Date: June 7

Time: 1:00 - 4:00PM

Age: All ages

Fee: Free, drop in

Pride-Coloured Powder Party

In partnership with the Town of Gibbons, join us for a colourful powder party, an energetic event where participants toss bright, vibrant powder, creating a rainbow of excitement! Enjoy other fun-filled activities, and don't forget to wear white so your clothes can get beautifully coloured with all the powder!

Location: Gibbons Memorial Park

Date: June 17

Time: 5:00 – 7:00PM

Age: All ages

Fee: Free, drop in

YES Academy - Calling all future First Responders!

Hey 14 to 17 year-olds—if you're tired of the same old summer holidays and you're ready to challenge yourself in a hands-on, high-energy experience that will teach you what it's like to be a first responder, this opportunity is for you!

Scan the QR code and visit SturgeonCounty.ca/sturgeon-youth to learn more about Youth Emergency Services (YES) Academy.

Applications open again in Spring 2026—so keep an eye on our website and socials. Don't miss your chance to be part of something amazing!



— Adult General — Interest / Ages 16+

Blossoming Creations | Vase Painting

Unleash your creativity with our vase painting program! Learn from an experienced instructor from Creative Cove and transform your vase into a creative masterpiece. We will also have fresh flowers available for you to make a bouquet to fill your vase with.

Location: Namao Hall
Date: April 25
Time: 1:00 – 3:00PM
Fee: \$15

Canoe and Kayak Adult Program

In partnership with the St. Albert Canoe Kayak Club, participants will enjoy two evenings of canoeing and kayaking. Topics covered will include: key paddling techniques, teamwork, steering, and balance in canoes; and how to safely enter, exit and maneuver kayaks. The focus is on coordination, communication and building confidence on the water.

Location: Cardiff Park Pond
Date: June 16 and June 18
Time: 5:00 – 7:00PM
Fee: \$20

Garrison Adult Rock-Climbing

In partnership with the Edmonton Garrison, join us for a fun and active rock-climbing session! You will learn basic climbing skills, play games and challenge yourself on indoor climbing walls. No experience needed, just bring your energy and a sense of adventure!

Location: Edmonton Garrison Fitness Centre
Date: February 7 and March 14
Time: 3:00 – 4:30PM
Age: 16+
Fee: \$10 per session

— Adult Wellness —

Snowshoes and Shelters

This program will focus on snowshoeing—snowshoe basics, exploring and snowshoe games, as well as shelter building—what a lean-to is, where you should build one and how to construct one. As a bonus, you get all the benefits of being outside, exploring a beautiful natural area and meeting some new people with similar interests!

Location: Bus pick-up and drop-off at Sturgeon County Family and Community Services Office
Date: February 21
Time: 11:30 – 3:30PM
Age: 16+
Fee: Free, registration required

Mindfulness Meditation

Meditation reduces stress, enhances mood and promotes healthy sleep. Join us to learn basic mindfulness and meditation skills.

Location: Namao Hall
Date: June 3
Time: 6:30 – 7:30PM
Age: 16+
Fee: Free, registration required

ADHD: Unique Challenges for Women and Girls

Attention-Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that has been commonly known to affect male children. Research shows that ADHD in girls and women is becoming more recognized, but many are still unaware of how it affects them. This workshop will dive into the challenges women face due

to underdiagnosis or being misdiagnosed, and how these issues can negatively impact mental health and quality of life. We will also discuss why it is important to catch ADHD early in females and what barriers stand in the way of getting the right diagnosis. In this workshop, you will learn:

- Key insights into the biological, cognitive, and behavioural components of ADHD;
- Symptomatic differences and underdiagnosis of ADHD;
- Why ADHD in women is often misdiagnosed;
- Importance of early ADHD diagnosis;
- Barrier implications for misdiagnosis and underdiagnosed ADHD in females; and,
- Effective strategies and therapeutic interventions.

Facilitated by Michelle Bella, Registered Provisional Psychologist, Rivers Edge Counselling Centre

Location: Family and Community Services Hub

Date: April 27

Time: 6:30– 7:30PM

Age: 16+

Fee: Free, registered program

ASIST (Applied Suicide Intervention Skills Training)

Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop designed to help family, friends and community members identify someone at risk of suicide and provide them with the skills needed to make a life-saving intervention. The ASIST workshop is highly interactive, practical and practice-oriented. It focuses on teaching suicide first-aid to help a person at risk stay safe and seek further help.

You do not need any formal training to attend the workshop. This training is not recommended for anyone who has had a recent suicide loss.

Location: Sturgeon County Protective Services Headquarters, Clark Room

Dates: May 7 and May 8

Time: 8:30AM – 4:30PM

Age: 18+

Mental Health Matters: Lunch & Learn

In partnership with the Town of Gibbons and the Gibbons Public Library, join us for an empowering Lunch & Learn session that tackles the importance of mental well-being in a unique and engaging way. This session is designed to inspire open conversations, provide valuable resources and foster a sense of community.

Location: Gibbons Cultural Centre

Date: April 26

Time: 12:00 – 2:30PM

Age: 16+

Fee: Free, registration required

Circle of Security Parenting

Explore how supporting your child's emotional development will build your bond. Open doors to a deeper understanding of your child's needs with this free eight-week program for caregivers of children 0 to 6 years of age. Free meal included each week, with limited child programming also available.

Program in partnership with the Town of Redwater and Families First Society.

Location: Pembina Place

Dates: Wednesdays, April 8 to May 27

Time: 5:30 – 7:30PM (dinner from 5:30 to 6:00PM and learning portion runs from 6:00 to 7:30PM)

Age: Parents/Caregivers of children aged 0 to 6

Fee: Free, registered program.

Register by contacting Fort Saskatchewan Families First Society at 780-998-5595, ext. 221.

Expanding the Window of Tolerance: How to Respond Instead of React

The window of tolerance is the zone in which we can handle stress with clarity and flexibility, instead of reacting impulsively. When we're in this zone, we learn, think and connect more effectively. This presentation will cover what the window of tolerance is, how it develops, how it affects daily life, and practical tools for expanding it and strengthening self-awareness and self-control.

Facilitated by Jaqueline Brodwin, Graduate Practicum Student, Rivers Edge Counselling Centre

Location: Family and Community Services Hub

Date: May 27

Time: 6:30– 7:30PM

Age: 16+

Fee: Free, registered program

— Adult Fitness —

RQB 20/20/20

Get the best of all worlds in this class! 20 minutes of cardio to get the heart rate up, followed by 20 minutes of strength training using full body movements, finishing off with 20 minutes of stretching. Please bring a mat, towel and water bottle.

Location: Rivière Qui Barre Community Classroom

Time: Mondays, 7:00 – 8:00PM

Session 1: January 19 to March 9

*No class February 16

Fee: \$70

Session 2: March 30 to April 27

*No class April 6

Fee: \$40

Barre in the Barre

Barre is a dance-style fitness class developed to create a long, lean, toned body using the ballet bar. This class incorporates bar work, Pilates-style core exercises, resistance training, endurance training and props to strengthen muscles.

Please bring a yoga mat, towel and water bottle.

Location: Rivière Qui Barre Community Classroom

Time: Thursdays, 8:45 – 9:30AM

Fee: \$80

Session 1: January 15 to March 18

*No class February 5 and March 5

Session 2: April 2 to May 28

*No class May 14

Cardiff Core and More

Using body weight and equipment, this class is for all skill levels and will help you strengthen your core and more! Please bring a yoga mat, towel and water bottle.

Location: Cardiff Hall

Time: Thursdays, 7:15 – 8:00PM

Fee: \$60

Session 1: February 12 to March 19

Session 2: April 9 to May 14

Cardiff Zumba

Join this high-energy dance fitness class that combines fun, easy to follow moves with a full-body workout. It's a great way to boost cardio, improve coordination and enjoy exercise in a lively, supportive environment, perfect for all fitness levels.

Location: Cardiff Hall

Time: Wednesdays, 7:00 - 8:00PM

Session 1: January 14 to February 25 | **Fee:** \$70

Session 2: March 4 to April 15 | **Fee:** \$70

Session 2: April 22 to May 27 | **Fee:** \$60

— Senior Programs — (55+)

Canadian Tractor Museum and Westlock Pioneer Museum Bus Trip

This bus trip is a unique opportunity showcasing the evolution of tractors and the pioneering spirit of the region. Lunch will be provided.

Pickup locations: Villeneuve, RQB, Alcomdale, Namao, Bon Accord, Legal (exact pick-up time will depend on location; this information will be shared prior to the program)

Date: June 4

Time: 9:00AM – 3:30PM

Age: 55+

Fee: \$15

Vilna Bus Trip

Join us for a charming day trip to Vilna, Alberta—a picturesque hamlet nestled in the heart of Canada's prairies. Experience the rich Ukrainian heritage and warm hospitality of this unique community, known for its vibrant cultural traditions and stunning natural beauty. We will explore Alberta's oldest-running pool hall and barbershop on Main Street, listen to country music and visit the World's Largest Mushrooms. Participants can bring a bagged lunch or purchase food throughout the day.

Pickup locations: Calahoo, RQB, Legal, Namao, Bon Accord, Redwater (exact pick-up time will depend on location; this information will be shared prior to the program)

Date: June 25

Time: 9:00AM – 4:30PM

Age: 55+

Fee: Free, registered program

Thank you to all our partners!



Visit our website for more information:
SturgeonCounty.ca/recreation-activities/rec-partner

Check out our Partners in Recreation for additional regional programming.



Special County resident rates at the Edmonton Garrison

Fitness Centre Core Membership
50% discount on membership

Fitness Centre Inclusive membership
20% discount on membership

And MORE! Check out the following link for more information:
cfmws.ca/edmonton/sturgeon-county

Registration Opens in January



StAlbertNordic.com

Starting in Spring 2026



SACKC.com



CardiffGolfClub.ca

Living Well Program



Counselling

Living Well Counselling Service is available at no cost for Sturgeon County residents in person at the Sturgeon County Family and Community Services Office, over the phone, or in the community. Our Community Social Worker offers six to eight solution-focused sessions. You may call us for life issues such as general stress and anxiety, strategies to address problems in daily life, or approaches to improving your relationships and happiness. We also offer referrals to service providers/agencies for more intense circumstances outside of our scope.



Outreach

The Outreach Program strives to provide compassionate and kind support to navigate government systems and healthcare. It provides residents with comprehensive information to allow aging parents to remain in their own home. Our Community Outreach workers can also assist with paperwork for Income Support or Assured Income for the Severely Handicapped (AISH). We also strive to assist residents in times of need, connecting them to appropriate resources both within and outside our region. Our Outreach Program can assist residents with addressing barriers and supporting their well-being by accessing available resources.



Aging in Place

Sturgeon County values supporting seniors with their ability to live in their home and community as independently and safely as possible. The County provides programs to support essential needs, which may include financial services, food security, home supports, information, education, advocacy, recreational activities, safety and transportation.