

COUNTY CONNECTS

NEWSLETTER

February

Sunday

Monday





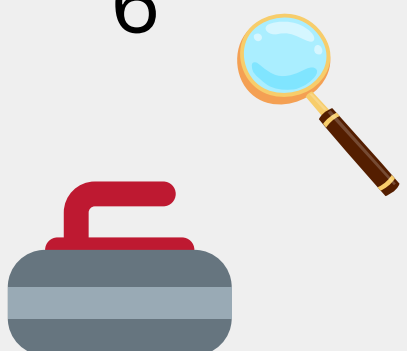
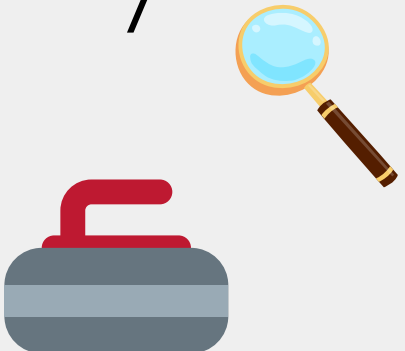
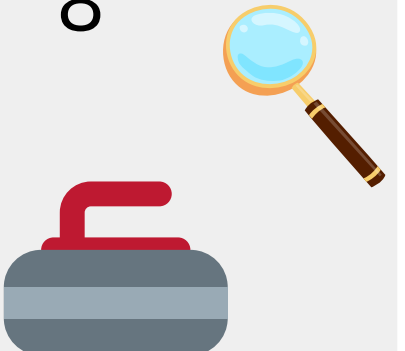



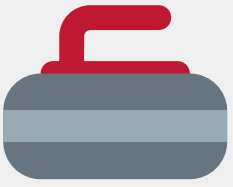
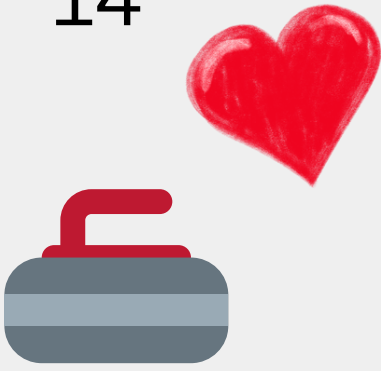
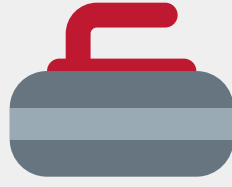


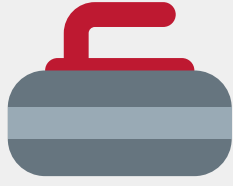
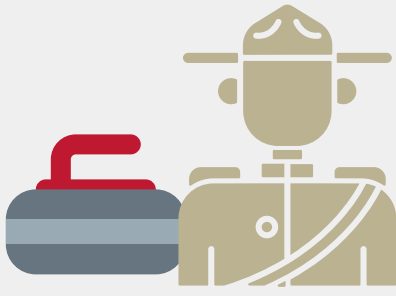
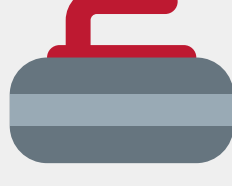




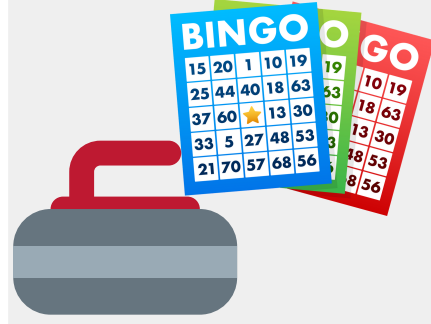
Tuesday

Wednesday

Thursday

Friday

Saturday

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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 		



What's going on in your community

Westlock CONEX Scavenger Hunt

Feb 2 - 11

Check out CONEX Facebook page
for more details



Kill Cupid Karaoke Party

Feb 9 at 9PM

Busby Countryside Saloon



Jarvie Paint Night

Feb 17 at 6:30PM

\$20/person

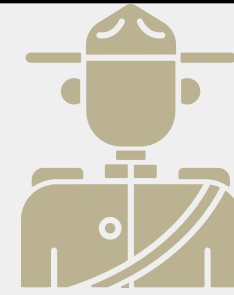
Register with Sharon



2024 Westlock RCMP Town Hall

Feb 21 at 6:30PM

Vimy Community Hall



Let The Games Begin!

Feb 23 at 7:00PM

Pine Valley Resort Hall

Register with Belinda



Ham and Turkey Bingo

Feb 29 at 4:45PM

Fawcett Hall



Curling, Hockey, Skating

Throughout February

Fawcett Arena

Check PACO for weekly schedule



February 28 Anti-Bullying Day

Wear a Pink Shirt to show support against bullying





What's going on in your community

February 2023 Workshops for Adults by ZOOM

Be Supported on your Journey to Better Health
- Right from Home!

Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand risks for heart disease and stroke.

Overview & Prevention

In this group, a registered nurse will discuss:

- Risks for Coronary Artery Disease
- Blood Pressure
- Monitoring Blood Pressure at Home
- Understanding Cholesterol
- Getting Active
- Managing Your Medications

Feb 6 9:30am to 11:00a.m.
Feb 21 5:30pm to 7:00p.m.

Nutrition

In this group a registered Dietitian will discuss:

- Lab tests
- Types of Fat in our Food
- Fibre
- Sodium (Salt)
- Added sugars & alcohol
- Label Reading

Feb 13 Tue 9:30am to 11:00a.m.
Feb 28 Wed 5:30pm to 7:00p.m.

February is Heart Month

Learn how to protect yours.



To register for a Zoom class:

1-877-349-5711

<https://www.healthylivingprogram.ca>



Alberta Healthy Living Program

RCMP

COMMUNITY ENGAGEMENT

2024 Westlock RCMP Town Halls

Staff Sergeant Sehn, Commander of the Westlock RCMP Detachment, will be hosting a series of town halls in partnership with Westlock and Vimy Citizens on Patrol and Citizens on Patrol North. Residents of Westlock and the surrounding communities are invited to attend to learn about current annual policing priorities and to provide input for the upcoming 2024/2025 priorities.

Meeting Times and Locations

February 1, 2024 6:30 p.m.
Town of Westlock Library

February 21, 2024 6:30 p.m.
Vimy Community Hall

We hope to see you there to speak with you about policing in your community and how we can serve you best.

Staff Sergeant Jeff Sehn
Detachment Commander
Westlock Lake RCMP Detachment
780-349-4492

Royal Canadian Mounted Police / Gendarmerie royale du Canada

Canada

Westlock CONEX

PRESENTS:

GET TO KNOW YOUR COMMUNITY

Scavenger Hunt

February 2-11, 2024

Gear up for a FREE adventure in Westlock! Learn about our community in a fun filled way, that includes prizes! The Scavenger Hunt can be completed on teams or as individuals, at your own pace, as it is not a race.

Your first clue is at Whissellville pond, on the Rotary trail.

Look for a laminated 8.5x11 paper with our logo on it and information about your next clue. Then head to the next spot, take a photo while you are there and look for the next clue.

Our Wrap up Event, including prizes, will take place at the Canadian Tractor Museum on Feb 15 from 5:30-7pm, where we will have mocktails and games to enjoy!

Check out Westlock Conex FB Page for more details!

REGISTER FOR A CHANCE TO WIN PRIZES BY SCANNING THE QR CODE

QUESTIONS: CALL 780-307-2444 EXT 2

Alberta Health Services

Kill Cupid

An Anti-Valentines Karaoke Party

February 9th - 9PM

Come WINE with us
Love birds welcome too

DRINK SPECIALS!

BUSBY
Countryside
SALOON

Contact us

10336 106 Street,
Westlock, AB T7P2G1

780-349-3346

Office Hours Monday - Friday
8:00AM to 4:30PM
(closed holidays)

westlockcounty.com

info@westlockcounty.com

<https://www.facebook.com/westlockcounty/>

@westlock_county

Follow us @WestlockCounty



Jarvie Paint Night

Prairie Landscape



February 17th
6:30 to 8:30
\$20 per person

To Register, Email:
Sharon.Bignell07@gmail.com
250-318-8672

Limited spots,
register now!



Gathering in the Pines*
Feb 2024

LET THE GAMES BEGIN!

BY BELINDA & MAUREEN

Join us for a social gathering and an entertaining evening of cards and board games!

Friday February 23, 2024 7-10 pm
at Pine Valley Resort Hall, Tawatinaw, AB
FREE Admission, Adults-only Event

To register, please contact Belinda at 780-381-9812 or Maureen at 780-348-5508

Coffee/Tea will be provided. Feel free to bring appetizers!

* Gathering in the Pine is a community project in Tawatinaw, hosted by Pine Valley Resort. This monthly gathering provides a free space for locals to come together, fostering connections among community members and offering a variety of activities that cater to all interests and abilities.



CRIB ♦ DUMP CARD GAME ♦ RUMMOLI
DICE POKER ♦ POKER BINGO
SEQUENCE ♦ SUPER TOCK

Unfamiliar with the games? Our game leaders will assist you!



PACO PRESENTS:
A HAM & TURKEY BINGO

ALL PROCEEDS WILL BE DONATED TO
THE PEMBINA NORTH COMMUNITY
SCHOOL FUNDRAISING ASSOCIATION
THURSDAY FEBRUARY 29TH

JOIN US AT THE FAWCETT HALL FOR A
NIGHT OF FUN AND GAMES

Doors Open at 4:45pm
All Ages Welcome
Bingo Starts at 6:30
Supper & Concession Available
Silent Auction & Raffle

paco
agsociety@gmail.com
Box 159 Fawcett, AB T0G 0Y0

P.A.C.O Ag Society

Progressive and Co-Ordinating Organization



2024 Fawcett Community Weekly Arena Schedule

For bookings or more information, contact Ice-Keeper Justin Hensch at 780-307-5896

Tuesday – Adult Drop-In Curling, 6:30 PM – 9:00 PM

\$10 per person, Ages 16 and Up

(all participants asked to be at the arena by 6:15 PM)

Wednesday – Little Rascals Curling Club

6:30 PM to 8:30 PM, Ages 8 and Up, Helmets Required

(ongoing registration, please email littleascalcurling@gmail.com for information)

Thursday - Adult Drop-In Curling, 6:30 PM – 9:00 PM

\$10 per person, Ages 16 and Up

(all participants asked to be at the arena by 6:15 PM)

Friday – Shinny Hockey (Stick and Puck Night)

\$3 per person, 7:00 PM to 9:00 PM, all ages (helmets required)

Saturday – Public Skating 3:00 PM to 5:00 PM, \$3 per person, helmet required

Men's Scrimmage Hockey, Ages 16 and Up, \$10 per person

(helmet required, other equipment optional)

Contact us



10336 106 Street,
Westlock, AB T7P2G1



780-349-3346



<https://www.facebook.com/westlockcounty/>



@westlock_county



Follow us @WestlockCounty



Office Hours Monday - Friday
8:00AM to 4:30PM
(closed holidays)



westlockcounty.com



info@westlockcounty.com