



LEGAL'S CHRISTMAS IN THE PARK

NOW A

DRIVE-THRU ONLY EVENT

4 - 6 PM

HELPING TO KEEP OUR COMMUNITY SAFE

SATURDAY, DEC 5TH

CITADEL PARK 4812 - 51 AVE



ALL FROM THE COMFORT OF YOUR VEHICLE:

- KICK OFF THE CELEBRATION BY DECORATING YOUR VEHICLE AND JOIN A PARADE AROUND TOWN LEAD BY SANTA AND MRS CLAUS IN THEIR SPECIAL CARRIAGE!

PARADE LEAVES FROM MUNICIPAL SHOP AT 4PM (5310 48 AVE)

- BE GREETED BY CHRISTMAS CAROLERS AND VIEW CITADEL PARK'S BEAUTIFUL LIGHT DISPLAY
- PICK UP A HOT CHOCOLATE & SPECIAL TREAT FOR THE KIDS
- WAVE HELLO TO SANTA AND DROP OFF YOUR LETTERS DIRECTLY TO HIM
- MAKE SURE TO GET SETTLED BACK AT HOME OR FIND A SPECIAL SPOT TO ENJOY THE FIREWORKS DISPLAY TO TAKE PLACE AT 6:30 PM





Families First Society
FORT SASKATCHEWAN

#thisisourvillage



This is a program that helps parents and caregivers better understand childhood stress: signs, symptoms and strategies to help our children cope.

For parents/caregivers of children ages 0 to 6 years of age.

When: Monday, November 23
Thursday, November 26
Monday, November 30
Wednesday, December 2

Time: 6:00 pm to 7:30 pm

Where: Virtual Zoom

For more information or
to **REGISTER 780-998-5595 ext. 221**

Program of the Fort Saskatchewan and Sturgeon Region Family Resource Network



**HAVE YOUR LIGHTS ON THE WEEK OF
DECEMBER 7TH - 11TH**

LITE UP LEGAL CONTEST

**DECORATE YOUR HOME FOR THE HOLIDAYS AND
AUTOMATICALLY BE ENTERED INTO LEGAL'S BEST
DECORATED CONTEST!**

1ST PLACE PRIZE \$100

2ND PLACE PRIZE \$50



GSACRD
VOICE
empowering you to find yours

presents

 **Alberta Health
Services**
Mental Health
Capacity Building



Parent Café



A virtual space for parents to connect & learn about raising resilient children, feel supported as a caregiver, and discover resources and materials on topics relevant to you!

NUTRITION & MENTAL HEALTH

VIRTUAL EVENT

**THURSDAY, DECEMBER 3, 2020
6:30 PM**

with

Lalitha Taylor, Registered Dietitian



REGISTER ONLINE at

<https://gsacrdvoice-mh-nutrition.eventbrite.ca>

Event will take place online via zoom. Meeting information will be emailed to you after registration.



If you have any questions about the event, please contact Program Manager,
Lauren Chow at lchow@gsacrd.ab.ca

Be *Secret Santa* to a SENIOR at Chateau Sturgeon

HERE'S

HOW:

- 1. Pick your *Secret Santa* gift tag from the tree located at the front entrance between glass doors at the Chateau Sturgeon**
- 2. Pick up **MUST** be done between 12:00 - 8:00 pm and masks are mandatory. *Please do not enter lodge***
- 3. Fulfill the gift request on the tag
(requests valued up to \$20)**
- 4. Deliver gift wrapped, to "Elf Rhonda" at the Chateau by December 10th**
- 5. All gifts will be delivered via "Santa" on Christmas morning!**

Chateau Sturgeon
5320 - 46 St, Legal

Hatha Flow Yoga



Throughout your classes, instructor Devon Andersen will lead you to explore a combination of movements and rest through Hatha Yoga. In the 60-minute sessions, you can expect her to give you a detailed description of each pose and how it can work for your own body. All levels welcome, this is a safe and inclusive space for all - no yoga experience necessary. Due to sanitation concerns you are encouraged to bring your own yoga blocks, yoga straps or any other prop you would like to practice with. Must bring yoga mat.

Minimum 10 registrations required.

WHERE: Centralta Community Centre (5109 46 St)

WHEN: January 13 - March 17th

TIME: Wednesday's, 7:00 - 8:00 pm

FEE: \$89.25 (GST included)

REGISTER BY: January 6th

**Visit the Town Office
to register today!**

5021 50 St, Legal AB

Call 961-3773 for
more information.



I Can Skate 2



I Can Skate 2 is for skaters who can skate and want to learn the basic skills and progress to more advanced skills. All taught in a fun environment with circuits and music. Classes are for ages 7 - 11 years. Participants are required to wear a CSA approved helmet. *Minimum 6 registrations required.*

WHERE: Legal Arena
WHEN: January 10 - March 14th
TIME: Sunday's, 9:00 - 9:30 am
FEE: \$94.50 (GST included)
REGISTER BY: January 4th, 2021
INSTRUCTOR: Twila Wesgenast

**Visit the Town Office
to register today!**

5021 50 St, Legal AB
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Parent & Child Learn to Skate 1

Parent & Child Learn to Skate 1, is for skaters who have never been on skates before. This class will learn through songs, toys and circuits. Skaters will be able to get up, skate forward, backwards and begin to stop and have fun on the ice! Class is for ages 3 - 5 years. Parents are required on ice and must wear a helmet & skates. *Minimum 6 registrations required.*

- WHERE:** Legal Arena
WHEN: January 10 - March 14th
TIME: Sunday's, 8:00 - 8:30 am
FEE: \$94.50 (GST included)
REGISTER BY: January 4th, 2021
INSTRUCTOR: Twila Wesgenast

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tone & sculpt with weighted body bars

A challenging, full body workout using a weighted body bar to tone and sculpt the muscles in your body, building strength and physical fitness.

Whether you want to lose weight, tone, or build endurance, this class is a perfect way to accomplish it. When you finish this class, you will relish in a sense of accomplishment and your body will feel great too. Please bring a yoga mat to class. *Minimum 5 registrations required.*

WHERE: Centralta Community Centre (5109 46 St)

WHEN: January 7 - March 18th (no class Feb 4th)

TIME: Thursday's, 7:30—8:30 pm

FEE: \$73.50 (GST included)

REGISTER BY: January 4th

INSTRUCTOR: Chasity Cyr

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WILD CARD WORKOUT

Break out of your routine with a different workout each week! This class will keep thing fresh by introducing participants to various class styles. Strength, muscular endurance, cardio, balance and core work are all fair game. Elements from the wildly popular Barre Classes will also be incorporated. Challenge yourself by stepping into the unknown and have fun getting fit. + 18 years.

Minimum 5 registrants required.

- WHERE:** Centralta Community Centre (5109 46 St)
- WHEN:** January 11—March 22nd (no class Feb 15th)
- TIME:** Monday's, 7:30 - 8:30 pm
- FEE:** \$73.50 (GST included)
- REGISTER BY:** January 6th
- INSTRUCTOR:** Chasity Cyr

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