



2026 FALL



DON'T HIBERNATE

The County of Lacombe
Community Resource & Activity Guide



PLAY

LEARN

A glowing lightbulb sits on an open book. The background is dark with some bokeh light effects.

CONNECT

Silhouettes of people running and jumping against a sunset background. The sun is low on the horizon, creating a bright glow.

Job Seeker Services

- Job search support
- Resume feedback and development
- Career planning
- Interview preparation



**Our Employment Counsellors are here
to support your journey!**

**It's Simple.
It's Free.**

LACOMBE EMPLOYMENT CENTRE

Employer Services

- Coffee & Conversation events
- Job board access
- Job fairs and/or hiring events



We're Open:
8:30 am - 4:30 pm
Monday - Friday



Canada 

Alberta 

Visit us: www.lacombeemployment.com

403.786.0044

137, 5250 - 45 Street, Lacombe Centre Mall



FALL 2026

Abbey Centre- Blackfalds	42	Kozy Korner Community Centre	57
Active Living Fair- Fall 2026	15	Lacombe Action Group	62
BGC: Wolfcreek	48	Lacombe & Blackfalds Physiotherapy Clinics	45
Blindman Brewery	42	Lacombe & District Chamber of Commerce	44
Burman School of Business	20	Lacombe Artist Guild	53
Burman University-Gwen Bader Fitness Centre	17-19	Lacombe Athletic Park Association	60
City of Lacombe	21-39	Lacombe Curling Club	43
City of Lacombe- Arts & Culture	22-26	Lacombe Historical Society/Museum	39
City of Lacombe- Echo Energy Arena	31	Lacombe Kinsman Club	41
City of Lacombe- Kinsmen Aquatic Centre	27-29	Lacombe Medcome Clinic	14
City of Lacombe- Lacombe Memorial Centre	32	Lacombe Minor Football	46
City of Lacombe- Community	33-35	Lacombe Palliative Care Society	61
City of Lacombe-Workshops and Events	36-39	Lacombe Performing Arts Centre	52
CLLLA Advertising in Don't Hibernate	2-3	Lacombe Pickleball	51
CLLLA-Adult Literacy Program	11	Lacombe Soccer	46
CLLLA- Canadian Adult Education Credential	13	Lacombe Square Dance Club	56
CLLLA Computer and Technology Classes	10	Legacy Rehabilitation	41
CLLLA Fall Classes	6-12	Maddox Dance Co.	49
CLLLA New Futures Employment prg.	12	Mary C. Moore Public Library	54
Community Fit Physiotherapy Clinic	59	Parkview Adventist Academy	58
Create. A makers studio	51	Reds Runners	55
Crossroads Family Services- Foster Care	59	Restaurants in the County of Lacombe	64
Dancers Edge	50	Rosedale Valley School of Dance	47
Eagle Heating	63	St. Andrews United Church	51
Ellis Nature Centre	53	The Shadowbox Boxing Club	55
Energi Wellnesss	40	The Outpost Training Centre	55
Girl Guides- Lacombe	48	Village of Clive	59
Healers Knook	46	Volunteer Opportunities	16
Hear Right Audiologist Centre	40	WG Financial Management	41
Kidsport Lacombe	14	Wolf Creek Community Church	61

"Autumn shows us how beautiful it is to let things go." ~Anon



WWW.CLLLA.COM

WHY ADVERTISE IN THE DON'T HIBERNATE?



To share what you do!

PROMOTE YOUR ORGANIZATION, EVENT OR PROGRAMS!

Take advantage of the exposure the delivery range and the continuity in the communities

The CLLLA's Don't Hibernate is a FREE full colour community course and activity guide that is well know and anticipated each Spring, Fall and Winter.

BENEFITS:

1. Your information gets out!

The book is distributed throughout the City of Lacombe and the Lacombe County including: Lacombe, Alix, Bentley, Blackfalds, Clive, Eckville, Mirror, and Tees.

2. Great value and exposure for your dollars!

Your advertising dollars provide you with 4 MONTHS of exposure throughout the entire County of Lacombe and it is kept in the communities for the length of the book

3. Advertising the gives back!

Your advertising dollars will also be supporting the continuing growth of lifelong learning opportunities in your community.

WHEN IS IT OUT?

Winter Book: 

Delivered - mid Dec. Covers
Jan-end of May

 **Spring/Summer:**
Delivered- end of April
Covers May-end of Aug.

Fall: 
Delivered - end of Aug
Covers Sept-end of Dec.

Current rates are:

- Business Rates: \$150-375
- non-profit rates \$125-325
- Free ads for community initiatives- see *ad rates*
- Restaurant spotlights: \$50
- AGM announcements: \$75, *no charge with another ad.*
- Cover pages: \$400-450

Information that is accessible for anyone, anytime!

Ads are **full colour** and delivered via Canada Post, and left at locations throughout the community.

It can be found online on our website and Facebook pages

Don't Hibernate Advertising Information
WINTER DEADLINE: Dec. 9th 2026

Non-profit/charity rates in green

1/4 pg // **\$150**
\$125



BEST FOR:



Logos/graphics



minimal written content

Vert. H: 4.409"XW3.386"
Banner. H: 2.205"XW6.771"

1/2 pg // **\$280**
\$250



BEST FOR:



Logos/graphics



some written content

Vert. H: 8.81"XW3.386"
Horiz. H: 4.409"XW6.771"

full pg // **\$375**
\$325



BEST FOR:



exposure and visibility



sharing + information



value for ad dollars

H: 8.81"XW6.771"



Use QR for more information

Promote your FREE community group for FREE-ask us about it today

A great resource for community organizations to help refer clients in need.

Connect with people:

- not on social media
- without access to internet/online promotions

Please reach out with any questions (403) 782-7955



Hello!

All About CLLA

The County of Lacombe Lifelong Learning Association

ABOUT CLLA

CLLA is non-profit organization that has provided adult learning opportunities for the County of Lacombe for over 40 years. CLLA is overseen by an amazing volunteer board of directors.

WE OFFER:

Literacy & Math Programming
Employability Workshops
Computers and Technology
Healthy Living Skills
General Interest Courses

WHO WE SERVE

We provide programming for Adults that live within the boundaries of the County of Lacombe. Our mandate is to provide cost-effective learning opportunities for anyone needing assistance. We try to assist with any barriers to learning.

+403-782-7955

office@clla.com

5230 45th ST Lacombe, AB

www.clla.com

WHERE WE COVER

Main Office: Located in the Lacombe Center Mall

Areas that we can provide programming for:

- Lacombe
- Clive
- Tees
- Mirror
- Alix
- Blackfalds
- Gull Lake
- Bentley
- Eckville

With enough participants we can bring most of our programs to any of the communities within the County of Lacombe.

OUR FUNDING

**We are funded by the Government of
Alberta- Advanced Education**

CLLA applies for annual funding in order to provide learning opportunities in :

- **Foundational Learning,**
- **Skills for Learning**
- **English Language Learning**
- **Community Capacity**

HOW TO REACH US

We have variable office hours so it is best to call or email to make an appointment

Dani Ducross (403)782-7955

Executive Director office@clla.com

**PLEASE LET US KNOW IF
YOU HAVE A CLASS
SUGGESTION**

**MOST CLASS DATES ARE
FLEXIBLE! CALL IF
INTERESTED TO GET YOUR
NAME ON A LIST!**

how to
**REGISTER
FOR A CLASS**
at CLLLA

Step 1:
USE QR 



OR

Email office@cllla.com,
call (403)782-7955 or
visit the office 5230 45th St Lacombe

Step 2.

Give us your name, phone number
and email.

Step 3.

Pay for your class with cash, a
cheque or through an e-transfer to
office@cllla.com

step 4.

We will confirm your class a few days
before the start.

~That's it!~

IT'S A GREAT TIME TO TRY SOMETHING NEW!

FILL UP YOUR CALENDAR WITH FUN!!!



Holidays
Sept- Dec 2026

Alberta Day:

Tues. Sept. 1

Labour Day:

Monday Sept. 7

Truth and

Reconcilitaion Day

Wed. Sept. 30

Thanksgiving Day

Monday Oct. 12

Halloween:

Saturday Oct. 31

Remembrance Day:

Wednesday Nov. 11

Christmas Eve:

Wednesday Dec 24

Christmas Day:

Thursday Dec. 25

Boxing Day:

Friday Dec. 26

New Years Eve:

Thursday Dec. 31

New Years Day:

Friday Jan. 1

COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION PROGRAMS

HOW TO REGISTER:

1. Just call or email OR use the QR code.
2. If class date listed doesn't work, let us know and we can get you in the next session



English Grammar

Thursdays Starts Sept. 24 6:30pm



Advanced English Grammar class to help build confidence with written English.

6 wk Course \$125

Check the Facts

Tentative class date: Tues. Sept 22 6:30pm



Delve into how to spot misinformation, check sources and evaluate the credibility of information.

\$10/pp 2 hr class

Understanding Referendum Questions

Thursday October 8, 7pm



Understand the 10 questions for the referendum on Oct. 19th-not a debate opportunity, it is to ensure clarity before voting

\$ no fee to attend:

Fact or Fiction- Validating News

Tentative date: Tues. Sept 29 6:30pm

Learn how to read the news - check for reliability and, misinformation.

\$10/pp 2 hr class



ASL level 1

Tues. 6:30-8pm Starts Feb. 24

American Sign Language. This is a fun interactive class to help develop the ability to communicate using ASL.

**6 wk course
\$150 includes workbook**



ASL level 2

Tues. 6:30-8pm

Starts Jan. 13

American Sign Language. Follow up to ASL 1. learn how to communicate with conversation practice

**6 wk course
\$150 includes workbook**



Travelers Language Classes

Ongoing Classes, call for next start dates



Learn common phrases and vocabulary in:

Spanish, French, or Ukrainian

**5 wk courses
\$125**

Beginner Language Classes

Ongoing Classes, call for next start dates

Learn the technical basics of Spanish or French with homework and practical exercises.

**5wk course
\$125**



Public Speaking

2 Start dates:

Tues. Sept 15 6-7:30pm OR, Fri. Nov. 13 4-5:30pm

This class will provide you with tips and practice to improve your public speaking skills

\$40/ 3 week session



Creative Writing

Fridays 2-3:30 Starts Oct. 2nd

(Other class times available- call for info)

This is a 6 week creative writing process class to enhance your writing skills.

**6wk course
\$50**





COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION PROGRAMS

HOW TO REGISTER:

1. Just call or email OR use the QR code.
2. If class date listed doesn't work, let us know and we can get you in the next session



Positive Thinking Series

Class on demand! Call for the next start date



This fun, reflective series explores way to practice positive thinking. A different aspect of this topic each session

\$50/pp (6x 1hr classes)

Goal Setting/Building Confidence

Class on demand! Call for the next start date



Learn how to set goals that you can accomplish and build confidence doing by them.

\$20/pp (2hr class)

Cleaning Tips for Busy Families

Saturday, Nov 14

Learn tips and tricks from a local cleaning company. How to's & what to use for efficient, effective cleaning

\$20/pp (2hr class)



What's your Love Language?

Class on demand! Call for the next start date



Learn your love languages and of the ones you care about.

Connect better with family, friends & partners.

4 hr course \$60- for 2pp

Chair Yoga

Mondays and Wednesdays 9:15-10am

Starts Sept. 16

A class that helps with flexibility, balance and coordination.

Suitable for most abilities.

\$50 for session



Winter Bird Feeding

Saturday Oct. 17 2-4pm

Learn all about winter bird feeding:

\$10/pp



End of Life Planning

Saturday Oct 24 10am-12pm



Presentation and Q&A on executing your wishes once you have passed.

\$10/pp

includes refreshments

Wills and Estates

Class on demand! Call for the next start date



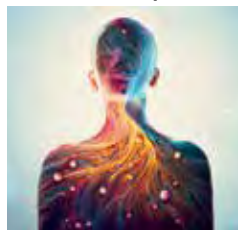
Presentation and Q&A on wills and estate planning.

\$10/pp

includes refreshments

"Our Mind, Our Health"

6-8pm Tues and Thurs Oct. 13-Oct 22



Explore mental health as a continuum and recognize early signs, risk factors, and protective strategies in the 8 session course.

\$20/pp (4 x 2hr classes)

Navigating Retirement

**Wednesdays Oct. 14-21, 1:30-3pm OR
Tuesdays Nov 3-10 5:30-7pm**



This workshop will walk you through a process to set retirement goals and how to achieve them. Get connected to resources and opportunities in the community

\$25/pp 2x 2hr sessions



COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION PROGRAMS

HOW TO REGISTER:

1. Just call or email OR use the QR code.
2. If class date listed doesn't work, let us know and we can get you in the next session



Learn to Crochet

Saturday Oct. 17, 10-12 OR Tues. Oct. 27, 5:30-7:30pm



Learn to crochet and bring home a dishcloth.

\$30- includes all materials
2hr Class

Crochet a Toque

Starts Saturday Oct. 31 10-12

Learn to make a toque.
Basic crochet skills required.

\$40/pp 3 classes



Jewelry Making

Saturday Sept. 26 10am OR
Thursday Oct. 22 6:30pm



Learn to make and take home handmade earrings.

All materials are provided
\$20/pp



Tunisian Crochet

Saturday Nov. 14 10-12

Learn this denser type of crochet. Great for blankets and sweaters.

\$30- includes all materials
2hr Class

Christmas Gnomes

Saturday Nov. 28 2-4pm



Join us to create cute little Christmas Gnomes

\$45- includes all materials

Cooking: California & Cucumber Rolls

Saturday Nov. 21 1:30pm



Learn to prepare and roll sushi. You'll make California rolls and Cucumber rolls.

\$30/class

Managing Volunteers & Staff

Friday Oct. 2 OR Saturday Oct. 17, 9am-12pm

(Other class times available- call for info)



This session is designed to provide a framework for working with groups of people.

\$30/pp 3 hr session

Intro to: Basic Sales Principles

Mondays Oct. 19- 7-8:30pm



The art of Sales impacts personal and professional success. Learn the fundamentals in this sales training program.

\$50/pp- 4 classes

Personal Finance- the Basics 101

Start Dates: Wed. Sept 30 & Mon. Nov 2 7pm



This class is designed to teach concepts and strategies to winning at the money game.

\$10/pp 4 classes/ session

Personal Finance Course 201

tentative start date: Wed. Nov. 4th



This is an in dept course to help understand your financial situation and explore ways to ensure financial stability

\$50/pp/or \$75/family



COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION PROGRAMS

HOW TO REGISTER:

1. Just call or email OR use the QR code.
2. If class date listed doesn't work, let us know and we can get you in the next session



Coffee and Computer

Tues & Thurs 10-12 or 6:30-8:30pm



Do you need a quick answer to a computer or device problem?
Book in a 15 min. spot
\$5 / session

Computer Basics

Class on demand! Call for the next start date



Learn the basics needed to use your computer .

4 session course \$75

Tech Tidbits:

4th Thursday of the Month 10:30am-12pm



mini lessons on technology:

Sept. 24- Intro to AI
Oct. 29- Using Facebook
Nov. 26- Internet/Phone Scams
\$10/pp/session

Using AI

Thursday Oct. 1, 10-11:30



This course will provide some ways to increase the effectiveness of using AI for a variety of uses.

Including prompting and evaluating
\$20/pp/session

Wave Accounting

Class on demand! Call for the next start date



Learn to use this free online accounting software.
Bookkeeping basics is recommended prior to starting.
\$150/pp (10 hours)

Intro to Microsoft Office

Class on demand! Call for the next start date



Learn to use Microsoft office:

Word Basics
Excel Basics
Powerpoint

\$75/course (each course is 6 hrs)

Canva Basics Workshop

Thursday Oct. 8 1-4pm ~ Other times available



Learn to use the basic CANVA program for creating posters and marketing materials.
\$50/pp

Using Google Apps

Class on demand! Call for the next start date



Workshops to learn how to use the google apps:

Drive, Docs, Sheets, Slides, Forms etc.

\$10/ app session

Bookkeeping Basics

Class on demand! Call for the next start date



Instruction in basic bookkeeping principles and practice the full bookkeeping cycle.

\$200/5 wk course

Basic Office Skills Program

dates are flexible- contact us to set up a time

This course will instruct participants in the development of standard skills for working in an office environment.

Classes include basic computer skills, Microsoft Word & Excel, emailing, customer service, basic bookkeeping, Wave or Sage accounting training, and information management.

\$1000

(\$200 required at course start- remaining can be paid in payments)
please note: this is not a credited program, upon successful completion participants will receive a certificate of completion and a letter of reference.



COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION WINTER PROGRAMS

SELF PACED Computer Training at CLLLA:
With busy lives, it is hard to get into a longer,
more intense course, so we have
a self-study option for
the Microsoft Office programs
and SAGE accounting.



The courses include a manual, downloaded files to work with and instructor support as needed. If you are interested in this option for learning, let's chat!

SELF-PACED MICROSOFT OFFICE COURSES

Alberta
Advanced Education



Microsoft Access \$180.	Excel	OneNote	Outlook	Word	PowerPoint
Microsoft Outlook \$180.					
Microsoft OneNote \$180.					
Microsoft Publisher \$180.					
Microsoft PowerPoint	Microsoft Word CORE \$350	Microsoft Excel CORE \$350			

Sage 50 Accounting

Independent study
with access to
instructor during
computer lab hours:
Tues. 10-12 & 6:30-
8:30pm
& Thur 10-12 ~ \$350



THE COUNTY OF
LACOMBE LIFELONG
LEARNING ASSOC.
OFFERS SAGE
ACCOUNTING TRAINING AS
A SELF STUDY PROGRAM.
BASIC BOOKKEEPING IS
RECOMMENDED PRIOR
TO TAKING THIS COURSE

Contact us to register:



(403)782-7955



office@cllla.com



(403)782-7955



OFFICE@CLLLA.COM

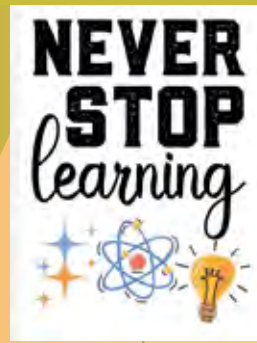


WWW.CLLLA.COM

For more information,
contact us



THE COUNTY OF LACOMBE Adult Literacy Program



CLASSES AVAILABLE
THROUGHOUT THE
COUNTY OF LACOMBE

ENGLISH LANGUAGE LEARNING (ELL/ESL)

ENGLISH CLASSES

FALL SESSION STARTS SEPT. 21 2026

- beginner-intermediate classes
- daytime and evening classes available
- cost is \$50
- classes are 2x week
- Contact us to register
- must be 18+
- **Evening Classes: Mon & Wed. 6-8pm**



ELL TUTORING

START ANYTIME

- sessions to fit your time
- focus on your goals
- 1-2x/week for 1 hour,
- tutoring available in your community
- Pre- assessment required

ABOUT US

The Adult Literacy Program is run by dedicated Instructors and Volunteers. We have been offering Literacy services throughout the County of Lacombe for over 40 years. Please contact Dani or Jacqueline for any needs you might have.

SKILLS IMPROVEMENT PROGRAM

- one-on one or small groups for Reading, Writing, Numeracy and Digital Skills
- individual goals-and plans, flexible times, learn at your own pace
- Pre-assessment required. 18+

LOOKING TO VOLUNTEER?

- no experience required
- training provided
- on-going support as needed
- a rewarding and meaningful experience

READING:

START ANYTIME

- reading comprehension
- reading speed
- basic literacy skills

WRITING

START ANYTIME

- spelling, grammar and structure
- using punctuation
- improving vocabulary

MATH/NUMERACY

START ANYTIME

- Basic math, +, -, X, /
- using numbers in daily life- budgeting, measuring etc

COMPUTER/DIGITAL LITERACY

START ANYTIME

- learn the basics of using a computer or your cell phone
- basic skills **do not include** software instruction such as word or excel

HOW TO REACH :US

Address: 5230 45th ST

Lacombe Center Mall

Phone: (403)-782-7955

Email: office@c1lla.com

Website: www.c1lla.com



**THERE IS A \$25 ANNUAL REGISTRATION FEE
FOR THE ADULT LITERACY PROGRAMS**

**Please reach out to make an
appointment if you have any
questions.**

**We have flexible office
hours and we want to help.**



NEW FUTURES

A free program to help
get you into your new life.

FREE EMPLOYMENT WORKSHOPS AT LACOMBE LIFELONG LEARNING ASSOC.

Day One AM	Day Two AM	Day Three AM	Day Four AM
Career Exploration	How To Get A Job	Career Planning	Change Management
Day One Pm	Day Two Pm	Day Three Pm	Day Four Pm
Mental Fitness And Resiliency	Interview Skills	Resume & Cover Letter Development	Goal Setting And Taking Action

CONTACT US TO REGISTER:
(403)782-7955 OR OFFICE@CLLLA.COM. OR
US QR CODE



GAIN
CONFIDENCE

CAREER
INFO

MARKET
YOURSELF

GET
PREPARED

2026
start dates:

• SEPT. 14TH • NOV. 9TH
• OCT. 19TH • DEC. 7TH

STARTS AT 9AM
DAILY



COME FOR 1 OR
ALL SESSIONS

ONLINE OR IN PERSON FOR ADULTS 18+

FALL 2026



CAEC PREP PROGRAM
Canadian Adult Education Credential

PRE-Registration and assessment required:
ELIGIBILITY REQUIREMENTS FOR FUNDING:

- ~Canadian citizen
- ~18+ and 1 year out of school

COST without funding for PREP COURSE is approximately \$200.00 this cost varies depending on needs of students.

AFTERNOONS:
Mon-Thurs: 1-4pm
Sept. 8-Dec 1
2026

EVENINGS:
Tue-Wed-Thurs: 5-8pm
Sept. 22-Dec. 10
2026

register here:



FOR MORE INFORMATION:
403)782-7955
office@cllla.com

ACADEMIC EXPRESS





The County of Lacombe
Lifelong Learning
Association
is a CAC Learning Site
Partner Organization
5230 45st, Lacombe, AB
403-782-7955
office@cllla.com



Campus Alberta Central (CAC) works closely with partner organizations in communities across the region. Partner organizations provide student support services and information about CAC programs.

Campus Alberta Central (CAC) is a joint venture between Olds College of Agriculture & Technology and Red Deer Polytechnic that provides post-secondary programs to communities throughout the central Alberta region.







For more informaton on CAC or the CAEC, please call or email the County of Lacombe Lifelong Learning Association. (403)782-7955

CLLLA is working with Alberta Health Services to offer:

"Our Mind, Our Health"

6-8pm Tues and Thurs Oct. 13-Oct 22

Explore mental health as a continuum and recognize early signs, risk factors, and protective strategies in the 8 session course.

The series covers depression, anxiety, trauma, stress, and psychosis. Dedicated sessions address addiction and substance use, including prevention, harm reduction, and navigation of services, as well as medication misuse and abuse. Each session links to local referral options, crisis lines, and community resources, and includes take-home tools for recognizing concerns and starting supportive conversations

The fee for this is greatly reduced through support from the City of Lacombe

\$20/pp (4 x 2hr classes)



register





office@cllla.com
(403)782-7955



~CAREER CLOSET~

A COMMUNITY SERVICE THAT HELPS PEOPLE GET
"DRESSED FOR SUCCESS"
WE CAN TRY TO PROVIDE SUITABLE CLOTHES FOR
INTERVIEWS AND JOBS

- CLOTHES FOR EMPLOYMENT
- EMPLOYMENT WORKSHOPS
- SUPPORT WITH RESUMES
- TRAINING FOR EMPLOYMENT

CONTACT US TO SET UP A
TIME TO LET US HELP YOU
GET STARTED ON THE
PATH FORWARD

(403)782-7955

OFFICE@CLLLA.COM

OR STOP BY AND SEE US
IN THE LACOMBE CENTER
MALL



DONATIONS ARE GREATLY
APPRECIATED



VOLUNTEER TUTORS NEEDED!

ARE YOU A FRIENDLY PERSON THAT WOULD BE INTERESTED IN HELPING A NEWCOMER TO
ALBERTA IMPROVE THEIR ENGLISH COMMUNICATION SKILLS?
WE WOULD LOVE TO TALK TO YOU!!
-1-2 HRS/ WEEK COMMITMENT
-NO EXPERIENCE NEEDED

Contact The Adult Literacy Program today to learn more
about this exciting volunteer opportunity.

Call (403)782-7955 OR EMAIL
OFFICE@CLLLA.COM FOR
MORE INFO

This is a rewarding
way to make a
meaningful
difference in your
community.



MEDCOMBE WALK-IN CLINIC

CLINIC HOURS:

MONDAY-THURSDAY
8:30AM DOORS OPEN
9- 12PM / 1PM TO 5PM
(FRIDAYS 9-12/1-4PM)

CONTACT US: 4956 AB-2A, LACOMBE, AB
PHONE: (403) 782-1408



TO ENSURE THE MOST EFFICIENT ATTENTION YOUR MEDICAL
NEEDS, PLEASE TRY TO SEE YOUR FAMILY DOCTOR FIRST.



LACOMBE COUNTY

Apply for Funding!

Qualified low-income families receive up to \$250 towards
their child's sport registration fees.



Get Involved
We need your help!



To continue serving our community,
we are seeking volunteers & accepting donations.



LEARN MORE AT:
KIDSPORTCANADA.CA/ALBERTA/LACOMBE

FALL
ACTIVE
LIVING FAIR

WEDNESDAY
SEPT. 9~2026
4:30-7:30 PM
AT THE LMC

A woman with blonde hair, wearing a vibrant multi-colored striped sweater over a green shirt, bright orange leggings, and brown boots, is captured mid-jump with her arms raised in a joyful gesture. She is surrounded by numerous falling autumn leaves in shades of yellow, orange, and brown, creating a festive and dynamic scene. The background is a solid, bright white.

A woman with blonde hair, wearing a vibrant multi-colored striped sweater over a green shirt, bright orange leggings, and brown boots, is captured mid-jump with her arms raised in a joyful gesture. She is surrounded by numerous falling autumn leaves in shades of yellow, orange, and brown, creating a festive and dynamic scene. The background is a solid, bright white.



VOLUNTEERS NEEDED

in
LACOMBE

"Alone we can do so little;
together we can do so much."

Helen Keller:

WHY VOLUNTEER?

- ✓ Make a Real Impact
- ✓ Build Connections
- ✓ Develop New Skills
- ✓ Create Meaningful Change



YOUTH UNLIMITED:

(403) 789 2298 AND
VOLUNTEERS@CAYU.CA



LACOMBE LIFELONG LEARNING:

(403) 782-7955
OFFICE@CLLLA.COM



KIDSPORT LACOMBE:

1-888-914-5437
LACOMBE@KIDSPORT.AB.CA



ECHO FOOD RESCUE:

(403) 352-1765
CHRISTINA@ECHOLACOMBE.CA



ELLIS NATURE CENTRE:

(403) 885-4477
INFO@ELLISNATURECENTRE.CA



LACOMBE DAYS:

(403) 392-2179
INFO@LACOMBEDAYS.CA



LACOMBE FCSS

(403) 782-6637
INFO@LACOMBEFCSS.NET



LACOMBE MUSIC FESTIVAL:

LACOMBEMUSICFESTIVAL@GMAIL.COM



THE BROOM TREE FOUNDATION:

(825) 221-0396
BROOMTREETN@GMAIL.COM



LACOMBE HISTORICAL SOCIETY:

(403) 782-3933
INFO@LACOMBEMUSEUM.COM



LACOMBE PERFORMING ARTS CENTRE:

(403) 588-4386
ADMIN@LACOMBEPAC.COM



BIG BROTHERS BIG SISTERS OF

LACOMBE AND DISTRICT

(403) 782-7870



GIRL GUIDES OF CANADA:

(403) 392-1572
REBECCA@THECLARK5.COM

LACOMBE AND DISTRICT VOLUNTEER LINK:

DRIVERS NEEDED

(403) 786-0110

LACOMBEVOLUNTEERLINK@GMAIL.COM

For more information on volunteering
or volunteer resources check out
Lacombe's Online Volunteer Handbook



Looking for Volunteers?,
Call (403) 782-7955

✓ Whether you're just starting out or you've been training for years, you belong here

✓ At the Physical Education Centre, we welcome beginners and seasoned fitness enthusiasts alike

✓ Free consultation with a trainer available

✓ Affordable membership plans for all

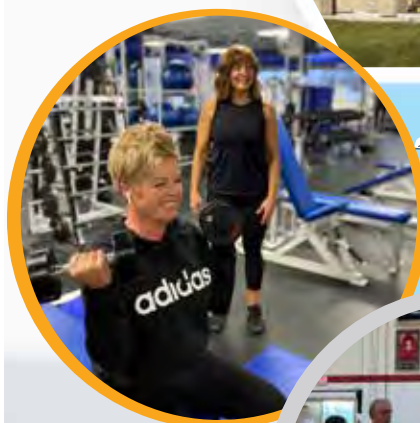
✓ Supportive and motivating environment

Join now and take the first step toward a healthier you!



BURMAN
UNIVERSITY

PHYSICAL EDUCATION CENTRE



*The Fitness Centre...
that has it ALL!*



FACILITY HOURS

Sun	8:00 AM- 10:00 PM
Mon–Thu	5:00 AM – 10:00 PM
Fri	Oct – Mar 5:00 AM – 3:00 PM
	Apr – Sept 5:00 AM – 7:00 PM
Sat	Oct – Mar 8:00–11:00 PM
	Apr – Sept Closed



403.782.2822

olgasadovoy@burmanu.ca

www.burmanu.ca/pecentre



BURMAN
UNIVERSITY

Fall Programs

Physical Education Centre | 2026

403.782.2822 @ olgasadovoy@burmanu.ca www.burmanu.ca/pecentre



Swimming Lessons

MONDAY CLASSES	Sept 21 - Nov 16 (no class Oct 12)		
WEDNESDAY CLASSES	Sept 23 - Nov 25 (no class Sept 30 & Nov 11)		
TUESDAY & THURSDAY CLASSES	1. Sept 22 - Oct 20 (no class Oct 13) 2. Nov 3-26		
PRESCHOOL 1 2 3 4 5	4:00-4:40 pm	\$47.00	
SWIMMER 1 2 3	4:45-5:25 pm	\$47.00	
SWIMMER 4 5 6	4:45-5:25 pm	\$52.00	
ROOKIE RANGER STAR PATROLS	5:30-6:30 pm	\$62.00	

Give your child the confidence and skills they need in the water! Our Kids Swimming Lessons are perfect for beginners and growing swimmers — all in a safe, fun, and supportive environment. Learn essential water safety skills - Beginner-friendly classes for all ages - Certified, caring instructors

SWIMMING LESSONS ON WEDNESDAYS

**great for Home School students*

Sept 16 - Nov 18 (no class Sept 30, Nov 11)

Swimmer 1-3 | 2:15-2:55 pm | \$47.00

Swimmer 4-6 | 2:15-2:55 pm | \$52.00

Swim Patrols | 2:15-3:15 pm | \$62.00

LIFESAVING INTERMEDIATE FIRST AID

Sept 2 - Oct 21

Mons & Weds | 4:15-6:15 pm | \$165.00

SWIM FOR LIFE SWIM INSTRUCTOR

Sept 3 - Dec 3

Tues & Thurs | 4:15-6:30 pm | \$298.00

Prerequisites: Bronze Cross, current Intermediate First Aid (or Equivalent), and minimum 15 years of age

PRIVATE SWIM LESSONS

30 min - \$27.00 | 1 hr - \$47.00

SWIMMING LESSONS FOR ADULTS

Sept 20 - Nov 15 (no class Oct 11)

Sundays | 6:00-7:00 pm | \$70.00

LIFESAVING BRONZE MEDALLION & BRONZE CROSS

Oct 26 - Dec 7 | Mons & Weds | 4:15-6:30 pm | \$407.00

Prerequisites for BM: 13 years of age (or Bronze Star) and Current Intermediate First Aid or Equivalent

RECERTS

INTERMEDIATE FIRST AID:

Sept 13 - Sunday | 8 am - 12 pm & 1-5 pm | \$80.00

NATIONAL LIFEGUARD:

Sept 20 - Sunday | 8 am - 12 pm | \$80.00



JR. ACRONAIRE CLASSES



BURMAN
UNIVERSITY

ACRO CENTRE

All levels include fitness, balance, tumbling, mini-tramp, double mini-tramp, trampoline, and rod floor skills. Our goal is for participants to have fun as they learn acrobatic skills and increase their physical fitness.

Ages: 5 y.o. & up

MONDAY & WEDNESDAY CLASSES

Sept 21 - Dec 2 (no class Sept 30, Oct 12, Nov 11)

PINK | RED
4:00-5:00 pm
\$300.30

ORANGE
5:15-6:15 pm
\$300.30

**YELLOW /
GREEN / BLUE**
5:15-6:45 pm
\$450.45

*Levels' Descriptions & Online Registration:
www.burmanu.ca/pecentre/gymnastics*



HOMESCHOOL PE CLASS

Sept 15 - Nov 24 (No class: Oct 13)

Tuesdays | 1:15-2:15 PM | \$71.50

Online Registration:

www.burmanu.ca/pecentre/home-school-classes

**Please also check Swimming lessons on Wednesdays*



SENIORS FITNESS CLASS

Class is open to everyone who wants to improve their cardiovascular fitness, strength, balance, flexibility, reaction time, or coordination.

Oct 20 - Dec 3

Tues & Thurs | 9:45-10:45 AM | Free

FREE HEALTHY YOU PLANT-BASED COOKING CLASS

Starting Oct 21 from 7-8:30 PM in the multi-purpose room upstairs at the Burman Gym. Additional classes will be held Nov 18, Jan 20, Feb 17, Mar 17, and Apr 21. This is a social learning environment to prepare and learn about the benefits of plant-based foods.

Recipes and samples will be provided.

No registration is required.

Invite a friend and have fun.

Weds | 7:00-8:30 PM | Free



Online Registration: www.burmanu.ca/pecentre



BURMAN
UNIVERSITY



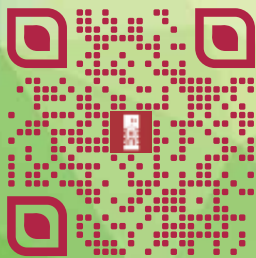
PERSONALIZED EDUCATION

ACADEMIC EXCELLENCE

CHRISTIAN VALUES

CENTRAL ALBERTA'S CHRISTIAN UNIVERSITY

SCHOOL OF BUSINESS



MARKETING, HUMAN RESOURCES,
ACCOUNTING (CPA), & MORE!

SCAN THE QR CODE, VIST OUR WEBSITE.



Lacombe offers a wide range of recreation options from drop-in fitness opportunities to registered programs and plenty of events and festivals all year long. We also offer a variety of facilities, indoor and outdoor, for rent at very reasonable rates to suit any type of function or activity you're thinking of hosting.

From swimming and skating to arts activities, we've got more than you think!

Root for your Community...



5

Reasons to VOLUNTEER

1. Develop skills and confidence, gain experience to enhance resume
2. Meet new people, network, and help others
3. Influence your community, find purpose and fulfillment
4. Connect your family with the community
5. Enrich your mental, social, and physical wellbeing

For more information visit:
www.lacombe/volunteer

Contact Info:

**City of Lacombe
Recreation Services**
e-mail: recreation@lacombe.ca
on-line: www.lacombe.ca

City Hall
5432 56 Ave., Lacombe AB T4L 1E9
403-782-6666

Gary Moe Auto Group Sportsplex
5429 53 Street, Lacombe AB T4L 1H8

Kinsmen Aquatic Centre Office
403-782-1278

Daily Pool Schedule - HOTLINE
403-782-1277

Arena Schedule Information
403-782-6556

Art & Culture Programs
403-782-1258

Facility Bookings/Rec Hockey
403-782-1284

Lacombe Memorial Centre
5214 50 Ave, Lacombe AB, T4L 0B6
403-782-6668

Campground Information
403-782-2268

Community Contact list is online:
lacombe.ca/communitycontactlist

CULTURAL GROUPS & ORGANIZATIONS

MUSIC

BURMAN UNIVERSITY

Dr. Wendolyn Munroe 403-782-3381 ext 4078

FIDDLER'S JAMBOREE

Laurie Maetche 403-358-4635

LACOMBE LIONS COMMUNITY BANDS

CONCERT BAND Mark Kenny 403-784-3055

FLAT IRON JAZZ Gerald Ganson 403-782-2731

LACOMBE MUSIC TEACHERS ASSOCIATION

Judy Foulston 403-396-4445

MUSIC FOR DEMENTIA

Maggie-Wolf Creek Primary Care Network 403-782-1408 ext117

PARKLAND CLASSICAL SINGERS

Carolyn Cave 403-782-7365

THE CAT & THE FIDDLERS

Laurie Maetche 403-782-5596

CREATIVE GUILDS

CENTRAL ALBERTA WOODWORKERS GUILD

Mike Rondeau 403-396-5761

LACOMBE ART GUILD

Savannah Lalonde 403-741-7360

LACOMBE HANDICRAFT AND LAPIDARY GUILD

Tony Cave 403-782-7365

LACOMBE WRITERS GROUP

Maureen Pocock 403-885-4251

LACOMBE & AREA SPINNERS, WEAVERS & FIBRE ARTISTS

Marsha Duggen 403-318-4869

DANCE

C&J DANCERS

Cliff Dunn 403-866-3995

DANCER'S EDGE STUDIO

Heather Buelow 403-782-1802

MADDOX DANCE COMPANY

Brittany Maddox 403-506-2980

PARKLAND BELLES & BEAUX (SQUARE DANCE)

Joanne Greenslade 403-542-8009

ROSEDALE VALLEY SCHOOL OF DANCE

Arlene Cuff 403-396-5132

THEATRE & OTHER PERFORMANCE ARTS

COW PATTI THEATRE COMPANY

AnnaMarie Lea 403-304-6329

FORBEEZ THEATRE GROUP

Alison Forbes 403-318-3449

HOME GROWN THEATRE PRODUCTION COMPANY

Rosanna Kerekes 403-588-4386

LACOMBE AND DISTRICT PERFORMING ARTS FESTIVAL

Heidi Baumbach 403-552-9166

LACOMBE PERFORMING ARTS CENTRE FOUNDATION

Rosanna Kerekes 403-588-4386

OTHER SOCIETIES, ORGANIZATIONS & CULTURAL INTERESTS

ADULT LITERACY PROGRAM

Dani Ducross 403-782-7955

COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION

Dani Ducross 403-782-7955

FRIENDS OF GUATEMALA

Donna Pierson 403-350-7109

LACOMBE ART COLLECTION COMMITTEE

Maureen Mackenzie 403-782-1258

LACOMBE ARTS ENDOWMENT COMMITTEE

Maureen Mackenzie 403-782-1258

LACOMBE BLACKSMITH SHOP

Ryan Dutchak 403-782-3933

LACOMBE & DISTRICT HISTORICAL SOCIETY

Ryan Dutchak 403-782-3933

LACOMBE FILIPINO COMMUNITY ASSOCIATION

Anastacio Sanchez 780-691-4050

LACOMBE REGIONAL TOURISM

Austin Weaver 403-782-1046

LACOMBE & DISTRICT RIKUBETSU FRIENDSHIP SOCIETY

Marlene McQuesten 403-782-5834

MARY C. MOORE PUBLIC LIBRARY

. 403-782-3433

ROGUE ART & DESIGN STUDIO

Trenton Leach 403-352-4345

SASART

Savannah Lalonde 403-741-7360

PERFORMANCE VENUE LOCATIONS

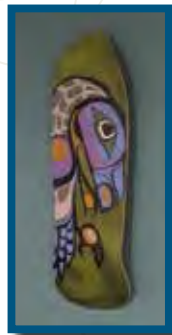
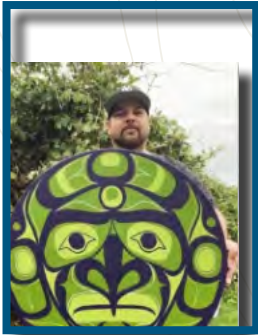
- Burman University 5415 College Avenue
- College Heights Seventh-day Adventist Church
6915 Maple Drive
- Kozy Korner 5024 - 53 Street
- Lacombe Memorial Centre (LMC) 5214 - 50 Avenue
- Lacombe Performing Arts Centre (LPAC) 5227 C & E Trail
- Lacombe Upper Elementary School 5414 - 50 Street
- St. Andrew's United Church 5226 - 51 Avenue
- Tin Roof Event Centre Milton Road & Range Road 261

ARTS & CULTURE

LACOMBE PUBLIC ART COLLECTION

Our City's public art collection is growing by leaps and bounds! With more than 460 paintings, sculptures, murals, and other artworks, it has become the envy of many communities across the province.

A sample of recent additions includes:



Controller of Tides and Perspective by Adam Lewis

Adam is a proud member of the We Wai Kai Nation on Quadra Island, and his artwork is showcased in both the foyer and main reception area of Lacombe City Hall. His pieces reflect the iconic Northwest Coast style, known for its bold forms and deep cultural significance.

Frigid Waters by Canadian Mouth Painter by Kaileen Selig

Kaileen lives in Vancouver and is a proud member of the Association of Foot and Mouth Painters. Because of a neuromuscular disability, she creates her artwork using her mouth - an incredible testament to her talent and determination. The Committee was delighted to support Kaileen's artistry by welcoming this painting into the collection, a moment that felt truly special for everyone involved.



Through the Trees by James Perrot

James was a gifted watercolor artist and a beloved instructor at the Alberta College of Art. His work is featured in many notable collections, including the Glenbow Museum and the Alberta Foundation for the Arts. This painting beautifully captures the spirit of rural Central Alberta and is sure to spark fond memories for many who view it.

ARTS & CULTURE

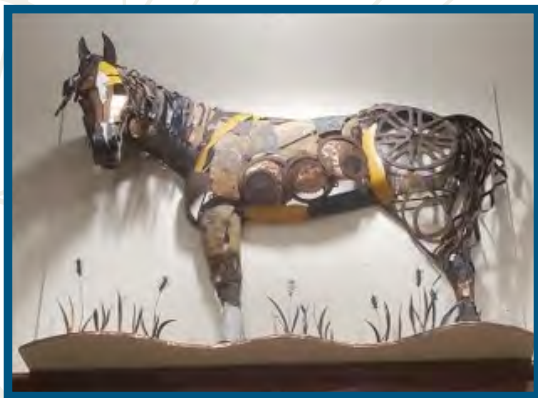
DON'T PITCH IT

GIFT IT INSTEAD

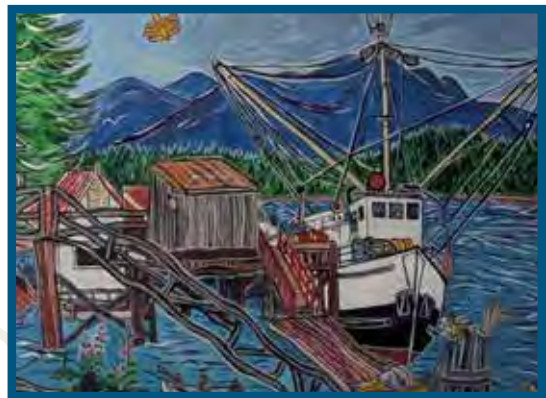
DO YOU LOVE SEEING ALL THE ARTWORK ON DISPLAY IN THE LMC?

Are you or someone you know downsizing and lacking the room for all the art in your new place? The Lacombe Art Collection always seeks donations of original paintings, signed numbered prints, original drawings, sculptures, etc.

The Committee will consider your donation(s), and if accepted, you will receive a tax-deductible receipt. It's a win-win!



"Copper" by Cedar Mueller



"Lady Rose at Bamfield" by Clare Singleton



"Bison" by Charlie Donald



Miniature Art Quilt by Helen Brooks

Donate your artwork today by calling the City's Arts & Culture Coordinator at 403-782-1258 or emailing culture@lacombe.ca

ARTS & CULTURE

SUPPORT THE ARTS

WOULD YOU LIKE TO SUPPORT THE ARTS IN YOUR COMMUNITY?

There are several ways you can show your support; by volunteering, attending events or by donating to the Lacombe Arts Endowment Fund. This fund is perpetual and lets donors leave a lasting legacy supporting the education, awareness, development and appreciation of the arts. The fund is used for grants in the arts that enrich the quality of life for residents in Lacombe and area.

In addition to cash gifts, donors may choose to make a contribution in other ways including:

- Memorial Gifts
- Publicly Traded Securities
- Real Estate
- Life Insurance
- Bequests

Anyone can donate to the Lacombe Arts Endowment Fund through the Red Deer and District Community Foundation. Cheques made payable to "Lacombe Arts Endowment Fund" can be mailed to:

Red Deer & District Community Foundation
401, 4805 - 48 Street
Red Deer, Alberta T4N 1S6

Tax receipts are issued for any donation of \$20 or more.

For information on how to give in a lasting and meaningful way to emerging artists in our area contact:
Arts & Culture Coordinator at culture@lacombe.ca



Kaitlin Bishop
Lacombe Arts Endowment
Grant Recipient

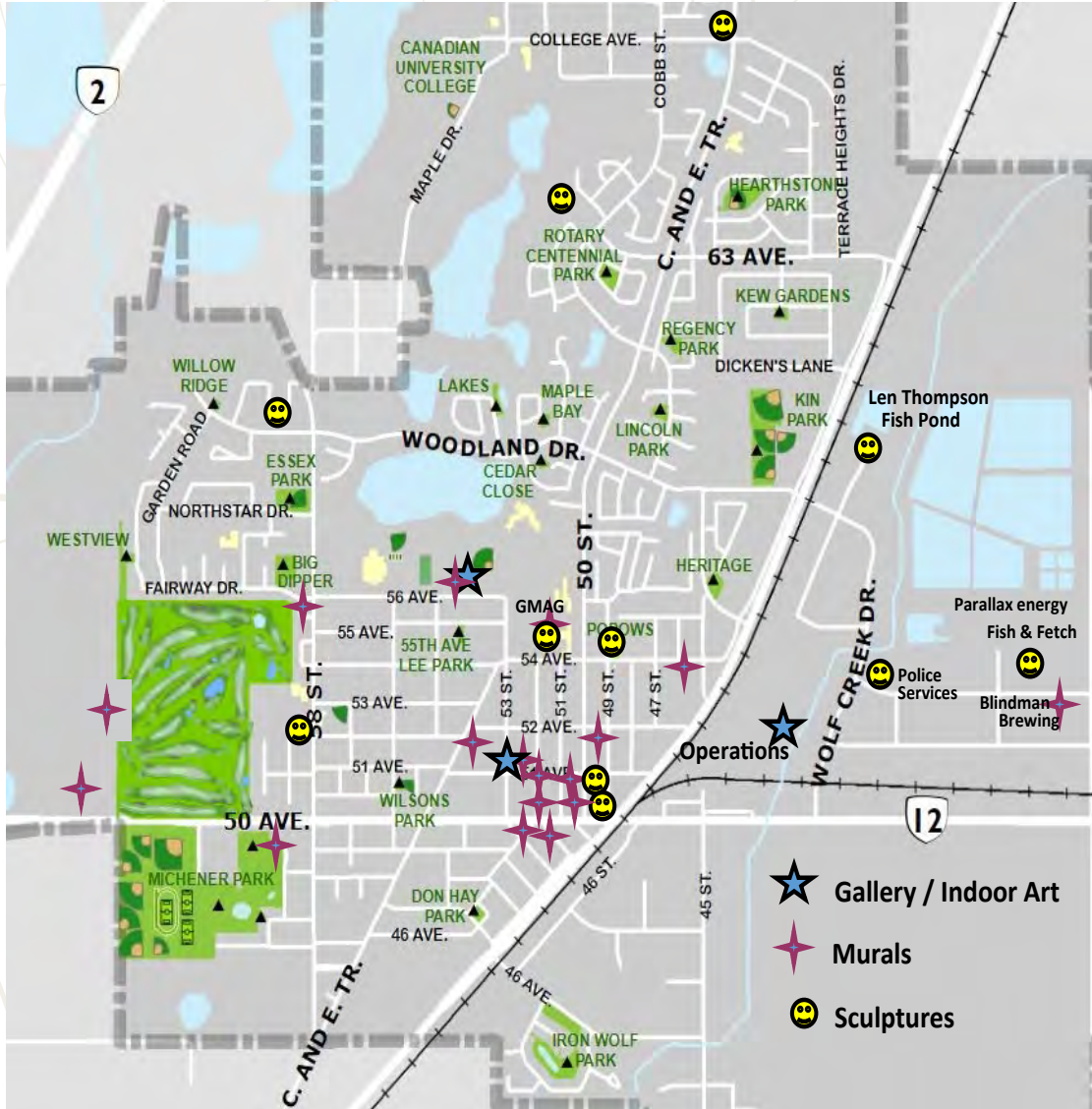
Donate Here!



ARTS & CULTURE

LACOMBE PUBLIC ART

From our outdoor murals and sculptures to paintings and three-dimensional works of art there is something for everyone to enjoy!



If you're out and about, be sure to take the Self-Guided Mural Tours information with you!
www.lacombe.ca/murals

KINSMEN AQUATIC CENTRE

ADVANCED COURSES

- **Bronze Star-Oct 18-Nov 15, 2026 (Sun), 9:00-11:00 am**
- **Bronze Medallion/CPR-C-Oct 20-29, 2026 (Tues & Thur), 4:00-9:00 pm**
- **Bronze Cross/Intermediate First Aid-Nov 3-26, 2026 (Tues & Thur), 4:00-9:00 pm**
- **Intermediate First Aid-Nov 16-25, 2026 (Mon & Wed), 5:00-9:00 pm**
- **Lifesaving Swim Instructor-Nov 30-Dec 21, 2026 (Mon & Wed), 4:00-9:00 pm**
- **National Lifeguard-Nov 28-Dec 19, 2026 (Sat), 9:00-5:00 pm**
- **Lifesaving Instructor-Dec 29 & 30, 2026 (Tues & Wed), 9:00-5:00 pm**

RECERTIFICATIONS

- **Intermediate First Aid-Dec 30, 2026 (Wed), 9:00-5:00 pm**
- **National Lifeguard-Nov 13, 2026 (Fri), 9:00-1:00 pm OR Dec 31, 2026 (Thur), 9:00-1:00 pm**

For dates, times, and more information, visit Lacombe.ca/KACadvancedcourse
Register online at cityoflacombe.perfectmind.com

JUNIOR LIFEGUARD CLUB/LIFESAVING SPORT



A swim club for all ages!

Pups (6+ years old): This level will teach the foundational swimming strokes and basic Lifesaving Sport events at a beginner level. Must have completed Swimmer 1.

Juniors (7-10 years old): This level focuses on building endurance (goal is to swim 100 m without stopping), learning lane etiquette, and familiarity with competition events.

Intermediate 2 (11-14 years old): Athletes want to swim to have fun with friends. This level provides a space for those swimmers to enjoy the team environment and have fun while improving their swimming strokes and safety skills. The focus will be on pacing, improving technique, and demonstrating a solid understanding of events.

Intermediate 1 (11-14 years old): Athletes are there to push themselves and set personal bests. The focus is on pacing, technique, and fine-tuning event skills. This level is for athletes to show serious discipline, motivation, and potential to further the Sea Lions as a recognized competitive club.

Senior 2 (15-18 years old): This level is designed to help athletes build fitness and confidence through Lifesaving Sport events. Athletes are encouraged to set goals and practice sportsmanship. This level is geared towards athletes who want to stay in shape and socialize with their friends in a recreational environment.

Senior 1 (15-18 years old): This level helps athletes build endurance, push physical limits, and set personal bests. There will be a high focus on event technique, teamwork, leadership, and dedication. These athletes will be dedicated to Lifesaving Sport and active in competitions throughout the season.

Masters (19+ years old): Workouts will be flexible to athletes' preferences and input. Athletes will build endurance, optimize stroke technique and fine-tune event components.

Register online at cityoflacombe.perfectmind.com For more information visit www.lacombe.ca/jlc

Lacombe- Strong roots. Fresh perspective.

KINSMEN AQUATIC CENTRE SCHEDULE

Schedule in effect from October 13th to December 20th, 2026
www.lacombe.ca/pool

Aquatic Centre: 403.782.1278 Schedule Hotline: 403.782.1277

Schedule subject to change. Please call 403-782-1277 for current daily schedule or
 visit the website for up to date information at lacombe.ca/pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim & Parent & Tot 7:00-8:30am	Lane Swim 6:00-8:45 am *1 lane available 7:30-8:45 am Water Fitness 7:45-8:45am	Lane Swim 6:00-8:45 am *1 lane available 7:30-8:45 am Water Fitness 7:45-8:45am	Lane Swim 6:00-8:45 am *1 lane available 7:30-8:45 am Water Fitness 7:45-8:45am	Lane Swim 6:00-8:45 am *1 lane available 7:30-8:45 am Water Fitness 7:45-8:45am	Lane Swim 6:00-8:45 am *1 lane available 7:30-8:45 am Water Fitness 7:45-8:45am	Lane Swim & Parent & Tot 7:00-8:30am
Swim Lessons 8:45-11:00 am	Schools 9:00-11:00am Parent & Tot Swim 11:00am-1:00pm	Schools 9:00-11:00am Preschool Lessons (T/Th) 11:10am-12:50pm	Schools 9:00-11:00am Preschool Lessons (W/F) 11:10am-12:50pm	Schools 9:00-11:00am **Parent & Tot Swim 9:00-11:00 am Preschool Lessons (T/Th) 11:10am-12:50pm	Swim Lessons (Fri Only) 8:45-11:00am Preschool Lessons (W/F) 11:10am-12:50pm	Swim Lessons 8:45am-11:30am
Private Pool Rental 11:00-12:00 pm	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Private Pool Rental
Public Swim 12:15-4:00 pm	Lane Swim 12:00-1:00pm Schools 1:00-3:00pm	Lane Swim 12:00-1:00pm Schools 1:00-3:00pm	Lane Swim 12:00-1:00pm Schools 1:00-3:00pm **Parent & Tot Swim 1:00-3:00pm	Lane Swim 12:00-1:00pm Schools 1:00-3:00pm	Lane Swim 12:00-1:00pm \$3 Public Swim 1:00-3:00pm	Private Pool Rental 12:00-1:00 pm Public Swim 1:15-3:15pm
Swim Lessons 4:15-6:15 pm	Swim Lessons 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm *1 lane available 4:00-6:30 pm	Private Pool Rentals 3:30-4:30pm 4:45-5:45pm
JLC 4:15-8:30 pm	JLC 4:15-6:30 pm Public Swim 6:30-8:00pm *1 lane available 6:30-9:00 pm	JLC 3:45-6:30 pm Public Swim 6:30-8:00pm *1 lane available 6:30-9:00 pm	JLC 3:45-6:30 pm Water Walkway Public Swim 6:30-8:00pm	JLC 4:15-6:30 pm \$3 Public Swim 6:30-8:00pm *1 lane available 6:30-9:00 pm	WIBIT Public Swim 6:30-9:00pm	WIBIT Public Swim 6:00-8:30pm
	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm *1 lane available 8:00-9:00 pm	Water Fitness & Lane Swim 8:00-9:00pm		

Statutory Holiday Swim Time 1:00-5:00pm

**Parent and tot swim is subject to cancelation due to school bookings. Please check the schedule hotline or our website for up to date information

The pool will be closed for scheduled maintenance from September 1st-October 12th, 2026

SAVE THE DATE! Halloween Bash-October 30th, Time TBD, volunteers needed.

★ Hot Tub is unavailable during the above programs.

LACOMBE - KINSMEN AQUATIC CENTRE

Pool Schedule: 403. 782. 1277

www.lacombe.ca

\$3 Swim! Every Friday
 Including Wolf Creek School
 District Closures or PD days
 Fridays 1:00pm - 3:00pm

2 for 1 Pool Admission

Coupon Expires: December 31, 2026. One Coupon per visit. Coupon is not for resale and has no cash value. Coupon must be presented in person.

Discount applies to the admission of lesser value.

Coupon is valid for all Public Swim times.

One coupon per customer.

Lacombe- Strong roots. Fresh Perspective

KINSMEN AQUATIC CENTRE

FALL SESSION DATES

Session 1	Friday AM (no class Nov 13)	Oct 16-Dec 11
Session 2	Friday PM (no class Oct 30)	Oct 16-Dec 11
Session 3	Saturday AM	Oct 17-Nov 14
Session 4	Sunday AM	Oct 18-Nov 15
Session 5	Sunday PM	Oct 18-Nov 15
Session 6	Monday PM	Oct 19-Nov 16
Session 7	Monday/Wednesday PM (no class Nov 11)	Oct 19-Nov 16
Session 8	Tuesday/Thursday AM (no class Nov 10 & 12)	Oct 20-Nov 19
Session 9	Tuesday/Thursday PM	Oct 20-Nov 12
Session 10	Wednesday/Friday AM	Oct 21-Nov 4
Session 11	Wednesday PM (no class Nov 11)	Oct 21-Dec 16
Session 12	Monday-Friday (Wolfcreek Nov Break)	Nov 9-13
Session 13	Saturday AM	Nov 21-Dec 19
Session 14	Sunday AM	Nov 22-Dec 20
Session 15	Sunday PM	Nov 22-Dec 20
Session 16	Monday PM	Nov 23-Dec 21
Session 17	Monday/Wednesday	Nov 23-Dec 16
Session 18	Tuesday/Thursday AM	Nov 24-Dec 17
Session 19	Tuesday/Thursday PM	Nov 24-Dec 17
Session 20	Wednesday/Friday AM	Nov 18-Dec 2
Session 21	Wednesday/Friday AM	Dec 4-Dec 18



Register for courses online at: cityoflacombe.perfectmind.com
Aquatic Centre: 403.782.1278 Schedule Hotline: 403.782.1277

RECREATION

COMMUNITY BUILDER PARTNERSHIP

Have a **NEW**
idea to build
community?

\$100,000
in available funds

Visit lacombe.ca/grants
for 2027 intake dates.



Stop and have some fun at these unique parks in Lacombe

Tricon Inclusive Playground- located in the Laebon Subdivision, just north of the Trilogy apartments.

Len Thompson Fish Pond- located at the north end of Len Thompson Drive, includes a picnic area, accessible docks and the world's largest fishing lure!

Parallax Fish & Fetch Park- located at 53 & 37 Street in the Len Thompson Industrial Park, it can be accessed heading south from Len Thompson Drive via Wolf Creek Drive.

MEGlobal Athletic Park- located between City Hall and the Lacombe Composite High School, 5644 56th Ave. Open for public use from March to November when available. View bookings online at www.lacombeathleticpark.ca. Check out the basketball nets and pickleball lines on the basketball court. Please bring your own equipment.

Lacombe Skatepark- located at Michener Park, 50th Ave and 63rd St.

Basketball and Hockey Nets- located on the corner of Woodland Drive and C & E Trail.

Elizabeth Lake and Cranna Lake- test out the exercise equipment along the trails.

ECHO ENERGY ARENA

Indoor Ice Skating Schedule Mid September to Mid March

FREE Public Skating

Thanks to the Lacombe Kinsmen Club and the City of Lacombe

**Please note no sticks or pucks allowed on the ice during Public Skating September to March.*

Echo Internet Arena #2

Fridays*: 6:45pm - 8:15pm

Sundays: 12:45pm - 2:45pm

** Some Fridays may be cancelled due to tournaments.*

(Visit www.lacombe.ca/skating).

New PD Day Public Skate

Check website for dates

September - March

11:00am - 1:00pm

Cost \$3.00/per person

Parent & Tot Skate

Mondays: Noon - 1:00pm (Sept- Mar)

Cost \$5.00/adult (kids free)

Sticks & pucks are permitted

Daytime Public Skate

Wednesday: 2:30pm - 3:30pm

Thursday: Noon - 1:00pm

Cost \$5.00/adult

Adult Shinny Hockey

Wednesdays: 10:00pm - 11:15pm

Fridays: 12:15pm - 1:30pm

Cost \$5.00/adult * times may vary

Ice Rental

Ice time can be booked for the

Gary Moe Sportsplex

Call: 403-782-1284

Updates available online at:

lacombe.ca/skating

Please note: schedule is subject to change without notice

Youth Recreation Hockey

Registrations will begin at 8 am at the Arena or online at **cityoflacombe.perfectmind.com** September 16, 2026 & December 16, 2026

\$129⁰⁰ +gst/child for 10 weeks

10 Weeks per session

Oct - Dec 2026

Jan - March 2027

Friday Session-Group 'A'

Ages: 10 - 13 years

Time: 8:30pm - 9:45pm

Saturday Session - Group 'B'

Ages: 6 - 9 years

Time: 7:45pm - 9:00pm

Dates available online at: **lacombe.ca/rechockey**

Youth Rec Hockey is an opportunity for youth to enjoy a combination of skill development and game time, playing no contact shinny. The only equipment required is a helmet, stick, skates and gloves. Although optional, players are encouraged to wear elbow and knee pads. This is a parent volunteer run program and is not part of a organized league.

LACOMBE MEMORIAL CENTRE



LmC lacombe memorialcentre

The perfect place for people to connect.

Book your upcoming event now!

- Christmas parties
- training/workshops
- anniversaries
- celebrations of life
- meetings
- weddings
- small conferences
- exercise classes

Visit www.lacombe.ca/lmc or call 403-782-6668 ext 1

Home of Anna Maria's Cafe, Mary C. Moore Public Library
and Lacombe & District FCSS.

COMMUNITY

Help Us Update the Community Contact List



The Community Contact List is a resource for Lacombe's residents and visitors!

It is a listing of community groups, schools, churches, sporting groups and many other useful organizations. These resources are only valuable if they are current, and to ensure its accuracy we need your help!

Please submit your NEW or UPDATED organization contact information online at:

www.lacombe.ca/communitycontactlist

Lacombe NeighbourShare



Want some fresh produce but don't have a garden? Have too much produce?

Lacombe NeighbourShare connects people who have too much produce with people who want it.

- Share your over-abundance of lettuce, apples, zucchini, rhubarb, raspberries, seeds, etc
- Inquire about any produce you are hoping for someone to share with you

Find us on facebook at:

Lacombe NeighbourShare



Echo Food Rescue

Rescue Food. Building our community.

About Echo Food Rescue

We are passionate about keeping edible food out of the landfills and redistributing it in our community!

Echo Food Rescue has now saved over 1 000 000 lbs of food and redirected it back to the people of Lacombe and surrounding areas!

Location

5404 56 Ave, Lacombe, AB T4L 1M1

Hours

Thursdays 11:30 am - 12:30 pm

Saturdays & Sundays 1:00 pm - 2:00 pm

Watch our facebook page for additional popups.



Contact:
Christina Sturgeon
(403) 352-1765
christina@echolacombe.ca



ONLINE VOLUNTEER HANDBOOK



If you are a volunteer or an organization that manages volunteers, www.lacombe.ca/volunteer is an essential resource for you!

Resources for Organizations

- Online Grant Writing Workshops through Alberta
- Community Development
- Where can I get grants and funding?

Recruiting Volunteers

- What are some different tactics for recruiting volunteers?

Retaining Volunteers

- How can I prevent my volunteers from burning out?

Recognizing Volunteers

- How do volunteers want to be appreciated?

www.lacombe.ca/volunteer



LET'S

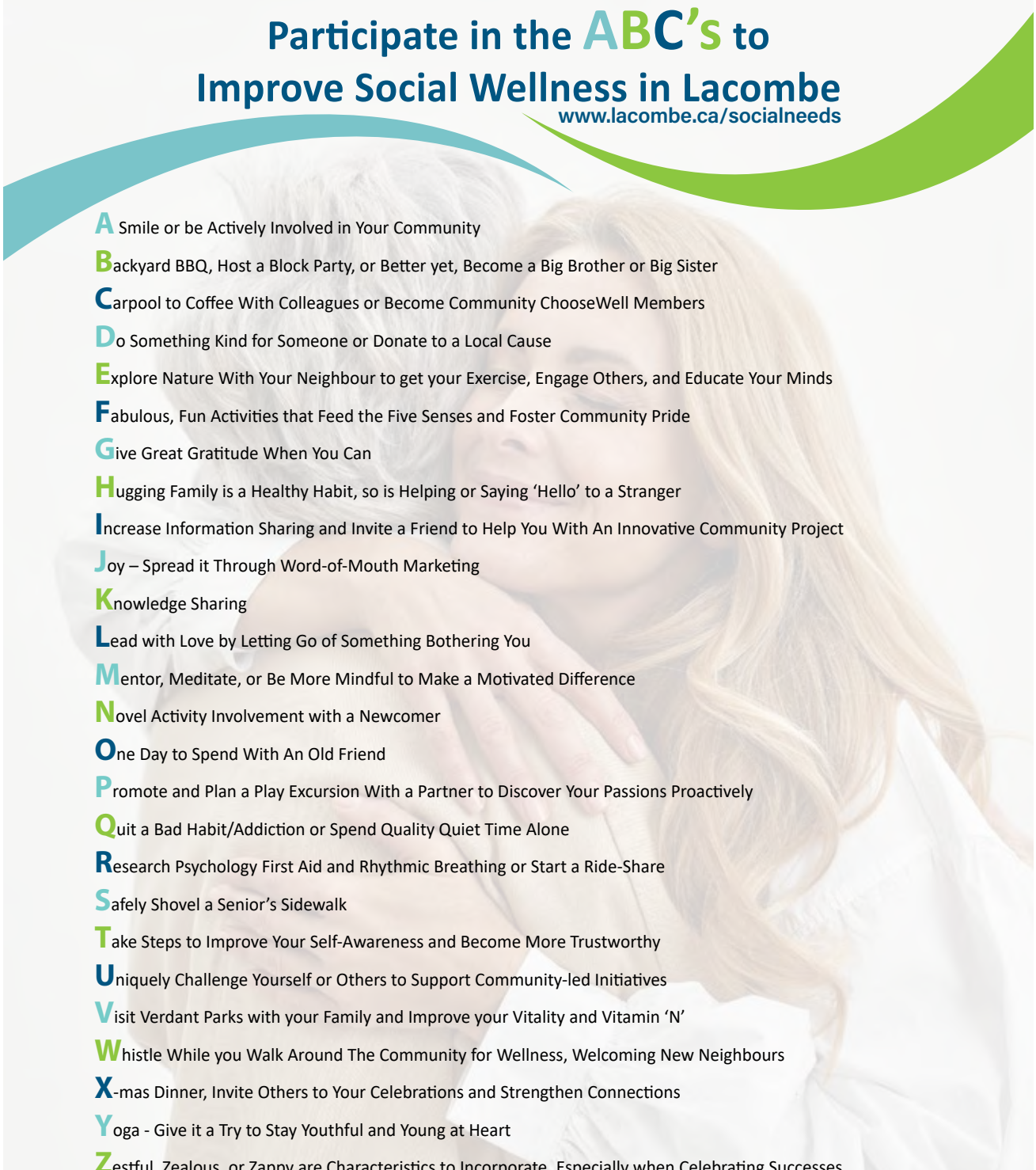
BUILD
COMMUNITY

- Turn off your TV
- Leave your house
- Plant flowers
- Smile at strangers
- Plan a block party
- Pick up litter
- Really listen
- Be cheerful
- Give lots of hugs
- Learn from others
- Greet people
- Give someone a compliment
- Start a tradition
- Visit your library
- Play together
- Share your knowledge
- Shop local
- Make something beautiful
- Resolve conflicts
- Volunteer



ABC's of SOCIAL WELLNESS

Participate in the **ABC's** to
Improve Social Wellness in Lacombe
www.lacombe.ca/socialneeds

- 
- A** Smile or be Actively Involved in Your Community
 - B**ackyard BBQ, Host a Block Party, or Better yet, Become a Big Brother or Big Sister
 - C**arpool to Coffee With Colleagues or Become Community ChooseWell Members
 - D**o Something Kind for Someone or Donate to a Local Cause
 - E**xplore Nature With Your Neighbour to get your Exercise, Engage Others, and Educate Your Minds
 - F**abulous, Fun Activities that Feed the Five Senses and Foster Community Pride
 - G**ive Great Gratitude When You Can
 - H**ugging Family is a Healthy Habit, so is Helping or Saying 'Hello' to a Stranger
 - I**ncrease Information Sharing and Invite a Friend to Help You With An Innovative Community Project
 - J**oy – Spread it Through Word-of-Mouth Marketing
 - K**nowledge Sharing
 - L**ead with Love by Letting Go of Something Bothering You
 - M**entor, Meditate, or Be More Mindful to Make a Motivated Difference
 - N**ovel Activity Involvement with a Newcomer
 - O**ne Day to Spend With An Old Friend
 - P**romote and Plan a Play Excursion With a Partner to Discover Your Passions Proactively
 - Q**uit a Bad Habit/Addiction or Spend Quality Quiet Time Alone
 - R**esearch Psychology First Aid and Rhythmic Breathing or Start a Ride-Share
 - S**afely Shovel a Senior's Sidewalk
 - T**ake Steps to Improve Your Self-Awareness and Become More Trustworthy
 - U**niquely Challenge Yourself or Others to Support Community-led Initiatives
 - V**isit Verdant Parks with your Family and Improve your Vitality and Vitamin 'N'
 - W**histle While you Walk Around The Community for Wellness, Welcoming New Neighbours
 - X**-mas Dinner, Invite Others to Your Celebrations and Strengthen Connections
 - Y**oga - Give it a Try to Stay Youthful and Young at Heart
 - Z**estful, Zealous, or Zappy are Characteristics to Incorporate, Especially when Celebrating Successes

UPCOMING EVENTS



Stop in for a chat,
share your ideas, and
be part of the conversations
shaping our community.

Discover opportunities
to stay active, engaged,
and connected while
discussing community
priorities, sharing
your ideas, and raising
questions or concerns
with City of Lacombe.

Visit with Councillors
at the **Fall Active Living
Fair** on Wednesday,
September 9th, from
4:30 p.m. to 7:30 p.m.
at the Lacombe
Memorial Centre.



NOVEMBER 25th - NOVEMBER 29th, 2026

• PARADE • MARKETS • MOVIES • FREE SWIM •
• TREE LIGHTING • CRAFTS • FAMILY FUN • AND MORE •
Event details at www.lightuplacombe.com

UPCOMING EVENTS



HOUSEHOLD HAZARDOUS WASTE ROUND UP

Lacombe Regional Waste Services Commission will be hosting a Residential Household Hazardous Waste Round Up event for all residents within the City of Lacombe at:

City of Lacombe Operations Yard – 5395 Len Thompson Dr.

Saturday September 19th, 2026 from 1:00pm–4:00pm

All items must be residential products and in original containers. Commercial & Agricultural products will not be accepted. Items that will be accepted are:



PAINT & PAINT PRODUCTS –Original containers

Latex, oil and alkyd paints, wood stains, thinners and solvents, and paint aerosols



HOUSEHOLD HAZARDOUS WASTE

(<10L or <10kg) –Original containers

Laundry detergents, bleach, oven cleaners, spot removers, waste acids, rust removers, drain/toilet cleaners, metal polish, household herbicides and pesticides, lawn fertilizers, insect sprays, car and household batteries, fluorescent light bulbs and tubes, aerosol containers, and household propane tanks (30lbs maximum)



ELECTRONICS

Televisions, computer equipment, monitors, keyboards, cameras, phones, VCR/DVD players, stereos and MP3 players



USED OIL –Original containers not required and recycling of containers will be available

Engine oil, gasoline, diesel, brake fluid, transmission fluid, kerosene, washer fluid, and antifreeze



Products will not be accepted outside of the posted times as staff need time to transport and sort the materials. Look for the LRWSC truck and flat deck trailer onsite and meet with the staff to dispose of your products!



ADVANCED GRANT WRITING COURSE™

Learn a proven process for winning government grants. The course is created and taught by David Kincade, a professional grant writer with 25+ years of experience.

- Includes your grant calendar (e.g., customized list of grants)
- Create a master grant application you can use year after year
- Ideal for people seeking more than \$50,000 in grants

The City of Lacombe is excited to host David Kincade's Advanced Grant Writing Course™ from September 21st to September 25th, 2026 at the Lacombe Memorial Centre. 13 spots are available.

Schedule:

Monday: 1:00pm – 4:15pm
Tuesday: 8:45am – 12:00pm. Lunch. 12:30pm – 3:45pm
Wednesday: 1:00pm – 4:15pm
Thursday: 8:45am – 12:00pm. Lunch. 12:30pm – 3:45pm
Friday: 8:45am – 12:00pm

Deliverables:

- 21 hours of in-person training to help organizations build a master grant application
- Online grant writing portal for 12 months following the course (over 14 hours of instructional video and over 140 lessons)

Question and Answer:

- Organizations will receive complimentary assistance in applying for a training grant with the course instructor, so please contact us as soon as possible.
- The training grant (Canada-Alberta Productivity Grant) may cover 50% of the trainee cost .
- Course Cost Per Trainee: \$5,000. Training Grant covers \$2,500 per trainee. Plus GST.
- The training grant is first come, first serve. **Submit by August 21st, 2026.**
- A reminder that the grant is reimbursed. The organization is required to pay the tuition before the course starts, and it submits for reimbursement the day after the course.
- If the organization is ineligible for the CAPG, they are required to fund the course cost.
- Learn more: <https://albertabusinessgrants.ca/grant-writing>



Contact: davidk@albertabusinessgrants.ca or 780-297-6177 to register by September 10th.

UPCOMING EVENTS

Share your
Alberta Day
experiences
using
#AlbertaDay.

Funded by:



In partnership with:



Join us for **FREE**
Alberta Day fun!

- » Hometown Concert featuring Albertan talent
- » Indigenous Art Class
- » Chalk Murals
- » Family Skate
- » Museum Experiences
- » Blacksmith Shop Experience
- » Art in the Garden
- » Pickleball & Badminton
- » Free WIBIT Public Swim
- » Downtown Walking Tour
- » Football Games

Celebrating 121 years
of Alberta's history,
culture, creativity,
and community
spirit as part of
our shared
Canadian
story.



CELEBRATE WITH US!
SATURDAY, AUGUST 29
10:00 AM - 8:00 PM

FOR A FULL EVENT
SCHEDULE, VISIT
lacombe.ca/albertaday



September 17th - November 14th

**1907 - 2026: A
Legacy in Research
& Development**



Flatiron Building Museum
(5005 50th Avenue, Lacombe)

You're invited to our
2nd Annual

*Lacombe
Antique Show
& Sale*

Date: October 3, 2026
Time: 11am to 4pm

Entry by donation
Lacombe Memorial Centre
5214 50th Avenue

www.lacombeantiquesale.com

**LACOMBE
Christmas
EXHIBIT
& SANTA'S
WORKSHOP**

NOVEMBER 25TH - DECEMBER 19TH
Flatiron Building Museum
5005 50th Avenue

Lacombe Museum Fall 2026

lacombemuseum.com | 403.782.3933 | @lacombemuseums on Socials



REDE

A Pregnancy Circle

Fall 2026

Intentional preparation for the unpredictable journey into **parenthood** through community support and deeper connections.

Meaning **nest**, Rede is a warm, intentional space to slow down, learn, and connect — supporting body, mind, and baby through holistic care and shared experience.

Lead by

Layna Paléček

RN, Holistic Nurse - Perinatal & Women's Health

Bryn Pugh

RN, Holistic Nutrition Consultant

Kensey Lunn

BKin, Osteopathic Manual Therapist

We focus on...

- Practical ways to nourish your body for pregnancy and postpartum
- Exercises for optimal movement & comfort
- Strategies for pivoting and maintaining a regulated nervous system
- A grounded perspective of pregnancy and birth
- Guidance on how to create your 'nest'
- Realistic self-care tools



reserve your spot

holmcollective.ca

connect@holmcollective.ca

#105 4927 50th ave Lacombe, AB



**Locally Owned
and Operated**

**Evening &
Saturday
appointments
available**

(825) 640-2014

**5230-45 Street,
Lacombe AB**

**(located in the Lacombe Centre
Mall near Peavey Mart)**

Locations also in Red Deer and Innisfail

**Monday to Friday:
8:30 am-4:30 pm**

hear right canada
Quality Hearing Care for Less

Hearing aids
Access to quality hearing care at low prices.
Caring for your hearing is our priority!

**HEAR MORE
SPEND LESS**

Open up your world of hearing with everyday lower pricing



**Complimentary Full
Hearing Evaluation
and Report**



**Care & Maintenance
of your Hearing
Instruments**



**Cerumen (Wax)
Management**



**Insurance & Service
Provider**

44% of Canadians
don't have life
insurance.*

Contact me to
learn how much
you really need.



Local to Lacombe

Jasmin Abt

Call or text 403-589-1055

<https://agents.wfgcanada.ca/jasmin-abt>



WFG SECURITIES INC.



WORLD FINANCIAL GROUP
INSURANCE BROKER
OF CANADA INC.



**PHYSIOTHERAPY - OCCUPATIONAL THERAPY
-SPEECH-LANGUAGE PATHOLOGY - KINESIOLOGY**



LEGACY
REHABILITATION

PHYSIOTHERAPY

Can assist with pain management, injury prevention and recovery, pre/post-operative care, and neuronehabilitation through customized treatment plans and modalities.

OCCUPATIONAL THERAPY

Working toward goals such as driving, cognition, fine motor skills, scheduling, dressing/bathing independently, stress management, and sensory regulation.

**SPEECH-LANGUAGE
PATHOLOGY**

Focuses on helping clients communicate – receptive and expressive language, reading, writing, swallowing, aphasia, stuttering, and cognitive communication.

KINESIOLOGY

Creating customized exercise programs to meet your individual needs. Helping you complete your therapeutic exercises in a safe and adapted setting.

EVERYONE is Welcome. Call or Book Online. Direct Billing Available.



5206-51 Ave, Unit 101, Lacombe, AB

legacyrehab.ca

825-640-8326

admin@legacyrehab.ca



Book Now!



Kin Canada
Lacombe
Kinsmen Club
est. 1950

The Lacombe Kinsmen Club is a community service club dedicated to serving the needs of Lacombe and the surrounding area.

Club meetings are on the second and fourth Friday of each month from September through June at the Lacombe Royal Canadian Legion Hall (5138 - 49 St., Lacombe)

New members are always welcome!

If you are interested in helping the community while having a good time, you've come to the right place!

Talk to any one of our members or check out our website for information.

Upcoming Events

Diamonds In The Sky

OCTOBER 16 2026

Santa's Anonymous

DEC. 2026

Kinsmen Charity Auction

FEB. 2027

Jon Dolman

Memorial Golf Classic

JUNE 4 2027

**Serving the
Community's
Greatest Need**



www.lacombekinsmen.ca



Fitness Centre



Indoor Track



Indoor Play Space

Centrally located just minutes away from Lacombe, Ponoka and Red Deer, the **Abbey Centre** offers drop-in play, programming, on-site child care and much more!

4500 Womacks Rd
Blackfalds, AB
403.885.4039

Like us on Facebook!



BLACKFALDS
ALBERTA

Abbey Platinum Master Built
CENTRE

www.blackfaldsabbey.ca



BLINDMAN
— BREWING —

Stop by our taproom and enjoy a pint from our 24 taps, patio, Local Taqueria, and friendly staff.



blindmanbrewing.com
f @blindmanbrewing
t @blindmanbrewery



DISCOVER CURLING THIS WINTER

FUN. SOCIAL. ACTIVE

LEARN TO CURL

FREE Try Curling

Wed. Oct 7th at 7pm
Thurs. Oct 8th at 7pm

Weekly Learn To Curl

Starts Tuesday Oct 20th
6 week program

Equipment is available
all you need is comfy
clothes and clean
running shoes

LEAGUES

Whether you're a beginner
or a seasoned curler, we
have a league for you!
Men's, Ladies', Super
League, Mixed, Seniors,
Juniors, and Stick Curling,
with daytime and evening
draws.

New members are always
welcome! Join as a team or
as an individual, and we'll
do our best to place you on
a team.

BONSPIELS

2026

Autumn Open Oct 24
Seniors Bonspiel Nov 16- 20
Mixed Bonspiel Nov 27-29

2027

Farmers & Farmerettes
Bonspiel Jan 11-16
Ladies Bonspiel Feb 5-7
Men's Bonspiel Feb 19-21
Stirling Mar 13

REGISTRATION IS NOW OPEN

Your Next Great Winter Activity Starts Here!

Whether you're brand new or an experienced curler, we'd love to welcome you. League play starts Oct. 13, 2026. Visit lacombecurling.com for league details and registration.

📞 403-782-6277 ✉ lacombecurling@gmail.com
🌐 lacombecurling.com 📍 5210 54 Ave Lacombe, AB

Discover Lacombe & District APP

The Discover Lacombe & District App is a great way to find and support local businesses around our communities!

Why
Download
Now?

- ✓ Business directory
- ✓ Local Organizations
- ✓ Local event updates
- ✓ All in one place



Passport to Christmas APP

The Lacombe & District Passport to Christmas App goes digital. Download the Open Rewards app now to start collecting entries to win up to \$2500 in Chamber Bucks on November 17.



Download on the
 **App Store**

GET IT ON
 **Google Play**



Lacombe PH Blackfalds PH (SIO)THERAPY Clinics

NOW OFFERING:

GLA:D™
CANADA

**GET MOVING.
GET BETTER.**

- SPORTS INJURIES
- PRE & POST-SURGICAL
- ORTHOPEDIC INJURIES
- TMJ & HEADACHES
- CONCUSSION
- BALANCE & VESTIBULAR
DISORDERS
- PELVIC FLOOR PAIN &
DYSFUNCTION
- MASSAGE THERAPY



**SCAN THE
QR CODE TO
BOOK NOW**



(403) 782-5561



GETBETTER.JANEAPP.COM

HEALERS NOOK

Student massages available

Starting in September!!

Massage Therapy 22+yrs

Direct Billing Available

5010-hwy 2A

Lacombe

780-781-7155

Evenings & Weekends



WHY FOOTBALL? → BECAUSE IT'S AWESOME!

Football might seem scary, but look ahead, football prepares our kids for something even scarier- **REAL LIFE!**

What kids gain:

CONFIDENCE~CHARACTER~ACCOUNTABILITY~PRIDE.



registration for 2026 season now open

Football gives kids confidence, discipline,
They learn about teamwork,
and develop perseverance.
They learn that success doesn't happen overnight
and that practice, effort, and determination
make a difference.
They learn how to work with others, communicate,
support their teammates,
experience winning *and* losing.

AND- THEY LOVE IT!



U5 2022/2023
U7 2020/2021
U9 2018/2019
U11 2016/2017
U13 2014/2015
U15 2012/2013
U17 2010/2011
U19 2008/2009
WOMANS LEAGUE

SEASON RUNS OCTOBER TO MARCH
PRACTICES WILL BE ONCE A WEEK WITH GAMES ON THE WEEKENDS

**INDOOR SOCCER
REGISTRATION
OPENS
AUGUST 10, 2026**

TO REGISTER





Rosedale **Valley Dance**

31 Years in Lacombe

NON-COMPETITIVE DANCE
DANCE for the *FUN* of it!

~Toddler to Teen~

*** Ballet * Tap * Jazz ***

*** Lyrical * Acro * Hip Hop ***

*** Contemporary ***

*** Musical Theatre ***

MODEST
COSTUMES

TASTEFUL
MUSIC

Classes begin Sept 14th 2026

www.rosedalevalleydance.ca

403-396-5132

30 Wildrose Street, Lacombe

Adult workout classes by Studio Movement:
studio.movement.co@gmail.com

New skills, lifelong friends and
unforgettable adventures are
waiting at Girl Guides



Girl Guides

Register your child today or learn more
about joining our valued team of volunteers:
girlguides.ca/joinus | 1-877-564-6188



bgc Wolf Creek

GREAT FUTURES START HERE



BSC BEFORE SCHOOL PROGRAM

- Grades K-6
- Online Daily Registration Required
- \$10.00/day
- Monday to Friday
- Government Subsidy Available
- Licensed Child Care

Location: Upper Elementary & Terrace Ridge Schools
Days: Monday - Friday
Time: 7:00AM - 8:15AM



ASP AFTER SCHOOL PROGRAM

- Grades K-6
- Online Daily Registration Required
- \$15.00/day
- Monday to Friday
- Government Subsidy Available
- Licensed Child Care

Location: Upper Elementary & Terrace Ridge Schools
Days: Monday - Friday
Time: 3:00PM - 5:45PM



SOD SCHOOLS OUT DAY PROGRAM

- Grades K-6
- Online Daily Registration Required
- \$45.00/day
- School PD days
- Follows the Wolf Creek School Division Calendar
- Government Subsidy Available
- CLOSED Dec. 21-Jan. 4
- Licensed Child Care

Location: Upper Elementary & Terrace Ridge Schools
Days: No School Days
Time: 7:00AM - 5:45PM

FREE!



YOUTH PROGRAMS GRADES 7-12

LEARN ON

- Tues. & Thurs.
- 3:30PM-5:30PM
- Tutoring, homework, & academic help

THRIVE

- Wednesdays
- 3:30PM-5:30PM
- Mental health & relationship building awareness
- Fun times with friends

DROP-IN

- Fridays
- 3:30PM-6:30PM
- Video games, computers, board games, hang-out with friends, etc.
- Safe & inclusive

Location: 3340 50 Ave. Real Entrance Brown free Building

OUR PROGRAMS OFFER SAFE, SUPPORTIVE SPACES WITH ORGANIZED ACTIVITIES, INDOOR & OUTDOOR PLAY, SNACK & FUN FOR YOUR CHILD!



**QUESTIONS?
WE'RE HERE!**

403-704-4216 / 403-783-3112
admin@bgcwolfcreek.com



COMMUNITY



"TEACHERS ARE
HIGHLY SKILLED AND
COMPASSIONATE" -
JEN B



DANCE WITH US
MDC
MADDOXDANCE.COM



CREATIVITY



CONFIDENCE



"FOSTERS
PERSONAL
GROWTH AND
DEVELOPMENT"
- PAULA B

"FANTASTIC
STUDIO
CULTURE"
- JENNIFER L



LACOMBE, ALBERTA



Dancer's

EDGE STUDIO LTD



FALL REGISTRATION

Recreational & Competitive
Dance & Aerial

Building confident dancers &
aerialists and lifelong memories
in a fun, family atmosphere.

Future Star Program
Ages 2.5-6yrs
4 Months

Club Program
Ages 7yrs+
4 months

Competitive Program
Ages 5yrs+
9 Months

**In-Person Registration
Days**

AUG 25-26th 3-7pm

www.dancersedgestudio.ca

5404 56 Ave Lacombe





SUNDAY SERVICE & FELLOWSHIP
10:30 AM, ALL ARE WELCOME!

CHOIR PRACTICE WEDNESDAY
EVENINGS, WE ARE ALWAYS
LOOKING FOR NEW MEMBERS!



➤ **FOOD** ➤ **FAITH** ➤ **FAMILY** ➤ **FUN**

First Friday of the month 5-7 pm,
updates on our webpage events

YOUTH GROUP KICKOFF SEPT 18,
6:30-8:00 PM THEN MONTHLY
EVERY 2&4 FRIDAY

403-782-3148
www.lacombeunitedchurch.ca
standrewslacombe@gmail.com



LACOMBE

ESTB 2023

PICKLEBALL

CLUB

Join the fun, a great way to be active,
meet new friends and learn a new sport.

Weekly club play, lessons, adult and
family times.
Starting date TBA

Club Membership & Information:

www.lacombepickleball.org

info@lacombepickleball.org

GET CREATIVE @

Create.
a maker studio

the creative hour
ADULT ART CLASS

CREATIVE
SOCIAL
CLUB

PD ART
SOCIETY

ART
MOVIE
PICKN
NIGHTS

HOMESCHOOL
ART CLASS

after School
ART CLUBS

KIDS, TEENS, ADULTS, SENIORS

We firmly believe that art is for everyone. Our studio provides a welcoming space to express yourself, relax your mind, and rediscover your inner child through the joy of hands-on making. We cater to all generations, offering guided art classes for kids, teens, adults, and seniors. At Create., we believe in process over perfection. There is no pressure to make something flawless; we focus on the joy of creating without judgment.

MORE
INFO



INSIDE THE LACOMBE PERFORMING ARTS CENTER



LACOMBE PERFORMING ARTS CENTRE



**OCT 4: BANGS,
BOBS & BANTER**



**NOV 6: THE
UNFAITHFUL
SERVANTS**



**NOV 15: DUELING
IMPERSONATORS**



**DEC 5: A
DIVAS
Christmas**



**JAN 17: I DON'T
BELONG HERE**



**MAR 19: TEEGAN
LITTLECHIEF**



**APR 24: TRIO
FIBONACCI**

26-27
SEASON
SEASON
SEASON

**TICKETS ON
LACOMBEPAC.COM**

**5227 C&E TRAIL, LACOMBE
WWW.LACOMBEPAC.COM
430-588-4386**



Time to get creative!



LACOMBERARTGUILD.CA

403 741 7360 | thelacombeartguild@gmail.com

BECOME A MEMBER! \$45

Membership is open to ages 16+

Access to discounted workshops, classes, and lessons taught by local Albertan artists in a range of mediums, subjects, and styles.

Display your work for show and sale at local venues, and annual events like the Lacombe Encore Art Show & Sale.

Connect with other artists and learn new skills and techniques together! Monthly email updates on the latest news, events, and things on the go.



Second Annual LAG Retreat

SEPT. 19TH CASEY'S CABIN \$45

RRD 270A, LACOMBE, AB T4L 2E5

LACOMBERARTGUILD.CA

You're officially invited to come get creative!

What the day includes:

- A one year membership with LAG
- Watercolour class and demo on site
- Catered lunch
- Annual General Meeting
- Plein air painting on location
- Giveaway art themed draw



Ellis
Nature Centre

Open May 18 - Oct 15, 2026
Tuesday - Friday & Holiday Mondays
8am-6pm

ELLIS NATURE CENTRE

VISIT. RECHARGE. EXPERIENCE.



2026
Dates:

May 22 - Oct 15, 2026
Tuesday - Friday & Holiday Mondays
8am-6pm

www.ellisnaturecentre.ca

info@ellisnaturecentre.ca or 403 885 4477

39502 Range Rd 260, Lacombe County, T4L 1W7



**MARY C MOORE
PUBLIC LIBRARY**

CHILDREN'S PROGRAMS

Fall 2026

DROP-INS FOR LITTLES

Classes start the week of September 14th

BABY RHYME TIME:

0-12 MONTH-OLDS

WITH CARREGIVER

MONDAYS AT 10AM

30 MINUTES OF

STORIES/RHYMES/SONGS

SENSORY RHYME TIME:

1 & 2 YEAR OLDS WITH CARREGIVER

MONDAYS AT 11AM

TUESDAYS AT 10AM

30 MINUTES OF SENSORY

PLAY/SONGS/STORIES

REGISTERED CLASSES

Classes start the week of September 7th

STORY TIME:

3-5 YEAR OLDS

WEDNESDAYS AT 10AM OR 11AM

OR 1PM OR

THURSDAYS AT 10AM OR 11AM

1 HOUR OF

STORIES/SONGS/CRAFTS/PLAY

READING CLUB 1 (RC1):

6-8 YEAR OLDS

TUESDAYS AT 3:45PM

1 HOUR OF

STORIES/CRAFTS/READING

CHALLENGES

READING CLUB 2 (RC2):

9-13 YEAR OLDS

THURSDAYS AT 3:45PM

1 HOUR OF

STORIES/CRAFTS/STEM/GAMES/

CHALLENGES

HOME SCHOOL READING

CLUB (HSRC):

6-13 YEAR OLDS

TUESDAY AT 1PM

1 HOUR OF

STORIES/CRAFTS/READING

CHALLENGES

NEW!

**REGISTER
ONLINE!**

**BEGINNING AT NOON ON
SEPTEMBER 2ND**
www.lacombelibrary.com

REDS RUNNERS

FREE TO ANYONE WANTING TO RUN
OR RIDE- BIKES ARE NOT INCLUDED

REDS RUNNERS

TRAIL BIKE GROUP 6:30 Start

The 'Reds Bikers' meet every Monday for a weekly drop-in trail ride.

Contact: Will Steele 403-786-9229

WALK OR RUN GROUPS 6:30 Start

The 'Reds Runners' meet every Wednesday for a weekly drop-in trail run/walk.

Contact: Doug MacIsaac 403-358-6373
Dogs and strollers welcome.

LOCATION IS THE REDS SOURCE FOR SPORTS



BIKE SHOP
AT #20 7102-52 STREET,

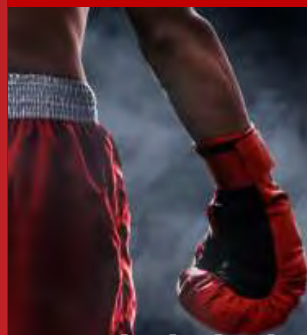
Doug MacIsaac
403-358-6373.

THE SHADOW BOX

4823 45a St. Lacombe, Ab

TRAINING FOR COMPETITIVE
AND RECREATIONAL BOXERS.

No experience necessary.



Trevor MacKinnon
Head Coach
780 296 5929
Dana MacKinnon
Club Manager &
Coach 587 306 0069



www.theshadowboxplus.com

Theshadowboxlacombe@gmail.com



Programs for ages 8+



THE
OUTPOST
TRAINING CENTRE

LOCATED IN LACOMBE AB

THE OUTPOST TRAINING CENTRE

Start anytime!

what we offer:



Kids Classes

Brazilian Jiu-jitsu



Kickboxing/ Muay Thai
NEW: Karate

Free trial week for
all new participants!

NEW:

- Classes for seniors
- Lunchtime sessions
- Wellness/Fitness classes
- Check out the website for class listings and rates

Women Self Defense
6wk programs
NEW: Seniors Self defense
Watch website and
facebook for details



- All levels welcome
- No experience needed
- Fun and Invigorating classes
- Contact us to get started!

www.theoutposttrainingcentre.com
theoutposttrainingcentre@gmail.com



Lacombe Square Dance Club



Tuesdays 7:00 – 9:00 pm
Starting September 15
5024 -53 Street
Lacombe, AB

+ **Lively Music**

+ **Exciting Moves**

+ **Loads of Laughter**

+ **Dress Casual**

+ **Great Family Activity**

+ **No Partner Necessary**

+ **Dancing for the Young and Young at Heart**

+ **Where Fun and Fitness Come Together**

+ **Meet New Friends**

First 3 Lessons in September - FREE

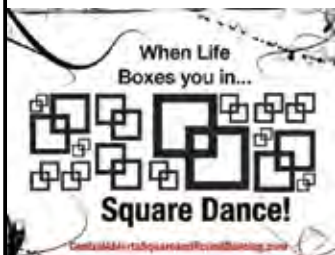
Contact: Joanne@ 403.542.8009

or

Thelma @ 403.597.4057

Website:

CentralAlbertaSquareAndRoundDancing.com



Lacombe Kozy Korner Community Centre

SEMINAR PROGRAMS

Thurs Sept 24

Energy & Global
Warming

Thurs Oct 22

Thurs Nov 19

Thurs Dec 3

Programs start at 2:00 p.m.

Upcoming topics:

*Retirement & Financial
Planning, Computer Use*

& AI and The

Healthcare Dilemma

Coffee and snacks provided - Admission is free



5024 53 Street Lacombe AB

Tuesday Seniors Dinners \$10
Dinners start up Sept 15

Kozy Korner Activities:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Activities	<u>Crib</u> 9-12 noon <u>Billiards</u> 9:30-11:30	<u>Crib</u> 9-12 noon <u>Billiards</u> 9:30-11:30	<u>Crib</u> 9-12 noon	<u>Crib</u> 9-12 noon <u>Billiards</u> 9:30-11:30	<u>Crib</u> 9-12 noon <u>Billiards</u> 9:30-11:30
Afternoon Activities	<u>Bridge</u> 1:00-4:00	<u>Seniors Dinner</u> 12 noon <u>Canasta</u> 1:30-4:00		<u>Cards</u> 1:00-3:30	
Evening Activities			<u>Crib</u> 7:00-9:00 <u>Lapidary</u> 7:00-9:00	<u>Crokinole</u> 7:00-9:00	

Kozy Korner welcomes seniors from Lacombe and surrounding districts to participate in our activities, make use of our accessible facilities and enjoy fellowship with friends and neighbours.

Facility available for rent

Visit our website: KozyKornerLacombe.ca

For rentals, call 403.350.6680 or email lacombekozykorner@outlook.com



PARKVIEW ADVENTIST ACADEMY

BELONG. BELIEVE. BECOME.

**PARKVIEW ADVENTIST ACADEMY IS A
CHRISTIAN HIGH SCHOOL FOR GRADES 10-12.**

**WE CREATE A SAFE AND FRIENDLY SPACE
WHERE STUDENTS CAN LEARN CONFIDENTLY,
CELEBRATE DIVERSITY, DISCOVER JESUS,
SERVE OTHERS, AND FORM LASTING
CONNECTIONS.**

ALL ARE WELCOME!



**REGISTER
TODAY!**

**VISIT OUR WEBSITE
TO LEARN MORE.**



**CONTACT US IF YOU
HAVE ANY QUESTIONS
OR WANT A TOUR.**



www.paa.ca | office@paa.ca | 587-815-8800
5102 College Ave. Lacombe, AB



Clive is a friendly, active community of over 800 residents, located just north of Highway 12 and 15-minutes east of Lacombe, offering the charm of country living with convenient access to all amenities.

Village Office
403-784-3366
www.clive.ca

Check us out on Facebook & Instagram

Recreation

- **Outdoor Rink**-Everyone is welcome!
- **Arena** -For public skate times and upcoming events check out the Clive Athletic & Agricultural Society Facebook.com/groups/104509926326142
- **Curling**- Looking for teams to join our mixed leagues—a fun way to stay active and socialize this winter!
Contact: Linda 403-304-7234



Events

- **Alberta Day Celebrations:**
Taste Of Clive - August 28th 6-8pm
Movie in the Park - August 28th 8:30pm
 Located at Centennial Park and Clive Soccer Field.
Fire Works- to follow movie in the park!
- **Village Wide Garage Sale** -
 Saturday Sept 12th. Map found at clive.ca
Contact: clerk@clive.ca
- **Clive FrostFest Week 2026** – Dec 1st to 5th
 Watch for posters and updates on our Facebook page or clive.ca
Activities Include: Clive Christmas Craft Sale, FCSS Frost & Friendship Seniors Tea, Christmas Family Bingo, Wagon Rides, Photos with Santa & more!

Programs

- **Clive Public Library** – for events please check out facebook.com/clivepubliclibrary or call 403-784-3131.
- **Clive FCSS**
 Open Tuesday and Thursday – 8:00am to 4:00pm (closed for lunch).
Contact: clivefcss@lacombefcss.net or call 403-784-2020.
- **Little Red Hen Playschool**
 Tuesday & Thursday mornings.
Contact: Ms. Heather at clivelittlehen@gmail.com
- **Adventist Community Centre**
Contact: Darlene 403-784-2283
- **Clive Food Bank**-Wednesday's 5pm-6:30pm
Contact: 403-505-9288
- **McMan Central Lacombe and Area Family Resource Network**
Contact: fmlacombe@mcmancentral.ca



Crossroads Family Services
main@crossroadsfs.ca
 780.430.7715



Foster Parent Info Session



Free Caregiver Webinar



Crossroads Family Services offers free information sessions and webinars for those considering fostering or caregiving. Contact us or scan the QR code(s) to get started!

COMMUNITY FIT PHYSIOTHERAPY CLINIC & SPORTS INJURY REHABILITATION

LOCATION: Bay-4, 526 5, 45th Street, Lacombe, AB-T4L2A2.



email: communityfit_ptc@yahoo.com

www: www.communityfitpt.com

Phone: 1403)786-9777 **Fax:** 1403)786-9559

SERVICES OFFERED

- * Shockwave Therapy * Dry Needling/ IMS * WCB Injuries * MVA Injuries *
- * Gait Scan Analysis and Orthotic Assessment Trained * Manual Therapy *
- * Concussion Management & Advanced Vestibular Rehabilitation *
- * Active Release Techniques (ART) / Myofascial Release * K-Taping for Sports Injuries *

Venkata. P. GL (Pubby), PT,

DPT, MSc.PT (Sports), ISDNPM, CRPT, CMT, EMT, K-tape Specialist.,

Gait Scan Analysis and Orthotic Assessment Trained,

Concussion Management Trained &

Advanced Vestibular Rehabilitation Specialist.





Scan QR code to book facility or for more info and events



Our Facility:

- Open to the public
- Multi-sport rubberized field
- 4 change rooms, 4 meeting rooms
- Basketball & pickleball courts



Check the website for upcoming football games!

Lacombe Memorial Trail Run

Check the website for run options and prices!

Register today and support the

Athletic Park

Volunteers Needed!

Sign up here!



WOLF CREEK COMMUNITY CHURCH

SUNDAYS @ 10AM

4110 WOLF CREEK DRIVE @ HIGHWAY 12

PASTOR RICK ABMA

WOLFCREEKCHURCH.CA

403-782-4563

"Wolf Creek Community Church exists to reach out and enfold people for Jesus, together becoming devoted disciples of Him"



ANNUAL COMMUNITY CHRISTMAS EVE EVENT DECEMBER 24 - WATCH FOR ADVERTISING TO COME

MOMTIME BEGINS SEPTEMBER 10, 2026

WE OFFER A WIDE RANGE OF MINISTRIES AND WEEKLY PROGRAMS

- CHILDREN'S MINISTRIES
 - SUNDAY SCHOOL
 - PRE-SCHOOL
 - GRADES 1 - 3
 - GRADES 4 - 6
 - YOUTH (GRADES 6 - 12) - BI-WEEKLY MONDAYS @ 7PM
- WOMEN'S MINISTRIES
 - MOMTIME - THURSDAYS @ 9:15AM (SEPTEMBER - APRIL)
 - LADIES FELLOWSHIP - BI-WEEKLY SATURDAYS @ 9:30AM
- MEN'S MINISTRIES
 - MEN'S BREAKFAST - SATURDAYS @ 7AM
 - BAND OF BROTHERS - MONDAYS @ 7PM
- PRAYER MINISTRY
- SMALL GROUPS
- HANDS & FEET SUNDAYS (SPRING & FALL)

For more information please check out our website or call the office.
You can also find us on Facebook

Lacombe Palliative Care Society

Invites you to the annual:

Day of Remembrance

honour a loved one this holiday season
by bringing an ornament to place on a remembrance tree

December 6th at 1:30 PM

KOZY KORNER

Ensuring everyone has access to quality and compassionate palliative care

✉ Email: lacombepalliativecaresociety@gmail.com

🌐 Website: www.lacombepalliativecare.ca



Phone: 1-403-913-4736



“ENGAGE. INSPIRE. INNOVATE.”

The Action Group is a registered non-profit organization that provides a variety of community support programs in Lacombe and throughout Central Alberta. The Agency was founded in 1976 and has been going strong for over forty years.

The Action Group operates with a Board of Directors through funding provided by various government departments, fundraising and donations.

Services to People with Developmental Disabilities:

- Residential Services
- Outreach Services Learning Circle
- Community Access
- Employment Support Services
- Enhanced Housing
- Gateway Pre-employment Program
- Step Down Program
- Family Services for Children with Disabilities



Lacombe Office

#4 Iron Wolf Blvd.
Lacombe, AB, T4L 2K6
Phone (403) 782-5531
Fax (403) 782-7073

Red Deer Office

462048th Ave
Red Deer Alberta
Phone (403) 358-7816
Fax (403) 348-0043

Stettler Office

4804-50th St.
Stettler AB
Phone (403)-743-0198

Castaways

A huge selection of gently used clothing, furniture and household goods.

4420 Heritage Way
Lacombe, AB, T4L 2K1
Phone (403) 782-1456

“Lacombe’s Favourite Thrift Store!”

Lacombe & District Employment Service Centre

A full service employment centre in the Lacombe Centre Mall offering labour market expertise and support to job seeking Albertans and local employers.

If you are looking for a job, we can help.

Office Location

Bay 16, 5230 45th Street
Lacombe, Alberta, T4L 2A1
Phone: (403) 786-0044 Fax: (403) 786-0014

Looking for part-time/ weekend employment?

CONSIDER A CAREER WITH THE ACTION GROUP

Looking for dedicated and talented people to join our dynamic team of professionals.

TRAINING PROVIDED

Please email your resume to our Human Resources department at:
recruitment@action-group.org

Please check out our website at www.action-group.ca

EAGLE



HEATING

- Hot Water Tank Repair/ Replacement
- Furnace Repair/ Replacement
- Modular Home Specialists
- Heating
- Air Conditioning
- Plumbing
- Boilers



BOOK NOW



403-872-0843

mike@eagle-heating.ca

EAGLE ADVANTAGE PROGRAM:

- NO SERVICE CALL FEES
- NO PARTS FEES

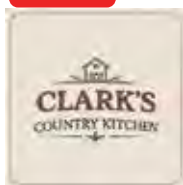
ASK US HOW TO JOIN!

www.eagleheating.ca



RESTAURANTS **YUMMY** IN THE AREA **Eats!** In the County of Lacombe



LACOMBE   	LACOMBE  
LACOMBE  Locally-minded, community-focused craft brewery on the east side of sunny Lacombe. 	LACOMBE   "Serving breakfast, lunch and dinner. And the best donuts and coffee around"
BLACKFLADS   Serves fresh, locally sourced Western and global cuisine	BLACKFLADS   "Dine in with us and your kids can enjoy a FREE KIDS PIZZA every day."
MIRROR  	MIRROR   Clark's Country Kitchen-An "At Home Dining Experience" while you are out and about! See You Soon
CLIVE   The Prairie Fire Cafe is the place to create lasting memories and friendships.	BENTLEY   Daily selection of locally roasted coffees, teas & house made goodies made with local ingredients.

I am on a seafood diet. I see food, and I eat it!



PLAY ALL DAY AT KRAAY!

Unforgettable adventures and farmtastic fun await!
Open mid-July to mid-October, only 5 minutes West of Lacombe.



OVER
40

ACTIVITIES & ATTRACTIONS
LEARN MORE AT KRAAYFAMILYFARM.COM

CONNECT
gull lake centre

A large, two-story building with a green roof and extensive glass windows and doors. It has a balcony with white railings. The building is surrounded by tall evergreen trees and a grassy lawn with some outdoor furniture.

Experience the beauty of Gull Lake Centre.

Gull Lake Centre is designed with
event flexibility in mind.

Our incredible facilities and amenities can be used by
groups from 20-250 people. Whether you are planning
a conference, retreat, or family reunion, our space is
versatile and accommodating.

We are open year round for event rentals! For more
information on pricing, specific amenities and rental spaces,
visit

gulllakecentre.ca/rentals

