

EVENTS & ACTIVITIES

See page 2 for the latest events within Westlock County.

Mondays:
Pickleball at 7PM, Jarvie

Tuesdays:
Floor Curling at 1PM, Jarvie
Taekwondo 6PM, Jarvie

Strengthen and Stretch at 7PM, \$3.00/person, Fawcett

Wednesdays:
Coffee and Muffins from 10AM-11AM for \$3.00, Fawcett

Thursday:
Taekwondo at 6PM, Jarvie
Pickleball at 7PM at Jarvie

Strengthen and Stretch at 7PM, \$3.00/person, Fawcett

March 2nd
Foot Care at Fawcett Senior Senior 8AM-5:30PM

March 4th
AB Floor Curling Fawcett Senior Center 9AM-4PM

March 8th
11:30AM Fawcett Seniors AGM Meeting
Citizens on Patrol Meeting 7PM

March 23rd
Soup and Sandwich \$15.00 Fawcett Senior Center

MARCH

Sun Mon Tue Wed Thu Fri Sat

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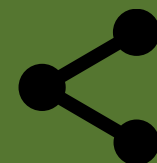
Contact us



10336 106 Street,
Westlock, AB T7P2G1



780-349-3346



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



@westlock_county



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



westlockcounty.com



info@westlockcounty.com



What's going on in your community

HOME TIME HOCKEY TOURNAMENT 2023

Beer Gardens
Fri & Sat
at Spirit
Centre



Dinner &
Cabaret Sat
Night
(for players &
invited guests)

Fri March 17—Sat March 18—Sun March 19

Registration Fee \$175

(includes all games, dinner/cabaret ticket for Sat night and player jersey)

We are looking to bring the Hockey Alumni back home to relive the glory days of Westlock Hockey

Link to register and/or volunteer
www.tinyurl.com/hometownhockey

Draft Style Tournament - Sign-up individually

8 Teams—Open to Men & Women

Must be over the age of 25 to register
(as of Jan 1st 2023)

Must have lived, worked or played Hockey in Westlock

Questions? Send us an email
bducharme@westlockmotors.com

All funds raised will support the Westlock Rotary Club with upgrades to the Westlock Rotary Trail



Standard Trapping Course



Interested in taking a Trapper Education course? We still have a few spots left for the March 17-19 course in Dapp. This is a 3 day course offered by the Alberta Trappers Association. Registration forms can be found on our website <https://www.albertatrappers.com/.../standard-trapping-course> We also have fur & hide tanning courses in May. <https://www.albertatrappers.com/bushcraft-courses-workshops>

Looking for what to do in Westlock County?

Sign up for the "County Connects" to find out what is happening in your community. To sign up, visit www.westlockcounty.com/p/regional-notification-system, to create a new or update your existing account. Choose Newsletter or any other notifications you would like to receive from us. Follow us on social media to keep up to date.

To have your events featured, please contact Meagan Smith, msmith@westlockcounty.com or Adrienne Finnegan, afinnegan@westlockcounty.com

FAMILY HAM & TURKEY PICKARDVILLE



FRIDAY, MARCH 24
Pickardville Hall

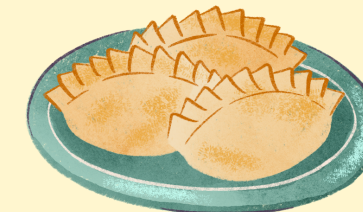
if you would be willing to donate a Turkey, please contact us:

780-349-0420
Judy Chamzuk

A night for Family Fun

Doors open at 6:15pm, Bingo Starts at 7pm

March 12



Perogy Supper
4PM-6:30PM
Pembina Heights
Community

Virtual Groups & Workshops

North Zone Addiction & Mental Health presents our virtual workshop series. Call your local Addiction & Mental Health office for more details and to register.

Wellness Exchange

A series of five skill building workshops designed to help increase our ability to cope with change and improve our overall well-being. Pre-registration required, attend one or more sessions.

Relationship Skills Series

A series of four sessions focused on topics related to healthy relationships and skill building to improve relationships with yourself and others. Pre-registration for all sessions required.

Learning to Live with Anxiety Series

This series rotates through six topics to help understand anxiety, and support skill building to cope. Pre-registration for all sessions required.

Recovery Management

This series focuses on topics to increase understanding of relapse prevention, identify strategies, and develop skills to cope. Pre-registration for all sessions required.

Transform Your Stress: The Resilience Advantage™

This workshop for managing stress in challenging times comes in two parts. Registration required, attend session one alone or add on session two to increase your skill.

Navigating AMH Services Info Session

This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/65269873038>

Passcode: 747927

Understanding Addiction Info Series

This series of three sessions focuses on topics to increase understanding of substance use concerns and how to support you and/or your loved ones. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/64953708340>

Passcode:493827



Scan the QR code to the right to find more information. Call your local Addiction & Mental Health Office to register.

