JANUARY - MARCH, 2023 INFORMATION FOR ALL AGES

COMMUNITY CONNECTIONS

CommunityLinks

Strengthening the community, one positive moment at a time, for the last 40 years!

At Community Links, we have the opportunity to support community members of all ages and be part of some amazing positive moments. In isolation, these moments may not seem overly impactful, but for the people who experienced them, they are often the positive moment that helped them see that things can improve and provide a sense of hope for better times to come.

We feel fortunate to be able to create a safe, welcoming space where these positive moments happen, every day. And the reason we can continue to provide these opportunities is because of the amazing generosity of the community. Every donation we receive, is important to help us continue to strive towards achieving our Vision of:

STRONG INDIVIDUALS STRONG FAMILIES STRONG COMMUNITIES

The impact of the support we provide is best expressed by those who experienced the positive moments in their own lives, and we are grateful for those who have been willing to share their comments with us during this past year.

"During the pandemic, Community Links programs were my only access to resources for a new parent. Now that we're back to in-person, and I'm on baby #2 I am so thankful for the excellent in person programming too." (Baby Babble participant, August 2022)

"Visiting the office gave me first-hand knowledge of the support services available to me, I was totally unaware." (Seniors Services, June 2022)

"I did not think I needed, nor did I want to attend this group - but I am so glad I did. The sessions have given me so much insight into how I was coping with the loss of my dad. I am comfortable and empathetic now speaking about my grief, or the losses others have to endure" (Grief and Loss Group participant, June 2022)

If you are interested to make a donation to ensure the community residents in North Rocky View can continue to find **positive moments** in the year to come, please visit https://mycommunitylinks.ca/donate.

We thank you for your commitment to Community Links and look forward to creating more positive moments for our community and its residents in 2023!

Mission

To inspire hope, support healthy development, strengthen wellbeing and resiliency by connecting individuals and families to supports and resources in our communities.

Hello, my name is Catherine, and I am the new Seniors Support Worker at Community Links. I can help with your senior specific questions and follow up. I have a background in public health, and I hope to share my experiences. I love great conversation, so I am open to talk.

If you would like support, please contact the Intake Team at Community Links at 403-945-3900 or attend in person, Monday - Friday 8:30 am- 4:30 pm (closed between 12:00 pm - 1:00 pm) and Thursday night until 8:00 pm

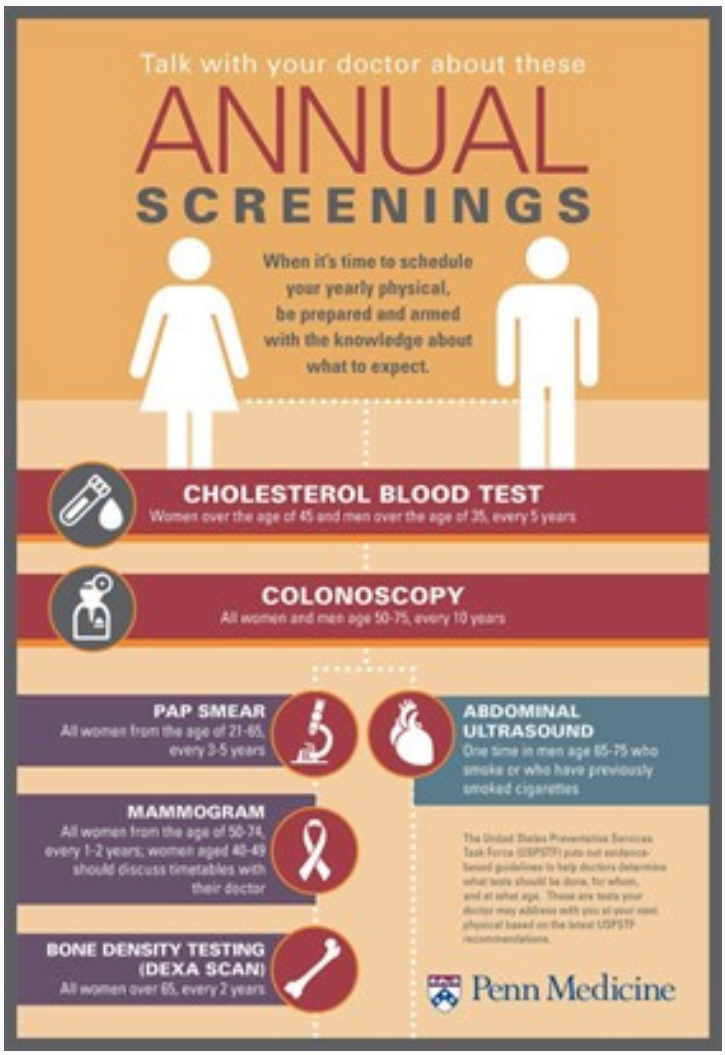
Try these exercises everyday to improve your balance.

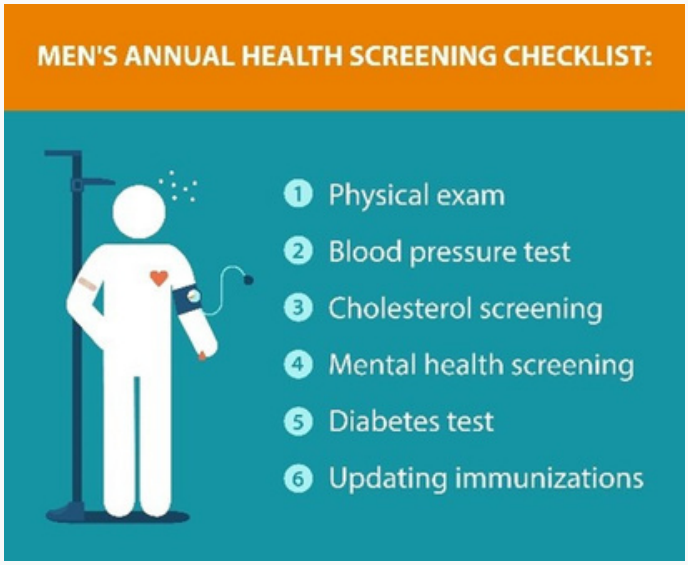
Yearly Physicals

Talk to your doctor to book a yearly physical appointment.
Yearly physicals check for your blood pressure,
hearing, reparation rate, temperature, ears, weight,
and blood test just to list a few.
There are some more gender specific exams.
If you have any other concerns talk to your doctor.

For females it can include like:

- Breast
- Pelvic
- Vagina





Physical examinations for males can include things like:

- Testicular exam
- Hernia exam
- Penis exam
- Prostate exam

Winter Fun

When the days grow short and the mercury drops, our activity levels tend to plummet as well. It's important to stay active in winter.

There are plenty of fun winter activities for seniors that don't involve falling and risking injury. To help you get moving and make the most of winter, here are some ways to safely enjoy an active lifestyle over the winter months.

1. BIRD WATCHING

Winter can be a good time for birdwatching. The birds are active and it's easier to see them without all the leaves on the trees. Birders can do their hobby in backyards, local parks, conservation areas, such as Inglewood Bird Sanctuary in Calgary. Beginner birders don't need to spend a lot to start the hobby. Experts recommend a good set of binoculars and a good field guide. Set up some suet or bird feeders in your back yard and challenge yourself to identify the birds that visit them. It can be really fun combine birdwatching with photography.

2. SWIMMING AND AQUA FITNESS

Contact Genesis Place for a full list of programs and registration information. Did you know they offer a Gentle Aqua class for free? Designed for the 50+ enthusiast but open to all ages, this gentle aquatic fitness class will help improve your cardio, strength, and flexibility.

3. TRY SOMETHING NEW

Challenging yourself intellectually with something you enjoy can help keep your mind sharp and your mood bright. Any activity you find interesting will work. There are a number of options to choose from at the Airdrie Public Library, such as Chess Club, Genealogy Club, Knitters Club, Scrabble Club. Join a book club. Or volunteer at a local charity. For local opportunities, contact Volunteer Airdrie - (403) 993-5034.

4. ATTEND A CONCERT OR JOIN A CLUB

The Bert Church Theatre Live has a number of great performances through out the year. The Over 50 Club host activities 7 days a week, year-round, including card games floor curling, pool, shuffleboard, chair yoga and table tennis. Make new social connections and enjoy everything our community has to offer.

WORD SEARCH

A Christmas Story

D	O	G	S	P	F	A	R	A	R	A	R	A	R	A	E
T	X	H	M	B	K	F	R	A	G	I	L	E	E	A	N
E	U	A	F	C	U	E	F	I	G	H	T	I	S	R	I
K	L	O	I	U	D	N	E	E	W	O	N	S	D	A	T
O	F	L	E	R	D	C	N	A	S	N	R	R	L	N	L
R	F	A	Y	Y	A	G	B	Y	A	R	A	L	E	D	A
B	E	D	R	N	E	L	E	N	S	W	U	V	I	Y	V
P	E	D	R	K	I	R	A	L	A	U	L	C	H	E	O
R	A	U	O	N	U	H	U	L	E	D	I	L	S	K	S
A	F	O	D	C	P	S	G	O	L	G	F	T	S	R	A
L	G	E	S	R	E	L	O	P	Y	A	E	D	S	U	N
P	L	L	O	U	A	D	A	R	E	T	B	E	I	T	T
H	U	I	G	S	U	O	I	D	A	R	O	T	M	L	A
I	E	N	S	C	P	A	R	A	D	E	U	O	O	R	L
E	O	E	K	A	N	A	I	D	N	I	Y	N	H	O	E
T	S	I	G	E	L	F	I	R	R	I	A	N	I	S	F

AIR RIFLE
AWARD
BLIND
BROKE
BUNNY SUIT
CURSE
DARE
DECODER
DILL
DOGS
DUCK
ELF
FA RA RA RA RA
FARKUS
FIGHT
FLICK
FOOTBALL
FRAGILE
FURNACE
GLASSES
GLUE
INDIANA
LAMP
LEG
LIFEBOUY
LINE
LUX
MISS SHIELDS
OH FUDGE
ORPHAN ANNIE
OVALTINE
PARADE
POLE
RADIO
RALPHIE
RANDY
RED RYDER
SANTA
SHOOT YOUR EYE OUT
SLIDE
SNOW
SOAP
TONGUE
TURKEY

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What is Pink Shirt Day?

Pink Shirt Day began in Nova Scotia in 2007 when two students witnessed one of their male classmates being bullied for wearing a pink shirt. The students decided that in support of their peer, they would buy pink shirts for all their classmates to wear the next day. That following day, hundreds of students showed up wearing their own pink shirts and since then, Pink Shirt Day happens annually on the last Wednesday of February. The event happens across Canada and has also been adopted by other countries worldwide.

It has been proven that compassion and empathy reduce bullying immensely. Pink Shirt Day provides an opportunity to talk about bullying through learned knowledge or sharing your own impactful stories. Pink shirt day has raised over $2.5 million dollars which have been used to create and support programs anti-bullying programs which have helped over 59,000 impacted children.

Visit these informative Canadian websites for more information:
About Us – Pink Shirt Day (https://www.pinkshirtday.ca/)
Get Help - BullyingCanada (https://www.bullyingcanada.ca/)
PREVNet | Canada's authority on bullying prevention (https://www.prevnet.ca/bullying)

Wear your Pink Shirt and join us in standing up to bullying on February 22nd, 2023.

Helping you achieve your 2023 Goals

Have you set a goal to try your first (or maybe your 10th) Run in 2023? Are you interested in giving back to your community at the same time? If so, then here are two opportunities that may be of interest to you!

Know Where to Turn – May 7

This annual event, formerly known as the Legacy Run to End Family Violence, is taking place on May 7, 2023 in Airdrie. The Know Where to Turn event combines raising awareness of local resources for individuals and families impacted by family violence with raising much-needed funds to support the frontline services provided at Community Links for more than 18 years.

Let's keep moving forward together toward a safer and stronger community. For more information, visit www.knowwheretoturn.ca, or to register for the 5K, 10K, Half Marathon or Kid's Race visit: https://www.events.runningroom.com/site/17744/know-where-to-turn-2023/

Servus Calgary Marathon – May 28, 2023

Community Links is an official charity partner for the Servus Calgary Marathon Charity Challenge Program. If you are planning to participate in this year's event, we would appreciate if you would consider running and raising funds in support of our organization. Please use this link to register:
2023 — Servus Calgary Marathon 2023 — Race Roster — Registration, Marketing, Fundraising

Board of Directors Recruitment

Get involved, Make a Difference - Become a Board Member with Community Links!

Community Links' Board of Directors is a Governance Board and is currently looking for Board Members to join their team. Members of the Board are elected for a term of two years, up to a maximum of three terms.

Community Links is a non-profit, registered, charitable organization that has served the North Rocky View Region including Airdrie, Beiseker, Irricana, Crossfield and surrounding North Rocky View County for the past forty years, through a variety of programs and services for all ages.

Candidates will:

- Provide strategic input into the operations of Community Links;
- Participate in fundraising initiatives that support the long term financial sustainability of the agency;
- Engage in community connections that build on the agency's vision and mission;
- Be an advocate for the agency;
- Attend monthly Board meetings (9 - 10 per year), as well as committee work;
- Bring skills related to Financial, Legal and Project Management skills, and/or past Board experience;
- Have the opportunity to be part of an organization that contributes positively to the betterment of the communities we serve.

Please forward a cover letter and resume to Community Links,
attention: Lori Henderson
Address: 211, 125 Main Street NW, Airdrie, Alberta T4B 0P7
E-mail: lori@nrvcl.ab.ca
Fax: 403-945-3901
For further information on Community Links please visit: www.mycommunitylinks.ca
*Candidates must be 18 years and older

Board Members

Chair, Monica Guzzwell
Vice Chair, Brett Mark
Secretary, Stuart Clark
Treasurer, Mary Rawson
Director, Dirk Bannister
Director, Jim Hanson
Director, Glenn Smaha
Director, Dimitri Dimopoulos

Community Links
Regular Hours of Operation
Monday – Friday
8:30 a.m. - 4:30 p.m.
Thursday: 8:30 a.m. - 8:00 p.m.
Closed Daily from 12:00 - 1:00 p.m.

Beiseker Hours
Tuesdays, 9:30 a.m. - 3:00 p.m.
Fridays, 9:30 a.m. - 3:00 p.m. (seasonal hours)

Crossfield Hours
2nd Wednesday each month, 1:00 pm - 4:00 pm

Irricana
By Appointment Only