

# EASTER COLOURING CONTEST

**WINNER WILL RECEIVE AN EASTER GIFT  
BASKET FULL OF FUN!**



**Must be 12 years to under to enter**





# LOCAL FOOD BANK

*The Bon Accord/  
Gibbons Food Bank  
also supports  
Legal residents*

IF YOU OR SOMEONE YOU KNOW  
REQUIRES ASSISTANCE OR WOULD  
LIKE TO MAKE A DONATION  
CONTACT THE FOOD BANK AT

**780-923-2344**

ALL MESSAGE WILL BE CHECKED

By supporting the food bank we are  
helping our friends and neighbours.







Families First Society  
FORT SASKATCHEWAN

#thisisourvillage



IN REAL  
LIFE

## Winter 2022 Silly Sprouts Play



**Register** your family for this program filled with games, crafts, songs, and more.  
This is an opportunity to learn more about how to help your children (age 1 to 6) thrive.

### **Mondays**

#### **Fort Saskatchewan**

BGC Gym

9:30 AM to 10:30 AM

January 10, 17, 24

February 7, 14, 28

March 7, 14, 21

### **Tuesdays**

#### **Redwater**

Pembina Place

9:30 AM to 10:30 AM

January 11, 18, 25

February 1, 8, 15, 22

March 1, 8, 15, 22, 29

### **Wednesdays**

#### **Legal**

Citadel Centre

9:30 AM to 10:30 AM

January 12, 19, 26

February 2, 9, 16, 23

March 2, 9, 16, 23, 30

### **Mondays**

#### **Bon Accord**

Bon Accord Library

9:30 AM to 10:30 AM

January 10, 17, 24, 31

February 7, 14, 28

March 7, 14, 21, 28

### **Tuesdays**

#### **Gibbons**

Gibbons Cultural Centre

9:30 AM to 10:30 AM

January 11, 18, 25

February 1, 8, 15, 22

March 1, 8, 15, 22, 29

### **Wednesdays**

#### **Morinville**

Community Cultural Centre

9:30 AM to 10:30 AM

January 12, 19, 26

February 2, 9, 16, 23

March 2, 9, 16, 23, 30

To **REGISTER** please call 780-998-5595 ext. 221

**DEADLINE TO REGISTER**

4:00 PM the **Thursday** before program start date

Program of the

Fort Saskatchewan and Sturgeon Region  
Family Resource Network



United Way  
Alberta Capital Region



**Families First Society**  
FORT SASKATCHEWAN

#thisisourvillage



**IN REAL  
LIFE**

## Winter 2022

### Wiggles and Giggles



New moms and dads - here is a program just for you and your wee ones!  
Join other new parents and their children (0 to 12 months)  
to have fun and learn more about parenting and child development.

#### **Mondays**

**Fort Saskatchewan**  
BGC Gym

**11:00 AM to 12:00 PM**

January 10, 17, 24  
February 7, 14, 28  
March 7, 14, 21

#### **Tuesdays**

**Redwater**  
Pembina Place

**11:00 AM to 12:00 PM**

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Program of the  
Fort Saskatchewan and Sturgeon Region  
Family Resource Network







# Legal's Little University for Walkers, Wigglers, and Crawlers

Join us on Mondays to share in the reading of stories, rhymes and sing songs together!  
Connect with other children and caregivers in our community while sharing the wonders of  
reading! Parents & children ages 0 - 5 years.



**When: Monday's, Apr 4 - Jun 20th (no class Apr 18th or May 23rd)**

**Where: Citadel Center (4812 - 51 Ave)**

**Time: 10:00 - 10:45 am**

**Cost: FREE**

**Visit: [www.legal.ca](http://www.legal.ca) for registration details**

# **PUBLIC SKATING**

**@ Legal Arena**



**SUN'S: 3:30 - 4:15 PM**

**WED'S: 4 - 5 PM**



# Body Bar Fitness

This variable and challenging class will provide a great way to get fit with the motivation of working in a group with body bars. The body bar is a slender, four-foot long metal pole that's wrapped in foam that ranges in weight. This workout tool is ideal for taking traditional exercises like squats, bicep curls and rows and making them more challenging by adding a balance component that also recruits your abdominals and core stabilizers. We will incorporate intense work intervals with limited rest to create a super-efficient and empowering workout. All-out effort is relative, making this class accessible to all exercisers! + 18 years, minimum 5 registrants required.

**WHERE:** Centralta Community Centre (5109 46 St)  
**WHEN:** April 4 - June 6th (no class Apr 18th)  
**TIME:** Monday's, 7:30 - 8:30 pm  
**FEE:** \$63.00 (GST included)  
**INSTRUCTOR:** Chasity Cyr  
**REGISTER BY:** March 28, 2022



Visit [www.legal.ca/live/recreation-programs](http://www.legal.ca/live/recreation-programs)

Or call the Town Office at 961-3773 for more information.

# PICKLEBALL

Pickleball is an amazingly fun game for all athletic abilities. It has simple rules and is easy to learn and play. Even if you've never played a racket sport before, you will be playing and having a blast before you know it! *Equipment is provided if you do not have your own. + 18 years*

**WHERE:** Legal School - Gym (5122—46 St)

**WHEN:** Monday's, April 4 - June 6th (no class Apr 18 & May 23rd)  
Thursday's, April 7 - June 9th

**TIME:** 7:00 - 8:30 pm

**FEE:** \$15.75 (GST Included)

**REGISTER BY:** March 28, 2022



Visit [www.legal.ca/live/recreation-programs2](http://www.legal.ca/live/recreation-programs2) for registration details!

Or call 961-3773 for more information.