

COMMUNITY CONNECTIONS



Know Where to Turn 2024

Support family violence prevention in your community by racing or walking at Know Where to Turn 2024!

Date: May 5th, 2024

Location: Ed Eggerer Park, Airdrie

When you sign up as a participant for any of the four events – 5K, 10K, Half Marathon or Kids' Race – much needed funds go directly to support the frontline family violence services that have been provided by Community Links for more than 18 years. When donating your time as a member of the huge volunteer team, you will help to ensure the event is able to achieve its goal. Any donation of time or money will help this important event and the health of our community.

Early Bird Registration Open January 9th, 2024.

For more information about Know Where to Turn, contact us at runtoendfamilyviolence@gmail.com. For information about Community Links, visit www.mycommunitylinks.ca or call 403.945.3900 or toll-free 1.866.945.3905.

For more information, contact:
Elizabeth Wyczynski
Community Relations Specialist
Community Links
elizabeth@nrvcf.ab.ca
403.945.3955

Mission

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

Support Services Update



Santa's Workshop is now open at Community Links! If you find yourself needing a bit of extra support this year at Christmas, you have not qualified for a hamper or you are uncertain of where to go for support, come to Community Links to select an age-appropriate toy for your children.



Rocky View County Fair Access- if you live in Rocky View County, are you aware of the new Rocky View Fair Access Program. This program supports low-income residents of Rocky View County with subsidized programming at Genesis Center and Bert Church Theater. If you qualify you will receive a subsidy between 25 and 75% depending on your income and family size. Come to Community Links to receive an application form, we can support you to apply.

AIRDRIE FOOD BANK COMMUNITY KITCHEN PROGRAMS

Did you know that you can participate in cooking programs at the Airdrie Rotary Community Kitchen located within the Airdrie Food Bank?

The Airdrie Rotary Community Kitchen regularly updates its curriculum with a diverse range of classes and workshops that cover a broad range of topics. To see which classes are currently offered, or to sign up for their newsletter, please visit: www.airdriefoodbank.com/communitykitchen, or contact: Meghan West at the Airdrie Food Bank 403-948-0063 or kitchen@airdriefoodbank.com

BEAT THE WINTER BLUES

Get Creative: With snow and cold upon us, now's your chance to learn a new skill or craft. Learning a new skill can create new neural connections in your brain while strengthening the old ones, which is extremely valuable for senior cognitive health. Focusing on a fun activity outside your comfort zone can also relieve anxiety. Michael's in Airdrie offers free classes, demos both in store and from the comfort of your home. The Airdrie Public Library also offers classes from time to time. Last, check out some local businesses who offer classes in arts/crafts—Mukluk Magpies Stained Glass Emporium, MackiMakes Art Studio, Color Me Mine are some examples of local businesses that offer classes for adults. Contact them for details.

Get Moving: When the weather's cold and days are short, it's tempting to want to curl up on the couch and not leave. However, exercise—in any form—is healthy for your brain and body and boosts your mood as well. Just moving thirty minutes a day, three times a week, is enough to make a noticeable difference when it comes to beating the winter blues for seniors. Our suggested exercises are perfect for those with limited agility due to injuries or medical conditions. Check out the exercise classes at the Airdrie Over 50 Club, Genesis Place or search online for exercises that seniors can safely do from the comfort of their home.

The possibilities are endless: Set yourself a goal, learn a new skill, or take on a challenge. YOU CAN DO IT!

WORD SEARCH

Sounds the Same

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

AIL	BREAD	CLIMB	DOE
ALE	BRED	CLIME	DOUGH
ALLOWED	BREWED	CLOSE	DONE
ALOUD	BROOD	CLOTHES	DUN
ALTAR	BRIDAL	COLONEL	DUCKED
ALTER	BRIDLE	KERNEL	DUCT
BARK	BUY	COUNCIL	FIND
BARQUE	BY	COUNSEL	FINED
BASE	CAPITAL	CREAK	FLAIR
BASS	CAPITOL	CREEK	FLARE
BEACH	CELL	CURRENT	FOREWORD
BEECH	SELL	CURSER	FORWARD
BOLL	CHEAP	CURSOR	FRIAR
BOWL	CHEEP		FRYER

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<http://www.thepotters.com/puzzles.html>



HOW TO KEEP BUSY DURING THE WINTER MONTHS WITH CHILDREN???



Winter is a fantastic season. But after a couple of weeks, the house might start to feel like a trap instead of a haven. Here are some ideas to keep busy during those especially cold days.

Things outside:

Winter wonderland walk – take a walk in the snow. Talk about the way the world sounds differently in winter, like the sound of footsteps in the snow. Talk about frost on the trees, pattern of snowflakes, how the hares have turned white, how water outside is now frozen or how sometimes we can see our own breath.

Paint the snow. Use food coloring or bath pellets with warm water in a spray bottle. Then spray the snow. Make patterns or paint snow sculptures.

Practice ice skating. Try sliding on ice in boots, this a great start to the sport of ice skating before purchasing skates.

Start a bird watching list. Make a list of birds by colour, size, or the location where they are spotted.

Things inside:

Buy an inexpensive craft kit or DIY gift making ideas. Make surprise gifts for senior neighbors and friends. These “just because” gifts can brighten someone’s day.

Change the environment. Move furniture. Throw a blanket over a table for a fort. Sit on the floor for a meal instead of at the table. Build an obstacle course.

Throw a “Just Because” party. Nothing has to be any certain way. Pick a theme. Follow the child’s lead on making decorations, playing games, and choosing music. Invite another family to join you.

Break out the tape. White, green or blue tape can be used to create all kinds of games. On the floor, tape can make a hopscotch board, a balance beam, a starting line for a long jump, or the roads for toy cars to drive on. On the wall, tape can make a target for throwing rolled up socks or paper balls. Crisscrossed from wall to wall in a hallway, the tape can create a great obstacle for kids to try and get through without touching the tape. Making a floor maze is a great way to use tape too.

Roll up a pair of adult socks to make a ball and try a round of basketball, bowling (use bottles from recycle for pins), or another sport.

Try a no-bake recipe with your child. There are lots of recipes online for no-bake snacks.

Hold a Spontaneous Dance Party. Put on the music and groove. Invite everyone to join in the dancing.

Plan an escape.

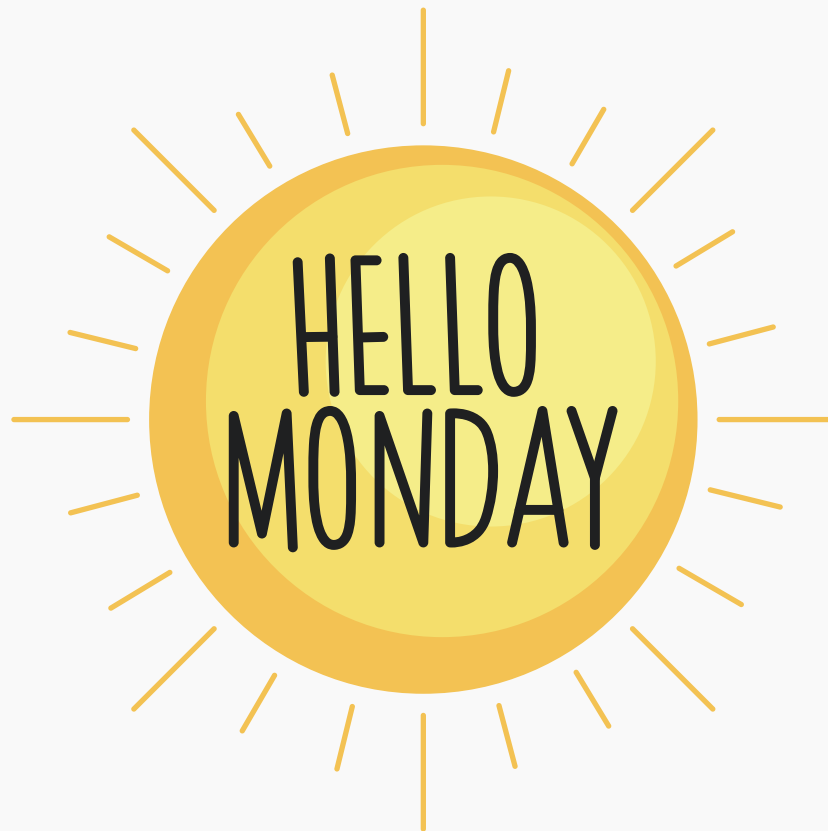
As a family, make a plan for a family outing to a museum, for a hike, an overnight stay with another family, or even for a sleep over in the family living room. Ask the kids what to bring, what to wear, what to eat. Focus on experience and learning. Afterwards, talk about what may have been forgotten and how to make it better the next time.

Take one child on a date. Plan a day and ask them to dress up. Dress up and greet them at the door, just like a visitor. Take them someplace they really like to go – the park, the library, and ice cream store. Keep the phone put away so you can focus only on them for the whole hour. Repeat for each child.

Blue Monday

For many of us after all the celebrations of Christmas and all that it brings turns our thoughts to the New Year with anticipation, excitement, and possibility of dread to producing a New Year Resolution goal - one that we can stick to. By the second week of January, we are working on our goal, or made a change or for a lot of us "what was our goal"? Life has turned into a routine, and we think that this is it. Oh no, **Blue Monday** arrives on **Monday, January 15, 2024**.

You may ask what is it? It's a time of the year, following the holiday season, when the Winter Blues can be at an all-time high, which leads it to be the saddest day of the year. Question will be Why is Blue Monday a sad day? Well folks, this is due to a combination of weather, late nights, long dark days, the aftermath of our festivities of the holidays and worry paying off Christmas spending bills. Let's not buy into the blues, let's celebrate Blue Monday instead. Wear your brightest blue shirt, mark it with an event with family and friends



Newsorthy



Thank you to Tiana and the Purses for Hope group for their generous donation!



We are very thankful to Sheri Wigmore and École Edwards School Community for their generous donation of socks as part of SOCKtober.



We are honored to be selected by Davis Chevrolet Airdrie to receive a generous donation of \$10,000 for Giving Tuesday! Thank you for being so supportive of our agency and the Airdrie community!
@DavisChevAirdrie

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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

To be announced

Crossfield Hours

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

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By Appointment Only

