

**MORINVILLE**

**Winter 2025**

January 5 to March 29

**Family  
Day Glow  
Skate**

*returns  
February 17*



Scan QR code to take  
your guide on the go!



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# PROGRAM GUIDE

Events • Programs • Fitness & Recreation • Community Support Services



# Book your Party today!



## Party Packages

### Atlas Builder Buddies' Play Space & Meeting Room

Enjoy one hour of playtime in the Children's Play Space + access to one of our meeting rooms for your full two hour booking.

**\$80+GST**

### \*Field House & Atlas Premium Homes Room or Sturgeon County Room

Enjoy one hour of playtime on a single court in the Fieldhouse + access to one of our meeting rooms for your full two hour booking.

**\$95+GST**

### Landrex Arena & Meeting Room

Enjoy one hour of surface playtime in the Landrex Arena + access to one of our meeting rooms for your full two hour booking.

**\$200+GST**

*Meeting rooms accommodate up to 20 OR 30 people and include tables and chairs.*

**\*Field House party packages include access to the following equipment:**

Nerf equipment • basketball • volleyball • soccer • badminton • floor hockey • parachute • soft foam balls • gymnastic mats • hula hoops



**For party package details and pricing, call 780-939-7641, email [bookings@morinville.ca](mailto:bookings@morinville.ca) or visit [www.morinville.ca/mlc-rentals](http://www.morinville.ca/mlc-rentals)**

**Morinville Leisure Centre | 25126 SH642, Sturgeon County, AB**

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January 5 to March 29, 2025



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← Look for this symbol

**FlexReg** allows you to register for **ONLY** the class dates that work best for you!



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View important information about **Winter Maintenance in Morinville**





# TOWN DIRECTORY

## MORINVILLE COMMUNITY CULTURAL CENTRE

Family & Community Support Services (FCSS)  
Sports & Recreation  
Arts & Culture  
Programs & Events  
Registration & Facility Bookings  
9502 100 Ave., Morinville, AB T8R 1T1  
www.morinville.ca/mccc  
Phone.....780-939-7839

## MORINVILLE LEISURE CENTRE

Fitness & Wellness  
Facility Operations & Guest Services  
25126 SH642, Sturgeon County, AB T8R 2P9  
www.morinville.ca/mlc  
Phone.....780-939-3450

## TOWN HALL

Office of the CAO & Mayor  
Administrative Services  
10125 100 Ave., Morinville, AB T8R 1L6  
www.morinville.ca  
Phone.....780-939-4361  
Fax.....780-939-5633

## INFRASTRUCTURE SERVICES

Snow Removal  
Waste Management & Recycling  
Utilities  
Roads  
10310 107 St., Morinville, AB T8R 1L2  
Phone.....780-939-2590  
Utility On-call.....780-965-0994  
Fax.....780-939-4435

## OTHER CONTACTS

Emergency.....911  
Enforcement Services.....780-939-7831  
Morinville Fire Department...780-939-4162  
RCMP.....780-939-4550  
Morinville Public Library.....780-939-3292

# HOW TO REGISTER



[morinville.recdesk.com](http://morinville.recdesk.com)

### TO REGISTER ONLINE:

Scan QR code above or visit [morinville.recdesk.com](http://morinville.recdesk.com) and select programs. Click on the name of the program you are interested in to check availability. Simply login or register for an account to begin your booking.



Morinville Community Cultural Centre  
**780-939-7839**

Morinville Leisure Centre  
**780-939-3450**



← Look for this symbol

### FlexReg

FlexReg allows you to register for **ONLY** the class dates that work best for you.

### TO REGISTER BY PHONE:

Call the Morinville Community Cultural Centre or Morinville Leisure Centre to speak to one of our client service representatives to register for programs.

#### Registration

All fees are due at the time of registration. Program registration is only complete upon payment.

#### Refund Policy

If we cancel a program due to low registration, every effort will be made to notify participants. A full refund will be processed or full credit will be applied to client account excluding any online charges.

#### Customer Refund Requests

Cancellations made 7 or more days before the program start date will receive a full refund. Cancellations made less than 7 days before the start date will be refunded minus a 20% administrative fee.

Refunds for after the program starts will only be permitted with written medical proof and will be prorated.

#### Medical Conditions

Clients are required to disclose any medical or behavioural conditions, allergies or special care instructions that may affect their participation in the program.

#### Statutory Holidays

The Morinville Leisure Centre operates on statutory holidays from 8 a.m. to 8 p.m., excluding Christmas Day. No classes will be offered on these days.



## Building **Extraordinary** Communities, Together.

Pembina invests in community organizations that support Indigenous and Tribal communities, promote safety, equity and inclusion, and encourage a sustainable energy future.

[www.pembina.com](http://www.pembina.com)



# Breathing **New Life** into Waste

GFL offers you:

- Diverse waste services including single stream recycling and organics collection
- Regular, reliable, efficient service
- Solutions that support a low-carbon future



Green Today. Green For Life. | 780.444.8805



**FREE Drop-in**

# Flowpoint Fun Skate

Sponsored by **FLOWPOINT**

## Sundays from 2:15 to 4:15 p.m.

Morinville Leisure Centre, Landrex Arena



For details, call 780-939-3450 or visit [calendar.morinville.ca](http://calendar.morinville.ca)

Helmets required for those under 18 years of age.



# Hours

January 5 to March 29, 2025  
 Open daily, 6 a.m. to 11 p.m.  
 Statutory holidays, open 8 a.m. to 8 p.m.

## Single Daily Admission Prices

Ages	Price
Tots (5 years and under)	FREE
Child (6 to 12 years)	\$4.50
Youth (13 to 17 years)	\$5.50
Student (18+ with student ID)	\$6.50
Adults (18 to 59 years)	\$8.50
Senior (60+ years)	\$6.50
Family (2 adults & unlimited children in the same household)	\$22
Track only (all ages)	\$2.50

*Taxes not included.*

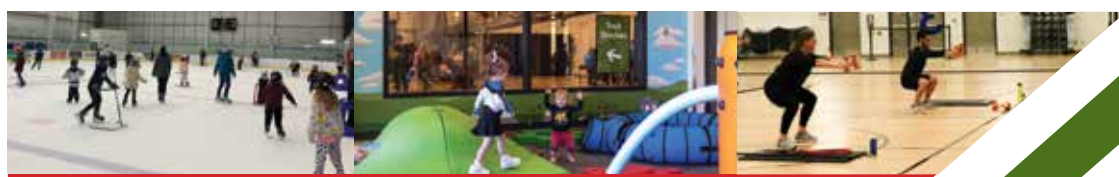
## Membership Rates

Ages	10 Pass	Monthly	Annual	Track Only Annual
Tots (5 years and under)	FREE	FREE	FREE	FREE
Child (6 to 12 years)	\$40.50	\$25	\$247.50	FREE
Youth (13 to 17 years)	\$49.50	\$30.50	\$302.50	\$86
Student (18+ with student ID)	\$58.50	\$36	\$357.50	\$106
Adults (18 to 59 years)	\$76.50	\$47	\$467.50	\$137.50
Senior (60+ years)	\$58.50	\$36	\$357.50	\$106
Family (2 adults & unlimited children in the same household)	n/a	\$121	\$1,210	n/a
Track only (all ages)	n/a	\$25	n/a	n/a

*Taxes not included.*

**All admission types have access to:** Drop-in Fitness & Recreation Programs, Pembina Atrium, Atlas Builder Buddies Play Space, Landrex Arena, Fitness Centre and Track.

**Fitness services & personal training options available on page 8.**



## ANNUAL MLC MEMBERSHIP ADVANTAGES

- Discount on registered programs • 12 months for the price of 10
- 4 FREE daily guest passes per year

25126 SH642,  
 Sturgeon County  
 780-939-3450  
[www.morinville.ca/mlc](http://www.morinville.ca/mlc)

# Fitness & Recreation Schedule

Winter: January 5 to March 29, 2025

» Drop-in  Flex Registration



Child/Youth	All Ages	Adults	Adults/Older Adults
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**Drop-in Recreational Sports**      APHR: Atlas Premium Homes Room  
Formerly known as MLC RM 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		» HIRT Bootcamp 6:15 to 7 a.m. (MLC 2)		» HIRT Bootcamp 6:15 to 7 a.m. (MLC 2)		<input checked="" type="checkbox"/> Early Bird Bootcamp 6:15 to 7 a.m. (MLC 2)
	» Strong to the CORE 9 to 10 a.m. (MLC 2)	» Silver Shoes 9 to 10 a.m. (MLC 2)	» Step & Strength 9 to 10 a.m. (MLC 2)	» Silver Circuit 9 to 10 a.m. (MLC 2)	» Lift 9 to 10 a.m. (MLC 2)	<input checked="" type="checkbox"/> Morning Yoga Flow 7:30 to 8:30 a.m. (APHR)
	» All ages Pickleball 9 a.m. to 12 p.m. (MLC 3)	» All ages Pickleball 9 a.m. to 12 p.m. (MLC 3)	» All ages Pickleball 9 a.m. to 4 p.m. (MLC 3)	<input checked="" type="checkbox"/> Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC 3)	» All ages Pickleball 12 to 4 p.m. (MLC 3)	» All ages Pickleball 8 to 11 a.m. (MLC 3)
		» Sit & Fit 10:15 to 10:45 a.m. (MLC 2)	» Chair Yoga 10:15 to 11:15 a.m. (APHR)	» Sit & Fit 10:15 to 10:45 a.m. (MLC 2)	» Chair Yoga 10:15 to 11:15 a.m. (APHR)	» Any BODY Bootcamp 9 to 10 a.m. (MLC 2)
		<input checked="" type="checkbox"/> Beginner Yoga Flow 11 a.m. to 12 p.m. (APHR)				<input checked="" type="checkbox"/> Kids Movement ABC's 10:30 to 11:15 a.m. (MLC 2)
	» Lunch Hour HIIT 12:15 to 1 p.m. (MLC 2)	<input checked="" type="checkbox"/> Home School Physical Education 11 a.m. to 12 p.m. (MLC 2)		<input checked="" type="checkbox"/> Home School Physical Education 11 a.m. to 12 p.m. (MLC 2)	» Lunch Hour Cardio Circuit 12:15 to 12:45 p.m. (MLC 2)	<input checked="" type="checkbox"/> Child Fitness FUN! 11:30 to 12 p.m. (MLC 2)
» All ages Pickleball 5 to 7 p.m. (MLC 3)	» Forever Fit 5:15 to 6 p.m. (MLC 2)	<input checked="" type="checkbox"/> Chair Yoga Fusion 12:15 to 1 p.m. (APHR)	» Lunch Hour Tabata 12:15 to 12:45 p.m. (MLC 2)			
		<input checked="" type="checkbox"/> Youth Fitness Adventure 5 to 5:45 p.m. (MLC 2)	<input checked="" type="checkbox"/> Child/Youth Cross Training 5 to 5:45 p.m. (MLC 2)	<input checked="" type="checkbox"/> Kids TnT. 5 to 5:45 p.m. (MLC 2)		
	» Lift 6:15 to 7:15 p.m. (MLC 2)	» All ages Pickleball 4 to 7 p.m. (MLC 3)	» STEEL ABS 6 to 6:45 p.m. (APHR)	» Cardio Circuit 6 to 6:45 p.m. (MLC 2)	» All ages Badminton 5 to 8 p.m. (MLC 3)	» Flex & Flow 6 to 7 p.m. (APHR)
		» FREE Pembina Youth Activate 6 to 9 p.m.				» Youth Volleyball 6 to 8 p.m. (MLC 2)
» All ages Volleyball 6 to 8 p.m. (MLC 2)		» Zumba 7:15 to 8:15 p.m. (MLC 3)	<input checked="" type="checkbox"/> Hatha Yoga 7 to 8 p.m. (MCCC)	» All ages Volleyball 7:30 to 9:30 p.m. (MLC 2)	<input checked="" type="checkbox"/> Barre 7 to 8 p.m. (APHR)	

Fitness & recreation schedule is subject to change. Please call 780-939-3450 for the most up-to-date schedule information.



# Landrex Arena Schedule

Winter: January 5 to March 29, 2025



**Child/Youth** **All Ages** **Adults** » Drop-in

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	» All Ages Public Skate 12 to 1:30 p.m.				» Adult Shiny 12 to 1:30 p.m.	
» FREE Flowpoint Family Fun Skate 2:15 to 4:15 p.m.	» Parent/ Tot Puck & Play 1:45 to 2:45 p.m.					
	» All Ages Shiny 3 to 4:15 p.m.	» Youth Shiny 3 to 4:45 p.m.	» All Ages Shiny 3 to 4:15 p.m.	» Youth Shiny 3 to 4:15 p.m.	» All Ages Shiny 3 to 4:15 p.m.	

For information on available rental opportunities, and to reserve your space, please call 780-939-7641 or visit [www.morinville.ca/mlc-rentals](http://www.morinville.ca/mlc-rentals).



# FlexReg

Introducing FlexReg, a user-friendly registration designed to allow you to register only for the fitness, recreation and wellness programs that work best with your busy schedule.

- ✓ Register for ONLY the classes that work for you
- ✓ Ideal for individuals with busy schedules
- ✓ A great way to try a class or program without commitment



Look for this symbol next to programs offering FlexReg

Customers are encouraged to be aware of registration deadlines. Programs will need to meet registration minimums to be offered.







## MORINVILLE LEISURE CENTRE EVENTS & VENUE RENTALS

The Morinville Leisure Centre offers a selection of rental opportunities for sports, celebrations, business events and more!

### Landrex Arena

- NHL sized ice surface
- Spectator seating for 437
- All season bookings (ice in or dry surface)

### Atlas Builder Buddies Play Space

- Room capacity: 25
- Recommended for children under 8 years
- Contains a variety of small & portable play features

### Pembina Atrium

- Tables and chairs available near the concession
- Additional seating provided in the nook

### Field House

- Boarded surface with sport flooring that can be divided into three courts
- Ideal for a variety of sports, including; volleyball, basketball, badminton, pickleball, and floor hockey

### Meeting Rooms

#### Atlas Premium Homes Room & Sturgeon County Room

- Room capacity: 15-25
- Equipped with tables and chairs
- Ideal for meetings, birthday parties and small group activities

### Concession

- Located on the main floor in the Pembina Atrium

**Call 780-939-7641 or email [bookings@morinville.ca](mailto:bookings@morinville.ca) to book your event today!**



### Morinville Leisure Centre Hours

January 5 to March 29, 2025:

Open daily, 6 a.m. to 11 p.m. Statutory holidays, open 8 a.m. to 8 p.m.

25126 SH642, Sturgeon County | 780-939-3450 | [www.morinville.ca/mlc](http://www.morinville.ca/mlc)



**Morinville**  
LEISURE CENTRE

# FITNESS SERVICES & PERSONAL TRAINING

Member pricing is for annual members. Prices are per person/ per session and do not include GST.

**Morinville Leisure Centre**

25126 SH642,  
Sturgeon County  
780-939-3450

[www.morinville.ca/mlc](http://www.morinville.ca/mlc)

8 | [morinville.reccdesk.com](http://morinville.reccdesk.com)

***\*In person***

**Individual Personal Training**

Our qualified personal trainers will work with you one-on-one to help you achieve your health and fitness goals. Staff will develop an effective and personalized fitness program, complete with support, motivation and progressions to help you remain committed to your goals.

Number of Sessions	Public Fee/Session	Member Fee/Session
<b>1 to 4</b>	\$60	\$53
<b>5 to 8</b>	\$55	\$48
<b>9 to 12</b>	\$50	\$43

***\*Virtual***

**Individual Personal Training**

Our qualified personal trainers will work with you one-on-one over *Zoom* to help you achieve your health and fitness goals. Staff will develop an effective and personalized fitness program, complete with support, motivation and progressions to help you remain committed to your goals.

Number of Sessions	Public Fee/Session	Member Fee/Session
<b>1 to 4</b>	\$55	\$48
<b>5 to 8</b>	\$50	\$43
<b>9 to 12</b>	\$45	\$38

## Small Group Personal Training (2 to 4 people)

Do you have family, colleagues or friends with similar fitness goals and schedules? Stay motivated in this supportive environment and save money in a group personal training program. These sessions will include group consultation, program design and training sessions with your personal trainer.

Number of Sessions	Public Fee/ Session 2 people	Public Fee/ Session 3 people	Public Fee/ Session 4 people	Member Fee/ Session 2 people	Member Fee/ Session 3 people	Member Fee/ Session 4 people
<b>1 to 4</b>	\$35/person	\$30/person	\$25/person	\$30/person	\$25/person	\$20/person
<b>5 to 8</b>	\$32.50/person	\$27.50/person	\$22.50/person	\$27.50/person	\$22.50/person	\$17.50/person
<b>9 to 12</b>	\$30/person	\$25/person	\$20/person	\$25/person	\$20/person	\$15/person

## Large Group Sport Team/Dry Land Personal Training (5–25 people)

Whether preseason, postseason or during the season, prepare and improve your team's performance with personalized dryland training! These training sessions include sport specific training and fitness assessment with a qualified personal trainer. **A minimum of 4 sessions must be booked.**

Number of Sessions	60 Minute Session	90 Minute Session
<b>1</b>	\$100	\$160

## Fitness Assessment (90 minutes)

Meet with a qualified personal trainer for an in-depth fitness appraisal and assessment. Testing may include muscular strength, endurance, flexibility, aerobic power and body composition. Your results will help tailor a more personalized program to help attain your goals.

Number of Sessions	Public Fee/Session	Member Fee/Session
<b>1</b>	\$97.50	\$85.50

## Fitness Consultation

This is an opportunity to meet with a certified fitness trainer and receive an individualized workout program that will meet your specific health and fitness goals. One-on-one bookings include a consultation and program design. This appointment takes approximately 90 minutes to complete and includes an active component.

Number of Sessions	Public Fee/Session	Member Fee/Session
<b>1</b>	\$45	FREE

## Fitness Orientation (Free for Members)

MLC members receive a generalized introduction to the fitness centre, track, field house and fitness equipment. Orientation also includes an overview of all rules and etiquette. Visit our website or contact MLC Guest Services at 780-939-3450 for the current drop-in Fitness Orientation schedule.

- Fitness orientations are mandatory for youth between the ages of 12 to 15 years old.
- Once a youth has completed the fitness orientation, they will be given a shoe tag which must always be visible when using the fitness equipment.

Number of Sessions	Public Fee/Session	Member Fee/Session
<b>1</b>	Drop-In Admission	FREE





**Morinville**  
LEISURE CENTRE

25126 SH642, Sturgeon County  
[www.morinville.ca/mlc](http://www.morinville.ca/mlc)



**NEW**

# CORPORATE WELLNESS PROGRAM

Designed to support local businesses and organizations in fostering a culture of **health** and **wellbeing** for their employees.

We know it's important to promote a healthy lifestyle for all ages. By joining the Morinville Leisure Centre's Corporate Wellness Program, your organization can enjoy the benefits of a healthy workforce. Our program offers discounts for your employees and their immediate family members.

**Sign up  
today!**

Visit our Guest Services Desk at the  
Morinville Leisure Centre,  
call 780-939-3450 or  
email [community@morinville.ca](mailto:community@morinville.ca)

## MLC Corporate Wellness MEMBERSHIP Program

At the Morinville Leisure Centre, we believe in promoting health and wellness for all. There is no additional cost to join our Corporate Wellness Program, and only five active memberships are required to receive the discounts and benefits!

### 10 Pass

- 10% discount
- flexible approach to fitness

### Monthly Membership

- 15% discount
- Enjoy full membership benefits

### Annual Membership

- 15% discount
- Enjoy full membership benefits, PLUS: two free months of membership, four guest passes for friends and family, option to place membership on hold for up to eight weeks per year

Passes & Memberships	Types of Pass/Memberships	10 Pass	Corporate Wellness 10 pass	Monthly Membership	Corporate Wellness Monthly Pass	Annual Pass	Corporate Wellness Annual Pass
	<b>Tot (5 yrs and under)</b>	Free	<b>Free</b>	Free	<b>Free</b>	Free	<b>Free</b>
	<b>Child (6 to 12 yrs)</b>	\$40.50	<b>\$36.45</b>	\$25.00	<b>\$21.25</b>	\$247.50	<b>\$210.37</b>
	<b>Youth (13 to 17 yrs)</b>	\$49.50	<b>\$44.55</b>	\$30.50	<b>\$25.92</b>	\$302.50	<b>\$257.12</b>
	<b>Student (18+ with ID)</b>	\$58.50	<b>\$52.65</b>	\$36.00	<b>\$30.60</b>	\$357.50	<b>\$303.87</b>
	<b>Adult (18 to 59 yrs)</b>	\$76.50	<b>\$68.85</b>	\$47.00	<b>\$39.95</b>	\$467.50	<b>\$397.37</b>
	<b>Senior (60 yrs +)</b>	\$58.50	<b>\$52.65</b>	\$36.00	<b>\$30.60</b>	\$357.50	<b>\$303.87</b>
	<b>Family</b> <i>(2 adults &amp; unlimited children in same household)</i>	N/A	<b>N/A</b>	\$121	<b>\$102.85</b>	\$1,210	<b>\$1,028.50</b>

## EmpowerFit Employer Program

Unlock a healthier and more vibrant workplace with our EmpowerFit Employer Program designed exclusively for your team. As an employer, you have the power to enhance the well-being of your employees by contributing to their fitness journey, making healthy living not only accessible but also cost-effective.

<b>EXAMPLE</b>	<b>15% OFF</b>	<b>+</b>	<b>15% OFF</b>	<b>=</b>	<b>30% Savings</b>
	Corporate Wellness Membership		Employer contribution <i>Contribute as much as you'd like</i>		total employee savings

**Empower your team with EmpowerFit – because a healthier workforce is a happier and more successful workforce!**

### Why should you invest in the EmpowerFit Program?

#### Lower Health Costs

Active employees have fewer health issues, reducing healthcare and workplace expenses.

#### Enhanced Productivity

Physical activity boosts cognitive function, making employees more focused and engaged.

#### Better Health

Our program promotes physical activity, improving overall health and resilience.

#### Inspire Positive Change

Encourage higher activity levels, healthier eating, and positive behavior changes.



深



DEEP WATER  
KUNG FU  
& TAI CHI

水



**Classes at Movement Dance Studio**

**#106, 10507 100 Ave, Morinville**

**Come and try a FREE CLASS!**

- 🍷 **Kids Kung Fu classes (8+)**
- 🍷 **Teens-Adults Kung Fu classes**
- 🍷 **Adults-Seniors Tai Chi courses**

[deepwaterkungfu@gmail.com](mailto:deepwaterkungfu@gmail.com)

[instagram.com/deepwaterkungfu](https://www.instagram.com/deepwaterkungfu)

**780-267-8779**



# ALL AGES

Events  
Programs  
Fitness & Recreation





## EVENTS

### Family Day Glow Skate, presented by Shoppers Drug Mart

Join us for a FREE family skating event! We're offering two skate sessions, complete with a cool dark atmosphere, an on-ice DJ, glowing lights, and chances to win prizes! Each skate time has limited capacity, please arrive early. Donations for Jessie's House and Eileen's Place will be accepted at the door. Helmet required for those under 18 years of age, no strollers on ice.

#### Landrex Arena

Monday | Feb 17 | 10:30 a.m. to 12 p.m. & 1 to 2:30 p.m.

Free, drop-in.

### Pink Shirt Day

On February 26, wear pink to support kindness and stand up against bullying. Every kind act makes a difference, and together we can create a world where everyone feels important. Let's spread positivity and show that we're stronger together! If you or anyone you know is experiencing bullying, help is available. For more information and resources, please visit: [www.pinkshirtday.ca](http://www.pinkshirtday.ca).



## TOWN PROGRAMS

### \*NEW Planter Box Workshop

With the guidance of an expert carpenter, you will build, and take home a wooden planter box for your deck or patio. This workshop is a great activity for the entire family (makes a great Mother's Day gift). Participants will need a hammer, all other supplies provided. Participants under 18 must attend with an adult. Program fee is per planter box, not per person.

#### Morinville Community Cultural Centre

Thursday | Apr 3 | 7 to 9 p.m.

Instructor: Andrew Webb

\$44, registration required.



## Library Programs

Morinville Community Library  
10125 100 Avenue  
[www.morinvillelibrary.ca](http://www.morinvillelibrary.ca)

### \*NEW Get (Virtually) Real Club

Ages 8+

Come check out our new VR club at the library. You can book a 30-minute session to explore everything VR has to offer. Please sign a waiver at our front desk. Register online at [my-mcl.info/bookthevr](http://my-mcl.info/bookthevr).

#### Morinville Community Library

Two Wednesdays each month | 4 to 7 p.m.

Free, registration required.

### MCL Seed Library

Our seed library is open to everyone! You can take seeds to plant in your garden and then return any seeds you've harvested after summer. We also welcome seed donations.

#### Morinville Community Library

Ongoing

Free, drop-in.

### Winter Reading Program 2025

Join MCL for a themed readathon from January 1 to February 28. Challenge yourself to read as much as you can by logging your books on our Beanstack app: [morinvillelibrary.ca/Services/Beanstack](http://morinvillelibrary.ca/Services/Beanstack). Prizes will be awarded for first, second, and third place winners!

#### Online through Beanstack app

Jan 1 to Feb 28

Free, registration required.



Report a  
Concern



Morinville

The most efficient  
way to report a  
concern to the Town  
of Morinville

[www.morinville.ca/Report-a-Concern](http://www.morinville.ca/Report-a-Concern)

If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or fcss@morinville.ca. Subsidies are available to help.



## FITNESS & RECREATION

### All Ages Shinny (Drop-in)

Open to all skill levels, this drop-in program offers flexible play, that focuses on skills development and social atmosphere.

Morinville Leisure Centre, Landrex Arena

Mondays, Wednesdays, Fridays | Jan 6 to Mar 28  
3 to 4:15 p.m.

*Fee included with MLC membership or daily admission fee.*

### All Ages Skate (Drop-in)

Come glide onto the ice for a fun-filled drop-in skating session for everyone! Helmets are required for those under 18 years of age, children must be supervised on the ice by a responsible family member 16+.

Morinville Leisure Centre, Landrex Arena

Mondays | Jan 7 to Mar 25 | 12 to 1:30 p.m.

*Fee included with MLC membership or daily admission fee.*

### Badminton (Drop-in)

Played with lightweight rackets and a shuttlecock, this is a great game for improving agility, hand-eye coordination, and stamina. Open to players of all ages and skill levels. Equipment is available for use.

Morinville Leisure Centre, Court 3

Thursdays | Jan 9 to Mar 27 | 5 to 8 p.m.

*Fee included with MLC membership or daily admission fee.*

### Flowpoint Fun Skate (Drop-in)

Sponsored by Flowpoint Environmental Systems, join us on Sundays for a FREE fun skate. Helmets are required for those under 18 years of age, children must be supervised on the ice by a responsible family member 16+.

Morinville Leisure Centre, Landrex Arena

Sundays | Jan 5 to Mar 30 | 2:15 to 4:15 p.m.

*Free, drop-in.*



## Eat Well Food Program

*In partnership with Sobeys and Morinville FCSS*

A food program has been created to help residents balance the cost of food each month, with quality meats, vegetables and fruits.

**\$30**  
per basket

Purchase by visiting:  
[morinville.recdesk.com](http://morinville.recdesk.com),  
or calling: 780-939-7839



WESTWINDS  
— MORINVILLE —

**YOUR  
DREAM HOME  
AWAITS**

Life can be a breeze

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**780-459-LAND**

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### Learn to Play Pickleball

Whether you are picking up a paddle for the first time or refining your skills, our Learn to Play program is your gateway to a fun and active Pickleball experience.

Morinville Leisure Centre, Court 3

Tuesdays | Jan 7 to Mar 25 | 10:30 to 11:30 a.m.

Thursdays | Jan 9 to Mar 27 | 10:30 to 11:30 a.m.

Instructor: Dar Schwanbeck

MLC members free, non-members \$10/class.

### Pickleball (Drop-in)

A fun sport that combines many elements of tennis, badminton, and ping-pong on a badminton-sized court. Join us and play singles or doubles. Paddles and balls available.

Morinville Leisure Centre, Court 3

Sundays | Jan 5 to Mar 30 | 5 to 7 p.m.

Mondays | Jan 6 to Mar 31 | 9 a.m. to 12 p.m.

Tuesdays | Jan 7 to Mar 25 | 4 to 7 p.m.

Wednesdays | Jan 8 to Mar 26 | 9 a.m. to 4 p.m.

Fridays | Jan 10 to Mar 28 | 12 to 4 p.m.

Saturdays | Jan 11 to Mar 29 | 8 to 11 a.m.

Fee included with MLC membership or daily admission fee.

### Volleyball (Drop-in)

Come spike, serve, and have an exciting time on the court – where every game is a chance to explore new experiences and connections!

Morinville Leisure Centre, Court 2

Sundays | Jan 5 to Mar 30 | 6 to 8 p.m.

Wednesdays | Jan 8 to Mar 26 | 7:30 to 9:30 p.m.

Fee included with MLC membership or day admission fee.

## Sportball EPIC PD Day

Ages  
6-11

This camp is so fun that kids won't even realize they're improving their sports skills!



February 6 & 7,  
and March 21  
8:30 a.m. to 5 p.m.  
Morinville Leisure Centre



For details & to register, visit:  
[www.morinville.ca/mlc](http://www.morinville.ca/mlc)

For ages 8 to 19

Morinville Youth  
**my**



## MORINVILLE YOUTH IS ON INSTAGRAM

Learn about great upcoming events, fun programs,  
recreational activities, and valuable resources  
for youth in Morinville!

@MORINVILLEYOUTH



# CHILD & YOUTH

Events  
Programs  
Fitness & Recreation





## TOWN PROGRAMS

### After School Hangout

#### Grades 3 to 6

Join us after school on Tuesdays for a semi-structured program that includes a variety of planned activities, such as art, games, creative nights, and more. Participants are encouraged to actively engage in the program's planned components while fostering new and existing friendships among peers.

#### Morinville Community Cultural Centre Youth Loft

Tuesdays | Jan 14 to Mar 4 | 3 to 5:30 p.m.

Instructor: FCSS Youth Leaders

*Free, registration required.*

### \*NEW All About Baking

#### Ages 10 to 13

Each week, students will learn culinary skills and prepare delicious baked goods and desserts. Sessions do not have prerequisites and different menu items will be featured in each session. All supplies are included, including an apron to keep. Be sure to bring a storage container for leftovers, this is an unparented class.

#### Morinville Community Cultural Centre

Tuesdays | Jan 14 to Feb 11 | 5 to 6:30 p.m.

Instructor: FCSS Youth Leaders

*\$118, registration required.*

### Babysitter Training

#### Ages 12 to 15

This course is designed to increase confidence and provide the hands-on experience and skills needed to be a great babysitter. Please bring a water bottle, lunch, doll, and a diaper for this program. Students must be turning 12 within the calendar year.

#### Morinville Community Cultural Centre

Thursday | Feb 6 | 10 a.m. to 4 p.m.

Instructor: FCSS Youth Leaders

*\$45, registration required.*

### \*NEW Confident Kids Public Speaking Skills

#### Ages 8 to 12

Public speaking is a top fear-but it doesn't have to be! This fun and interactive workshop will help improve confidence and comfort with public speaking. Participants learn the five steps to becoming a more confident communicator. Whether it's giving a presentation, answering a question in class, or making new friends, you'll be ready to shine!

#### Morinville Community Cultural Centre

Mondays | Jan 13 to Feb 10 | 5:15 to 6:15 p.m.

Instructor: Project Five

*\$90, registration required.*

### \*NEW Confident Teens Public Speaking Skills

#### Ages 13 to 17

Public speaking is a top fear-but it doesn't have to be! This fun and interactive workshop will help improve confidence and comfort with public speaking. Participants learn the five steps to becoming a more confident communicator. Whether it's giving a presentation, answering a question in class, or making new friends, you'll be ready to shine!

#### Morinville Community Cultural Centre

Mondays | Jan 13 to Feb 10 | 6:30 to 7:30 p.m.

Instructor: Project Five

*\$90, registration required.*

### \*NEW Face Paint Like A Pro

#### Ages 9 to 17

Join us for a fun face painting class with a professional artist! You'll learn how to create amazing designs like butterflies, dragons, tigers, and more. Everyone will get a professional face paint kit to use during the class and to take home, so you can show off your new skills!

Thursdays | Feb 27 to Mar 13 | 6:30 to 8 p.m.

#### Morinville Community Cultural Centre

Instructor: L.O.L Face Painting

*Fee: \$80, registration required.*



If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or fcss@morinville.ca. Subsidies are available to help.

**Home Alone**

**Ages 10 to 12**

This program provides children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them to understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

**Morinville Community Cultural Centre**

Friday | Feb 7 | 10 a.m. to 2 p.m.

Instructor: FCSS Youth Leaders

\$30, registration required.

**\*NEW Creating Art - Home School Sessions**

**Ages 5 to 13**

Packed with creativity and engagement, featuring a variety of art techniques, using paint, textiles, clay, and more. Art lessons are age appropriate, participants are encouraged to bring a spill proof water bottle and wear "mess approved" clothing. Parents/guardians are welcome to attend, but not required.

**Morinville Community Cultural Centre**


Session 1: Tuesdays | Jan 14 to Feb 18 | 9:30 to 10:30 a.m.

**Morinville Leisure Centre**

Session 2: Tuesdays | Feb 25 to Apr 8 | 9:30 to 10:30 a.m.

Instructor: FCSS Youth Leaders


\$108, registration required.




Free Trial Classes Available

Rooke School of


# Karate




CHILD(4-5), YOUTH(6-12), Teen & Adult Instruction



FLEXIBILITY



SELF CONFIDENCE  
&  
DISCIPLINE



CONDITIONING

Master Instructor Sensei Steve Rooke

Ph: 780-939-2270

www.rookekarate.com email: info@rookekarate.com

Located at 9610B Morinville Drive, Morinville, AB

### Leaders In Training (LIT)

Grades 7 to 12

Want to make a difference and have fun? Students in grades 7 to 12 can explore volunteer opportunities that build skills and connections. Enjoy benefits like job support, mentorship, and community involvement. You'll receive a letter at the end of the year recognizing your hours and skills. Each month, we'll email you options, and you can choose what fits your schedule —no commitment to specific hours!

Instructor: FCSS Youth Leaders

*Free, registration required.*

### Leaders in Training – Winter Training Session

Grades 7 to 12

Join us for a one-day training and team-building session with other teens who are eager to make a difference. Gain valuable skills for future jobs, meet new friends, and have fun. This event is perfect for both new and experienced volunteers to connect and start a rewarding journey. Lunch and materials are included.

Morinville Community Cultural Centre

Friday | Jan 31 | 10 a.m. to 3 p.m.

Instructor: FCSS Youth Leaders

*\$25, registration required.*

The graphic features a green cloud shape on a blue sky background with white clouds. At the top of the cloud is the Morinville logo (a stylized 'M' with a house-like shape) and the word 'Morinville'. Below the logo, the words 'SPRING BREAK' are written in large, colorful, block letters. Underneath that, 'One Day Camps' is written in white, bold text. A smaller line of text says 'Each camp will be filled with crafts, adventures and fun!' and at the bottom of the cloud, it says 'March 24 to 27, from 9 a.m. to 4 p.m.' Below the cloud, there is an illustration of three diverse children (two boys and one girl) smiling and making peace signs. At the bottom of the graphic, there is a green banner with white text: 'For details and to register, visit: morinville.recdesk.com'

### Lunch at the Loft Winter 2025

Grades 9 to 12

Join us in the Loft for a chill space to take your lunch break. Enjoy free Wi-Fi, play pool, and watch TV while you are hanging out on the couches and eating your lunch.

Morinville Community Cultural Centre Youth Loft

Tuesdays, Wednesdays, Thursdays |  
MCHS lunch hour, **school days only**

Instructor: FCSS Youth Leaders

*Free, drop-in.*

### \*NEW My Favourite Animal Is...

Ages 8 to 17

Create unique canvas art featuring your favourite animal, using paint, layers, textures and creativity. Guided by a professional artist, participants will create a one-of-a-kind masterpiece. All supplies included, this is an unparented class.

Morinville Community Cultural Centre

Saturdays | Mar 8 & 22 | 10:30 a.m. to 12 p.m.

Instructor: David Shkolny

*\$65, registration required.*

### M.Y. Loft Winter 2025

Grades 7 to 12

Drop-in after school each Wednesday and Thursday to explore a variety of activities and fun! Play pool, make art, and participate in the theme of the day. This is a safe space to hang out with your friends and peers.

Morinville Community Cultural Centre Youth Loft

Wednesdays & Thursdays | Jan 15 to Mar 12

3 to 5:30 p.m. **School days only.**

Instructor: FCSS Youth Leaders

*Free, drop-in.*

### Pink Shirt Day

On February 26, wear pink to show your support for kindness and stand up against bullying. Every act of kindness counts, and together we can create a world where everyone feels valued. Let's spread positivity and show that we're stronger together. If you or anyone you know is experiencing bullying, help is available. For more information and resources, please visit: [www.pinkshirtday.ca](http://www.pinkshirtday.ca).



# Morinville Hockey and Cheer Academy

*St. Kateri Tekakwitha Academy Grades 4 - 5*  
*École Georges H. Primeau Grades 6 - 8*

**REGISTER NOW**

**Does your child wish to  
develop athletic skills while  
attending school?**

Greater St. Albert Sports Academy is based on the philosophy that students can learn through sports to maintain or improve academic standing and sports skills simultaneously. Our Sports Academy promotes lifelong physical literacy, and physical health, in an environment that will benefit the mental health of our students.



**Your Future's Playbook Starts Here!**

[sportsacademy.gsacrd.ab.ca](https://sportsacademy.gsacrd.ab.ca)



### Recipe for Happiness

Grades 3 to 6

Learn cooking skills while connecting with mentors in our community! Led by our Leaders in Training, this event ties together community members and youth to have a few laughs and enjoy some delicious food.

*\*Note: This is part of our After School Hangout Program, limited child registration.*

#### Morinville Community Cultural Centre

Tuesday | Mar 4 | 4 to 5:30 p.m.

Instructor: FCSS Youth Leaders

*Free, registration required.*

### \*NEW Pop Art Portrait

Ages 8 to 17

Create a unique canvas portrait using a black and white photo, paint, layers, textures, and creativity. Guided by a professional artist, participants will create a colourful masterpiece. All supplies included, this is an unparented class.

#### Morinville Community Cultural Centre

Saturdays | Jan 18 & 25 | 10:30 a.m. to Noon

Instructor: David Shkolny

*\$65, registration required.*

### Spring Break One Day Camps

Ages 6 to 12

Let your child explore creativity, play games, meet new friends, and develop skills like problem-solving, decision-making, and self-expression. In addition to all the fun, they will create unique art to take home. Register for one camp or all!

#### Morinville Community Cultural Centre

**Super Science:** Conduct fun and safe science experiments and play science themed games.

Monday | Mar 24 | 9 a.m. to 4 p.m.

**Fantasy Land:** Enter a world of fairies, wizards, and magical quests.

Tuesday | Mar 25 | 9 a.m. to 4 p.m.

**Animal Kingdom:** Join us on the wild side to celebrate all things animal.

Wednesday | Mar 26 | 9 a.m. to 4 p.m.

**Amazing Planet:** Join us to create crafts, play games, and learn about our amazing earth.

Thursday | Mar 27 | 9 a.m. to 4 p.m.

Drop off between 8:30 to 9 a.m. Pick up between 4 to 4:30 p.m.

Instructor: FCSS Youth Leaders

*\$40/day, registration required.*

### \*NEW Textured Landscape

Ages 8 to 17

Create a unique art piece with paint, colour, texture while learning new skills and working with tools.

Guided by a professional artist, participants will



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Morinville  
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Text or Call  
780-929-4151

create a one-of-a-kind masterpiece. All supplies included, this is an unparented class.

### Morinville Community Cultural Centre

Saturdays | Feb 8 & 22 | 10:30 a.m. to 12 p.m.

Instructor: David Shkolny

\$65, registration required.

### \*NEW What's For Dinner?

**Ages 10 to 13**

Each week, students will prepare delicious dishes they can recreate at home for their family or on their own, while having fun and learning culinary skills. Sessions do not have prerequisites and different menu items will be featured in each session.

All supplies are included, plus an apron to take home. Be sure to bring a storage container for leftovers. This is an unparented class.

### Morinville Community Cultural Centre

Tuesdays | Feb 18 to Apr 1 | 5 to 6:30 p.m.

Instructor: FCSS Youth Leaders

\$125, registration required.



## Library Programs

Morinville Community Library  
10125 100 Avenue  
[www.morinvillelibrary.ca](http://www.morinvillelibrary.ca)

### All Booked Up! For Teens

**Ages 13 to 17**

All Booked Up boxes include a curated book for you, treats, and other items to enjoy. Spots are limited and run on a three-month cycle, be sure to visit our website and apply to get a spot.

### Pick up at the Morinville Community Library

Pick up: First day of each month

Drop off: Last day of each month

Free, library card and registration required.

# M.Y. Loft

**3 to 5:30 p.m.**

**Wednesdays & Thursdays (school days)**

**Morinville Community Cultural Centre**

**Drop-in for FREE games, art projects  
and other fun activities!**

**For more information, visit:**

[calendar.morinville.ca](http://calendar.morinville.ca)



**Grades  
7 to 12**



## PRIVATE GUITAR LESSONS by Nostalgic Music



My name is Eric Nielsen and I have been a musician for over 25 years, playing acoustic and electric guitar. I am seeking new students within the Morinville area. My rate is 25.00 per 30 minutes. I currently teach out of my home, but will also come to you if located within the town of Morinville. Limited spots are available.

FOR MORE INFORMATION, PLEASE CONTACT  
TEXT OR CALL 780-819-1652  
EMAIL: [ERIEGUITARMAN@YAHOO.CA](mailto:ERIEGUITARMAN@YAHOO.CA)

### Animanga Club

Ages 12 to 17

Share your passion for all things Anime and Manga. Connect with like-minded people and explore the past, present, and future of the genre with movie screenings, discussions, and crafts!

Morinville Community Library and online on Discord: [my-mcl.info/animesdiscord](https://my-mcl.info/animesdiscord)

2nd & 3rd Thursday of each month | 6 to 8 p.m.

Free, registration required.

### Community Craft Kits

Ages 0 to 8

Come by the library and grab our free take-home craft every month. Craft kits are made with pre-schoolers in mind, and everyone is welcome. Watch our how-to videos at home on YouTube or Facebook to see how to create them. Supplies are limited.

Morinville Community Library

First Monday of each month

Free, drop-in.

### Cozy Corner Storytime

Ages 0 to 8 + Caregivers

Songs, stories, rhymes, and fun! This parented program supports early literacy with age-appropriate stories, sing-a-longs, and rhymes to build a love of reading that will last a lifetime.

Morinville Community Library Children's Corner

Thursdays | 10:30 to 11 a.m.

Free, drop-in.

### \*NEW Creation Station for Kids:

#### Cellophane Mosaic Art

Ages 8 to 12

This season's Creation Station for kids is making mosaic art with cardstock and cellophane. These crafts are great for decorations for your room, or gifts for your family members.

Morinville Community Library

Saturday | Mar 15 | 12 to 2 p.m.

Free, drop-in.



# Pembina YOUTH ACTIVATE

Youth ages 12 to 19 receive **FREE ADMISSION** to the Morinville Leisure Centre fitness centre and field house, Friday nights from **4 to 9 p.m.**, sponsored by Pembina Pipeline Corporation.

Some restrictions apply. For details, visit: [calendar.morinville.ca](https://calendar.morinville.ca)

**NEW**  
4 p.m. start  
time!





You have the potential to excel in every subject, improve your life, and land your dream job!

It all starts with...

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Lomita Tutoring is a local small business that supports students from elementary to university with personalized tutoring in various subjects. Offering both remote and in-person sessions, we use the latest technology, such as virtual classes, session recording, and annotated lessons to enhance learning and track your progress! Our flexible approach ensures each student's academic growth and confidence!

### We Can Help You In:

Math

Grades 7, 8, 9, 10C, 20-1, 20-2, 30-1, 30-2, 31

Science

7, 8, 9, 10, 20, 30

Chemistry, Physics, Biology  
20, 30

English

Grades 5 - 12

Social Studies

Grades 10 - 12

\*\* Includes AP and IB Courses! \*\*

Need help with other subjects?  
Reach out TODAY to inquire!

Call/Text Us:

(587) 984 - 9466



Scan Me  
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### \*NEW Creation Station for Teens: Gratitude Jars

**Ages 12 to 17**

Want to add more positivity to your life? Join MCL for this season's Creation Station for teens! We'll show you how to make and decorate your own gratitude jars. These jars are a fun way to keep track of the positive moments in your life so you can look back on them later.

#### Morinville Community Library

Saturday | Jan 18 | 12:30 to 3:30 p.m.

Free, drop-in.

### Minecraft Club

**Ages 8 to 18**

Join our cooperative, moderated community of Creative and Survival Minecraft players by connecting to our server from the comfort of your own home! Participants will learn coding skills and digital citizenship all while connecting with like-minded players from all over the Sturgeon County area!

Online: [my-mcl.info/minecraftclub](http://my-mcl.info/minecraftclub)

Tuesdays | 5:30 to 7 p.m.

Free, online.

### \*NEW Puzzlepalooza

**Ages 16+**

Have you ever wondered how fast you can complete a puzzle? Join MCL for Puzzlepalooza—a fun-filled program where you compete in groups to see who can complete a 500-piece puzzle first. Snacks are provided, plus a chance to win prizes!

### Morinville Community Library

Wednesday | Jan 22 | 5 to 7 p.m.

Free, registration required.

### \*NEW Teen Game Night

**Ages 12 to 17**

Join us in our program room for video games, tabletop games, card games, and more! Snacks and drinks are provided.

#### Morinville Community Library

4th Thursday of each month | 6 to 8 p.m.

Free, drop-in.



## FITNESS & RECREATION

### \*NEW Child/Youth Cross Training

**Ages 8 to 13**

Opportunity for youth to use moveable fitness equipment safely, under guidance, to level up in their chosen sport. This program is geared towards youth not yet accessing the fitness centre.

#### Morinville Leisure Centre, Court 2

Wednesdays | Jan 15 to Mar 19 | 5 to 5:45 p.m.

Instructor: Terri Williams

MLC members \$8/class, non-members \$10/class.



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Hours of Operations 7 AM -6 PM, Transportation Available, Convenient Location

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email us : [info@morinvillechildcare.ca](mailto:info@morinvillechildcare.ca) or call us @ 780-385-6064

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7 TO ADULT  
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**SPECIAL \$75.00**

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AT ÉCOLE MORINVILLE PUBLIC SCHOOL**

[phoenixmartialartsclub.ca](http://phoenixmartialartsclub.ca)

**780-951-1697**



### \*NEW Child Fitness Adventures

**Ages 7 to 11**

Higher intensity revolving weekly sports with an intro to physical literacy.

**Morinville Leisure Centre, Court 2**

Tuesdays | Jan 14 to Mar 18 | 5 to 5:45 p.m.

Instructor: Terri Williams

*MLC members \$8/class, non-members \$10/class.*

### Child Fitness FUN!

**Ages 7 to 11**

Lower intensity and revolving weekly sports. Making fitness fun with no pressure.

**Morinville Leisure Centre, Court 2**

Saturdays | Jan 18 to Mar 15 | 11:30 a.m. to 12 p.m.

Instructor: Terri Williams

*MLC members \$8/class, non-members \$10/class.*

### Home School Physical Education

**Ages 5 to 13**

Designed for homeschoolers, this flexible program will focus on health, fitness, and sports. Activities are age appropriate and include fundamental movement,

physical literacy skills, individual and team play. The goal of the program is to help students live an active lifestyle and build lifelong healthy habits and skills.

**Morinville Leisure Centre, Court 2**

Tuesdays | Jan 14 to Mar 18 | 11 a.m. to 12 p.m.

Thursdays | Jan 16 to Mar 20 | 11 a.m. to 12 p.m.

Instructor: Michelle Logan

*MLC members \$8/class, non-members \$10/class.*

### Kids Movement ABC's

**Ages 3 to 6**

Kids Movement ABC's is an interactive program for children aged 3-6, focusing on fundamental movement skills through playful activities. This class encourages coordination, balance, and agility while promoting social skills and creativity. Kids will develop a strong foundation for physical literacy in a fun and engaging environment.

**Morinville Leisure Centre, Court 2**

Saturdays | Jan 18 to Mar 15 | 10:30 to 11:15 a.m.

Instructor: Terri Williams

*MLC members \$8/class, non-members \$10/class.*

### Kids TnT.

**Ages 3 to 6**

This engaging class combines teamwork, movement, and basic fitness skills through games and activities, fostering a love for physical activity. Kids will build strength, coordination, and confidence in a supportive and enjoyable environment.

**Morinville Leisure Centre, Court 2**

Thursdays | Jan 16 to Mar 20 | 5 to 5:45 p.m.

Instructor: Terri Williams

*MLC members \$8/class, non-members \$10/class.*

### Pembina Youth ACTIVATE

**Ages 12 to 19**

Sponsored by Pembina Pipeline Corporation, youth enjoy free admission to the MLC fitness centre and field house every Friday night. Get active and have fun with your peers!

**Morinville Leisure Centre**

Fridays | Jan 10 to Mar 28 | 4 to 9 p.m.

Free, drop-in.



**Ages 10 to 13**

## What's For Dinner?

Students will have the opportunity to prepare delicious dishes they can recreate at home for their family or on their own!

**Tuesdays, February 18 to April 1**  
**5 to 6:30 p.m.**

**Morinville Community Cultural Centre,**  
**9502 100 Avenue**

**\$125, registration required.**



For details and to register,  
visit: [morinville.recdesk.com](http://morinville.recdesk.com)

**Sportball EPIC PD Day****Ages 6 to 11**

This camp is so much fun that kids will not even realize that they are improving their sports skills! Participants will need to bring two snacks, a healthy lunch, indoor gym shoes, active clothing, and a positive attitude.

**Morinville Leisure Centre, Meeting Room & Courts**

Feb 6, 7 &amp; Mar 21 | 8:30 a.m. to 5 p.m.

Instructor: Sportball Edmonton

*\$60/day, registration required.***\*NEW Teen Gym 101 (Drop-in) ✓****Ages 12 to 16**

Help your teen develop confidence in a fitness setting. Learn proper lifting techniques, form, tempo, progressions, and regressions.

**Morinville Leisure Centre, Fitness Centre**

Tuesdays | Jan 7 to Mar 17 | 7 to 8 p.m.

(every second Tuesday)

Thursdays | Jan 16 to Mar 27 | 3:30 to 4:30 p.m.

(every second Thursday)

Instructor: Terri Williams

*Fee included with MLC membership or daily admission fee.***Youth Shinny (Drop-in)****Ages 12 to 17**

Open to all skill levels, this drop-in program offers flexible play, focusing on skills development in a social atmosphere.

**Morinville Leisure Centre, Landrex Arena**

Tuesdays &amp; Thursdays | Jan 7 to Mar 27 | 3 to 4:45 p.m.

*Fee included with MLC membership or daily admission fee.***Youth Volleyball (Drop-In)****Ages 12 to 17**

Spike, serve, and have a fun time on the court – where every game is a chance for new experiences and connections!

**Morinville Leisure Centre, Court 2**

Saturdays | Jan 11 to Mar 29 | 6 to 8 p.m.

*Fee included with MLC membership or daily admission fee.*

**THE FATHER'S HOUSE CHURCH**  
SUNDAY SERVICES 9:30 AM & 11:30 AM

**Impact Youth**

Join us at Impact Youth every Friday from 7:00-9:30pm! Students in grades 7-12 are invited for a night of fun games, new friends, and engaging youth services. Follow us on Instagram @tfh\_impact for all the latest dates, events, off-site trips, and service nights! Don't miss out on the excitement!

**PLAY CAFE**  
PARENTS & TODDLERS

Starting September 18, drop by PlayCafe every Wednesday from 10:00-11:30am! PlayCafe is for parents and guardians with infants and toddlers. While the children enjoy supervised playtime with volunteers, parents can relax with coffee and engage in meaningful conversations. For updates on PlayCafe and to connect with other parents, join our Facebook group.

FOR MORE INFORMATION GO TO [TFHCHURCH.CA](http://TFHCHURCH.CA)  
FOLLOW US ON FACEBOOK AND INSTAGRAM @TFHCHURCH.CA

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# There's more home for you in Morinville.



Quiet streets, proximity to downtown amenities, variety of housing choices, and the charm of small town living. Affordable master-crafted single family homes, duplex and townhomes.



WESTWINDS

Live where community and convenience connect. This family-friendly neighbourhood is next to a new school and your favourite amenities are just up the road.



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The Meadows is about making life simpler, without sacrificing luxury. Custom build your dream home and enjoy the benefits of living in an architecturally controlled community.







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## **Plus, you'll get it for less.**

Looking to raise a family? Empty-nester wanting to downsize? We offer a great place to live, work, and play, only minutes away from St. Albert and North Edmonton.

**Get more home, more space, and more value for your money here.**

Learn more at **[MoreInMorinville.ca](http://MoreInMorinville.ca)**

# HERITAGE ARTS CULTURE

Visit the Musée Morinville Museum to experience the heritage, culture, and arts in the community. Learn about the founding families and pioneer life. Explore local history by browsing the exhibits.

**Musée Morinville Museum**  
Open Wednesday to Saturday,  
12 p.m. to 5 p.m.

10010-101 Street, Morinville  
780-572-5585

[www.museemorinvillemuseum.com](http://www.museemorinvillemuseum.com)





# ADULT

Events  
Programs  
Fitness & Recreation







## EVENTS

### International Women’s Day: Reflections of Her Ages 14+

Join us for an empowering event celebrating the shared experiences of women. Enjoy a light brunch, engaging discussions, inspiring crafts, fun workshops, and a vibrant market of women-owned businesses. Together, we can inspire future generations. Come as your authentic self!

#### Morinville Community Cultural Centre

Saturday | Mar 15, 10 a.m. to 2 p.m.

\$25, registration required.

### \*NEW Music & Memories

#### Ages 18+

Join us for a memorable evening with a classic country concert by the popular Ryan Snow Band! Enjoy dancing and connecting with friends—both old and new. Delicious catered dinner included, plus cash bar. Visit [calendar.morinville.ca](http://calendar.morinville.ca) for tickets.

#### Morinville Community Cultural Centre

Friday | Feb 7 | Doors open 5 p.m. | Dinner 5:30 p.m.  
Concert 6:30 to 9:30 p.m.

\$37+GST advance tickets, \$42+GST after Jan 15.

### \*NEW New Year – New You Wellness Workshop

Explore a balanced approach to mind, body, and soul health. Led by an LPN/Wellness Coach, you’ll gain valuable resources to kickstart your wellness journey

with practical steps and expert guidance. Bring a small pillow, refreshments will be provided.

#### Morinville Community Cultural Centre

Thursday | Jan 30 | 6:45 to 8:30 p.m.

Instructor: Kate Cesarin

\$5, registration required.



## TOWN PROGRAMS

### \*NEW Pop Art Family Portrait

Create a unique canvas using black and white family photos, paint, layers, textures, and creativity. Guided by a professional artist, participants will create a colourful masterpiece. All supplies included.

#### Morinville Community Cultural Centre

Saturdays | Jan 18 & 25 | 12:30 to 2 p.m.

Instructor: David Shkolny

\$65, registration required.

### \*NEW Pop Art Pet

Create unique canvas art featuring your pet, using paint, layers, textures, and creativity. Guided by a professional artist, participants will create a one-of-a-kind masterpiece. All supplies included.

#### Morinville Community Cultural Centre

Saturdays, | Mar 8 & 22 | 12:30 to 2:30 p.m.

Instructor: David Shkolny

\$65, registration required.



## Dr. Darren Romanowski & Associates

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Making  
Morinville  
Smile for  
over 25  
Years!

If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or fcss@morinville.ca. Subsidies are available to help.

**\*NEW Public Speaking Skills for Adults**

Public speaking is a top fear, but it doesn't have to be! This fun and interactive workshop will help improve your confidence and comfort with public speaking. Learn the five steps to becoming a more confident communicator. Whether it's giving a presentation, being interviewed or networking, you'll be ready!

**Morinville Community Cultural Centre**

Thursday | Feb 27 | 7 to 9 p.m.

Instructor: Project Five

\$40, registration required.

**\*NEW SASHA Connect-Café**

Join the St. Albert Sturgeon Hospice Association and Morinville FCSS to learn about respite care, self-care, and support resources for those affected by or caring for someone with a serious illness. This is a great

opportunity to gain knowledge and feel empowered! Community bus transportation available (\$10/person).

**St. Albert Food Bank and Community Village, 50 Bellerose Drive, St. Albert**

Tuesday | Mar 11 | 3 to 4:30 p.m.

Free, registration required.

**\*NEW Textured Landscape**

Create a unique art piece with paint, colour, texture while learning new skills and working with tools. Guided by a professional artist, participants will create a one-of-a-kind masterpiece. All supplies included.

**Morinville Community Cultural Centre**

Saturdays | Feb 8 & 22 | 12:30 to 2 p.m.

Instructor: David Shkolny

\$65, registration required.



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## Library Programs

Morinville Community Library  
10125 100 Avenue  
[www.morinvillelibrary.ca](http://www.morinvillelibrary.ca)

### \*NEW All Booked Up for Adults

Come in and grab your very own All Booked Up box. Each box includes a book from our collection curated for you, treats, and other items to enjoy. Spots are limited and run on a three-month cycle, so be sure to visit our website and apply to get a spot.

#### Morinville Community Library

Pick up: first of each month

Drop off: Last day of each month

*Free, library card and registration required.*

### Between the Covers Book Club

Ages 16+

Enjoy interesting and stimulating books, chosen by the book club participants, and brought in by the library. We'll be discussing the books every month in the library program room.

#### Morinville Community Library

4th Wednesday of each month | 7 to 8:30 p.m.

*Free, drop-in.*



**NEW**

# Lunch Hour Fitness



**Morinville**  
LEISURE CENTRE  
[morinville.ca/mlc](http://morinville.ca/mlc)

Jumpstart your lunch break with our brand-new fitness classes at the MLC! Choose from lunch hour Tabata, HIIT, and Cardio Circuit. See page 42 for details.

### \*NEW Creation Station for Adults: Valentine's Scrapbooking

Ages 18+

Join us for this season's Creation Station, where we will be hosting a scrapbooking workshop for Valentine's Day! Take your pick from the provided supplies and create beautiful scrapbook pages or make greeting cards for your loved ones.

#### Morinville Community Library

Saturday | Feb 8 | 12:30 to 3:30 p.m.

*Free, registration required.*

### Knit Wits & Spinning Yarns Fibre Arts Group

Ages 16+

Bring your needles, hook, spindle, or wheel and spend an evening with the Knit Wits & Spinning Yarns. If you're new and don't know the meaning of "purl" or "ply," our members can help. If you're already a pro, come share your talent with other fibre artists!

#### Morinville Community Library

Tuesdays | 6 to 8 p.m. | Year-round

*Free, drop-in.*

### Loose Threads Quilting Group

Ages 16+

Do you enjoy quilting? Can you sew a straight line? Bring your new or unfinished projects and meet fellow quilters in the community. Share your quilting stories and talents with other members. Check out our many quilting resources or take advantage of charity and fundraising opportunities. It will be SEW MUCH FUN!

#### Morinville Community Library

First & third Monday of each month | 6 to 9 p.m.

*Free, drop-in.*

### Shelf Indulgence: An Adult Romance Book Club

Ages 18+

Are you a romance lover? The MCL has its very own romance book club, where book club participants get to choose books to read and discuss every month! Copies of each book will be provided at the library.

#### Morinville Community Library

Last Friday of each month | 6 to 8 p.m.

*Free, registration and library membership required.*



The **Jessica Martel Memorial Foundation** is a not-for-profit organization serving Sturgeon County and surrounding areas.

We are breaking the cycle of domestic violence through education, outreach, and safe housing at **Jessie's House** and **Eileen's Place**.

### Jessie's House

Jessie's House is a 35 bed all-gender emergency shelter for individuals and families who are fleeing domestic violence.

### Eileen's Place

Eileen's Place is home to three 3-bedroom suites for individuals in our Second Stage Transitional Housing Program.



**Gender-based violence can happen to anyone from any background. We are here to help you.**

### A New Gender-Based Violence Project

We are excited to announce a new Gender-Based Violence (GBV) Project to provide education about the issues that contribute to GBV. Our primary audience for this project is men and boys, enlisting them as allies to create a future free of violence.

Stay tuned for more details in the coming months!

### Outreach

Our Outreach Program provides services to clients after they leave Jessie's House and community members who are experiencing relationship disharmony.



**Until all homes are safe...**

**SHELTER INTAKE/CRISIS LINE** 1-866-939-2850 (24/7)  
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**OUTREACH PROGRAM** 587-879-6125 | [outreach@jmmf.ca](mailto:outreach@jmmf.ca)  
**SUPPORT (TEXT LINE)** 587-598-7361 | [support@jmmf.ca](mailto:support@jmmf.ca)

[www.jessicamartelmemorialfoundation.com](http://www.jessicamartelmemorialfoundation.com)

Box 3167 Morinville, AB T8R 1S1 | Charitable# 81498 9505 RR0001

**\*NEW Speed Friending**

Join us for fun conversations, make new friends, and enjoy a welcoming atmosphere. This event is the perfect opportunity to connect with new people in our community. Snacks and beverages will be provided.

**Morinville Community Library**

Wednesday | Feb 19 | 6 to 8 p.m.

*Free, registration required.*



**FITNESS & RECREATION**

**Adult Shiny (Drop-in)**

Join us for adult shiny. Open to all skill levels, this drop-in program offers flexible play, that focuses on skills development and social atmosphere

**Morinville Leisure Centre, Landrex Arena**

Fridays | Jan 10 to Mar 28 | 12 to 1:30 p.m.

*Fee included with MLC membership or daily admission fee.*

**Any BODY Bootcamp (Drop-in)**

Join us for any BODY Bootcamp on Saturday mornings. This high-energy class is designed for all fitness levels. Combining cardio, strength, and flexibility exercises. This class will help improve endurance and build muscles in a supportive environment.

**Morinville Leisure Centre, Atlas Premium Homes RM**

Saturday | Jan 11 to Mar 15 | 9 to 10 a.m.

Instructor: Terri Williams

*Fee included with MLC membership or daily admission fee.*

**Barre** ✓

Barre is a low-impact, full-body workout combining elements of Pilates and strength training. This class will focus on improving posture, core strength, flexibility, and balance using small, controlled movements. Suitable for all fitness levels, it will help tone muscles while enhancing stability and endurance.

**Morinville Leisure Centre, Atlas Premium Homes RM**

Thursdays | Jan 9 to Mar 20 | 7 to 8 p.m.

Instructor: Jenelle Horricks

*MLC members \$8/class, non-members \$10/class.*

**Create with us!**

**We have a blast...**

- Socializing with & learning from each other
- Making all types of art
- Learning from master artists
- Learning new techniques
- Showing off our art around Morinville

**All Skill Levels Are Welcome!**

Ages 16+

**Tuesday Evenings**  
At the MCCC

Fall – 12 sessions  
Winter/Spring – 12 sessions

**MORINVILLE ART CLUB**

Check us out  
Morinville Art Club

For more info, email us at  
morinvilleartclub18@gmail.com



**\*NEW Beginner Yoga Flow** ✓

Beginner Yoga Flow offers gentle poses and mindful movements, promoting flexibility, balance, and relaxation. Ideal for newcomers, this class fosters mental clarity and body awareness.

**Morinville Leisure Centre, Atlas Premium Homes RM**

Tuesdays | Jan 7 to Mar 18 | 11 a.m. to 12 p.m.

Instructor: Amber Ducharme

MLC members: \$8/class, non-members \$10/class.

**Cardio Circuit (Drop-in)**

Get your heart pumping in this effective cardio circuit class using several types of equipment, movement patterns and drills to improve speed, agility, quickness, power, and playfulness.

**Morinville Leisure Centre, Court 2**

Wednesdays | Jan 8 to Mar 19 | 6 to 6:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Reach your audience, right where they live, work and play. This is THE place to advertise activities, services, and events for our community.



Spring/Summer Program Guide ad submissions due

**January 14, 2025**



**Morinville**

For information about the program guide or other great advertising opportunities, contact: 780-238-5174, [sponsorship@morinville.ca](mailto:sponsorship@morinville.ca), [morinville.ca/sponsorship](http://morinville.ca/sponsorship)

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**Contact : 780-939-4439**  
[medsnrcarepharmacy@gmail.com](mailto:medsnrcarepharmacy@gmail.com)



**\*NEW Chair Yoga Fusion** ✓

A blend of traditional yoga poses with seated and standing exercises, this class promotes improved flexibility, strength, and balance. Gentle and accessible, ideal for all levels.

**Morinville Leisure Centre, Atlas Premium Homes RM**

Tuesdays | Jan 7 to Mar 18 | 12:15 to 1 p.m.

Instructor: Amber Ducharme

*MLC members \$8/class, non-members \$10/class.*

**Early Bird Bootcamp** ✓

Start your day with a full-body workout in Early Bird Bootcamp. This high-energy class combines cardio, strength, and core exercises to boost metabolism and build endurance. Perfect for all fitness levels, it's designed to get you energized and ready to tackle the day ahead.

**Morinville Leisure Centre, Court 2**

Saturdays | Jan 11 to Mar 15 | 6:15 to 7 a.m.

Instructor: Terri Williams

*MLC members \$8/class, non-members \$10/class.*

**Flex & Flow (Drop-in)**

Unleash your body's potential through body weight exercises and deep stretches. Ideal for all fitness levels, this class enhances strength, mobility, and overall well-being. Join us for a powerful mind-body experience today.

**Morinville Leisure Centre, Court 2**

Thursdays | Jan 9 to Mar 20 | 6 to 6:45 p.m.

Instructor: Terri Williams

*Fee included with MLC membership or daily admission fee.*

**Hatha Yoga** ✓

Balance your mind and body through gentle poses and breath work. Please bring your own mat.

**Morinville Community Cultural Centre**

Wednesdays | Jan 8 to Mar 12 | 7 to 8 p.m.

Instructor: Cindy Hunt

*MLC members \$8/class, non-members \$10/class.*

**High Intensity Resistance Training (Drop-in)**

This class is designed to have you burn calories during and after you work-out through a series of compound movements.

**Morinville Leisure Centre, Court 2**

Tuesdays & Thursdays | Jan 4 to Mar 27 | 6:15 to 7 a.m.

Instructor: Dar Schwanbeck

*Fee included with MLC membership or daily admission fee.*

**Lift (Drop-in)**

Ready to lift? This program uses an adjustable barbell system to build muscular strength and endurance with classic exercises like squats, lunges, bench press, and deadlifts, working your full body.

**Morinville Leisure Centre, Court 2**

Mondays | Jan 6 to Mar 17 | 6:15 to 7:15 p.m.

Fridays | Jan 10 to Mar 21 | 9 to 10 a.m.

Instructor: Michelle Logan

*Fee included with MLC membership or daily admission fee.*

**Explore your artistic side**

Whether you're capturing family memories, showcasing your pet, or crafting a textured landscape, each class offers a chance to create a one-of-a-kind masterpiece!

**Pop Art Family Portrait**

Saturdays, January 18 & 25, 12:30 to 2 p.m.

**Pop Art Pet**

Saturdays, March 8 & 22, 12:30 to 2:30 p.m.

**Textured Landscape**

Saturdays, February 8 & 22, 12:30 to 2 p.m.



For details and to register, visit: [morinville.recdesk.com](http://morinville.recdesk.com)

# Shine with *Confidence* in 2025!

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**Lunch Hour Cardio Circuit (Drop-in)**

Boost your energy with this quick, high-intensity cardio circuit class. Designed to fit into your lunch break, it combines fast-paced exercises to improve cardiovascular health, burn calories, and increase stamina. Suitable for all fitness levels, it's the perfect midday workout to recharge and stay active.

**Morinville Leisure Centre, Court 2**

Fridays | Jan 10 to Mar 21 | 12:15 to 12:45 p.m.

Instructor: Terri Williams

*Fee included with MLC membership or daily admission fee.*

**Lunch Hour HIIT (Drop-in)**

Maximize your lunch break with this high-intensity interval training (HIIT) class. Combining short bursts of intense exercise with brief recovery periods, Lunch Hour HIIT boosts metabolism, burns calories, and improves endurance in a fast-paced, 30-minute workout. Suitable for all fitness levels, it's an efficient way to stay fit.

**Morinville Leisure Centre, Court 2**

Mondays | Jan 6 to Mar 17 | 12:15 to 12:45 p.m.

Instructor: Jenelle Horricks

*Fee included with MLC membership or daily admission fee.*

**Lunch Hour Tabata (Drop-in)**

Get an effective workout in just 30 minutes with Lunch Hour Tabata. This high-intensity interval training (HIIT) class follows the Tabata format: 20 seconds of intense exercise followed by 10 seconds of rest. Burn calories, improve endurance, and build strength, all during your lunch break. Suitable for all fitness levels.

**Morinville Leisure Centre, Court 2**

Wednesdays | Jan 8 to Mar 19 | 12:15 to 12:45 p.m.

Instructor: Terri Williams

*Fee included with MLC membership or daily admission fee.*

**Morning Yoga Flow** ✓

Begin your day with this yoga class that will enhance flexibility and strength through dynamic sequences. Suitable for all levels. Please bring your own mat.

**Morinville Leisure Centre, Atlas Premium Homes RM**

Saturdays | Jan 11 to Mar 15 | 7:30 to 8:30 a.m.

Instructor: Terri Williams

*MLC members \$8/class, non-members \$10/class.*



# WINTER TIRE CHANGEOVER SEASON IS HERE!

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*Family Day*

**GLOW**

*Skate*

presented by  
**Shoppers Drug Mart**

**Monday, February 17**

**Landrex Arena**

**Morinville Leisure Centre,  
25126 SH642, Sturgeon County, AB**

*This is a free, drop-in event.*

Donations will be accepted in support of  
Jessie's House and Eileen's Place

**10:30 a.m. to 12 p.m. | 1 p.m. to 2:30 p.m.**

**Free, family-friendly skating • Music  
Glowing lights • Prizes • Plus more!**

**Helmet required for those under 18 years of age.**

For details, please visit  
[calendar.morinville.ca](http://calendar.morinville.ca)

 **Morinville**



**sTeel Abs (Drop-in)**

Enhance your core and abdominal strength with expert guidance and tailored workouts. You can achieve your desired level of core fitness, whether you're a beginner or an advanced athlete.

**Morinville Leisure Centre, Atlas Premium Homes RM**

Tuesdays | Jan 7 to Mar 18 | 6 to 6:45 p.m.

Instructor: Terri Williams

*Fee included with MLC membership or daily admission fee.*

**Step & Strength (Drop-in)**

Double your benefit - work your body (cardio and strength conditioning) and your brain in this high energy choreographed class with movement patterns on and off an adjustable step bench. A super all-in-one option!

**Morinville Leisure Centre, Court 2**

Wednesdays | Jan 8 to Mar 19 | 9 to 10 a.m.

Instructor: Michelle Logan

*Fee included with MLC membership or daily admission fee.*

**Strong to the CORE (Drop-in)**

Train with stability balls, medicine balls, Bosu trainers, and Pilates balls to challenge your strength, core, and infuse some variety and fun into your program. Each experience will work all your major muscle groups for a full body workout.

**Morinville Leisure Centre, Court 2**

Mondays | Jan 6 to Mar 17 | 9 to 10 a.m.

Instructor: Michelle Logan

*Fee included with MLC membership or daily admission fee.*

**Zumba® (Drop-in)**

A dynamic fusion of dance and muscle toning, this high-energy workout takes the excitement of Zumba® to the next level by incorporating the use of light weights, intensifying your fitness routine, and helping you focus on specific muscle groups.

**Morinville Leisure Centre, Court 3**

Tuesdays | Jan 7 to Mar 18 | 7:15 to 8:15 p.m.

Instructor: Kayla Frerot

*Fee included with MLC membership or daily admission fee.*



Ages 14+

# International Women's Day

Reflections of her

Join us for an empowering event celebrating the shared experiences of women.

- Light brunch
- Engaging discussions
- Beautiful crafts
- Fun workshops
- Women-owned business market
- Door Prizes

Together, we can inspire future generations.  
Come as your authentic self!

Morinville Community Cultural Centre  
Saturday, March 15 from 10 a.m. to 2 p.m.  
\$25, registration required.

For more info and to register/purchase tickets, visit: [calendar.morinville.ca](http://calendar.morinville.ca)

  
**Morinville**  
[www.morinville.ca](http://www.morinville.ca)



Advance Tickets: \$37+GST | Cash  
After January 15: \$42+GST | Bar

# Music & MEMORIES

## Featuring the Ryan Snow Band

Join us for an unforgettable 18+ night of dinner, dancing, and classic country hits! Enjoy great food, lively tunes, and a chance to make new memories on the dance floor.

**Friday, February 7**  
**5 to 9:30 p.m.**

Morinville Community Cultural Centre  
9502 100 Avenue



Doors & bar open: 5 p.m. | Buffet dinner: 5:30 p.m.  
Concert: 6:30 to 9:30 p.m.



For event details and to purchase tickets,  
scan QR code or visit: [calendar.morinville.ca](https://calendar.morinville.ca)



# OLDER ADULT

Events  
Programs  
Fitness & Recreation





## EVENTS

**Craft, Create, & Connect**

Join Morinville FCSS and connect with your community for a lively, hands-on crafting series designed for older adults and seniors! Each workshop brings something fresh and exciting to create, with friendly guidance from expert instructors. All materials are provided.

**Session 1: Sea Glass Art**

**Creative Cove, 10126 100 Avenue**

Wednesday | Jan 15 | 9:30 to 11 a.m.

Instructor: Creative Cove

*\$15/per session, registration is required.*

**Session 2: Beginner Macrame Wall Hanging**

**Morinville Community Cultural Centre**

Tuesday | Feb 25 | 6:30 to 9 p.m.

Instructor: Kate Cesarin

*\$15/per session, registration is required.*

**Session 3: Guided Relaxation Painting**

**Creative Cove, 10126 100 Avenue**

Thursday | Mar 6 | 1:30 to 3 p.m.

Instructor: Creative Cove and Kate Cesarin

*\$15/per session, registration is required.*

**International Women's Day: Reflections of Her**  
Ages 14+

Join us for an empowering event celebrating the shared experiences of women. Enjoy a light brunch, engaging discussions, inspiring crafts, fun workshops, and a vibrant market of women-owned businesses. Together, we can inspire future generations. Come as your authentic self!

**Morinville Community Cultural Centre**

Saturday | Mar 15 | 10 a.m. to 2 p.m.

*\$25, registration required.*

**\*NEW Music & Memories**

**Ages 18+**

Join us for a memorable evening with a classic country concert by the popular Ryan Snow Band! Enjoy dancing and connecting with friends—both old and new. Delicious catered dinner included, plus cash bar. Visit [calendar.morinville.ca](http://calendar.morinville.ca) for tickets.

**Morinville Community Cultural Centre**

Friday | Feb 7 | Doors open 5 p.m. | Dinner 5:30 p.m.

Concert 6:30 to 9:30 p.m.

*\$37+GST advance tickets, \$42+GST after Jan 15.*

**\*NEW New Year – New You Wellness Workshop**

Explore a balanced approach to mind, body, and soul health. Led by an LPN/Wellness Coach, you'll gain valuable resources to kickstart your wellness journey with practical steps and expert guidance. Bring a small pillow, refreshments will be provided.

**Morinville Community Cultural Centre**

Thursday | Jan 30 | 6:45 to 8:30 p.m.

Instructor: Kate Cesarin

*\$5, registration required.*

**\*NEW Senior Chef Creations**

Little Kitchen Academy's cooking classes for older adults offer a 2.5 hour experience where you'll feel like a top chef while creating tasty dishes to share. Gain confidence with healthy, easy-to-replicate recipes taught by a dietitian-chef, develop social connections with peers, and improve your nutrition. Community bus transportation included, times posted in registration.

**Little Kitchen Academy, 224 91 Street SW, Edmonton**

Wednesday | Jan 22 | 12:30 to 3 p.m.

*\$45, registration required.*

**\*NEW Single and Thriving**

Celebrate the joys of older adult singlehood at this uplifting workshop. Connect with fellow singles as you share the challenges and triumphs of being single in a supportive environment. Bring your favourite vase to create a lovely flower arrangement to take home. Refreshments and snacks will be provided.

**Morinville Community Cultural Centre**

Wednesday | Feb 19 | 1:30 to 3:30 p.m.

Instructor: SAiF Society and Kate Cesarin

*\$5, registration required.*



If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or [fcss@morinville.ca](mailto:fcss@morinville.ca). Subsidies are available to help.



## Library Programs

Morinville Community Library  
10125 100 Avenue  
[www.morinvillelibrary.ca](http://www.morinvillelibrary.ca)

### Showtime!

Are you a period drama fan? Join us as we watch an episode of a period drama every week! Enjoy a coffee or tea as we discuss the show and the history of the time period in which it is set.

**Morinville Community Library**

Wednesdays | 1:30 to 3 p.m.

Free, drop-in.



## FITNESS & RECREATION

### Chair Yoga (Drop-in)

Yoga poses are adapted using a chair to improve flexibility and strength while decreasing stress and pain. Yoga does not have to be down on the floor to be effective. Excellent for beginners and anyone with mobility challenges.

**Morinville Leisure Centre, Atlas Premium Homes RM**

Wednesdays & Fridays | Jan 8 to Mar 28 |  
10:15 to 11:15 a.m.

Instructor: Terri Williams

Included with MLC membership or daily admission fee.

### Forever Fit (Drop-in)

Have fun in this low to moderate intensity strength and conditioning class designed with the active older adult, returning to fitness and new to group fitness, but open to everyone.

**Morinville Leisure Centre, Court 2**

Mondays | Jan 6 to Mar 17 | 5:15 to 6 p.m.

Instructor: Michelle Logan

Included with MLC membership or daily admission fee.

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**780-666-2336**  
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\*Some conditions may apply.



### Silver Shoes (Drop-in)

Age is just a number and youth is an attitude! Have fun in this low to moderate intensity strength and conditioning class designed with the active older adult in mind, but open to everyone.

#### Morinville Leisure Centre, Court 2

Tuesdays | Jan 7 to Mar 18 | 9 to 10 a.m.

Instructor: Michelle Logan

*Included with MLC membership or daily admission fee.*

### Silver Circuit (Drop-in)

Experience the creative options of circuit training to improve strength, balance, flexibility, mobility and activities of daily living, designed with the active older adult in mind, but open to everyone.

#### Morinville Leisure Centre, Court 2

Thursdays | Jan 9 to Mar 20 | 9 to 10 a.m.

Instructor: Michelle Logan

*Included with MLC membership or daily admission fee.*

### Sit & Fit (Drop-in)

Making movement and fitness attainable for everyone, this class is designed for individuals looking for a gentle paced class with access to a chair. Cardio, resistance, balance, and flexibility training will all be included to offer a full body experience that helps improve activities of daily living.

#### Morinville Leisure Centre, Court 2

Tuesdays & Thursdays | Jan 7 to Mar 20 | 10:15 to 10:45 a.m.

Instructor: Michelle Logan

*Included with MLC membership or daily admission fee.*



The most efficient way to report a concern to the Town of Morinville

[www.morinville.ca/Report-a-Concern](http://www.morinville.ca/Report-a-Concern)

# Qualicare

Edmonton Northwest

## Home Care

Including:

- Personal Care
- Companionship
- Medication Assist
- Dressing and Grooming
- Wellness Monitoring
- Meal Planning & Preparation
- Housekeeping & Laundry

### Contact Us

[dchan@qualicare.com](mailto:dchan@qualicare.com)

780-328-6500



# COMMUNITY SUPPORT SERVICES

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For information on any of our community support services, please call 780-939-7839 or email [fcss@morinville.ca](mailto:fcss@morinville.ca)

### Eat Well Food Program

Morinville FCSS, in collaboration with Sobeys Morinville, presents a quality monthly food basket that will help residents balance the cost of food. Each basket provides four servings each of three different meats, vegetables, and fruits. Please note that due to bulk ordering, we are unable to accommodate any dietary restrictions or substitutions.

Pick up locations:

**Morinville Community Cultural Centre or  
Edmonton Military Family Resource Center**

Order by Jan 5 | Pick-up Jan 15 | 3 to 6 p.m.

Order by Feb 7 | Pick-up Feb 19 | 3 to 6 p.m.

Order by Mar 7 | Pick-up Mar 19 | 3 to 6 p.m.

*\$30 per basket, registration required.*

### Home Supports for Seniors

The FCSS Home Supports Program provides accredited contractors at competitive rates for seniors seeking in-home services such as snow removal, lawn care, and housekeeping. Additional subsidies may be accessible for those with low income, proof of income required.

Snow Removal | Nov 1 to Mar 31

Housekeeping | Year-round

Lawn Care | May 15 to Sep 30

*Fees and registration required.*

### Home with Dignity Hampers

This local project provides residents access to basic hygiene and comfort items. Hampers are created with community donations and given out to individuals being placed in low-income housing, including seniors' care facilities, and to all others in need. Donations accepted for this program at the Morinville Community Cultural Centre.

### Morinville FCSS Information & Referral

The Morinville FCSS Information & Referral program connects residents with essential community services and resources. We offer guidance on things such as financial support, food security, mental health, counselling, and more. Our knowledgeable staff provides personalized assistance to help you navigate and access the support you need. Available to all Morinville residents, this free service ensures you are informed and connected to local resources.

### Morinville FCSS Information & Referral for Seniors

This program serves as a valuable resource for individuals in the community, facilitating connections with essential social supports and resources. Support is provided with form completion and navigating government processes. Expert referrals are provided for services such as income tax, will and power of attorney, mental health support and more.

Supporting low-income individuals and families in Morinville to participate in the Town of Morinville's fitness, recreation & FCSS programming.

## Wellness and Recreation ACCESS PROGRAM

For details, please visit: [www.morinville.ca](http://www.morinville.ca)



### Period Dignity Hampers

This program provides feminine hygiene products at no cost to anyone in need. These hampers are managed by local volunteers and supplies are donated by the community. Donations accepted for this program at the Morinville Community Cultural Centre.

### Seniors' Centre Without Walls

A free phone-based program that offers a variety of interactive health and well-being information sessions and friendly conversations. This program provides opportunities to socialize, learn new skills and stay connected from the comfort of your home. Open to adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community. Free of charge, to register, call Edmonton Southside Primary Care Network at 780-395-2626.

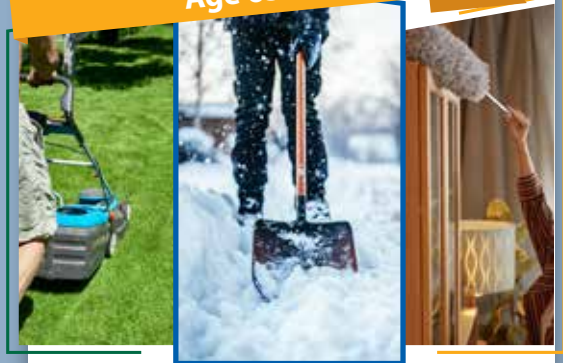
### The Empty Bowl Pet Supply Program

This program distributes pet food and supplies to low income or in crisis pet owners to ensure they can keep their companions healthy, safe, and with their families. Donations are accepted at the Morinville Community Cultural Centre and the Morinville Vet Clinic during regular business hours.

### Wellness and Recreation Access Program (WRAP)

The Wellness and Recreation Access Program (WRAP) in Morinville supports low-income individuals and families by providing up to \$250 per person to participate in the town's fitness, recreation, and FCSS programming. Applications must be renewed annually. This initiative ensures access to essential wellness activities, enhancing community well-being and engagement. For eligibility and application details, visit [www.morinville.ca](http://www.morinville.ca) or call 780-939-7839.

Attention Morinville Residents  
Age 65+



## FCSS Home Support Program

Helping seniors 65+ live safely  
and securely in their homes

Do you need help with lawn care, snow removal, or basic housekeeping due to physical health conditions, disability, mobility challenges, or complex needs?

Services are available for a fee at competitive rates.

Subsidies may be available for those who qualify.



Snow Removal  
November 1 to March 31



Basic Lawn Care  
May 15 to September 30



Housekeeping Services  
January 1 to December 31



Morinville



Email [fcss@morinville.ca](mailto:fcss@morinville.ca)  
or call 780-939-7839  
to learn more or to  
request services.

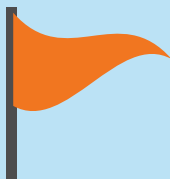


# Winter Maintenance in Morinville



## Report a Concern

During high volume times when snow clearing activities are taking place, the quickest and most efficient way to report a concern is by visiting [morinville.ca/report-a-concern](http://morinville.ca/report-a-concern) on our website. Concerns will be reviewed in the order that they are submitted and automatically placed in level of priority.



## Property Flags

Flags are placed on private property to ensure visibility of snow-covered objects during snow clearing events. Flags must be left in place for the entirety of the winter season.



## Waste Collection Days

Should snow clearing occur on the same day as curbside waste collection, residents must place their carts and blue bags in the center of their driveway **(30 cm or 1 foot from the end)**. Carts cannot be on the road, sidewalk or in the gutter during snow clearing.



## Sand

Free sand is available to Morinville residents. A wooden box is located outside the fenced area at the Meunier Maintenance Building (10310 107 Street). Pail and shovel are required.

## Homeowner's Responsibility



Snow and ice must be cleared from sidewalks bordering residential property within **72-hours** of a snow event. Non-residential sidewalks must be cleared within **48-hours**.



Shovelling snow into the street is not permitted. This contributes to unsafe driving conditions and leads to an overall cost increase to road maintenance.



If there is a hydrant near your home, please clear a path a minimum clearance of **1 metre** for emergency access.



## No Parking Zones

Vehicles that are not removed by 7 a.m. in areas marked for snow removal will be ticketed and towed. Vehicles that remain parked on streets during snow clearing events will slow down operations and unnecessarily cost taxpayers extra money.

*Snow service levels are set by the Town's Snow and Ice Control Policy.*



## When is snow removal actioned?

Snow removal is actioned based on priorities outlined in our Snow and Ice Control Policy found on our website: [www.morinville.ca/snow](http://www.morinville.ca/snow)

### Snow fall/conditions:

Accumulations between 0 to 5 cm and/or during icy road conditions

### Action taken:

Sanding of **key intersections** and removal of hazardous snow drifts on **main roads**

### Target for completion:

8 hours

### Snow fall/conditions:

Accumulations between 5 to 10 cm

### Action taken:

**Main and Arterial roads** will be plowed, emergency routes (RCMP, Fire Station, EMS) will be plowed and Town facility parking lots will be cleared

### Target for completion:

24 hours

### Snow fall/conditions:

Accumulations between 10 to 15 cm

### Action taken:

**Neighbourhood collector roads** will be cleared

### Target for completion:

72 hours

### Snow fall/conditions:

Accumulations over 12 cm

### Action taken:

**Residential snow clearing operations** will begin

### Target for completion:

5 days (1 zone per day)

### Snow fall/conditions:

Freezing rain event

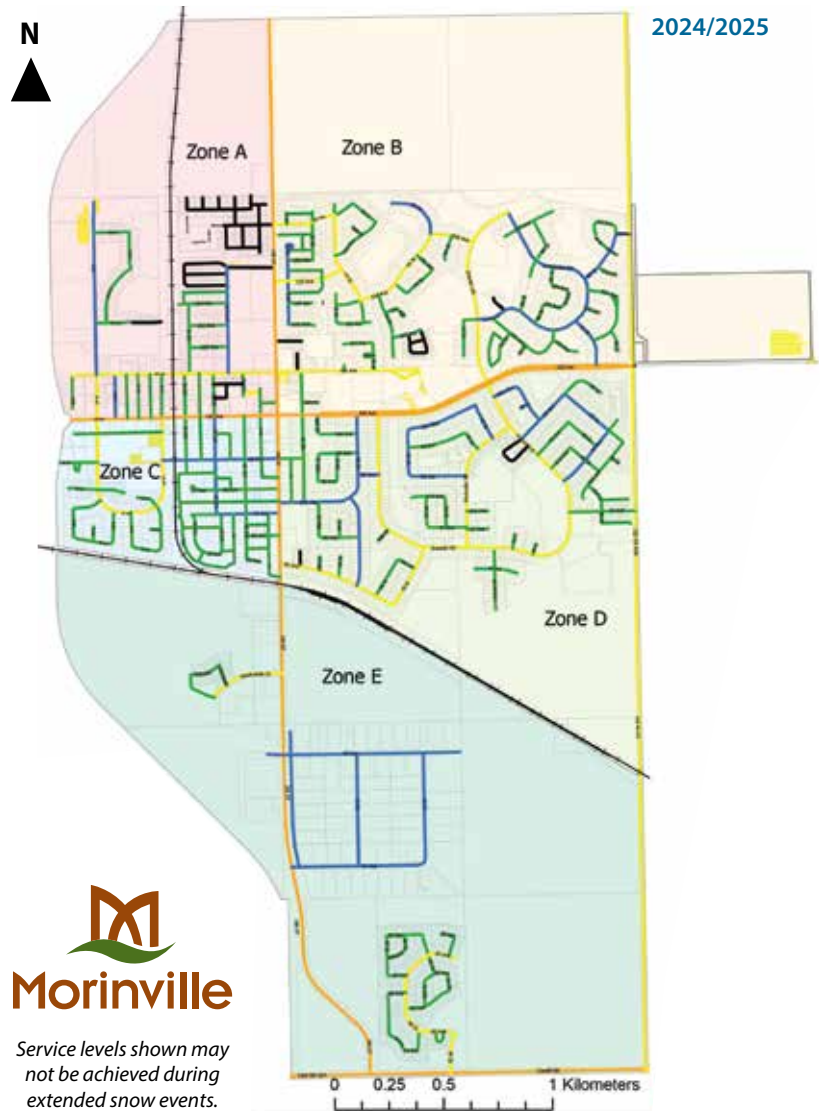
### Action taken:

Sanding of **key intersections** within approximately 30 m of the intersection will occur

### Target for completion:

8 hours

# Snow Clearing Zones



## Legend

- Priority 1 - Main Roads
- Priority 2 - Arterial Roads & Parking Lots
- Priority 3 - Neighbourhood Collectors
- Priority 4 - Residential Streets/Lanes
- Private Property

## Zones

- Zone A - N of 100 Ave / W of 100 St
- Zone B - N of 100 Ave / E of 100 St
- Zone C - S of 100 Ave / W of 100 St
- Zone D - S of 100 Ave / E of 100 St
- Zone E - S of CN Rail Crossing on 100 St



For more information on snow clearing activities, scan QR code or visit: [www.morinville.ca/snow](http://www.morinville.ca/snow)



# Program Guide Advertising

**4,000** printed copies mailed to Morinville residents

**1,000** printed copies distributed to Morinville Town Hall, Morinville Leisure Centre, Morinville Community Cultural Centre and Morinville Community Library

A digital version of the program guide is available online at

**[www.morinville.ca/programguide](http://www.morinville.ca/programguide)**

Printed and digital copies of the 2025 spring/summer program guide will be available in print and online

**March 5, 2025**

**HIGH QUALITY PRINTING:**  
OUTSIDE COVER PRINTED ON HI-GLOSS STOCK,  
INSIDE PAGES PRINTED ON NEWSPRINT.



Ads starting as low as

**\$71+GST**

Special rates available for non-profit groups

**Spring/Summer ad submissions due January 14, 2025**

## PROGRAM GUIDE AD SIZING

### Full Page - No Bleed

6.76" wide x 8.62" tall

### Full Page - With Bleed

8" wide x 10.075" tall

Include 0.2362 bleed

Include .5 safety away from trim area for all ad copy

### Half Page Vertical

3.32" wide x 8.6" tall

### Half Page Horizontal

6.78" wide x 4.25" tall

### Bottom Banner

6.75" wide x 2.155" tall

### Business Card

3.376" wide x 2" tall

### Quarter Page

3.32" wide x 4.25" tall

Scan to submit your ad using our **EASY ONLINE FORM**



For more information on advertising in our program guide, please contact:

Community Engagement & Partnerships Specialist

Scan QR Code | P. 780-238-5174 | E. [sponsorship@morinville.ca](mailto:sponsorship@morinville.ca) | [www.morinville.ca](http://www.morinville.ca)



MORINVILLE COMMUNITY CULTURAL CENTRE

# THE CENTRE OF OUR TOWN

PRIVATE FUNCTIONS  
FUNDRAISING EVENTS  
BIRTHDAY PARTIES  
AWARD NIGHTS  
TRADESHOWS  
CONFERENCES  
PERFORMANCES  
MEETINGS  
CONCERTS  
SEMINARS



**TO BOOK, CALL:**  
**780-939-7641**  
or email [bookings@morinville.ca](mailto:bookings@morinville.ca)

## MORINVILLE COMMUNITY CULTURAL CENTRE WEDDING & SPECIAL EVENT PACKAGE



# THE PERFECT VENUE TO SAY I DO!

**PACKAGE INCLUDES:**

Access to main hall, stage, dressing rooms, kitchen, concession, foyer & self serve sound system.  
Time to setup Friday evening, celebrate all day Saturday and cleanup Sunday morning.

*Call to inquire about special event package rates.*

**MORINVILLE COMMUNITY CULTURAL CENTRE**  
9502 100 Avenue, Morinville | [www.morinville.ca/mccc](http://www.morinville.ca/mccc)





# FEEL INSPIRED

**FUN & FITNESS**  
**go hand in hand**

**Become a member at the MLC today!**

**Membership benefits include:**

- 12 months of MLC access for the price of 10
- Optional monthly payment plan with membership hold for up to 2 months/year
- At least 10% off on registered programs and personal training
- Access to 20+ weekly group fitness classes
- Drop-in recreation for all ages
- 4 free daily guest passes

 **780-939-3450**

 **[morinville.ca/mlc](http://morinville.ca/mlc)**



**Morinville**  
LEISURE CENTRE

Morinville Leisure Centre,  
25126 SH642,  
Sturgeon County