

Community Connections FEBRUARY

Home Support

Home Support Offers Light housekeeping, light meal preparation, laundry, and local errands. If you are a senior or have health concerns and need help in your home please inquire at 780-372-4074.

\$19/hour + 40¢/km

Supported through United Way Central Alberta



United Way
Central Alberta

Meals on Wheels

Meals on Wheels provides hot meals delivered right to your door! This lunch is a 3 course meal prepared at Bashaw Meadows.

To register or find out more, call 780-372-4074.

\$8/ meal

Want to Submit to the Monthly Newsletter?

Deadline for March
Community Connections:
February 25, 2020

frontdesk.bdss@gmail.com

Ph. (780) 372-4074, Fax: 780-372-3951
4909 50 St, Box 568



FOOD BANK

Thank you to everyone who donated to the Food Bank these past few months. Because of your generous giving, the food bank is well stocked and ready to serve our community.

Bashaw & Area
Community Resource Centre

Ph. 780-372-4074
Fx. 780-372-3951
4909 50 Street, Bashaw, AB

Bashaw & District Support Services
Bashaw & District Food Bank
Bashaw Adult Learning
Bashaw Bus Society
Healthy Families
Navigation and Referral
Psychological Services
Alberta Mental Health
Family Resource Network

Services

Bashaw & Area Community Resource Centre is expanding to better meet the needs of our community and surround it's members with all essential services.

Did You Know Alberta Health Services Offers FREE Educational Workshops? Now Available Online!

The following classes are being offered by phone and/or Zoom. Registration is NOW OPEN

Better Choices, Better Health

Session Date	Days	Time	Location
Feb. 3, 10, 17, 24, Mar. 3, 10	Wednesday	1:00 pm – 3:30 pm	Zoom Class
Mar. 4, 11, 18, 25, Apr. 1, 8	Thursday	1:00 pm – 3:30 pm	Zoom Class

Diabetes: The Basics

Session Date	Days	Time	Location
Feb. 4, 11, 18, 25	Tuesday	5:30 pm – 8:00 pm	Zoom Class
Feb. 9, 16, 23, Mar. 2	Tuesday	1:00 pm – 3:30 pm	Zoom Class
Mar. 18, 25, Apr. 1, 8	Thursday	9:30 am – 12:00 pm	Zoom Class

Heart Wise: Managing Cholesterol and Blood Pressure

Session Date	Days	Time	Location
Feb. 3, 10	Wednesday	9:30 am – 12:00 pm	Zoom Class
Feb. 22, Mar. 1	Monday	9:30 am – 12:00 pm	Zoom Class
Mar. 9, 16	Tuesday	1:00 pm – 3:30 pm	Zoom Class
Mar. 24, 31	Wednesday	1:00 pm – 3:30 pm	Zoom Class

Lifestyle Series: Sleep Well

Session Date	Days	Time	Location
Mar. 19	Friday	9:30 am – 11:00 am	Zoom Class

Lifestyle Series: Stress Less

Session Date	Days	Time	Location
Mar. 1	Monday	1:00 pm – 2:30 pm	Zoom Class

Managing Emotional Eating

Session Date	Days	Time	Location
Mar. 3, 10, 17	Wednesday	9:30 am – 12:00 pm	Zoom Class
Mar. 8, 15, 22	Monday	1:00 pm – 3:30 pm	Zoom Class

Minding Stress: Effectively Reduce and Manage Stress in your Life

Session Date	Days	Time	Location
Feb 18, 25	Thursday	1:00 pm – 3:30 pm	Zoom Class

Moving Matters: Including Physical Activity in your Day

Session Date	Days	Time	Location
Feb. 23	Tuesday	6:00 pm – 8:30 pm	Zoom Class

Eating Well for Weight and Health

Session Date	Days	Time	Location
Feb. 4, 11	Thursday	1:00 pm – 3:30 pm	Zoom Class

Nutrition: Eating Away From Home and During Special Occasions

Session Date	Days	Time	Location
Feb. 16	Tuesday	6:00 pm – 8:30 pm	Zoom Class
Mar. 11	Thursday	1:00 pm – 3:30 pm	Zoom Class

Nutrition Labels: Reading Between the Lines

Session Date	Days	Time	Location
Feb. 9	Tuesday	6:00 pm – 8:30 pm	Zoom Class
Mar. 4	Thursday	1:00 pm – 3:30 pm	Zoom Class

Nutrition: I Know I Should Eat Healthy, But How?

Session Date	Days	Time	Location
Mar. 5	Friday	1:00 pm – 3:30 pm	Zoom Class
Mar. 29	Monday	9:30 am – 12:00 pm	Zoom Class

Call 1-877-314-6997 to register for a class or come to BDSS for more information

BASHAW UNITED CHURCH

Dear Friends,
 Lent begins February 17
 and it already feels like
 we've been in the wilderness
 for more than forty days.
 But we're not lost,
 we're not alone,
 we're not disconnected.
 And we're still here.
 We're just not meeting in person right now.



We think of it like,
 "we're not inside, we're out there."

You can find us online at
risingspiritministry.com
 and you can find us on Facebook
 and our YouTube channel
 Rising Spirit Ministry.
 You can reach out with a message,
 an email
 or a phone call.
 Or send us a note. We love mail.

Join us Sunday mornings at 10:30 am
 via Facebook or go to our web page and
 click on Live Stream.

We hope for the days ahead to be full of
 hugs, sharing a pew together, sharing a
 coffee, a story and a song.
 For today, remember:

Love knows no distance, and Kindness
 and Compassion are never cancelled.

BASHAW UNITED CHURCH
 PO Box 448 BASHAW AB T0B 0H0
 780 372-3891 bashawunited@gmail.com



PHARMASAVE BASHAW

COVID UPDATE LOCAL NUMBERS



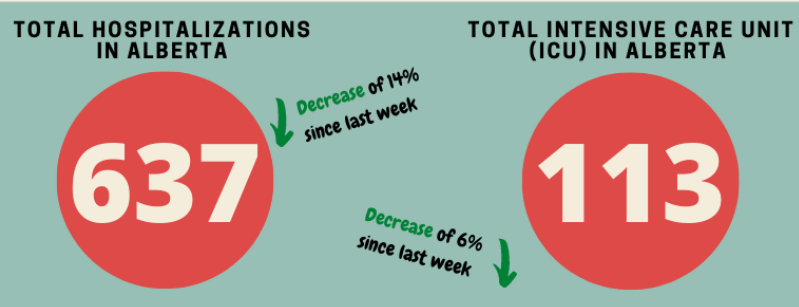
January 25, 2021 Edition

This weekly update provides focused
 information for our area,
 as reported by the Government of Alberta

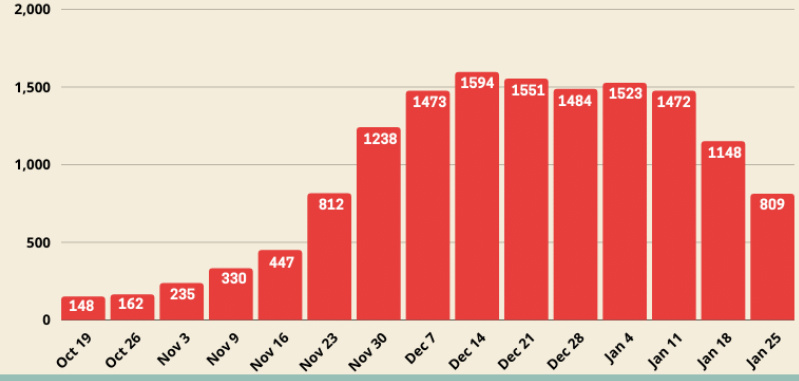


TOTAL ACTIVE CASES IN OUR AREA

		Trend from last update	Enhanced Measures		Trend from last update	Enhanced Measures
Camrose County (including Bashaw)	6	↓	YES	Red Deer County	32	↓ YES
City of Camrose	44	↓	YES	City of Red Deer	159	↓ YES
Lacombe County	25	↑	YES	Stettler County (including Stettler)	5	↓ YES
City of Lacombe	20	↓	YES	Wetaskiwin County	18	↓ YES
Ponoka County (including Ponoka)	228	↓	YES	City of Wetaskiwin	29	↓ YES



ACTIVE CASES IN CENTRAL ZONE



"Love is the greatest gift when given. It is the highest honour when received"
 - Fawn Weaver

PHARMASAVE
 Pharmasave Bashaw

Bashaw Youth Drop In Foundation

Job Opportunity for the Bashaw Youth Center

Bashaw Youth Program Facilitator

Part Time

- Be a positive role model to children
- Be a motivated and independent worker
- Exceptional people skills
- Previous experience in working with youth
- First-Aid Certificate

Resumes will be accepted until a suitable candidate is found.

Please apply to:

Bashaw Youth Center

Email: bashawyouthfoundation@hotmail.com



Bashaw Bucks Draws

Congratulations to the Bashaw Bucks Draw Winners!

- Draw Week 1, November 13 Winner: Terry Dahl
- Draw Week 2, November 20 Winner: Doris Hunter.
- Draw Week 3, November 27 Winner: Clarence Brokopp,
- Draw Week 4, December 4 Winner: Leanne Brown
- Draw Week 5, December 11 Winner: Lana Gilmore
- Draw Week 6, December 18 Winner: Jim Holt
- Bonus \$200 Draw, December 23 Winner: Marilyn Resler

Congratulations to all our shoppers for Making Bashaw a better place to be.

Special thanks to the business who participated.

Without you it would not happen.

Participating Businesses

- OK Tire
- Bashaw Esso
- Bashaw Sports
- Fresh Start Studio
- Bashaw Liquor Town
- Heck's Fuel Service - UFA
- Bashaw Home Hardware
- Hairz Amore and CB Barber
- Pharmasave Bashaw
- Bashaw Foods
- Bashaw Meats
- The Noble Fox
- Servus Credit Union Ltd.
- Bashaw Liquor Store
- Town of Bashaw
- Bashaw Groceries
- Western Financial
- Meeting Place Coffee Roasters
- Bashaw Farm & Building Supplies

2021 BASHAW MEADOWS 'SPRING' FUNDRAISER

Order Your Spring Basket Just in Time for Mother's day!

Look for Order Forms at:

- Bashaw Farm & Building Supply Ltd.
- Bashaw Meats & Sausage Ltd.
- BDSS



All orders and payments must be completed by Friday, Feb. 26, 2021

For every basket sold... \$10 goes toward the Bashaw Meadows Residents Association

Pick up will be at Bashaw Farm & Building Supply Ltd.

Thank you

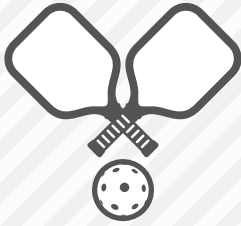
Bashaw Meadows Residents Association would like to say THANK YOU to the Community for all the support during the Calendar Fundraiser.

PICKLEBALL

BASHAW & AREA RECREATION BOARD

Due to the continuing COVID-19 Regulations set by the Government of Alberta, Pickleball will be cancelled until further notice.

For more information, contact:
Chris Brosinsky: 780-372-3936
Marj Savage: 780-226-5661



Bashaw Municipal Library

CURBSIDE SERVICE ONLY

Tuesday - Thursday 10 am - 4 pm



BUS SCHEDULE

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2 9 am - Bashaw Bus	3	4 9 am - Camrose Bus	5	6
7	8	9 9 am - Bashaw Bus	10	11 9 am - Stettler Via Donaldalda Bus	12	13
14	15	16 9 am - Bashaw Bus	17	18 9 am - Camrose Bus	19	20
21	22	23 9 am - Bashaw Bus	24	25 9 am - Stettler Via Alix Bus	26	27
28	1	2 9 am - Bashaw Bus	3	4 9 am - Camrose Bus	7	6

Call 780-372-3631 to inquire or book your spot

Bashaw Bus - \$6.00
Camrose/Stettler Bus - \$15
Charter Bus - \$30/hour + 75¢/km