

MAY 2026

# Community Connections

MONTHLY NEWSLETTER



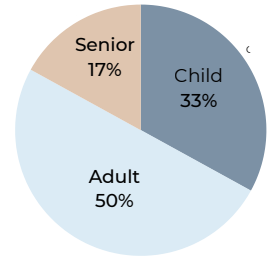
## Helping Take Care of Our Neighbors

The Bashaw and District Food Bank is committed to the well-being of locals by supporting the social justice principle of food recovery.

If you are struggling to make ends meet, please contact us and we will be happy to assist you!

2025 ~ Highlights ~

Total # of Unique Individuals: 80



Access one food hamper monthly per household. Open 9:30AM-4PM, Monday to Friday.

## Call for Volunteers: June 25 to July 1, at Ponoka Stampede!

We're seeking for volunteers for:



Bartending Shifts at Ponoka Stampede. Must be 18+ (Pro-serve not needed)

### Thursday, June 25

3PM-8PM  
8PM-2AM  
9PM-2AM

### Friday, June 26

1PM-4PM  
3PM-7PM  
7PM-2AM  
9PM-2AM

### Sunday, June 28

1PM-4PM  
1PM-7PM  
4PM-7PM  
7PM-2AM  
9PM-2AM

### Tuesday, June 30

1PM-4PM  
3PM-7PM  
4PM-7PM  
7PM-2AM  
9PM-2AM

### Wednesday, July 1

12PM-5PM



Entertainment, midway, rodeo and more!

Emergency Preparedness Week is May 3-9, 2026... See page 3 for more information on how to stay safe.

Bashaw CRC Office Closure on May 18.

# WE ARE LIMITLESS

On April 15th, we hosted our 1st ever Women's Gathering. We spent an uplifting day together with 30 participants in attendance, along with 6 vendors and 2 speakers. Thank you everyone for sharing your time with us and helping make some wonderful memories.

Participant comments included:

"It was a wonderful day, with a great bunch of ladies!" -R.B.

"...It was a nice day." -A.S.

"...A lovely lunch and great day of connection". A.K.



**LIMITLESS**  
WOMENS GATHERING

10:00-11:00  
Keynote Speaker  
Enjoy an engaging talk followed by an interactive activity.

11:00-12:00  
Annamarie  
Guided Meditation Presentation

12:00-2:00  
Lunch available  
Enjoy lunch at your convenience during this time.

12:00-3:30  
Booths open  
Explore a variety of booths and experiences, including:

- Face Reader
- Makeup Artist
- Hair Styling
- Flower Arrangement Making
- Snacks & Mocktails
- Photographer

**Thank you Community Foundation of Central Alberta!**

**Volunteer Central Legacy Grant**

**2026 Grant Recipients:**  
Bashaw & District Support Services



**cfcab**  
Community Foundation of Central Alberta

In celebration of Senior's Week 2026.  
Presented in partnership with B.D.S.S and the Happy Gang Center. Transportation is available.



# Senior's Tea & Social



## DESSERTS & REFRESHMENTS

TOONIE DONATION APPRECIATED.  
COFFEE AVAILABLE.  
GLUTEN FREE & DIABETIC FRIENDLY

**Wednesday, June 3**  
**at 1PM**  
at the Happy Gang Center  
5001 50 Street



# HEARING CLINIC DAY IN ALIX

May 21, 10AM-4PM

Wax Removal (\$30/ear)  
Free Clean and Checks for hearing aid evaluations.

Contact us to save your spot,  
403-396-3369

# Preparedness Survey of Albertans\* 2025

## Survey participants



1,655

Self-reliance continues to be the leading motivator for preparedness action in Alberta, closely followed by the desire to protect loved ones.

## Reasons for not being prepared continue to be:

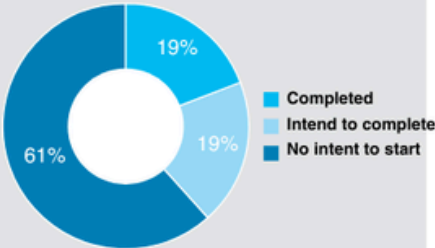
- Perceive emergency risk as low
- Need more information
- Have not thought about preparedness

## Those who may need more support to prepare:

- Low-income households
- Newcomers
- Young adults (18–24)

## Mitigation at home

Top barriers to home improvements continue to be cost, followed by low perceived likelihood of an emergency.



## Evacuation transportation



12% of households do not have access to a vehicle and would require a ride from family/friends/neighbours or government assistance

## New in 2025: Emergency information & trust

How Albertans receive emergency information:

- 59% Emergency alerts that interrupt TV, radio, and compatible cellphones
- 52% Alerting apps (e.g., Alberta Emergency Alert, WeatherCan)

Most trusted sources for emergency preparedness information:

- 56% Local government
- 51% Provincial government
- 45% Personal networks

MARCH 2026

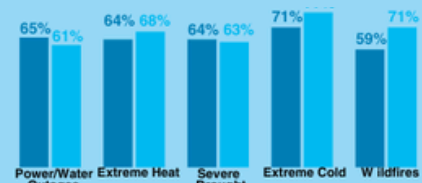
## Feel unprepared



1 point up from 2024

2025  
2024

## Top 5 hazards of concern in Alberta



2025  
2024

## Risk reduction behaviours

Action that individuals or communities can take to reduce the impact of a disaster, emergency or disruption.



1 pt  
▲

**Know the risks**  
35% have learned about the risks in their community



5 pts  
▼

**Start a conversation**  
24% have discussed preparedness with their network



30 pts  
▼

**Get informed**  
30% proactively seek emergency messaging



4 pts  
▼

**Make a plan**  
20% have a household plan



7 pts  
▼

**Loved ones' plans**  
12% know emergency procedures at loved ones' facilities



7 pts  
▲

**Insurance**  
51% have adequate insurance



6 pts  
▼

**Emergency fund**  
34% have an emergency fund



11 pts  
▼

**Community connections**  
12% have a community support system



2 pts  
▼

**Build a kit**  
25% have an emergency kit



6 pts  
▼

**Gather supplies**  
37% have enough supplies to shelter in place

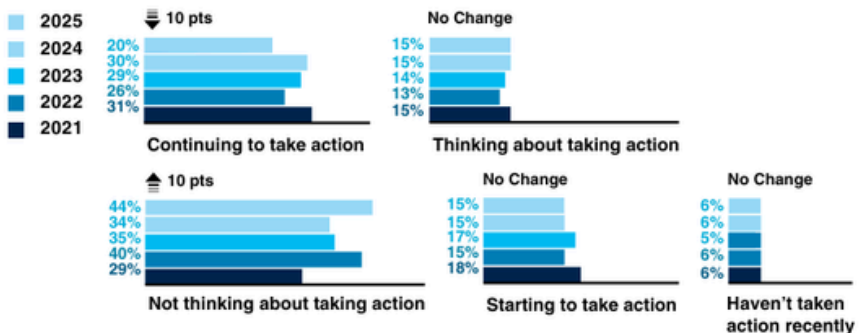


1 pt  
▼

**Home mitigation**  
19% have made improvements to protect their property

All percentages are rounded off. All ▲ indicate percentage point change from 2024

## Measuring preparedness actions year over year



\*Note: Year-over-year comparisons may be impacted by different respondent pools and refinements to survey wording and design as well as a change in vendors. Fewer respondents reported direct emergency impacts, which may influence perceptions as well.

**Greetings! Our Senior Drama students are having so much fun during rehearsals to create the hilarious characters from the Broadway JR. play of Xanadu!**

Xanadu JR. follows the journey of a magical and beautiful Greek muse, Kira, who descends from the heavens of Mt. Olympus to Venice Beach, California, on a quest to inspire a struggling artist, Sonny, to achieve the greatest artistic creation of all time - the first Roller Disco.

(Hey, it's 1980!) But, when Kira falls into forbidden love with the mortal Sonny, her jealous sisters take advantage of the situation, and chaos abounds.

This play is a must with iconic songs from the 80's set with great ensemble energy and big moments for the featured singers! It is so much fun!! A very family friendly play, full of laughter and twists!

Tickets are available at the Bashaw School, as well as the Bashaw and Area Community Resource Centre and online at [www.bashawtheatre.com](http://www.bashawtheatre.com).

Please come on out and support our amazing students!!



# Employment Opportunity!

— JOIN OUR —  
**TEAM**

Please submit resumes by email to [bdsoffice1@gmail.com](mailto:bdsoffice1@gmail.com); drop off at our office, 4909 50 Street; or fax, 780-372-3951.

Contact us for more information, 780-372-4074.

## Relief Home Support Worker- Part Time Position

\*Open until a suitable candidate is found.

## Apply Now

### Details:

Home Support provides home services such as light housekeeping, light meal preparation, laundry and local errands. Workers are understanding, sympathetic and respect the confidentiality of everyone they work with.



# Gather and Connect

## Adult & Senior Updates



### **Walking Group**

Join us for a relaxed and social indoor walking group. This group is a great way to stay active and visit with others while moving at a comfortable pace. Please bring indoor walking shoes. Mondays and Fridays | 10:00 AM – 11:00 AM at the Ag Building.

### **Aqua Fit**

A fun, low-impact workout or water walking held in the shallow end of the competition pool at the Camrose Pool. This class focuses on gentle strength and cardio exercises that are easy on the joints, with time included to relax in the hot tub afterward. Driving services are available, with departure from Bashaw at 10:00 AM. Tuesdays | 11:00 AM – 12:00 PM. Cost: \$8.75 per class . To sign up, please phone the Bashaw Resource Centre.

### **Chair Yoga**

Gentle chair-based exercises designed for older adults to support flexibility, balance and strength in a safe and welcoming environment. Driving services are available. Wednesdays | 9:30 AM – 10:00 AM at Bashaw Resource Centre.

### **Bean There Together**

A friendly coffee and conversation group where participants can enjoy snacks, connect with others, and spend time visiting in a relaxed setting. Driving services are available. 2nd & 4th Wednesdays of the Month | 10:00 AM – 11:00 AM at Bashaw Resource Centre.

### **Older Adults Dinner**

Join us for a free community meal and time together at the Bashaw United Church. Everyone is welcome. Driving services are available. Thursday, May 28 | 5:00 PM  
Meal: Spaghetti

**SEE CALENDAR on Next Page.**

**BASHAW BUS SOCIETY**

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Bashaw Bus - \$6  
Camrose Bus - \$15  
Charter Bus - \$30/hour + \$1/km

.....

Call 780-372-3631 to book your spot.

**Next bus trips:**  
Bashaw: May 5, 12, 19, 26  
Camrose: May 14 & 28



**EVERY TUESDAY**  
Community Coffee Drop-in,  
1:30PM - 3PM @ Lutheran Church

**EVERY THURSDAY**  
Coffee Time,  
11AM @ Bashaw United Church

**Happy Gang Centre:**  
Sundays- Hand & Foot Canasta @ 1:30PM (\$3),  
Mondays- 500 @ 1PM (\$3),  
Thursday -Crib @ 1PM (\$3).

**Ukulele Club: Paused until Fall.**

# May Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Walking Group 10-11 AM	2
3 Majestic Theatre Jam 1-4 PM	4 Walking Group 10-11 AM	5	6 Chair Yoga 9:30-10 AM	7	8 Walking Group 10-11 AM	9
10	11 Walking Group 10-11 AM	12 AquaFit 11 AM-12 PM	13 Chair Yoga 9:30-10 AM Bean Together 10-11 AM	14	15 Walking Group 10-11 AM	16
17	18	19 AquaFit 11 AM-12 PM	20 Chair Yoga 9:30-10 AM	21	22 Walking Group 10-11 AM	23
24	25 Walking Group 10-11 AM	26 AquaFit 11 AM-12 PM	27 Chair Yoga 9:30-10 AM Bean Together 10-11 AM	28 Older Adults Dinner 5 PM	29 Walking Group 10-11 AM	30
31						

# COMMUNITY CONNECTION



In recognition of  
Mental Health Week:  
May 4-10, 2026



**LONELINESS IS  
LINKED TO**

**29%**

higher risk of heart disease.

**32%**

higher risk of stroke.



**COME TOGETHER,  
CANADA.**

Connection is protective for  
both mind and body.

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

## Participate and Enter to Win a Prize!

Draw on May 11,  
following Mental Health Week.

Stop by and pick up a BINGO card  
at Bashaw CRC.



4909 50 St., Bashaw

780-372-4074

Loneliness isn't just emotional. It impacts our overall health and well-being. Connection helps regulate stress.

- It builds resilience.
- It increases psychological safety.
- It makes it easier to ask for help.

And yet, many people are quietly navigating life feeling disconnected. This Mental Health Week, the ask is simple and powerful: come together. Because connection strengthens mental health.

- Canadian Mental Health Association.



“A flower blossoms for its own joy.” – Oscar Wilde

# May 2026

OPEN Monday to Friday... Drop-in after school until 5:30PM (unless otherwise specified)

sunday	mild monday	crafty tuesday	wacky wednesday	thrifty thursday	fun-friday	saturday
26	27	28	29	30	1 NO SCHOOL DROP-IN 9AM - 4PM Cost: \$10 each Garden Day Planting Pots	2
3	4 MOVIE Family Resource Network: 0-6, Drop-in Playgroup, 10AM-12PM	5 MEXICAN DAY	6 OBSTACLE COURSE	7 SOCK PUPPETS (BRING YOUR LOST SOCKS)	8 MOTHER'S DAY CRAFT	9 Volunteer at Rose City Invitational PBR & Concert, 4:30PM-2AM @ Camrose Recreation Centre
10	11 YOGA DAY Family Resource Network: 0-6, Drop-in Playgroup, 10AM-12PM	12 BRACELET MAKING	13 BOUNCY HOUSE	14 TRIVIA DAY	15 NO SCHOOL DROP-IN 9AM - 4PM Cost: \$10 each Slime Day & Hot Dog Lunch	16
17	18 CLOSED	19 ORAGAMI DAY	20 BALLOON VOLLEYBALL	21 TALENT SHOW	22 ONE MORE MONTH OF SCHOOL PARTY	23
24	25 PARK DAY Family Resource Network: 0-6, Drop-in Playgroup, 10AM-12PM	26 SUPERHERO & PRINCESS CRAFT	27 FLOOR IS LAVA	28 TEDDY BEAR PICNIC (BRING YOUR OWN BEAR)	29 GOLF DAY DEADLINE: Sizzling Summer Auction Donation Drop-off	30

**\*SUBJECT TO CHANGE\***

NO SCHOOL DROP-IN  
9AM - 4PM  
Cost: \$10  
May 1: Garden Day Planting Pots  
May 15: Slime Day & Hot Dog Lunch

THANK YOU TO OUR DEDICATED BOARD OF DIRECTORS!

Following the Bashaw Youth Drop-in Foundation AGM on April 27, we wish to recognize our current board members and welcome a new director...

President: Leanne McCarroll  
Vice President: Penny Shantz  
Secretary/ Treasurer: Robyn Hunter  
Directors: Kyle McIntosh, Heather Zygmunt, Susan Kennedy (NEW) and Ambyr Kohlman – Town Representative

# BYC Update

May 2026



## Volunteer Opportunity:

We are recruiting for Bartending shifts at Rose City Invitational PBR & Concert, can you help out?

Let us know if you would like to volunteer and get to attend this event!

**May 9, 4:30PM-2AM (7 more people needed!)**

Proceeds support 2026 Regional Summer programming at BYC.

Contact Bashaw CRC office, 780-372-4074.



**When:**

**June 9-15, 2026**

**Where: Online**

Watch for the auction link once we launch,  
(hosted via online fundraising platform).

## HOW CAN YOU PARTICIPATE?

Take part in this fundraiser by donating auction items or bidding once it's LIVE!

**Donation Details:**

We are grateful to receive new items or money towards a purchased lot.

Please consider supporting us...

Gift cards/ baskets, household items, stay-cations/ experiences, popular products or  
-anything practical people would like or use.



We are currently preparing for our annual online auction.

AND are accepting donations until May 29.

In support of Bashaw Youth Drop-in Foundation



# May 2026



## BASHAW & AREA COMMUNITY HAPPENINGS

### Community Connections

Bashaw CRC

**Next Deadline:  
May 25**

Contact us to have your content included in next month's newsletter.

Call 780-372-4074, fax 780-372-3951 or email [frontdesk.bdss@gmail.com](mailto:frontdesk.bdss@gmail.com).

### Garbage Pick-up & Recycling

**May 4 & 18**

Recycling pick-up is Every 2nd Monday.

**May 4, 11, 18 & 25**

Garbage pick-up is Every Monday.

### Regular Council Meetings

**Held on the first and third Wednesday of the month**

Everyone is welcome.  
Contact to confirm location or Zoom links, 780-372-3911.

### Majestic Theatre Dance Jam

Majestic Theatre

May 3  
1PM - 4PM

\$2.00 per person.  
Hosted on the 1<sup>st</sup> Sunday of the month.

Ukulele Club: Please note that the Ukulele Club has held its last meeting until the the Fall..

### Immaculate Heart of Mary Catholic Church

**Mass Saturday 5:30PM,  
1st Sunday- 9AM  
Each month,  
Tues- Mass 5PM**

Times Posted Outside Church.

### Pickleball: Indoors

Ag Building

**Tues/ Thurs/ Sat  
9:30AM - 11:30AM**

Contact Chris Brosinsky, 780-372-3936.



## BASHAW COMMUNITY CHURCH

*"A LIGHTHOUSE OF GOD'S LOVE AND GRACE"*

### A PRAYER FOR ALL MOTHERS

**Heavenly Father**, we ask for a special touch of grace upon every mother, to be blessed abundantly. Grant each one strength, patience, and endless love as they nurture and guide their families. Let her example to her children be a beacon that guides them through life's challenges and joys.

Comfort those with Your love and peace, those who have lost their mothers, those yearning to be mothers, and those who have strained relationships.

We thank You for the gift of motherhood, and the endless sacrifices made.

**We ask these Blessings through Your Son, Jesus Christ, AMEN!**

**Sunday services at 10:00a.m. Coffee and fellowship to follow.**

**5119-50st**

**\* Pastor Roberto Angelone #780-298-9355**

# BASHAW UNITED CHURCH

**EVERYONE**  
*is welcome here!*

**SUNDAY**  
**10:30 AM**

We promise a warm welcome and an engaging hour. In person is best or online on the **Rising Spirit Ministry** YouTube channel (links also on our Facebook and our website). We usually have a Potluck Lunch after service on the first Sunday of the month, Soup and a Bun on the third Sunday. **Bashaw United Church Kids (BUCK)** children's program each week with Lori.

**THURSDAY**  
**11AM - 12 NOON**

**COFFEE TIME** Join us for coffee, tea, snacks and conversation. Everyone welcome!

IT'S TIME FOR THE ANNUAL  
**PAY-WHAT-YOU-THINK-IT'S-WORTH**

**YARD SALE**

*and Bake Sale, too!*

**SATURDAY, MAY 16, 10 AM - 3 PM**

Would you like to donate items for the sale? We'd appreciate your support - please set them aside at home and bring items to the church the week of May 11-15 (we don't have room to store things). Are you a baker? We'd appreciate donations of baked goods, too! Please call, message or email us. Thank you so much for your support - all proceeds support our community programming.

*gathering*

May 28, 7 pm, join us for an hour of music, media and conversation. This month's theme: heaven.



**BASHAW UNITED CHURCH**  
A Partner in Rising Spirit Ministry  
780 372-3891 • Facebook

risingspiritministry.com • bashawunited@gmail.com

## PCAP Support Services

The Parent Child Assistance Program (PCAP) supports individuals who use alcohol and/or drugs to have healthy pregnancies and healthy families. PCAP offers specialized, holistic support during and after pregnancy for those experiencing difficulties with substance use and other health and social issues. PCAP mentors build healthy relationships by meeting the participant where they are at in their lives and assisting them to create the life they want. PCAP participants work alongside a mentor for three years to help them build connections with their network of supports.

For PCAP services in Camrose, Tofield, Killam, Wainwright, Provost & their larger area contact Camrose Association for Community Living at 780-672-0257 or visit [cafcl.ca](http://cafcl.ca)

For more information, contact Jen at [j.willes@prairiecentralfasd.ca](mailto:j.willes@prairiecentralfasd.ca)  
Prairie Central FASD Association



## Town of Bashaw – Office Hours Update

We would like to thank everyone who took the time to share feedback during our recent pilot closure to the public on Mondays. Your input is greatly appreciated and has helped inform our decision.

The Town Office will now be closed to the public on Mondays on an ongoing basis.

While the office is closed to the public, administrative staff will continue working in the office and will use this time to focus on operational tasks. This approach helps us manage workloads efficiently and supports cost containment without the need for additional staff hours.

Emails and phone messages will be monitored for emergency matters, and all non-emergency inquiries will be responded to when the office reopens on Tuesday.

As always, for Public Works emergencies, please contact the On-Call line at (780) 678-6961.

Thank you for your understanding and continued support as we strive to serve our community effectively.

# BY THE SEA

## BEACH PARTY WITH JESUS

Fun, stories, games and crafts

### BASHAW UNITED CHURCH

Imagine you're at the seaside with Jesus, having fun, telling stories about how to live well together and take care of each other and the earth, singing songs, playing games, making crafts and enjoying a snack.

**JULY**  
**13-17**  
9:30 - noon

**Registration Fee: \$25 for the week.**  
**Registration deadline: July 01**

Forms available from the church, online  
and at Bashaw & Area Community Resource Centre.  
More info? Call 780 372-3891 • find us on Facebook  
email [bashawunited@gmail.com](mailto:bashawunited@gmail.com)



**Feel  
Out  
Loud**

Join the movement at [KidsHelpPhone.ca](http://KidsHelpPhone.ca)

**Call.**  
1 800 668 6868

**Text.**  
686868

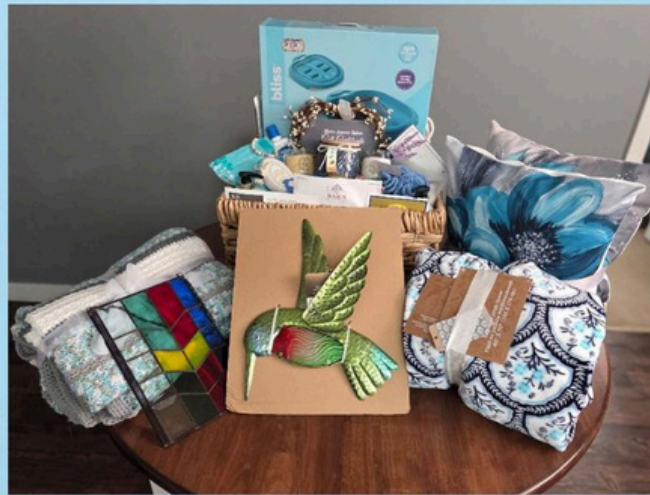
**Online Message.**  
[KidsHelpPhone.ca](http://KidsHelpPhone.ca)

# Enter to Win !!!

Bashaw Meadows Residents Association

## Mother's Day Gift Basket Raffle

Valued at over \$ 700



### Tickets available at:

Iris at Bashaw Meadows

Front Desk at Bashaw Meadows

Front Desk at Bashaw & Area Community Resource Centre

Marc DeCnodder

Various Bashaw Businesses

\$2.00 per ticket

1000 tickets printed

### Draw Date:

Friday, May 8, 2026

at Bashaw Meadows

All proceeds go to Bashaw Meadows  
Recreational Programming

Licence # 775534



**JUNE 11-14, 2026**

APCCA Chuckwagon & Chariot Races • Wild Pony Races  
Team Roping Jackpot • Youth Rodeo • Barrel Racing Jackpot  
LIVE Music ft. Lyndsay Butler

FOLLOW US FOR MORE INFORMATION



# LYNDSAY BUTLER

SATURDAY JUNE 13



BASHAW AG GROUNDS PAVILION  
DOORS OPEN AT 9:00 PM  
FREE ENTRY WITH WEEKEND PASS  
OR \$10 AT THE DOOR

# MAY 2026

OPEN Monday to Friday, 9:30AM-4PM.

Closed all statutory holidays.



4909 50 Street, Bashaw, AB

Bashaw Adult Learning  
 Bashaw & District Food Bank  
 Bashaw & District Support Services (B.D.S.S.)  
 Bashaw Bus Society  
 Bashaw Community Wellness Team

Ph. 780-372-4074  
 Fx. 780-372-3951

S	M	T	W	T	F	S
26	27	28	29	30	1	2
					Foot Care by Kaitlin Clinic, by Appointment • <b>Walking Group, 10AM-11AM @ Bashaw Ag</b>	
3	• <b>Walking Group, 10-11AM @ Bashaw Ag</b> Art-ventures, 10AM @ Library Drop-in Playgroup, Ages 0-6, 10AM-12PM @ BYC	Bashaw Bus 9AM Community Coffee Drop-in, 1:30PM-3PM @ Lutheran Church	• <b>Chair Yoga, 9:30AM-10AM</b>	7	8	9
10	• <b>Walking Group, 10AM-11AM @ Bashaw Ag</b> Drop-in Playgroup, Ages 0-6, 10AM-12PM @ BYC	Bashaw Bus 9AM Tooth Travelers, by Appointment • <b>Aqua Fit, Depart at 10AM @ Camrose Pool</b> Community Coffee Drop-in, 1:30PM-3PM @ Lutheran Church	• <b>Chair Yoga, 9:30AM-10AM</b> • <b>BEAN There Together, 10AM-11AM</b>	Camrose Bus 9AM Coffee Time, 11AM @ Bashaw United Church (BUC)	Foot Care by Kaitlin Clinic, by Appointment • <b>Walking Group, 10AM-11AM @ Bashaw Ag</b>	16
17	18	19	20	21	22	23
	<b>CLOSED</b>	Bashaw Bus 9AM • <b>Aqua Fit, Depart at 10AM @ Camrose Pool</b> Community Coffee Drop-in, 1:30PM-3PM @ Lutheran Church	• <b>Chair Yoga, 9:30AM-10AM</b>	Coffee Time, 11AM @ Bashaw United Church (BUC)	• <b>Walking Group, 10AM-11AM @ Bashaw Ag</b>	
24	25	26	27	28	29	30
• <b>Walking Group, 10AM-11AM @ Bashaw Ag</b> • June Newsletter Deadline Drop-in Playgroup, Ages 0-6, 10AM-12PM @ BYC	Bashaw Bus 9AM • <b>Aqua Fit, Depart at 10AM @ Camrose Pool</b> Community Coffee Drop-in, 1:30PM-3PM @ Lutheran Church	• <b>Chair Yoga, 9:30AM-10AM</b> • <b>BEAN There Together, 10AM-11AM</b>	Camrose Bus 9AM • <b>Older Adults Dinner, 5PM @ Bashaw United Church</b> Coffee Time, 11AM @ Bashaw United Church (BUC)	Foot Care by Kaitlin Clinic, by Appointment • <b>Walking Group, 10AM-11AM @ Bashaw Ag</b>		

## BASHAW BUS SOCIETY

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Bashaw Bus - \$6  
 Camrose Bus - \$15  
 Charter Bus - \$30/hour + \$1/km

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Call 780-372-3631 to book your spot.

We offer info & referral, resource navigation, one-on-one support and programs for all ages. Visit online for a complete list of services and program details, [www.bashawcrc.com](http://www.bashawcrc.com).

~Access food hampers Monday to Friday, 9AM-4PM  
 ~Virtual AHS Mental Health Appointments: Book on Monday through Friday, at 10AM-12PM & 1PM-2PM. Call to make an appointment.

..... \*Subject To Change\* .....

**Partner Programs:**  
 ~For more info on the Community Coffee Drop-in at the Bashaw Lutheran Church (BLC), contact Leanne Walton, 403-505-3436 or 403-784-3437.  
 ~For more info on Bashaw Youth Center (BYC) programs contact, 403-373-2706.  
 ~To book with Foot Care by Kaitlin or for more info please contact, 587-377-6099.  
 ~For more information on Bashaw United Church (BUC). Coffee Time contact, 780-372-3891.  
 ~For more info on Family Resource Network events and programs contact, 578-844-6800.



# Coping with Stress...

## How to Support Your Mental Health?

**Don't wait, reach out. Free & confidential.**



**In-person  
counselling  
for all ages,  
now  
available.**

**Stop by or call to connect with us for referral to numerous services...**

Community wellness comprises information & referral, resource navigation and one-on-one support for individuals and families.

Many organizations within and outside our community collaborate to offer integrated wrap-around services. Any door is the right door, as we navigate the systems with you...

### **Other Options**

#### **~Adult Community Services, Addiction & Mental Health- Alberta Health Services (AHS) in Bashaw:**

Short-term therapy offered to adults who are experiencing a mental health concern. Free, book on Mondays at the Bashaw Community Health Centre. 1-888-594-0211

#### **~Camrose Addiction and Mental Health Clinic- AHS:**

Drop-in single session counselling via virtual/phone bookings for support with addiction and/or mental health concerns. Free, available Monday - Friday, from 9:30AM - 12PM & 1PM-3:30PM. 780-679-1241

For complete information on AHS services, please call 1-888-594-0211 .

#### **~ONLINE Rapid Access Counselling (RAC):**

RAC provides supportive, change-focused help. Available for individuals, couples, and families, at no cost to you. Sessions available within 3 business days.

Visit online to book: <https://www.racalberta.ca/>



780-372-4074  
4909 50 Street, Bashaw, AB

# TOWN OF BASHAW DIRECTORY

<b>ATB Financial Bashaw</b>	(780) 372-3030	4909 50 St.	Bank, Chequing and Savings Accounts, Credit Accounts, Investments and Loans.
<b>B.P.O.E. - Elks</b>			Service Club. bashawelks175@gmail.com
<b>Bashaw &amp; Area Community Resource Centre</b>	(780) 372-4074	4909 50 St.	Community Wellness Services Comprise of Information & Referral, Resource Navigation and One-on-One Support. Supports and Resources for all Ages, Activities and Events, Food Hampers, Seasonal Programs, Transportation, Volunteer Services and More.
<b>Bashaw &amp; District Chamber of Commerce</b>	(780) 678-9000		Member's Volunteer Efforts Promote Community and Local Businesses.
<b>Bashaw &amp; District Food Bank</b>	(780) 372-4074	4909 50 St.	Food Hampers. Proud partner of Bashaw & Area Community Resource Centre.
<b>Bashaw &amp; District Preschool</b>	(780) 372-2053	5020 52 Ave.	Play-Based Preschool Program. Proud partner of Bashaw & Area Community Resource Centre.
<b>Bashaw &amp; District Regional Health and Wellness Foundation</b>	(780) 372-3087		Health and Wellness Organization.
<b>Bashaw &amp; District Support Services</b>	(780) 372-4074	4909 50 St.	Community Based, Preventative Social Programs & Services. Proud partner of Bashaw & Area Community Resource Centre.
<b>Bashaw &amp; District Thrift Store Society</b>	(780) 372-3718	5008 50 St.	Used Clothes, Movies, Games and Small Furniture.
<b>Bashaw 4-H Beef Club</b>	(780) 678-6341		Youth Organization. Beef.
<b>Bashaw 4-H Multi Club</b>	(780) 678-6963		Youth Organization. Horse, Woodworking, Sewing, Dog, Photography and Foods.
<b>Bashaw Adult Learning Council</b>	(780) 372-3648	4909 50 St.	Adult Education. Proud partner of Bashaw & Area Community Resource Centre.
<b>Bashaw Ag Society</b>	(403) 805-8285	4750 45 Ave.	Bookings, Cattle Barns, Outdoor/Indoor Show Rings, Race Track and Rodeo Facilities.
<b>Bashaw Arena</b>	(780) 372-3763	5020 52 St.	Rental Facility.
<b>Bashaw Art Club</b>	(780) 372-4341 or (780) 372-3562		Fine Art, Courses, Art Shows and Displays.
<b>Bashaw Autobody</b>	(780) 372-0132	4920 49 St.	Custom, Collision and Restoration.
<b>Bashaw Bottle Depot</b>	(780) 372-0272	4720 49 Ave.	Bottle Return.
<b>Bashaw Bus Society</b>	Board (780) 372-2211 or Rental (780) 372-3631	4909 50 St.	Wheelchair Accessible Transportation. Proud partner of Bashaw & Area Community Resource Centre.
<b>Bashaw Canada Post</b>	(780) 372-3033	5118 50 St.	Sending and Receiving Mail, Gift Cards.
<b>Bashaw Cemetery</b>	(780) 372-3911	NW 28-41-21-W4	Cemetery.
<b>Bashaw Community Centre Board</b>	(780) 372-3634	5020 52 St.	Contact for Hall Bookings.

<b>Bashaw Community Church</b>	(780) 298-9355	5119 50 St.	Worship Services.
<b>Bashaw Community Hall</b>	(780) 372-4487	5020 52 St.	Wheelchair Accessible Facility, Banquet Capacity- 250 People.
<b>Bashaw Community Health</b>	(780) 372-3731	5308 53 St.	Home Care, Lab and X-Ray.
<b>Bashaw Community Theatre</b>	(780) 372-3648		Arts & Entertainment, Theatre Productions.
<b>Bashaw Concrete Products Ltd.</b>	(780) 372-3854	5102 48 St.	Landscaping Supplies including Topsoil, Mulch, Red Shale, Fire Pits & Landscape Fabric, Ready Mix Cement, Gravel, Sand, Limestone and Compost.
<b>Bashaw Crop Services</b>	(780) 372-3036	5115 48 St.	Farm Crop Services and Fertilizer.
<b>Bashaw Curling Club</b>	(780) 372-3817	5019 50 St.	Sports Club and Arena & Sports Venue.
<b>Bashaw Disaster Services</b>	(780) 372-3911	5011 52 Ave.	Disaster Services.
<b>Bashaw Esso</b>	(780) 372-4106	HWY 21 & HWY 53, 53 St.	Gas, Diesel, General Car Maintenance Supplies, Air Compressor Available for Car Tires and Car Wash.
<b>Bashaw Farm and Building Supplies Ltd.</b>	(780) 372-4104	4603 45 Ave.	Hand Tools, Power Tools, Fasteners, Hardware, Paint, Electrical, Plumbing, Heating & Cooling, Housewares, Lawn & Garden, Pet Supplies, Farm Supplies, Automotive, Outdoor Living and Outdoor Sports. Purolator Pickup Location.
<b>Bashaw Farmers Market</b>	(780) 781-0998	Bashaw Ag Grounds	Seasonal Market.
<b>Bashaw Fire Department</b>	Fire Chief (780) 350-9140	4911 52 Ave.	Fire Protection Service.
<b>Bashaw Fire Hall Museum</b>		5018 50 St.	Artifacts and Local History.
<b>Bashaw Food Town</b>	(780) 372-0000	5011 50 St.	Grocery Store, Food and General House Supplies.
<b>Bashaw Funeral Home</b>	(780) 372-2353	5016 50 Ave.	Caskets, Urns and Funeral Planning.
<b>Bashaw Golf and Country Club</b>	(780) 372-2333		Golf and Country Club.
<b>Bashaw Groceries</b>	(780) 372-3535	5019 50 St.	Grocery Store, Food and General House Supplies.
<b>Bashaw Home Hardware</b>	(780) 372-3889	5102 50 St.	Hand Tools, Power Tools, Fasteners, Hardware, Paint, Electrical, Plumbing, Heating & Cooling, Housewares, Lawn & Garden, Pet Supplies, Farm Supplies, Automotive, Outdoor Living and Outdoor Sports.
<b>Bashaw Hotel</b>	Bar (587) 322-9335 or Restaurant (587) 322-9755	5016 50 St.	Hotel Rooms, Restaurant and Bar.
<b>Bashaw Industrial Blasting and Coating</b>	(403) 740-6906	4515 59 St.	Blasting Paint and Coating. Welding, Mechanical and Electrical Repairs. Complete Restoration.
<b>Bashaw Laundromat</b>		4905 50 St.	Washing Machines and Clothing Dryers.
<b>Bashaw Legion Hall</b>	(780) 372-3595	5115 50 St.	Rental Facility. Leave a message for bookings.
<b>Bashaw Library Board</b>	(780) 372-4055	5112 52 St.	Governing Board for Bashaw Municipal Library.

<b>Bashaw Liquor Store</b>	(780) 372-3860	4520 50 St.	Beer, Wine and Spirits.
<b>Bashaw Meadows</b>	(780) 372-2056	5502 56 Ave.	Both Lodge and Designated Supportive Living Accommodation.
<b>Bashaw Meats and Sausage</b>	(780) 372-3517	4903 51 Ave.	Offering Over 50 Varieties of Homemade Goods.
<b>Bashaw Medical Clinic</b>	(780) 372-3740	5308 53 St.	Medical Services and Clinic. Proud partner of Bashaw Regional Wellness Centre.
<b>Bashaw Municipal Campground</b>	(780) 372-3911	Next to Bashaw Ag Grounds	Camping- 16 Un-Serviced Sites, Self Registration, \$20 Per Night, Trailer Dump Station and Washrooms.
<b>Bashaw Pistol Club</b>	(780) 372-4440		Sports Club.
<b>Bashaw Royal Purple</b>	(780) 372-3634		Service Club.
<b>Bashaw Pharmasave</b>	(780) 372-3503	5010 50 St.	Various Pharmas, Prescription Drug Pickup and Vaccines.
<b>Bashaw R.C.M.P. Detachment</b>	(780) 372-3793	5017 52 St.	Police Services.
<b>Bashaw Recreation Board</b>	(403) 741-2630		Recreation, Arts and Culture.
<b>Bashaw Rentals &amp; Sales</b>	(780) 679-7297	5011 46 Ave.	Trailer and Skid Steer Attachments, Power Tools, Hand Tools, Local Products and More.
<b>Bashaw School</b>	(780) 372-3800	5112 52 Ave.	K-12, Battle River School Division.
<b>Bashaw Seed Cleaning Association Ltd.</b>	(780) 372-3868	5111 48 St.	Feed Pellets, Seed Cleaning, Separation and Sorting.
<b>Bashaw Skating Club</b>	(403) 741-5026		Sports Club.
<b>Bashaw Sports Centre</b>	(780) 372-4440	5012 50 St.	Guns, Ammo, Hunting & Fishing Supplies, Competition Shooting and Archery Supplies.
<b>Bashaw Star</b>	(403) 742-2395		Local Newspaper and Advertising.
<b>Bashaw Thrift Shop</b>	(780) 372-3718	5008 50 St.	Second Hand Goods.
<b>Bashaw Tourism Information Booth</b>		5020 52 Ave.	Maps and Information.
<b>Bashaw Tool &amp; Small Equipment Rentals</b>	(403) 588-9958	5036 49 Ave.	Tool Rental.
<b>Bashaw UFA Petroleum Agency &amp; Cardlock</b>	(780) 372-3865	4510 50 St.	Gas, Diesel, General Car Maintenance Supplies and Propane.
<b>Bashaw United Church</b>	(780) 372-3891	5036 52 Ave.	Worship Services.
<b>Bashaw Veterinary Clinic</b>	(780) 372-2411	5113 50 St.	Veterinary Care for Pets and Farm Animals, General Pet and Farm Supplies.
<b>Bashaw Western Financial Group</b>	(780) 372-3584	4907 50 St.	Different Types of Insurance, Class 7 GDL and Class 5 GDL License Tests and Renewals of Vehicle Registration.
<b>Bashaw Youth Centre</b>	(403) 373-2706	4903 50 Ave.	Youth Recreation.
<b>Carlson Construction</b>	(780) 372-2374		Construction.
<b>CC Welding &amp; Tire</b>	(780) 372-4026	42067 RR 204	Tire Sales & Repair and Welding.

<b>Central AB Builders &amp; Renovators</b>	(403) 588-9957	5036 49 Ave.	Renovations and Construction.
<b>Central Alberta Regional Victim Serving Society</b>	(780) 372-3687		Crisis Support.
<b>Cheryl J. Moser Chartered Professional Accountant</b>	(780) 679-8960		Farm, Small Business, Corporate and Personal Accounting and Tax Services.
<b>Cindy's She Shed</b>	(780) 372-4104	4603 45 Ave.	Greenhouse.
<b>Cliff's Water Well Drilling</b>	(403) 302-2102		Water Well Services.
<b>Country Lane Saskatoons</b>	(403) 350-5351	6 KM South of Bashaw on Hwy 21	Berry Picking.
<b>Country Nine Golf Course</b>	(780) 372-2427	Range Rd 213A	Golf Course.
<b>East Hills Automotive &amp; Tool Supply</b>	(403) 357-7401	4516 50 St.	Automotive Parts Store.
<b>Fankhanel Construction Ltd.</b>	(780) 679-8403		Shops, Barns, Garages, Roofing, Cement Work, Home Renos, Sheds and More.
<b>Fresh Start Studio</b>		7KM East of Bashaw on HWY 53	Handmade Studio and Shop. <a href="http://www.freshstartstudio.ca">www.freshstartstudio.ca</a>
<b>Friends of the Majestic Theatre</b>	(780) 372-4341 or (780) 372-4163	5110 50 St.	Performing Arts and Dinner Theatre.
<b>Generations Daycare</b>	(780) 372-2053	5020 52 Ave.	Child Care. Proud partner of Bashaw & Area Community Resource Centre.
<b>Hair Saloon &amp; Spa</b>	(780) 372-0140	4901 50 St.	Men and Women's Hair Styling, Massage Therapist, Nails and Esthetics.
<b>Hairz Amour</b>	(780) 372-4043	4520 49 St.	Hair Styling, Manicures, Pedicures, Facials, Waxing and Piercing.
<b>Hammer's Construction Ltd.</b>	(780) 385-1886	5327 52 Ave.	Certified Carpenter Specializing In All Types of Concrete Work.
<b>Happy Gang Centre (Bashaw &amp; Area Seniors Activity Centre)</b>	(780) 372-3801	5001 50 St.	Seniors Centre.
<b>Heritage House 1 &amp; 2</b>	(780) 679-2000	5015 53 Ave.	Seniors Subsidized Housing, Independent Living Only.
<b>Holt's Vacuum &amp; Septic Service</b>	(780) 372-3522	5009 50 St.	Septic Services.
<b>Hometown Beauty Co.</b>	(780) 966-8339	4819 50 St.	Beauty Salon Offering Makeup, Nails and More. <a href="mailto:Hometownbeautyco@hotmail.com">Hometownbeautyco@hotmail.com</a>
<b>Hooker Heavy Duty</b>	(403) 358-0388	5031 46 Ave.	Auto Repairs.
<b>I Knead You</b>	(780) 781-7776		Massage Therapist.
<b>Immaculate Heart of Mary Roman Catholic Church</b>	(403) 742-2047	4919 51 St.	Worship Services.
<b>J.S. Carpenters Services Corp.</b>	(403) 304-1477		Fence/Deck/Garage/Roofing, Residential & Commercial New Construction and Renovations.
<b>Jones Family Chiropractic Centre</b>	1-866-920-0707	5020 50 St.	Chiropractic Care.

<b>KIJO Welding Ltd.</b>	(780) 781-1607 or (780) 781-4463		Welding.
<b>Lakeside House</b>	(780) 679-2000	4902 54 Ave.	Seniors Subsidized Housing, Independent Living Only.
<b>Lee Industrial</b>	(780) 878-4253		Screened & Washed Sand & Gravel, Site Prep. and Trucking.
<b>Liquor Town</b>	(780) 372-0000	5009 50 St.	Beer, Wine and Spirits.
<b>M &amp; A Butcher</b>	(780) 898-5919		Butcher Shop.
<b>Majek Well Services</b>	(780) 372-2447		Water Well Services.
<b>Max's Drive Inn Restaurant</b>	(780) 372-3771	4415 55 St.	Restaurant and Pizza.
<b>Meeting Place Coffee Roasters</b>	(780) 678-1961	4813 50 St.	Facility Specializing in Roasting Organic Guatemalan and Colombian Beans and More.
<b>Minor Ball</b>	(403) 741-8502		Sports Club.
<b>Minor Hockey</b>	(780) 679-8983		Sports Club.
<b>N.J. Holt &amp; Sons Ltd.</b>	(780) 372-3522		Trucking.
<b>OK Tire</b>	(780) 372-2045	4920 50 Ave.	Vehicle Checkups, Vehicle Maintenance, Vehicle Products, Vehicle Tune-ups & Mods and Garage Inspections.
<b>13 Sins Tattoo Parlour</b>	(226) 230-1343	5003 50 St.	Tattoo Parlour. Bill13sins@outlook.com
<b>Pierson Construction Ltd.</b>	(780) 608-6619		Custom Homes, RTM Homes, Shops, Renovations and General Contracting.
<b>Plumbing With Pride</b>	(780) 678-9042	4914 50 St.	Plumbing, Heating and Gas Fitting.
<b>Prairie Pine Carpentry</b>	(780) 972-7073		Carpentry.
<b>Pristine Kleen</b>	825-733-7334		Residential & Commercial Cleaning Services. Pristinekleencc@gmail.com www.pristinekleen.com
<b>Ramstad Realty</b>	(780) 678-6405	5333 55 Ave.	Real Estate.
<b>Range Road Revive</b>	(403) 586-3144	40526 Range Road 220	Preloved Children's Clothing Store.
<b>RCS Enterprises</b>	(780) 372-3832		Concrete Liners.
<b>Revolution Sustainable Solutions</b>	(403) 880-3612	5024 46 Ave.	Rural Recycling.
<b>Rowland Parker &amp; Associates</b>	(780) 372-3627	4909 50 St.	Accounting Services.
<b>Sandin's Paint and Body</b>	(780) 372-2455		Automotive Repair, Windshields/ Rock Chips, Accessories, Custom Painting and Insurance Claims.
<b>Servus Credit Union</b>	(780) 372-3772	5101 50 St.	Bank, Chequing and Savings Accounts, Credit Accounts, Investments and Loans.
<b>St. Peter's Lutheran Church Cemetery</b>	(403) 784-3437	NW 34-42-22 W4	Cemetery.
<b>The Bakedery</b>	(780) 372-2141	4912 50 St	Cannabis Retail and Accessories.

<b>The Cooperators</b>	(780) 372-4002	5002 50 St.	Different Types of Insurance, Financial Advisors, Party Alcohol Liability, Tax Free Savings Accounts, Prize Indemnity Insurance and Mortgage Guard.
<b>The Other Place</b>	(780) 619-5255	5109 50 St.	Restaurant and Coffee Shop.
<b>The Sweatshop Bashaw</b>	(780) 906-1816	4819 50 St.	Gym/Physical Fitness Center. Thesweatshopbashaw@gmail.com
<b>Town of Bashaw</b>	(780) 372-3911	5011 52 Ave.	Recycling, Bulk Water Sales, Permits, Taxes and Water/Sewage/Garbage.
<b>Town of Bashaw Library</b>	(780) 372-4055	5112 52 St.	Parkland Regional Library Member.
<b>Trailer Parks Bros. RV Storage</b>	(780) 608-5455	Behind Bashaw Farm and Building Supplies Ltd.	Fenced Security, RV Storage and Storage Sheds Available.
<b>Troll Printing</b>	(780) 336-1053 or (780) 372-2210	4920 50 St.	Printing and Vinyl.
<b>Ty Wilson, Alberta Realty</b>	(780) 781-7144		Real Estate.
<b>W.A. Grain &amp; Pulse Solutions</b>	(780) 372-4194	5110 48 St.	Pulses, Cereals and Oilseeds.
<b>Wong's Restaurant</b>	(780) 372-3823	5013 50 St.	Restaurant.
<b>Worth Repeating Restoration</b>	(780) 678-1234	4914 50 St.	Restore and Modernize Furniture. Home Decor Items and Furniture.
<b>Zion Lutheran Parish</b>	(780) 372-3845	5012 52 Ave.	Worship Services.

Do you see your business or has your information changed?

**The Town of Bashaw Directory details all local business and organization contact information. This is included at no cost! It is printed 2x per year (April & October) and is always available online. Please inform us of any updates to your information.**

**ADVERTISE MONTHLY**

**HOW TO SUBMIT YOUR CONTENT**



Community Connections is a space for Bashaw & Area non-profit groups and community organizations to advertise their information, programs & services, events and activities each month.

FREE Option- Content will be displayed as 'text-only' listings. To submit please provide the following:  
Title, Details, Time, Location, Contact and any other information.

PAID Option- If you wish to format your own AD, please submit 'camera-ready' content.

1/4 PAGE AD- w: 3.4 x h: 4.7, \$15.00 per AD

VERTICAL 1/2 PAGE AD- w: 3.4 x h: 9.3, \$25.00 per AD

HORIZONTAL 1/2 PAGE AD- w: 6.8 x h: 4.7, \$25.00 per AD

\*Submissions must be edited and ready for print.\*

Newsletters reach area residents by mail and can be found online,  
<https://bashawcrc.com/newsletters>. Contact us to have your content included in the next edition.

**VIEW ONLINE**

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

**SUBMIT TO**

[frontdesk.bdss@gmail.com](mailto:frontdesk.bdss@gmail.com) or 780-372-4074

