

TIME TO START



# Fall DON'T 2025 HIBERNATE

The County of Lacombe Community  
Resource and Activity Guide



## Would you like...

- Support with your job search?
- Assistance with your resume?
- To post a job?



**Our Employment Counsellors are here  
to support you!**

**We are OPEN:**  
8:30 am - 4:30 pm  
Monday - Friday

## Lacombe Employment Centre

Employers, we offer free job boards and meeting rooms  
for you to hold Hiring Fairs



**Canada** 



*Alberta* 

**Visit us:** [www.lacombeemployment.com](http://www.lacombeemployment.com)  
403.786.0044

Bay 16, 5230 - 45 Street, Lacombe Centre Mall



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[WWW.CLLLA.COM](http://WWW.CLLLA.COM)

# WHY ADVERTISE WITH IN THE DON'T HIBERNATE?

## WHY?

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!

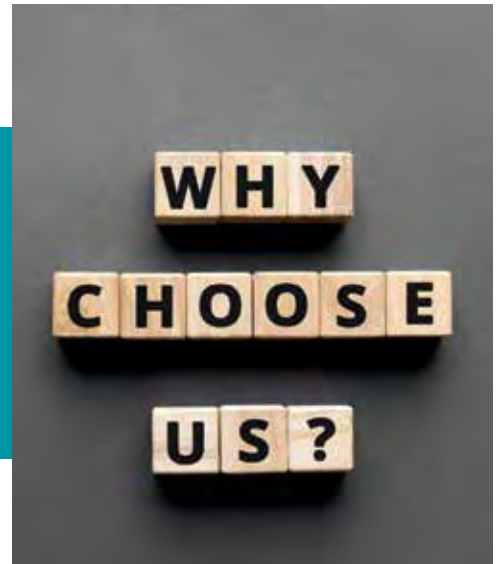
The book is distributed throughout the City of Lacombe and the Lacombe County including: Lacombe, Alix, Bentley, Blackfalds, Clive, Eckville, Mirror, and Tees.

### 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.



**SHORT SURVEY TO  
HELP US IMPROVE  
THE DON'T  
HIBERNATE**



## CONTACT US FOR INFO

Dani Ducross

Executive Director CLLLA

(403) 782- 7955

[office@cllla.com](mailto:office@cllla.com)



# BENEFITS OF ADVERTISING IN DON'T HIBERNATE

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Ads are full colour and delivered via Canada Post and found online on our website and facebook pages



### WHY?

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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.**

**BOOK YOUR AD  
SPACE WITH QR  
CODE**



### **DEADLINE FOR ADS WINTER 2026:**

- Deadline for space is Dec. 3rd
- ADS in by Dec. 5th

### **SPRING/SUMMER 2026:**

- Deadline for space is Apr. 6th
- ADS in by Apr. 12 th

## Don't Hibernate Advertising Information

**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"**

**Get in Touch with Us:  
office@cilla.com**

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



5340 45th St Lacombe AB



(403)782-7955



www.cilla.com

COUNTY OF LACOMBE



LIFELONG LEARNING ASSN.

# Hello!

## All About CLLA

### The County of Lacombe Lifelong Learning Association

#### ABOUT CLLA

CLLLA is non-profit organization that has provided adult learning opportunities for the County of Lacombe for over 40 years. CLLLA 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@cllla.com



5230 45th ST Lacombe, AB

#### 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**

CLLLA 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

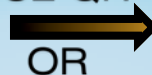
office@cllla.com

# how to REGISTER FOR A CLASS at CLLLA

**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!**

**Step 1:**  
**USE QR**



**OR**

Email [office@cllla.com](mailto:office@cllla.com),  
call (403)782-7955 or  
pop in to 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](mailto: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!!!

### September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

### December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**Holidays**  
**Sept-Dec 2025**

**Labour Day :**  
Mon. Sept. 1  
**Truth&Rec Day:**  
Tue. Sept. 30  
**Thanksgiving:**  
Mon. Oct. 13  
**Halloween:**  
Fri. Oct. 31  
**Remembrance**  
**Day:**  
Tues. Nov. 11  
**Christmas:**  
Thurs. Dec. 25  
**New Years Eve:**  
Wed. Dec. 31



# COUNTY OF LACOMBE LI SFELONG LEARNING ASSOCIATION PROGRAMS



## HOW TO REGISTER:

1. Just call or email OR use the QR code.
2. Give us your name, email & phone # and we will add you to class list. If no date is set, we will let you know when we have one.
3. That's it. If class date listed doesn't work, let us know and we can get you in the next session



### Customer Service 101

*dates are flexible- contact us to set up a time*



Customer service is a skill that can be transferred to many areas of daily life. Learn how to interact in a positive efficient way.

**\$15/ 1.5 hr course**

### Public Speaking

*dates are flexible- contact us to set up a time*



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

**\$40/ 4 week session**

### Bookkeeping Basics

*start dates are flexible- contact us to set up a time*



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

**\$200/5 wk course**

### Basic Budgeting

*dates are flexible- contact us to set up a time*



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

**3 part class \$10/pp**

### ASL level 1 Tues. 6:30-8pm Starts Sept. 23

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

**Call for next class date**

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

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



### Travelers Spanish

*Tuesdays 6-8, call for next start date*



Learn common phrases and vocabulary to aid communication in Spanish,  
**5 wk course  
\$125**

### Beginner Spanish

*Thursdays 6-8, call for next start date*

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

**5wk course  
\$125**



### Conversational Spanish

*Thursdays 6-7, call for next start date*



Practice your conversational spanish. Must have prior knowledge of language

**5 wk sessions \$50**

### Beginner French

*Thursdays 6-8, call for next start date*

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

**8wk course  
\$150**





# COUNTY OF LACOMBE LIFELONG LEARNING ASSOCIATION PROGRAMS

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3. That's it. If class date listed doesn't work, let us know and we can get you in the next session



### Positive Thinking

*dates are flexible- contact us to set up a time*



This fun, reflective program explores way to practice positive thinking.

**\$20/pp (2hr class)**

### Goal Setting

*dates are flexible- contact us to set up a time*



Learn how to set goals that you can accomplish.

**\$20/pp (2hr class)**

### Self Confidence Workshop

*dates are flexible- contact us to set up a time*

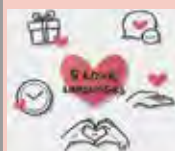


A workshop to help you work on ways to achieve more confidence

**\$20/pp (2hr class)**

### What's your Love Language?

Saturday Oct. 25<sup>th</sup> 1-5



Learn your love languages and of the ones you care about. Connect better with family, friends & partners .

**4 hr course \$60- for 2pp**



### Best Start

*start anytime ~ Mon- Fri, 7-7:30am*

This is an online program to help get you off on the right track every day(or any day you like). Includes gratitude exercises, stretching, and self improvement tips. Registrants will get a zoom link sent daily. **\$20/pp**

### Working with Volunteers/Staff

Thurs. Sept. 25 OR Fri. Oct. 24, 1-4pm



*dates are flexible- contact us to set up a time*

This session is designed to help with working with people in a variety of capacities **\$30**

### End of Life Planning

Saturday Nov. 1 10-12



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

**\$10/pp**

includes refreshments

### Wills and Estates

Thurs. Nov. 6 6-8pm



Presentation and Q&A on wills and estate planning.

**\$10/pp**

includes refreshments

### Financial Literacy Course

*dates are flexible- contact us to set up a time*

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

**3 part class \$10/pp**



### 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 PROGRAMS

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### Learn to Crochet

*dates are flexible- contact us to set up a time*



Learn to crochet and bring home a dishcloth..

**\$25- includes all materials**

### Christmas Crafts & Re-gift it Sale

Thursday Nov. 27 4:30-6 & Friday Nov. 28 1-4pm



Join us before the parade for a re-gift it sale and \$5 Christmas craft station.

**\$5/pp**

### Decoupage Decorations

Friday Oct. 17 1-3pm OR Saturday Oct. 18<sup>th</sup> 1-3pm



Learn to decoupage.

**\$45- includes all materials**

### Paper Jewelry Making

Thurs. Nov. 6 May 5-9pm



Join us in creating your own artfully designed jewelry made out of paper. All materials are provided

**\$40/pp refreshments provided**

### Caligraphy

Thursday Nov. 13<sup>th</sup> & 20<sup>th</sup> 1-3pm OR 6-8pm



Learn the basics of Caligraphy to complete a project of your choice.

**\$40/pp materials included**

### Essential Oils

Tuesday Nov. 18<sup>th</sup> 6-8pm



Learn about using different essential oils for natural remedies and aromatherapy.

**\$20/pp**

### Entertaining Ideas

Friday November 14 6-8pm



A fun and interactive course to help you generate new ideas for entertaining and get the chance to brainstorm with others.

**\$25/pp refreshments/doorprizes included**

### Jelly Bellies (beginner bellydance)

Tuesdays Oct. 14-Nov. 25<sup>th</sup> 7-8pm



Learn basic techniques, mini routines and reap the benefits for your back mobility and toning in a fun class.

**\$60/pp- 6 classes**

### In the Kitchen- 101

Saturdays 10-12



Learn to Cook Classes:

**Oct. 18** "Chopped" making meals with what you have.

**Nov. 15** "casseroles", basic one dish meals.

**\$30/class**

### In the Kitchen - for fun!

Saturdays 10-12



Sweet Tooth Classes:

**Oct. 4-** Playing with Chocolate: dipped, formed, sipped.

**Nov. 29-** Shortbread and sugar cookies

**\$30/class**







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3. That's it. If class date listed doesn't work, let us know and we can get you in the next session



### Tech Tidbits:

Wednesdays 10:30am-12pm



mini lesson on technology:

**Sept. 24-** Using APPs

**Oct. 22-** phone settings

**Nov. 19 -** cleaning your device

**\$20/pp/session**

### Internet and Phone Scams

*dates are flexible- contact us to set up a time*



Learn to recognize scams in emails, on social media and through phone calls and what to do in these situations. **\$10/pp**

### Using Social Media

*dates are flexible- contact us to set up a time*



Intro to social media:

Facebook

Instagram

Twitter & Snapchat

**\$20/pp/session**

### All About AI

*dates are flexible- contact us to set up a time*



Learn about and try online Artificial Intelligence (AI).

**\$20/pp/2 hr session**

### Wave Accounting

*start dates are flexible- contact us to set up a time*



Learn to use this free online accounting software. Bookkeeping basics is recommended prior to starting.

**\$150/pp**

### Intro to Microsoft Office

*start dates are flexible- contact us to set up a time*



Learn to use microsoft office:

Word Basics

Excel Basics

Powerpoint

**\$50/class(3 sessions/class) or \$100 for all 3**

### Canva Basics

*start dates are flexible- contact us to set up a time*



Learn to use the basic CANVA program for creating posters and marketing materials.

**\$50/2 session class:**

### Cloud Computing and Storage

*dates are flexible- contact us to set up a time*



Learn about using cloud computing for storage and sending files.

**\$20/pp**

### Computer Basics

*dates are flexible- contact us to set up a time*



A 4 session class that will ensure that you have the basics needed to using your computer for a variety of purposes.

**4 session course \$75**

### Coffee and Computer

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



Do you need a quick answer to a computer or device problem? Set up an appointment and we'll help you out.

**\$5 / session**



## 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



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			

### INDEPENDENT STUDY COMPUTER LAB HOURS:

**TUES. 10-12 & 6:30-8:30PM  
& THUR 10-12**

**For more information,  
contact us**



**Contact us to register:**



**(403)782-7955**

**office@cilla.com**



**(403)782-7955**



**OFFICE@CLLLA.COM**

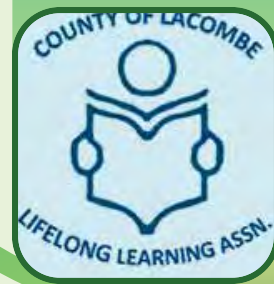


**WWW.CLLLA.COM**



THE COUNTY OF LACOMBE

# Adult Literacy Program



## ENGLISH LANGUAGE LEARNING (ELL/ESL)

### ENGLISH CLASSES

FALL CLASSES START SEPT 16 2025

- beginner-intermediate classes
- daytime and evening classes available
- cost is \$50
- classes are 2x week
- Assessment needed for ALL students for placement in class
- must be 18+
- **NO DROP-INS ACCEPTED**

### ELL/ESL TUTORING

START ANYTIME

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

## SKILLS IMPROVMENT PROGRAM

- one-on one or small groups
- individual goals-and plans
- flexible times, learn at your own pace
- Assessment needed for ALL students
- must be 18+

### 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

## 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.

## LOOKING TO VOLUNTEER?

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

## HOW TO REACH :US

Address: 5230 45th ST  
Lacombe Center Mall  
Phone: (403)-782-7955  
Email: [office@cllla.com](mailto:office@cllla.com)  
Website: [www.cllla.com](http://www.cllla.com)

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

**Make an apporintment to come and find out about our programs.**

**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



Sept. 15th **2025** Nov. 17th  
Oct. 20th **start dates:** Dec. 15th

STARTS AT 9AM  
DAILY

COME FOR 1 OR  
ALL SESSIONS

ONLINE OR IN PERSON FOR ADULTS 18+

GAIN  
CONFIDENCE

CAREER  
INFO

MARKET  
YOURSELF

GET  
PREPARED



NEW CAEC EXAM PREP

ACADEMIC EXPRESS

The NEW Canadian  
high school  
equivalency



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



## CAEC PREPARATION PROGRAMS 2025

CAEC PREPARATION SESSIONS:  
In-person /online delivery available  
Approx. 2.5 months long

Evenings: Tues-Wed-Thurs. 5-8 pm.  
Afternoons: Mon to Thurs. 1-4 pm

Register here



deadline to register for Sept- Dec class is Sept. 15th

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

-Canadian citizen

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

FOR MORE INFORMATION:

Visit us at: 5230 45th St Lacombe, AB Lacombe Center Mall  
(403)782-7955 office@cilla.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.



OLDS COLLEGE  
OF AGRICULTURE & TECHNOLOGY



Red Deer  
Polytechnic



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



## 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](mailto:OFFICE@CLLLA.COM) FOR MORE INFO**



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

**(403)782-7955**

**[OFFICE@CLLLA.COM](mailto:OFFICE@CLLLA.COM)**

**OR STOP BY AND SEE US  
IN THE LACOMBE CENTER  
MALL**



**DONATIONS ARE GREATLY  
APPRECIATED**



**We can help with your...**

## EMPLOYEE TRAINING NEEDS

**CLLLA OFFERS:**



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# FALL ACTIVE LIVING FAIR

AT THE  
LACOMBE MEMORIAL  
CENTRE

SEPT. 10~2025  
4:30-7:30 PM

**JOIN A CLUB, TAKE A CLASS, PLAY A SPORT,  
LEARN SOMETHING NEW, VOLUNTEER,  
CHAT WITH COUNCIL,  
OR JUST COME AND CHECK IT OUT!!!**

Would you like to be part of the action??

Book a table for \$20 register by QR code

or contact us: [office@cllla.com](mailto:office@cllla.com) or (403) 782-7955





"The Burman University School of Business developed my business acumen and empowered me to enter the workforce ready to make a difference."

**BREEANN BURGHARDT**



**BURMAN**  
UNIVERSITY

**BBA Marketing** \*NEW SEPT 2025.

**PROGRAMS OFFERED**

**BBA** Accounting, Human Resources,  
International Business Management

**BA** Business Administration (3Yr)

1-year Business Administration Certificate

2-year Business Management Diploma

**\$5,000** scholarship is available  
for new students enrolling in their  
first year at the Burman University  
in the School of Business. \*CONDITIONS APPLY.

For more information about The School of Business visit [burmanu.ca/requestinfo](https://burmanu.ca/requestinfo)

**Apply at [BURMANU.CA/APPLY](https://BURMANU.CA/APPLY)**      

\*January 2026 Registration Open



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## FACILITY HOURS

<b>Sun</b>	8:00 am – 10:00 pm
<b>Mon–Thu</b>	5:00 am – 10:00 pm
<b>Fri</b>	
Oct – Mar	5:00 am – 3:00 pm
Apr – Sept	5:00 am – 7:00 pm
<b>Sat</b>	
Oct – Mar	8:00–11:00 pm
Apr – Sept	Closed

## POOL HOURS

<b>Sun</b>	3:00–6:00 pm (open swim)
<b>Mon- Fri</b>	5:30–8:00 am (lane swim)
<b>Mon- Fri</b>	11:45 am – 12:45 pm (lane swim)
<b>Mon-Thu</b>	6:00 – 7:30 pm (open swim)
<i>Starting Oct 1</i>	<i>only Mon/Tue/Thu 6:00–7:30 pm</i>
<b>Tue &amp; Thu</b>	7:30 – 8:30 pm (lane swim)
<i>Starting Oct 1</i>	<i>also Wed 7:40–8:40 pm</i>
<b>Sat</b>	Closed

*\*Please always check our website for the current Pool Schedule*



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



**BURMAN**  
UNIVERSITY

6415 University Dr. Lacombe, AB  
Phone: 403.782.2822  
olgasadovoy@burmanu.ca  
www.burmanu.ca/pecentre



# JR. ACRO CLASSES

Ages: 5 y.o. & up

## **MONS & WEDS CLASSES**

Sept 22 - Dec 1

## **TUES & THURS CLASSES**

Sept 23 - Dec 2

### **PINK | RED | ORANGE**

4:00-5:00 pm \$300.30

### **YELLOW | GREEN | BLUE**

5:15-6:45 pm \$ 450.45



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.

Levels' Description & Online Registration:  
[www.burmanu.ca/pecentre/gymnastics](http://www.burmanu.ca/pecentre/gymnastics)



## **SENIORS FITNESS CLASS**

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

Oct 21 - Dec 2 (no class Nov 11)

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



## **HOME SCHOOL PE CLASS**

Sept 17 - Nov 19

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

Online Registration:

[www.burmanu.ca/pecentre/home-school-classes](http://www.burmanu.ca/pecentre/home-school-classes)



## **BEANS AND GREENS VEGAN COOKING CLASSES**

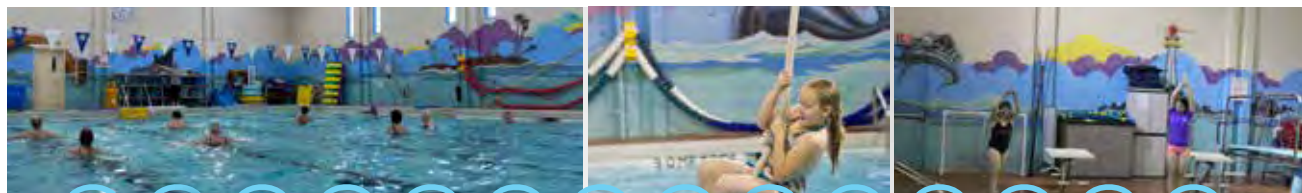
The classes will show you how to prepare simple, meat-free meals that can be simple, delicious and satisfying, and you will be able to sample the recipes that are demonstrated. Attendees will also receive a magazine, "A Practical Guide to Plant-Based Eating," to help with incorporating more plant foods into their diet. Classes are free, however, donations towards the cost of the food and supplies would be appreciated.

For more information, please email [vegancooking@burmanu.ca](mailto:vegancooking@burmanu.ca)

Oct 22 & Nov 19 | Weds | 7:00-9:00 PM | Free

FOR MORE INFORMATION PHONE **403-782-2822**

OR E-MAIL [olgasadovoy@burmanu.ca](mailto:olgasadovoy@burmanu.ca)



# Swimming Lessons

<b>MONDAY &amp; WEDNESDAY CLASSES</b>	Session 1: Sept 22 - Oct 20 (no class Oct 13)
	Session 2: Nov 3-26

<b>TUESDAY &amp; THURSDAY CLASSES</b>	Session 1: Sept 23 - Oct 23 (no class Sept 30, Oct 14)
	Session 2: Nov 4 - Dec 2 (No class Nov 11)

Preschool 1 2 3 4 5	4:00-4:40 pm	\$47.00
Swimmer 1 2 3 4 5 6	4:45-5:25 pm	\$47.00
Rookie   Ranger   Star Patrols	5:30-6:30 pm	\$62.00



## SWIMMING LESSONS FOR ADULTS

Oct 19 - Dec 7  
Sundays | 6:00-7:00 pm  
\$70.00

## PRIVATE SWIM LESSONS

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

## AQUACIZE

MON / WED / FRI | 9:00-10:00 am

**ONLINE REGISTRATION:** [www.burmanu.ca/pecentre/lessons](http://www.burmanu.ca/pecentre/lessons)

## LIFESAVING INTERMEDIATE FIRST AID

Sep 3 - Oct 15  
Mons & Weds | 4:15-6:30 pm  
\$165.00

## RECERTS

Sept 14 - Sunday  
**NATIONAL LIFEGUARD:** 8:00 am - 12:00 pm  
**INTERMEDIATE FIRST AID:** 1:00 - 5:00 pm  
\$70.00 for one, \$110.00 for both

## LIFESAVING BRONZE MEDALLION & BRONZE CROSS

Oct 20 - Dec 1  
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.*

## SWIM FOR LIFE SWIM INSTRUCTOR

Sept 2 - Dec 2  
Tues & Thurs | 4:15-6:30 pm  
\$330.00  
*Prerequisites: Bronze Cross, current Intermediate First Aid (or Equivalent), and minimum 15 years of age.*

FOR MORE INFORMATION PLEASE PHONE **403-782-2822** OR E-MAIL [olgasadovoy@burmanu.ca](mailto:olgasadovoy@burmanu.ca)



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

- **Develop skills and confidence, gain work experience**
- **Meet new people, network, and help others**
- **Influence your community, find purpose and fulfillment**
- **Connect your family with the community**
- **Enrich your mental, social and physical wellbeing**

For more information on volunteering visit:  
[www.lacombe.ca/volunteer](http://www.lacombe.ca/volunteer)

For local volunteer opportunities visit:  
[www.volunteercentral.ca](http://www.volunteercentral.ca)

## Contact Info:

**City of Lacombe  
Recreation Services**  
e-mail: [recreation@lacombe.ca](mailto:recreation@lacombe.ca)  
on-line: [www.lacombe.ca](http://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](http://lacombe.ca/communitycontactlist)

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# ARTS & CULTURE

# 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

Leanne Simpson . . . . . 403-877-5505

### 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

Daniel Becker . . . . . 403-782-3933

### LACOMBE & DISTRICT HISTORICAL SOCIETY

Daniel Becker . . . . . 403-782-3933

### LACOMBE FILIPINO 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

For a community of our size, our public art collection is unrivalled! Lacombe's collection has over 420 works of art with a value over half a million dollars, and you can see what's on display at City Hall and the LMC.

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](http://www.lacombe.ca/murals)**



*The Shredder*  
by Angie Rees



*Elevators Ascending*  
by Voyager Art & Tile



*Police Officer*  
by Nathan Scott

## DONATIONS OF ART

Are you downsizing and have original artwork that won't fit into your new home, or do you have a beautiful piece of art that you would like to share with the public? Perhaps you have family members who have passed on and you don't know what to do with their art collection. We hope you will consider donating the art to Lacombe's Art Collection. We have received many fabulous donations from local families, whose generosity has been heartfelt and inspiring. Each piece accepted into the collection will receive a tax-deductible donation receipt. Call 403-782-1258 for more information.



*Doc & Dolly: Donated by Ruth Moore*

# 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 Community Foundation of Central Alberta.

Cheques made payable to "Lacombe Arts Endowment Fund" can be mailed to:

Community Foundation of Central Alberta  
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 403-782-1258  
or email: [mmackenzie@lacombe.ca](mailto:mmackenzie@lacombe.ca)



Christina Sturgeon,  
Lacombe Arts Endowment  
Grant Recipient



Donate Here!



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# 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](http://www.lacombe.ca/murals)



Donate Here!



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# KINSMEN AQUATIC CENTRE

## ADVANCED COURSES

- Bronze Medallion/CPR-C – Oct 2-16 (Tues & Thur), 4:30-8:30 pm
- Bronze Cross/Intermediate First Aid – Oct 19-Nov 16 (Sun), 9:00-5:00 pm
- Lifesaving Swim Instructor – Nov 4-27 (Tues & Thur), 4:00-9:00 pm
- First Aid Instructor – Nov 4-5 (Tues & Wed), 9:00-5:00 pm
- National Lifeguard Instructor – Nov 6-7 (Thurs & Fri), 9:00-5:00 pm
- National Lifeguard – Nov 23-Dec 21 (Sun), 9:00-5:00 pm
- Lifesaving Instructor – Dec 29-30 (Mon & Tues), 9:00-5:00 pm (Must have Swim Instructor Certification)

## RECERTIFICATIONS

- National Lifeguard – Oct 5 (Sun), 9:00-1:00 pm
- Intermediate First Aid – Oct 11 (Sat), 9:00-5:00 pm
- Intermediate First Aid – Dec 6 (Sat), 9:00-5:00 pm
- National Lifeguard – Dec 23 (Tues), 3:00-7:00 pm

For dates, times, and more information, visit [Lacombe.ca/KACadvancedcourse](http://Lacombe.ca/KACadvancedcourse)  
Register online at [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com)

## JUNIOR LIFEGUARD CLUB/LIFESAVING SPORT

\*NEW categories this year-see description below



### A swim club for all ages!

**Beginner** (Foundations and Fun for all ages)-must be able to confidently swim 1 length of the pool

- o Sundays and Thursdays (2x/week)

**INTERMEDIATE** (Skills and Recreation-all ages)-must be able to swim 4 lengths of the pool consistently

- o Sundays and Thursdays (2x/week) OR
- o Sundays, Mondays, and Thursdays (3x/week)

**ADVANCED** (Competition and Leadership-14+ years)-must turn 14 before provincials in April

- o Sundays, Mondays, and Wednesdays (3x/week)

### ADULT

- o Sundays AND/OR Tuesdays (1 or 2x/week)

# SIGN UP!

Register online at [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com)  
For more information visit [www.lacombe.ca/jlc](http://www.lacombe.ca/jlc)  
Registration is now open!

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# KINSMEN AQUATIC CENTRE SCHEDULE

Schedule in effect from September 15 to December 20, 2025  
[www.lacombe.ca/pool](http://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](http://lacombe.ca/pool)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim & Parent & Tot 7:00-8:30am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am Water Fitness 7:45-8:45am	Lane Swim 6:00-7:30am 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	Schools 9:00-11:00am	Schools 9:00-11:00am	Schools 9:00-11:00am Parent & Tot Swim** 9:00-11:00 am	Swim Lessons (Fri only) 9:00-11:00am	Swim Lessons (including Teen & Adult) 9:00am-11:45am
	Parent & Tot Swim 11:00am-1:00pm	Swim Lessons (T&Th) 11:05am-12:45pm	Swim Lessons (W&F) 11:05am-12:45pm	Swim Lessons (T&Th) 11:05am-12:45pm	Swim Lessons (W&F) 11:05am-12:45pm	
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	AquaZUMBA 11:10-11:55am	Low Impact Fitness 11:10-11:55am	Private Pool Rental 12:00-1:00pm
Public Swim 12:15-4:00 pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	Lane Swim 12:00-1:00pm	
	Schools 1:00-3:00pm	Schools 1:00-3:00pm	Schools 1:00-3:00pm Parent & Tot Swim** 1:00-3:00pm	Schools 1:00-3:00pm	\$3 Public Swim 1:00-3:00pm	Public Swim 1:15-3:15pm
Swim Lessons 4:15-6:15 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm JLC-Adult 5:30-6:30 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons & JLC 3:30-6:30 pm	Swim Lessons 3:30-6:30 pm	Private Pool Rentals 3:30-4:30pm 4:45-5:45pm
	Public Swim 6:30-8:00pm	Public Swim 6:30-8:00pm	Water Walkway Public Swim 6:30-8:00pm	\$3 Public Swim 6:30-8:00pm	WIBIT Public Swim 6:30-9:00pm	WIBIT Public Swim 6:00-8:30pm
JLC (all levels including Adult) 6:30-8:30pm	Aqua ZUMBA & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm	Water Fitness & Lane Swim 8:00-9:00pm		

One lane is available Mon, Tues, Thurs from 6:30-9:00pm, & Wed from 8:00-9:00pm Statutory Holiday Swim Time 1:00-5:00pm

\*\* Parent and Tot swims are subject to cancelation due to school bookings.

Hot Tub available during lane swims and public swims only.

Purchase memberships & register for courses online at: [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com)

The pool will be **CLOSED** for scheduled maintenance from September 2 - 14, 2025.

**SAVE THE DATE! Halloween Bash- October 24, Time TBD, Volunteers Needed.**

LACOMBE - KINSMEN AQUATIC CENTRE

Pool Schedule: 403.782.1277

[www.lacombe.ca](http://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, 2025. 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.

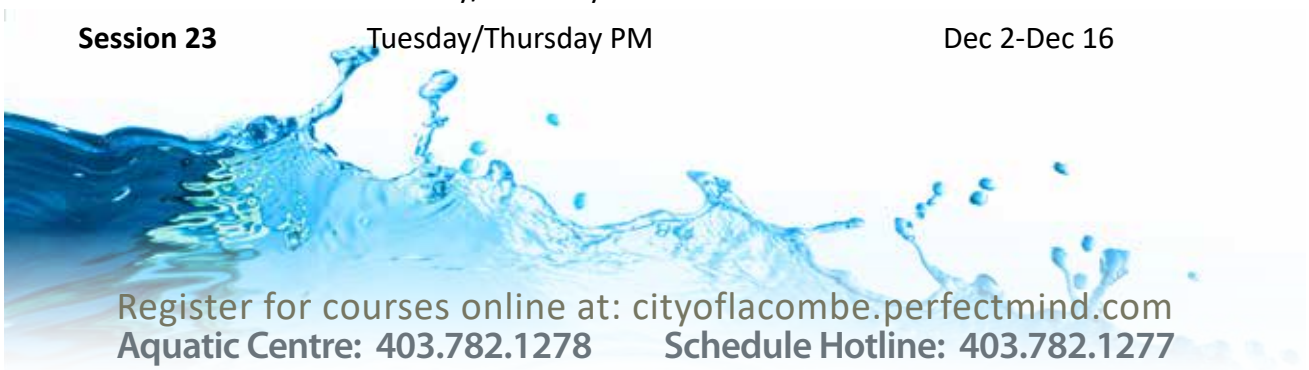
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# KINSMEN AQUATIC CENTRE

## FALL SESSION DATES

<b>Session 1</b>	Friday AM	Sep 19-Nov 7
<b>Session 2</b>	Friday PM (no class Oct 24)	Sep 19-Nov 14
<b>Session 3</b>	Saturday AM (no class Oct 11)	Sep 20-Nov 15
<b>Session 4</b>	Sunday AM and PM (no class Oct 12)	Sep 21-Nov 16
<b>Session 5</b>	Sunday PM (no class Oct 12)	Sep 21-Nov 16
<b>Session 6</b>	Monday PM (no class Oct 13)	Sep 22-Nov 17
<b>Session 7</b>	Tuesday/Thursday AM (no class Sep 30)	Sep 23-Oct 21
<b>Session 8</b>	Tuesday/Thursday PM (no class Sep 30)	Sep 23-Oct 21
<b>Session 9</b>	Wednesday/Friday AM	Sep 24-Oct 17
<b>Session 10</b>	Wednesday PM	Sep 24-Nov 12
<b>Session 11</b>	Tuesday/Thursday AM (no class Nov 11)	Oct 28-Nov 25
<b>Session 12</b>	Tuesday/Thursday PM (no class Nov 11)	Oct 28-Nov 25
<b>Session 13</b>	Wednesday/Friday AM	Oct 29-Nov 21
<b>Session 14</b>	Wednesday PM	Nov 19-Dec 17
<b>Session 15</b>	Friday AM	Nov 21-Dec 19
<b>Session 16</b>	Friday PM	Nov 21-Dec 19
<b>Session 17</b>	Saturday AM	Nov 22-Dec 20
<b>Session 18</b>	Sunday AM	Nov 23-Dec 21
<b>Session 19</b>	Sunday PM	Nov 23-Dec 21
<b>Session 20</b>	Monday PM	Nov 24-Dec 22
<b>Session 21</b>	Wednesday/Friday AM	Nov 26-Dec 19
<b>Session 22</b>	Tuesday/Thursday AM	Dec 2-Dec 16
<b>Session 23</b>	Tuesday/Thursday PM	Dec 2-Dec 16



Register for courses online at: [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com)  
Aquatic Centre: 403.782.1278      Schedule Hotline: 403.782.1277

# ECHO ENERGY ARENA

## Indoor Ice Skating Schedule

### 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 (on the back ice)

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

**Sundays:** 12:45pm - 2:45pm

*\*Some Fridays may be cancelled due to tournaments. (Visit [www.lacombe.ca/skating](http://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

September - March

Wednesday: 2:30pm - 3:30pm

Thursday: Noon - 1:00pm

Cost \$5.00/adult

### Adult Shinny Hockey

September - March

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](http://lacombe.ca/skating)**

## Youth Recreation Hockey

Registrations will begin at 8 am at the Arena or online at [cityoflacombe.perfectmind.com](http://cityoflacombe.perfectmind.com) September 22, 2025 & January 5, 2026

**\$100<sup>00</sup>** /child for 9 weeks

### Friday Session-Group 'A'

**Ages:** 10 - 13 years

**Time:** 8:30pm - 9:45pm

**Dates:** October - December, 2025

### Saturday Session - Group 'B'

**Ages:** 6 - 9 years

**Time:** 7:45pm - 9:00pm

**Dates:** January - March, 2026

Dates available online at: [lacombe.ca/rechockey](http://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- Strong roots. Fresh perspective.

# RECREATION

## COMMUNITY BUILDER PARTNERSHIP

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

**\$100,000**  
in available funds

Visit [www.lacombe.ca/grants](http://www.lacombe.ca/grants)



## 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](http://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.



# 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](http://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.

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# 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](http://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!

Last year Echo Food Rescue saved approximately 320,000 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) 782-1263  
[christina@echolacombe.ca](mailto:christina@echolacombe.ca)



## ONLINE VOLUNTEER HANDBOOK



If you are a volunteer or an organization that manages volunteers, [www.lacombe.ca/volunteer](http://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](http://www.lacombe.ca/volunteer)

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# COMMUNITY



## 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



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# ABC's of SOCIAL WELLNESS

## Participate in the ABC's to Improve Social Wellness in Lacombe

[www.lacombe.ca/socialneeds](http://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

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**LIGHT UP  
LACOMBE**

presented by  **Stantec**

**SAVE THE DATE**  
**November 26<sup>th</sup> - 30<sup>th</sup>,**  
**2025**

**Parade • Movie • Events**  
**• And Much More •**  
**For event details visit:**  
**[lightuplacombe.ca](http://lightuplacombe.ca)**



**COFFEE  
WITH  
THE CITY**

**Do you have a question or comment  
on how your city is run?**

Come discuss your concerns, suggestions and ideas with City Staff over a cup of coffee.

**WHEN:** **Wednesday, September 10, 2025**  
4:00 p.m. to 7:30 p.m.

**WHERE:** **Lacombe Memorial Centre**  
5214 50 Ave

**Visit us at the Active Living Fair!**

# UPCOMING EVENTS



## Recycling Roundup

STARTS NOW!



ELECTRONICS



PAINT



HOUSEHOLD HAZARDOUS WASTE

[albertarecycling.ca](http://albertarecycling.ca)



On September 20, 2025, bring your old computers, broken electronics, TV's, paint and other household hazardous waste to the City of Lacombe's Operations Building (5395 Len Thompson Drive) from 10:00 a.m. to 2:00 p.m.

Go to [www.lacombe.ca/toxicroundup](http://www.lacombe.ca/toxicroundup) for more information on what is and isn't acceptable.

The City of Lacombe's annual Trash to Treasure week is October 3 - 12, 2025 and the Fall Community Cleanup runs October 14 - 23, 2025. To find out when collection is in your neighbourhood, go to [www.lacombe.ca/communitycleanup](http://www.lacombe.ca/communitycleanup).



Lacombe- Strong roots. Fresh Perspective



# 14,258 VOICES IN LACOMBE



**LET'S HEAR YOURS!**  
**Come out and VOTE.**

**ELECTION DAY OCTOBER 20<sup>th</sup>, 2025**

## 2025 General Election Key Dates and Locations

### Nomination Day

Monday, September 22nd, 2025

Nominations close on at 12:00 p.m. noon on Monday, September 22nd, 2025

### ADVANCE VOTING DAYS

- Wednesday, October 15th, 2025
- Thursday, October 16th, 2025
- Friday, October 17th, 2025
- Saturday, October 18th, 2025

10:00 a.m. - 8:00 p.m.

Lacombe Memorial Centre - 5214 50th Avenue

### ELECTION DAY

Monday, October 20th, 2025

8:00 a.m. - 8:00 p.m.

**Lacombe** Memorial Centre - 5214 50 Avenue

**Visit [www.lacombe.ca/election](http://www.lacombe.ca/election)**



# UPCOMING WORKSHOPS



**Oct 1**  
**10am-4pm**  
**at: LMC**

**COST \$60**  
**includes**  
**lunch**

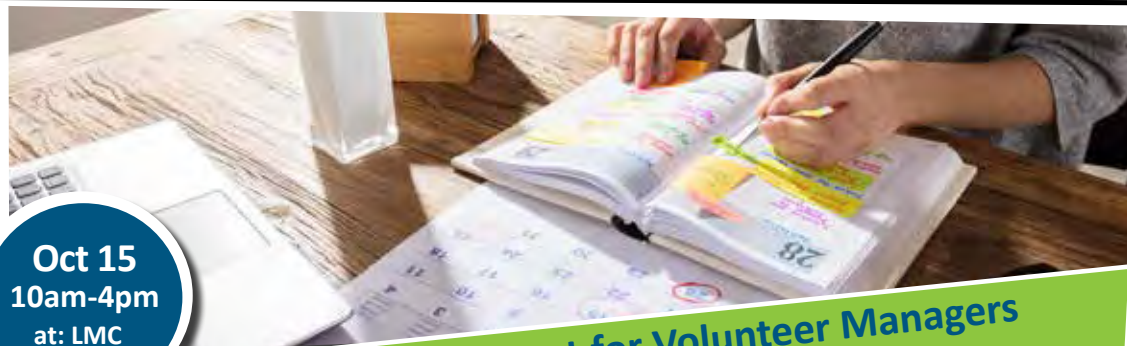


This one day session provides an overview of how to apply marketing principles and create a marketing plan.

**Topics covered will include:**

- Defining your brand
- Defining your marketing mix (the four P's)
- Identifying your target audience
- Creating effective messaging
- Collaborating with the media and community
- Discussing marketing best practices

**Register by September 24th by contacting CLLLA at 403-782-7955 or [office@cllla.com](mailto:office@cllla.com)**



**Oct 15**  
**10am-4pm**  
**at: LMC**

**COST \$60**  
**includes**  
**lunch**



## Risk Management for Volunteer Managers WORKSHOP

The purpose of a Risk Management Plan is to protect your organization, staff, volunteers, and clients. Managing risk doesn't have to be an intimidating or overwhelming task! A successful risk management strategy is one that is tailored to you.

**In this 1-day workshop, you will discover how to:**

- Discover what is risk and risk management
- Define the in-depth process of risk management
- Create and implement a risk management plan
- Evaluate the outcomes

**Register by October 8th by contacting CLLLA at 403-782-7955 or [office@cllla.com](mailto:office@cllla.com)**

## Fearless FUNdraising Masterclass

Are **YOU** ready to build confidence in your fundraising strategies, connect your cause to the community, and raise more money in a purposeful way?

Presented by Kate Gallagher of KMG Events. With over 30 years experience in the events, fundraising and strategic consulting industry, Kate has supported dozens of charities & nonprofits helping them raise over **\$25 Million Dollars** combined.



### With Kate's proven strategies you will learn:

- How to build a fundraising plan that works for you
- Compelling story telling that inspires giving
- Identifying, engaging & stewarding donors
- Practical tools, templates, and takeaways you can use immediately



### Who is it for:

- Executive directors, fund development managers, staff tasked with fundraising
- Board members & volunteers
- Nonprofit & community leaders
- Anyone wanting to unlock their potential with a refreshed & fearless approach to fundraising

**WHEN:** Tuesday September 23<sup>rd</sup>, 2025

**TIME:** 9am-4pm (lunch provided)

**WHERE:** Lacombe Memorial Centre (5214 50th ave)

**YOUR INVESTMENT:** \$225+GST early bird (before Sept 10<sup>th</sup>), \$250+GST (after Sept 10<sup>th</sup>)

**TO REGISTER:** E-mail [kate@kmgevents.ca](mailto:kate@kmgevents.ca) OR call 780-289-3077.

\*Limited space available\*. Registration deadline is September 17<sup>th</sup>.

*2 or more registrations from the same organization will receive a private one-hour virtual planning session.*

In partnership with:







# Rosedale Valley Dance

*30th Year in Lacombe*

\* Ballet \* Tap \* Jazz \*

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

\* All Boys Hip Hop \*

\* Contemporary \*

\* Musical Theatre \*

MODEST  
COSTUMES

*Classes begin Sept 15<sup>th</sup> 2025*

NON-COMPETITIVE DANCE

*DANCE* for the *FUN* of it!

TASTEFUL  
MUSIC

~Toddler to Teen~

[rosedalevalleydance@gmail.com](mailto:rosedalevalleydance@gmail.com)

403-396-5132

30 Wildrose Street, Lacombe

[www.rosedalevalleydance.com](http://www.rosedalevalleydance.com)



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



blindmanbrewing.com  
f @blindmanbrewing  
t @blindmanbrewery

# Lacombe Antique Show 2025

DATE: SEPTEMBER 27TH 2025  
VENUE: LACOMBE MEMORIAL CENTRE  
ORGANIZER: LACOMBE MUSEUM

DOORS OPEN: 11 AM  
DOORS CLOSE: 5 PM

QUESTIONS OR INQUIRIES PLEASE  
CONTACT  
DIRECTOR@LACOMBEMUSEUM.COM





# Kin Canada

## Lacombe Kinsmen Club

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 go to [www.lacombekinsmen.ca](http://www.lacombekinsmen.ca) to learn more!

### Upcoming Events

***Diamonds In The Sky***  
October 17 2025

***Santa's Anonymous***  
Nov-Dec 2025

***Spring Charity Auction~ 2026***

***Jon Dolman  
Memorial Golf Classic***  
June 6 2026

***Serving the Community's  
Greatest Need***

## INTENTION PHYSIOTHERAPY AND MOVEMENT



### AVAILABLE SERVICES:

- **INDIVIDUALIZED EXERCISE AND BALANCE PROGRAMS**
- **INJURY RECOVERY AND PREVENTION**
- **PRE AND POST-OPERATIVE PHYSIO**
- **FUNCTIONAL DRY NEEDLING**
- **INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION**
- **McKENZIE METHOD**
- **TAPING**

ACCEPTING NEW ASSESSMENTS

BOOK ONLINE!



[WWW.INTENTIONPHYSIO.COM](http://WWW.INTENTIONPHYSIO.COM)

#103, 4892-46TH STREET, LACOMBE.

(587) 378-4757

[MESHAHPHYSIO@GMAIL.COM](mailto:MESHAHPHYSIO@GMAIL.COM)




# Lacombe Kozy Korner Community Centre

5024 – 53 Street, Lacombe, AB 403-782-6216

**Tuesday Seniors Lunches begin September 16, 2025**

## KOZY KORNER ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING ACTIVITIES</b>	<u>Coffee/Crib</u> 9-12 noon	<u>Coffee/Crib</u> 9-12 noon	<u>Coffee/Crib</u> 9-12 noon	<u>Coffee/Crib</u> 9-12 noon	<u>Coffee/Crib</u> 9-12 noon
	<u>Snooker</u> 9:30-11:30	<u>Snooker</u> 9:30-11:30		<u>Snooker</u> 9:30-11:30	<u>Snooker</u> 9:30-11:30
<b>AFTERNOON ACTIVITIES</b>		<u>Dinner</u> 12 noon-	Senior lunches begin on Tuesday, September 16		
	<u>Bridge</u> 1-4 p.m.	<u>Canasta</u> 1:30 – 4 p.m.		<u>Cards</u> 1-3:30 p.m.	
<b>EVENING ACTIVITIES</b>	<u>Round Dance</u> 6:30-9:30	<u>Square Dance</u> 7-9:00 p.m.	<u>Crib</u> 7-9 p.m.		
			<u>Lapidity</u> 7-9 p.m.		

Web Page: [kozykornerlacombe.ca](http://kozykornerlacombe.ca)

Upcoming Events will be posted on our web page



**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**

**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)

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

**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**

# COMMUNITY FIT PHYSIOTHERAPY CLINIC & SPORTS INJURY REHABILITATION

**LOCATION:** Bay-4, 5265, 45th Street, Lacombe, AB- T4L 2A2.

**Phone:** 1(403)786-9777 **Fax:** 1(403)786-9559

**email:** [communityfit\\_ptc@yahoo.com](mailto:communityfit_ptc@yahoo.com)

[www.communityfitpt.com](http://www.communityfitpt.com)



## 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.

## 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](http://www.lacombepickleball.org)

[info@lacombepickleball.org](mailto:info@lacombepickleball.org)

## 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.



***"Get Better....Get Moving"***

**PHYSIOTHERAPY AND MASSAGE TREATMENT TO KEEP YOU ACTIVE**  
**BOOK ONLINE OR CONTACT US:**

**Lacombe:** (403)782-5561

[www.lacombephysio.com](http://www.lacombephysio.com)

**Blackfalds:** (403) 885-1565

[www.blackfaldsphysio.com](http://www.blackfaldsphysio.com)

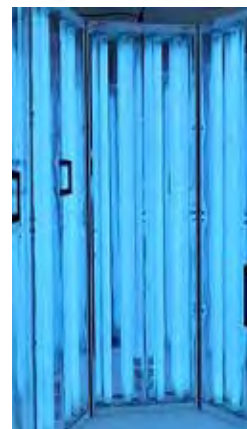


## **DO YOU QUALIFY FOR UV LIGHT THERAPY?**

**If you suffer from any of the following conditions,  
you may benefit from UV Light Therapy**

- |                 |                  |                     |
|-----------------|------------------|---------------------|
| • PSORIASIS     | • POLYMORPHOUS   | • PRURITIS          |
| • ECZEMA/ATOPIC | • LIGHT ERUPTION | (GENERALISED ITCH)  |
| • DERMATITIS    | (SUN ALLERGY)    | • PITYRIASIS ROSEA  |
| • VITILIGO      | • LICHEN PLANUS  | • MYCOSIS FUNGOIDIS |

**IT IS A CANADA HEALTH APPROVED SERVICE AND COVERED BY AHS**



Visit our website for more info!  
Text or call **403.382.6702**  
**[uvlacombe.ca](http://uvlacombe.ca)**







# LEARN TO FLY!

Offering Private & Commercial Pilots  
Licenses + ratings.



Discovery Flights  
Scenic Aerial Tours  
Gift Cards Available



## OPERATING IN TWO LOCATIONS!

General Lee Aviation  
Lacombe & Wetaskiwin  
403-768-3777  
[www.generalleeeaviation.com](http://www.generalleeeaviation.com)



## LEARN TO FLY!

Ever dreamed of touching down  
on the runway yourself?



Scared of flying but want to feel in  
control?



Flight of a Lifetime for your teen,  
spouse or grandparent !



## ARE YOU READY FOR A ONCE-IN- A-LIFETIME ADVENTURE?



Try General Lee Aviation's  
"Land It Course!" or Ground  
School!

20 hours of flying fun  
Individual Lessons under \$200  
1-semester Ground School \$500



The perfect gift for adventurers!  
Let Your Dreams take Flight!  
Location Near you- 45 min south  
of Edmonton or Local in Lacombe!

[WWW.LACOMBEATHLETICPARK.COM](http://WWW.LACOMBEATHLETICPARK.COM)

# LAPA 2025 GREY CUP PARTY

*Sunday*  
**NOVEMBER 16TH  
2025 3-10PM**

## SAVE THE DATE!



[LACOMBEATHLETICPARK@GMAIL.COM](mailto:LACOMBEATHLETICPARK@GMAIL.COM)



5644 56<sup>TH</sup> AVE. LACOMBE AB (403)597-3290

EMAIL: [LACOMBEATHLETICPARK@GMAIL.COM](mailto:LACOMBEATHLETICPARK@GMAIL.COM)

MEGLOBAL ATHLETIC PARK LACOMBE

INSTAGRAM-LAPA-MEG

### BIG days in September:

Rams home opener Friday Sept 5<sup>th</sup> 4pm  
AFLA all star Lacrosse Sat. Sept 6<sup>th</sup> all day  
Football Day in Lacombe Sun Sept 7<sup>th</sup> all day



Rental space available  
Home of the  
**Rams & Lacombe Minor Football**



# MADDOX DANCE COMPANY


At MDC, we **EXPLORE** a multitude of dance styles, **MOVE** with mindfulness and intention, and **CREATE** a welcoming home for every individual to learn and grow.

## CLASSES FOR EVERYONE!

- ✓ Parent & Tot / Mom and Baby
- ✓ Classes for Homeschoolers
- ✓ Recreational Classes
- ✓ Many Competitive Options
- ✓ Adult Classes



We'd love to have you join!

 [info@maddoxdance.com](mailto:info@maddoxdance.com)

 Lacombe County

 [www.maddoxdance.com](http://www.maddoxdance.com)

EXPLORE.  
MOVE.  
CREATE.







**MARY C MOORE  
PUBLIC LIBRARY**

## **BOOKS AND MORE FOR EVERY CHAPTER OF YOUR LIFE**

We offer a variety of accessible programs that build community connections, provide learning opportunities, and are fun for all ages!

Located in the Lacombe Memorial Centre: 5214 50th Ave Lacombe



### **Early Literacy Programs for Ages Infant-13**

Weekly classes for kids, from infants to tweens. Register for the Fall 2025 classes on Sept 3

Drop-in Summer Reading Club for ages 3-13 in July and August



### **Multigenerational Programs**

Parent/Child Book Club (Moore Stories), Saturday LEGO Club, Family Craft Programs & Events



### **Literacy and Recreational Programs for Adults**

Monthly Book Clubs, Craft Nights, Art Classes, Genealogy Club, Film Series, Trivia Nights, Info Sessions, Guest Speakers, Seniors Outreach, Take-home Spice kits, Writers Group, Knitting & Fibre Artist meetings



### **And so much more!**

We also host special events for teens and for seniors, local author visits, and a variety of community support groups. We lend out special items like snowshoes, yard games, puzzles and children's robotics/technology items.

We strive to keep our programs accessible; all are free or offered at an affordable rate.

Available everyday: free public computer usage, free wifi; a private meeting room, and printing & faxing services.

Contact us for more information on our programs and services:

**mcmpl@prl.ab.ca | 403-782-3433 | lacombelibrary.com**

**FOLLOW US**



*Member of the Parkland Regional Library System.  
Annual library membership: \$20 per household.*

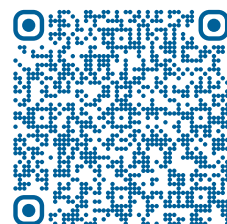


**New skills, lifelong friends and  
unforgettable adventures are  
waiting at Girl Guides**



**Girl Guides**

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



Learn to Skate in Lacombe

**\*\*NEW\*\* CanSkate Saturday Program!**

**-PreCanSkate (ages 3&4)**

Mondays and/or Wednesdays 3:45 to 4:15pm

**-CanSkate (ages 5 and up)**

Mondays and/or Wednesdays 4:15 to 5:00pm  
Saturdays 4:00-4:45pm

Session 1 starts September 8, 2025



We also offer PreStar, Junior Star and StarSkate Programming!

**AGM - September 11, 2025**

**7pm at the LMC**

\$50 registration credit for all in attendance

[www.skatelacombe.ca](http://www.skatelacombe.ca)



**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](http://KIDSPORTCANADA.CA/ALBERTA/LACOMBE)**





U7 2019/2020-\$100  
U9 2017/2018-\$270  
U11 2015/2016-\$270  
U13 2013/2014-\$270  
U15 2012/2011-\$270  
U17 2009/2010-\$270  
U19 2007/2008-\$270

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

## INDOOR SOCCER REGISTRATION OPENS AUGUST 20, 2025

TO REGISTER



THE  
OUTPOST  
TRAINING CENTRE

## MARTIAL ARTS TRAINING CENTRE

Start anytime!



### what we offer:

- Brazilian Jiu-jitsu
- Kickboxing/ Muay Thai
- Kids Classes
- Women Self Defense
- Training Space for rent

[www.theoutposttrainingcentre.com](http://www.theoutposttrainingcentre.com)  
[theoutposttrainingcentre@gmail.com](mailto:theoutposttrainingcentre@gmail.com)



**KARAMEON COUNSELLING SERVICES LTD.**

# **LEGO® - Based Therapy**

Come join us for a fun and exciting 8 week program!

## **WHEN:**

Sept. 5, 12, 19 and 26  
Oct. 3, 10, 17 and 24

2:00 pm to 3:30pm

## **WHERE:**

#3, 5623 Wolf Creek Drive  
Lacombe, AB

## **COST:**

**\$500**

## **Focus of each Sessions:**

Developing Friendships  
Team Project & Celebration  
Problem-Solving & Flexibility  
Communication & Turn-Taking

This program is tailored for  
**neurodivergent** children  
on the spectrum ages 6-9.

Registration Deadline:  
August 29, 2025 Please  
send payment to  
[winne@karamemon.com](mailto:winne@karamemon.com)



**For more information, contact Betty at  
[betty@karamemon.com](mailto:betty@karamemon.com) or 403.596.5924**







# Optimized Performance

## ATHLETE TRAINING CENTER

- PERSONAL S&C TRAINING
- TEAM TRAINING
- SEASONAL YOUTH PROGRAMS

[www.OptimizedPerformance.ca](http://www.OptimizedPerformance.ca)



### NEW!! BEFORE SCHOOL CARE PROGRAM

**bgc**  
Wolf Creek Lacombe

THE BEFORE SCHOOL PROGRAM IS A SAFE & SUPPORTIVE PLACE THAT OFFERS ORGANIZED ACTIVITIES AND FUN FOR YOUR CHILD BEFORE THE SCHOOL DAY BEGINS.  
SUPERVISED WALKING GROUP TO BOTH FATHER LACOMBE AND J.S. MCCORMICK SCHOOLS.  
\*ONLY AT UPPER ELEMENTARY SCHOOL LOCATION\*

**Monday - Friday**  
**7:00AM-8:30AM**  
\$10/Day/Child  
(Government Subsidy Available)  
**Grades K-6**

Daily Registration Opens  
July 2nd, 2025  
[APP.BGCWOLFCKREEK.COM](http://APP.BGCWOLFCKREEK.COM)

### AFTER SCHOOL CARE PROGRAM

THE AFTER SCHOOL PROGRAM IS A SAFE & SUPPORTIVE PLACE THAT OFFERS ORGANIZED ACTIVITIES, INDOOR & OUTDOOR PLAY, SNACKS & FUN FOR YOUR CHILD!  
\*LOCATED AT UPPER ELEMENTARY SCHOOL AND TERRACE RIDGE SCHOOL LOCATIONS\*

**Monday - Friday**  
**3:15PM-5:45PM**  
\$15/Day/Child  
(Government Subsidy Available)  
**Grades K-6**

A SUPERVISED MEETING LOCATION IS AVAILABLE FOR J.S. MCCORMICK AND FATHER LACOMBE SCHOOLS.  
[ADMIN@BGCWOLFCKREEK.COM](mailto:ADMIN@BGCWOLFCKREEK.COM)  
403-704-4126

Made with PosterMyWall.com



## School's OUT DAYS

2025-2026




Friday, Sept. 19  
Tuesday, Sept. 30  
Friday, Oct. 10  
Friday, Oct. 24  
Friday, Nov. 7  
Monday, Nov. 10  
Friday, Nov. 28  
Friday, Dec. 12  
Friday, Jan. 30  
Tues.-Friday, Feb. 17-20  
Friday, Mar. 13  
Mon.-Friday, Mar. 23-27  
Friday, Apr. 24  
Friday, May 15  
Tuesday, May 19 (WCPS)  
Friday, Jun. 5

**Who:** Children in grades K-6  
**What:** Full-day child care program  
**When:** 7:00AM-5:45PM on School PD Days  
**How:** Register with the link below.  
**Fees:** \$43.00/day

**Pre-registration Required**  
<https://app.bgcwolfcreek.com/>  
**Located at Upper Elementary School**  
Call 403-704-4216 for more information





**FALL  
in  
LOVE  
with**

## **GYMNASTICS**

**Programs offered:**

**Regular classes:**

**Parent & Tot**

**Kindergym**

**5+, 7+, 9+,**

**Advanced**

**Just Gymnastics**

**Daycamps**

**Hopes & Dreams**

**Competitive**

**Birthday Parties**

**Drop In Times**

**Wed. 12-1pm**

**Sat. 11-12pm**

**Online Registration:**

**[academyofgymnastics.ca](http://academyofgymnastics.ca)**

**4801 63 St. Lacombe**

# '25 PROGRAMS

## **MESSY CHURCH**

*Food—Faith—Fun—  
Family* Join us on the  
first Friday each month  
for a relaxed style of  
church service for people  
of all ages that involves  
creativity, celebration  
and hospitality.  
*First Friday of the  
month 5-7pm*

## **CHOIR**

We are always looking  
for new members of any  
experience level to join  
us. Choir is a great way  
to participate in worship  
through music.

*Wednesday Evenings*

## **SUNDAY SERVICE**

Join us for faith  
exploration for all ages  
followed by fellowship.

*Sundays at 10:30am*

***For more information,  
please contact us***

***Tel: (403) 782-3148***

***[office@lacombeunitedchurch.ca](mailto:office@lacombeunitedchurch.ca)***



***St. Andrew's  
United Church***

*Together on the Journey,  
Loving God and Neighbour*

***5226-51 Avenue Lacombe, AB***





## CROSSROADS FAMILY SERVICES

main@crossroadsfs.ca  
780.430.7715

Become a  
Foster Parent



Free Caregiver  
Webinar



Crossroads offers free educational webinars on parenting/caregiving topics to community groups, organizations, and professional networks. Contact us to arrange a presentation for your group.

## Lacombe Evangelical Free Church

For more information  
[www.lefree.ca](http://www.lefree.ca)  
info@lefree.ca  
403.782.6141  
4619 C&E Trail



Join us weekly for a fun evening! Spend time memorizing Bible verses, building cooperative skills during team games, and learning about God and the Bible through object lessons and stories. Earn cool prizes and club shares to spend at our club store!

Who: Kids in Kindergarten-Grade 7  
When: Wednesdays, 6:30pm-8:00pm  
Where: Lacombe Evangelical Free Church

\$25 per child for the year  
(see details at [lefree.ca](http://lefree.ca))

**Starting  
October 1<sup>st</sup>**

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>



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**Direct Billing Available**

Located within

**Mullets Barber Shop**

5402-hwy 2A

Lacombe

**780-781-7155**

**Evenings & Weekends**



# Lacombe Square Dance Club



**Tuesdays 7:00 – 9:00 pm**

**Starting September 9**

**At the Kozy Korner**

**5024 -53 Street**

**Lacombe, AB**

 **Lively Music**

 **Exciting Moves**

 **Loads of Laughter**

 **Great Family Activity**

 **Dress Casual**

 **No Partner Necessary**

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

 **Where Fun and Fitness Come Together**

 **Lots of New Friends**

**First 3 Lessons in September - FREE**

**Contact: Joanne@ 403.542.8009 or**

**Thelma @ 403.597.4057**

**Website: [CentralAlbertaSquareAndRoundDancing.com](http://CentralAlbertaSquareAndRoundDancing.com)**





# LA LECHE LEAGUE CANADA



## PEER-TO-PEER BREASTFEEDING SUPPORT

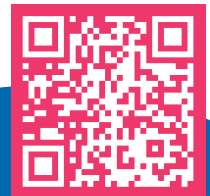
### WHO WE ARE

La Leche League Canada (LLLC) is a registered charity that has been providing evidence-based breastfeeding information for over 60 years. Our volunteer Leaders have all nursed their babies and have received training in peer-to-peer support. LLLC offers **FREE** access to current breastfeeding information for both parents and health professionals.

PARENT INFO



FIND HELP



Have a lactation  
question or concern?  
**Central Alberta**  
**(403) 348-2410**

**LLLC.ca**

Virtual & In-Person Support Available

BED DOWN & HIBERNATE WITH US FOR THE

29th Season of

# COW PATTI

Comedy Dinner Theatre

**ETHAN  
CLAYMORE'S  
CHRISTMAS**  
BY NORM FOSTER

November 13 to  
December 14, 2025

A feel-good Canadian Comedy "Grub" Theatre  
with Christmas Spirit, Hilarity, Family and Friends.  
**Pure Cow Patti Magic!**

[www.CowPatti.com](http://www.CowPatti.com)



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](http://www.clive.ca)

Check us out on Facebook &  
Instagram

## Events

- **Alberta Day Celebrations:**  
Taste Of Clive - August 29<sup>th</sup> 6-8pm  
Movie in the Park - August 29<sup>th</sup> 9pm  
Located at Centennial Park and Clive Soccer Field.
- **Village Wide Garage Sale** -  
Saturday Sept 6<sup>th</sup> @ 9:00am  
**Contact:** [communications@clive.ca](mailto:communications@clive.ca)
- **Clive Christmas Craft Sale** - Dec 2<sup>nd</sup>  
2-7pm Clive Hall
- **Clive Lions Bingo** - Dec 5<sup>th</sup> Clive Hall
- **Clive FrostFest 2025** - Dec 6<sup>th</sup>  
Watch for posters and updates on our  
Facebook page or [www.clive.ca](http://www.clive.ca)

## Programs

- **Clive Public Library** - for events please  
check out [facebook.com/clivepubliclibrary](https://facebook.com/clivepubliclibrary)
- **Little Red Hen Playschool**  
Tuesdays & Thursdays mornings  
**Contact:** Mrs. Heather  
[@facebook.com/clivepreschool](https://facebook.com/clivepreschool)
- **Adventist Community Centre**  
**Contact:** Darlene 403-784-2283
- **Clive Foodbank**-Wednesday's 5pm-7pm  
**Contact:** 780-906-4890
- **McMan Central Lacombe and Area  
Family Resource Network**  
**Contact:** Karen 403-896-3408
- **Clive FCSS**  
Tuesday and Thursday - 8:30am to 4:30pm  
(closed for lunch) Check facebook for  
future programs.

## Recreation

- **Outdoor Rink**
- **Arena** - For public skate times and  
upcoming events check out the  
Clive Athletic & Agricultural Society  
[Facebook.com/groups/104509926326142](https://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



**Ellis**  
Nature Centre



**We are open to  
Oct 15, 2025**

**Tuesday-Sunday & long  
weekend Mondays  
8AM-6PM**

(403) 885-4477  
39502 Rg Rd 260

15 minutes East of Lacombe and Blackfalds

[info@ellisnaturecentre.ca](mailto:info@ellisnaturecentre.ca)  
[www.ellisnaturecentre.ca](http://www.ellisnaturecentre.ca)

**MEGlobal**



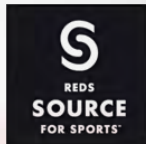


**DID YOU WANT TO LEARN  
TO RUN OR NEED A  
WALKING GROUP?????**

**FOR FREE????**



SPONSORED BY



Wednesday Nights at 6:00pm, our group meet up is at the Red Source Bike Shop.

We invite runners at any level, strollers and dogs on leashes to join us. Youth must have a guardian's consent to run with us.

We run/walk road and the beautiful trails of Lacombe, year-round.

Contact Doug at 403-358-6373

*Where Darkness Inspires  
Brilliance*

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- + Brand Identity
- + Editorial/Print
- + Wedding/Event
- + & More!

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- Flexible Classes
- Good Vibes
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- Theme rides
- And so much more!!

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Dr. BAY 1  
(Blue Collar Garage)  
403-505-9004

www.purecyclefitness.com

**DANCE**  
*with us*

BALLROOM  
LATIN & SWING  
LESSONS

- ✓ Private lessons
- ✓ Group lessons
- ✓ Weddings & more



8 Week Group lessons  
starting this Fall

**Beginner and Intermediate Classes**

For more details call us

780-662-4191

AT DANCERS EDGE STUDIO IN LACOMBE

**2025/26 CONCERT,  
EVENTS, CLASSES AND  
WORKSHOPS ONLINE AT  
LACOMBEPAC.COM!**



**LACOMBE  
PERFORMING  
ARTS CENTRE**

**CREATE YOUR  
OWN CONCERT  
BUNDLES WITH  
THE PICK 3/5/7  
DISCOUNT!**



OCT 4: PRAIRIE FIRE,  
TIM ISBERG



NOV 2: SHAPE OF A  
GIRL, GREENTHUMB  
THEATRE



NOV 7: DON AMERO



NOV 8: CHRIS FUNK



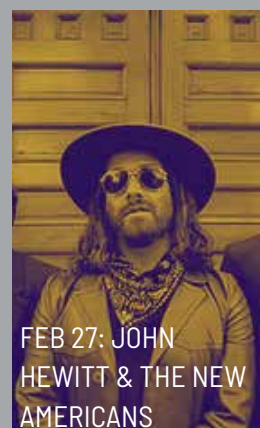
DEC 7: GEORGE  
CANYON & AARON  
PRITCHETT: A  
COWBOY CHRISTMAS



JAN 16: BUZZ BRASS



FEB 14: DIVAS LIVE!



FEB 27: JOHN  
HEWITT & THE NEW  
AMERICANS



MAR 20: VENTASTIC



MAR 22: KINJO  
& YOUNG



APR 11: JâCA



MAY 9: JOHNNY CASH  
& THE ROCKABILLIES

**25/26**

**5227 CALGARY EDMONTON TRAIL, LACOMBE  
ADMIN@LACOMBEPAC.COM 403-588-4386**





## What is the Art Guild?

*We offer art classes in many different mediums, the opportunity to display works around Lacombe and to participate is the Lacombe Encore Show.*

*A great opportunity for beginners and advanced to artist to grow and find friendships with other artists.*

**Contact: Leanne Simpson**  
(evenings only please)

**P:403-877-5505**

**E:lacombealbertaartguild@gmail.com**

**Website: [www.lacombeartguild.ca](http://www.lacombeartguild.ca)**

**Facebook: [lacombeartguild](https://www.facebook.com/lacombeartguild)**

**Instagram: [lacombe\\_art\\_guild](https://www.instagram.com/lacombe_art_guild)**



## The Walk for Wellness & Suicide Prevention

Mark your calendar for your annual walk, the second Sunday in September

**Sunday, September 14th, 2pm**  
**@ Lacombe Performing Arts Centre**  
**5227 C&E Trail, Lacombe AB**

**No preregistration required**

Please join us in our mission to encourage conversation about suicide and mental health, to provide information and hope, and to foster prevention through wellness.

We will walk together to raise awareness and in memory of those we've lost to this global issue.

### Everyone is welcome!

For fundraising purposes towards future events and the services of Anam Rural Youth, there will be a silent auction on site as well as white shirt sales.

For more information or to submit an auction donation please contact,  
Heather Jackson: 403-318-3673  
or Louise Reilis: 403-318-7680



ANAM RURAL  
YOUTH ASSOCIATION

**NEW LOCATION**



**Please Wear A White T-Shirt**



**Donations Greatly Appreciated**

E-transfer to [thewalkforwellness@gmail.com](mailto:thewalkforwellness@gmail.com)



## WE OFFER A WIDE RANGE OF MINISTRIES AND WEEKLY PROGRAMS

Children's Ministries

Women's Ministries

Men's Ministries

Prayer Ministry

### Contact Us



4110 @ Highway 12



[www.wolfcreekchurch.ca](http://www.wolfcreekchurch.ca)



403-782-4563



Wolf Creek Community Church

Pastor Rick Abma  
Sunday Services @ 10am

Band of Brothers  
Mondays @ 7pm

Ladies Fellowship  
Saturdays @ 9:30am

Youth  
Mondays @ 7pm

Sunday School  
Pre-School  
Grades 1-3  
Grades 4-6

Nursery

Small Groups

Men's Breakfast  
Saturdays @ 7am

MomTime (Sept - Apr)  
Thursdays @ 9:15am

Hands & Feet Sundays  
Spring & Fall



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



# LACOMBE CHRISTMAS FAIRE

NOV 27 4 - 9  
Nov 28 10 - 6  
Nov 29 10 - 4

Get your gifts and Decorations

Entry give as you can  
100% of proceeds to  
Lacombe Food Bank and Echo Lacombe

5214 50<sup>th</sup> ave - LMC  
[www.lacombechamber.ca](http://www.lacombechamber.ca)

LACOMBE & DISTRICT CHAMBER  
OF COMMERCE

## BUSINESS AWARDS GALA

*Honouring the businesses and  
individuals of Lacombe and District  
who make our communities  
exceptional!*

JOIN US  
OCTOBER 24TH

<https://lacombegala.eventbrite.ca>

Event Organized by

*Lacombe & District  
Chamber of Commerce*

# VOLUNTEER

in  
**LACOMBE**

## VOLUNTEERS NEEDED IN YOUR COMMUNITY

### BENEFITS

- ✓ 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  
BROOMTRETN@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



**REACH OUT TODAY, START HELPING TOMORROW! IF YOU WANT YOUR COMMUNITY GROUP INFO HERE, CALL (403) 782-7955**



## FALL 2025 Restaurants in the Area

<p><b>LACOMBE</b></p>  <p>Enjoy a refreshing drink, a quick bite or enjoy a great meal with friends and family</p> 	<p><b>CLIVE</b></p>  <p>The Prairie Fire Cafe is the place to create lasting memories and friendships.</p> 
<p><b>LACOMBE</b></p>   	<p><b>LACOMBE</b></p>  
<p><b>LACOMBE</b></p>  <p>Locally-minded, community-focused craft brewery on the east side of sunny Lacombe.</p> 	<p><b>LACOMBE</b></p>  
<p><b>LACOMBE</b></p>  <p>"Serving breakfast, lunch and dinner. And the best donuts and coffee around"</p> 	<p><b>LACOMBE</b></p>  <p>Check out our great prizes and our tasty food!</p> 
 <p><b>YUMMY in Lacombe and Clive! Eats!</b></p>	





**“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  
Community Access  
Ponoka Enhanced Housing  
Outreach Services Learning Circle  
Employment Support Services  
Gateway Pre-employment 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**

4620 48th 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](mailto:recruitment@action-group.org)

Please check out our website at [www.action-group.ca](http://www.action-group.ca)

# EAGLE



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- Air Conditioning
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- Boilers



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**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**



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and Corporate Training



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Let us help illuminate  
your path!

LEARN MORE







# PLAY ALL DAY AT KRAAY!

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Open mid-July to mid-October, only 5 minutes West of Lacombe.



OVER  
40

ACTIVITIES & ATTRACTIONS  
LEARN MORE AT [KRAAYFAMILYFARM.COM](http://KRAAYFAMILYFARM.COM)