

Lite Up the Nite
returns November 29
to December 1

MORINVILLE
Fall 2024

September 2, 2024
to January 4, 2025



Scan QR code to take
your guide on the go!



PROGRAM GUIDE

Events • Programs • Fitness & Recreation • Community Support Services



Book your next party or event today!
See page 43 for details



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)

Children's Play Space

presented by Atlas Premium Homes

- 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

- 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 to book your event today!



Morinville Leisure Centre Hours

Aug 19 to Dec 23, 2024: Open daily, 6 a.m. to 11 p.m. Statutory holidays open 8 a.m. to 8 p.m.
25126 SH642, Sturgeon County, AB | 780-939-3450 | www.morinville.ca/mlc

CONTENTS

Fall Program Guide

September 2, 2024 to January 4, 2025



2

Town Directory & Registration



4

MLC Admission Rates



5

Fitness & Recreation Schedule



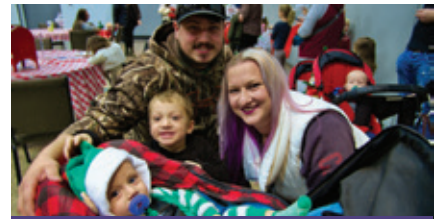
6

Landrex Arena Schedule



8

Fitness Services & Personal Training



11

All Ages



17

Child & Youth



33

Adult



45

Older Adult



← Look for this symbol

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



51

Community Support Services

Sign up today for our **NEW Corporate Wellness Program!**
Details on page

54

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

TO REGISTER ONLINE:

Scan QR code above or visit 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.

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.



WESTWINDS
— MORINVILLE —

YOUR DREAM HOME AWAITS

Life can be a breeze

Contact:
780-459-LAND



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



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

NEW
4 p.m. start
time!





2024/2025 Holiday Hours
 December 24: 6 a.m. to 5 p.m.
 December 25: CLOSED
 December 26: 8 a.m. to 8 p.m.
 December 27 to 30: 6 a.m. to 8 p.m.
 December 31: 8 a.m. to 5 p.m.
 January 1: 8 a.m. to 8 p.m.
 January 2 to 4: 6 a.m. to 11 p.m.

Morinville Leisure Centre Hours

August 19 to December 23, 2024:

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, Children's Play Space presented by Atlas Premium Home Development, Landrex Arena, Fitness Centre and Track.

Fitness services & personal training options available on page 8.



ANNUAL MEMBERSHIP ADVANTAGES

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

Morinville Leisure Centre, 25126 SH642, Sturgeon County
 Call: 780-939-3450 Visit: www.morinville.ca/mlc

Fitness & Recreation Schedule

Fall: September 2 to January 4, 2024

» Drop-in Flex Registration



Child/Youth	All Ages	Adults	Adults/Older Adults
-------------	----------	--------	---------------------

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<input checked="" type="checkbox"/> Hatha Flow 6:15 to 7:15 a.m. (MLC 2)	» HIRT Bootcamp 6:15 to 7 a.m. (MLC 2)	» Step & Strength 9 to 10 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)		» Pickleball 9 a.m. to 4 p.m. (MLC 3)	» 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. (MLC RM 2)
	» Pickleball 9 a.m. to 12 p.m. (MLC 3)	» Silver Shoes 9 to 10 a.m. (MLC 2)	» Chair Yoga 10:15 to 11:15 a.m. (MLC RM 2)	<input checked="" type="checkbox"/> Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC 3)	» Chair Yoga 10:15 to 11:15 a.m. (MLC RM 2)	» Pickleball 8 to 11 a.m. (MLC 3)
		» Sit & Fit 10:15 to 10:45 a.m. (MLC 2)	<input checked="" type="checkbox"/> Lunch Hour Yoga 12:05 to 12:50 p.m. (MCCC)	» Sit & Fit 10:15 to 10:45 a.m. (MLC 2)	» Pickleball 12 to 4 p.m. (MLC 3)	» Any BODY Bootcamp 9 to 10 a.m. (MLC 2)
		<input checked="" type="checkbox"/> Home School Physical Education 11 a.m. to 12 p.m. (MLC 2)	» Lunch Hour Tabata 12:15 to 12:45 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"/> Youth Fitness FUN 10:30 to 11:15 a.m. (MLC 2)
» Pickleball 5 to 7 p.m. (MLC 3)	» Forever Fit 5:15 to 6 p.m. (MLC 2)	<input checked="" type="checkbox"/> Baby & Me Stroller Fit 11:15 a.m. to 12 p.m. (MLC Track)	<input checked="" type="checkbox"/> Gentle Yin & Meditation 1:30 to 2:30 p.m. (MCCC)	<input checked="" type="checkbox"/> Kids TnT. 5 to 5:45 p.m. (MLC 2)		<input checked="" type="checkbox"/> Kids Movement ABC's 11:30 a.m. to 12:15 p.m. (MLC 2)
		<input checked="" type="checkbox"/> Youth Fitness Adventure 5 to 5:45 p.m. (MLC 2)	<input checked="" type="checkbox"/> Youth Cross Training 5 to 5:45 p.m. (MLC 2)	» Badminton 5 to 8 p.m. (MLC 3)		
» Volleyball 6 to 8 p.m. (MLC 2)	» Lift 6:15 to 7:15 p.m. (MLC 2)	» Pickleball 4 to 7 p.m. (MLC 3)	» Cardio Circuit 6 to 6:45 p.m. (MLC 2)	<input checked="" type="checkbox"/> Barre 6 to 6:45 p.m. (MCCC)	» Flex & Flow 6 to 6:45 p.m. (MLC 2)	
		» sTEEL ABS 6 to 6:45 p.m. (MLC RM 2)	» Hatha Yoga 7 to 8 p.m. (MCCC)	<input checked="" type="checkbox"/> Volleyball 7:30 to 9:30 p.m. (MLC 2)	<input checked="" type="checkbox"/> Rest & Restore Yoga 7 to 8 p.m. (MCCC)	» Pembina Youth Activate 4 to 9 p.m.
		» Zumba 7:15 to 8:15 p.m. (MLC 3)	<input checked="" type="checkbox"/> Rest & Restore Yoga 8:15 to 9 p.m. (MCCC)			» Youth Volleyball 6 to 8 p.m. (MLC 2)

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

Landrex Arena Schedule

Fall: September 2, 2024 to January 4, 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 Shinny 12 to 1:30 p.m.	
» FREE Flowpoint Family Fun Skate 2:15 to 4:15 p.m.	» All Ages Shinny 3 to 4:15 p.m.	» Youth Shinny 3 to 4:45 p.m.	» All Ages Shinny 3 to 4:15 p.m.	» Youth Shinny 3 to 4:45 p.m.	» All Ages Shinny 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.



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.





**"Track Only"
annual pass
available,
see Guest Services
desk for details**



MEMBERSHIP HAS ITS BENEFITS

An annual membership at the MLC has its benefits, including:

- ✓ Twelve months of access to the MLC for the price of ten
- ✓ The option for monthly pre-authorized payment plan – includes the ability to put membership on hold for up to two months/year
- ✓ A minimum 10% discount on registered programs and personal training
- ✓ Access to over twenty different group fitness classes/week
- ✓ Drop-in recreation for all ages, including: pickleball, volleyball, basketball, badminton, cardio, yoga, weight lifting, shinny, skating and more!
- ✓ Four free daily guest passes for you to give to someone you know

Sign-Up Today!

Call: 780-939-3450 or Visit: www.morinville.ca/mlc

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





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

8 | morinville.recdesk.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
1 to 4	\$60	\$53
5 to 8	\$55	\$48
9 to 12	\$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
1 to 4	\$55	\$48
5 to 8	\$50	\$43
9 to 12	\$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
1 to 4	\$35/person	\$30/person	\$25/person	\$30/person	\$25/person	\$20/person
5 to 8	\$32.50/person	\$27.50/person	\$22.50/person	\$27.50/person	\$22.50/person	\$17.50/person
9 to 12	\$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
1	\$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
1	\$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
1	\$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
1	Drop-In Admission	FREE

**BUY 1 GET 1
50% OFF***



EyeSelect

FAMILY FOCUSED EYECARE

OPEN EVENINGS & SATURDAYS

**CHILDRENS
PACKAGES
STARTING @ \$199**



**SCAN TO BOOK
TODAY
780.569.3937**

INFO@EYeselect.CA

*50% OFF APPLIES TO 2ND PAIR OF SINGLE VISION LENSES & FRAME/SOME EXCLUSIONS APPLY

ALL AGES

Events
Programs
Fitness & Recreation





EVENTS

Alberta Culture Days

Join us as we celebrate culture in Alberta with various activities for all ages.

Sunday | Sep 22 | Time TBA @ calendar.morinville.ca

Free, drop-in.

Family Fright Halloween Dance

Enjoy an evening of spooky fun, dancing, and great prizes.

Morinville Community Cultural Centre

Friday | Oct 25 | 6:30 to 9:30 p.m.

Free, ticket required.

Lite Up the Nite Christmas Festival

Get into the holiday spirit and join in Morinville's three-day annual holiday celebration. Activities include a parade, fireworks, all-ages activities, entertainment and more! For schedule and full details, visit www.morinville.ca/lutn.

Various locations throughout Morinville

Nov 29 to Dec 1 | Various times

Free, drop-in.

Morinville Fire Hall Open House

To celebrate Fire Prevention Month, the Morinville Fire Department is hosting an open house. Enjoy live demonstrations, fire truck tours, and the chance to meet your local volunteer firefighters.

Don Found Fire Station

Saturday | Oct 5 | 11 a.m. to 2 p.m.

Free, drop-in.

National Day for Truth and Reconciliation Day Event

Join us for an event dedicated to honouring Residential School Survivors and their families. Come together in reflection and support, fostering healing, and understanding. Further information will be shared closer to the event.

Morinville Community Cultural Centre

Thursday | Sep 26 | Time TBA @ calendar.morinville.ca

Free, drop-in.



TOWN PROGRAMS

*NEW Beginner Wood Working:

Candy Dispenser

With the guidance of an expert carpenter, build a unique, operational candy dispenser. This workshop is a fun activity for the family and makes a great gift. Participants under the age of 18 must be accompanied by an adult. Participants will need a hammer, all other supplies provided.

Morinville Community Cultural Centre

Thursday | Oct 24 | 7 to 9 p.m.

Instructor: Andrew Webb

\$44, registration required.

*NEW Beginner Wood Working: Book Stand

With the guidance of an expert carpenter, build a stylish book stand to hold the page in your book, your devices, and a mug. This workshop is a fun activity for the family and makes a great gift. Participants under the age of 18 must be accompanied by an adult. Participants will need a hammer, all other supplies provided.

Morinville Community Cultural Centre

Thursday | Nov 7 | 7 to 9 p.m.

Instructor: Andrew Webb

\$44, registration required.

*NEW Grandparents' Day Celebration

Celebrate Grandparents' Day with "The Mainstreet Cruisers" classic car show and a tour of the Namao Museum. Explore artifacts from pioneering families and a chance for grandparents to connect with their family members while enjoying a fun afternoon of history and nostalgia. Refreshments and snacks will be provided.

Namao Museum, 24400 Highway 37,
Sturgeon County

Thursday | Sep 12 | 1 to 3:30 p.m.

\$8, registration required.



FlexReg

Register for ONLY the classes that work for you!

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.

Military History “Living Library”

Discover personal stories of local Canadians serving in the military. Veterans, current service members, and representatives from agencies and museums will share compelling accounts from the home front. Join us to honour and learn from their experiences. Morinville FCSS is looking for volunteers for this event. Please email fcss@morinville.ca for opportunities.

Morinville Leisure Centre

Wednesday | Nov 6 | 10 a.m. to 2 p.m. & 4 to 8 p.m.

Free, drop-in.

The Giving Tree

Help bring smiles to the faces of seniors and adults in our community by participating in our anonymous Christmas gift program. With the need growing each year, your \$30 personalized gift will make a significant difference to someone during the holidays.

Morinville Community Cultural Centre

Envelope pick up start date: Monday | Nov 18

Gift drop off end date: Friday | Dec 13

Recipe for Happiness

Grades 3 to 6 + adults/older adults/seniors

Led by our Leaders in Training, this event ties together community members and youth to have a few laughs and enjoy some delicious food. Limited youth registration.

Morinville Community Cultural Centre

Tuesday | Nov 5 | 3:30 to 5:30 p.m.

Instructor: FCSS Youth Program Leaders

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



FREE Drop-in

Flowpoint Fun Skate

Sponsored by FLOWPOINT

Sundays

2:15 to 4:15 p.m.

Morinville Leisure Centre, Landrex Arena
25126 SH642, Sturgeon County

Stay tuned for opportunities to help shape Morinville's future!

My MORINVILLE

Municipal Development Plan

In 2024/2025, Morinville is creating a **NEW** Municipal Development Plan (MDP). The MDP is Morinville's long-term plan for growth and development, providing direction on:

- ✓ Land use
- ✓ Municipal services & facilities
- ✓ Future development
- ✓ Transportation & mobility
- ✓ And more



For details, please scan QR code or visit: engagemorinville.ca/mdp



Morinville
Family Fright
Halloween Dance

Friday, October 25, 2024
6:30 to 9:30 p.m.

Morinville Community Cultural Centre,
9502 100 Avenue

Music, Dancing, Concession, plus more!

Scan for details & ticket info



TICKETPRO
www.ticketpro.ca



MORINVILLE
ADVANTAGE

For tickets and event information, scan QR code or visit: calendar.morinville.ca



Library Programs

Morinville Community Library
10125 100 Avenue
www.morinvillelibrary.ca

MCL Seed Library

Use seeds from our collection to plant in your garden for the season, then return seeds that you have harvested to the library once summer is over. Seed donations are welcome.

Morinville Community Library

Ongoing during business hours

Free, drop-in.



FITNESS & RECREATION

All Ages Shiny (Drop-in)

Open to all skill levels, this drop-in program offers flexible play that focuses on skill development and social atmosphere. Helmets and sticks are required. Children must be supervised on the ice by a responsible family member 16+.

Morinville Leisure Centre, Landrex Arena

Mondays, Wednesday, Fridays | Sep 2 to Jan 3 |
3 to 4:15 p.m.

Fee included with MLC membership or daily admission fee.

All Ages Skate (Drop-in)

Fun, recreational skating for all ages! Helmets are required for those under 18 years of age, and children must be supervised on the ice by a responsible family member 16+.

Morinville Leisure Centre, Landrex Arena

Monday | Sep 2 to Dec 30 | 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 various ages and skill levels. Equipment is available for use.

Morinville Leisure Centre, Court 3

Thursdays | Sep 5 to Jan 2 | 5 to 8 p.m.

Fee included with MLC membership or daily admission fee.

Flowpoint Fun Skate (Drop-in)

Join us on Sundays for this FREE fun skate. Helmets are required for those under 18 years of age, and children must be supervised on the ice by a responsible family member 16+.

Morinville Leisure Centre, Landrex Arena

Sundays | Sep 8 to Mar 30 | 2:15 to 4:15 p.m.

Free, thanks to the generous support from Flowpoint Environmental Systems.

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

Thursdays | Sep 5 to Dec 19 | 10:30 to 11:30 a.m.

Instructor: Dar Schwanbeck

MLC Members \$8/class, 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. Play singles or doubles. Paddles and balls available.

Morinville Leisure Centre, Court 3

Mondays | Sep 2 to Dec 30 | 9 a.m. to 12 p.m.

Tuesdays | Sep 3 to Dec 31 | 4 to 7 p.m.

Wednesdays | Sep 4 to Jan 1 | 9 a.m. to 4 p.m.

Fridays | Sep 6 to Jan 3 | 12 to 4 p.m.

Saturdays | Sep 7 to Jan 4 | 8 to 11 a.m.

Sundays | Sep 8 to Jan 5 | 5 to 7 p.m.

Fee included with MLC membership or daily admission fee.

Volleyball (Drop-in)

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

Morinville Leisure Centre, Court 2

Wednesdays | Sep 4 to Dec 18 | 7:30 to 9:30 p.m.

Sundays | Sep 8 to Jan 5 | 6 to 8 p.m.

Fee included with MLC membership or day admission fee.

TRY A FREE CLASS



**CONFIDENCE
THAT**

SOARS



**SHADOW WARRIORS
AGES 4-7**



**FAMILY CLASSES
7 TO ADULT
TRAIN WITH YOUR KIDS!**

NEW MEMBER

SPECIAL \$75.00

includes one month & uniform

**PHOENIX TAEKWON-DO CLUB
MORINVILLE**

**TUESDAYS & THURSDAYS - SEPTEMBER THROUGH JUNE
AT ÉCOLE MORINVILLE PUBLIC SCHOOL**

phoenixmartialartsclub.ca

780-951-1697

CHILD & YOUTH

Events
Programs
Fitness & Recreation





EVENTS

MLC Youth Takeover

Ages 12 to 17

Calling all youth ages 12 to 17 to take over the Morinville Leisure Centre for a day! Choose your own recreation adventure and try a variety of activities with your friends.

Morinville Leisure Centre

Thursday | Nov 14 | 10 a.m. to 2 p.m.

Free, drop-in.



TOWN PROGRAMS

After School Hangout

Grades 3 to 6

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

Morinville Community Cultural Centre Youth Loft

Tuesdays | Sep 17 to Nov 5 | 3 to 5:30 p.m.

Instructor: FCSS Youth Program Leaders

Free, 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

Session 1: Friday | Oct 11 | 10 a.m. to 4 p.m.

Session 2: Tuesday | Oct 15 | 10 a.m. to 4 p.m.

Instructor: FCSS Youth Program Leaders

\$45, registration required.

Beyond, Presented by Alliance Pipeline

Ages 13 to 18

Life outside of school is an adventure filled with opportunities that also comes with uncertainties. Beyond is your secret weapon to thrive in the real world. Through various engaging and practical workshops, gain the confidence to navigate various areas of adulthood. Must commit to all eight sessions.

Morinville Community Cultural Centre

Wednesdays | Oct 2, 9, 16, 23, 30, Nov 6, 20, 27 | 5 to 7 p.m.

Free, thanks to the generous support from Alliance Pipeline. Registration required.

Fall 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 and take home a craft to show off!

Morinville Community Cultural Centre

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

Tuesday | Nov 12 | 9 a.m. to 4 p.m.

Wednesday | Nov 13 | 9 a.m. to 4 p.m.

Instructor: FCSS Youth Program Leaders

\$40/day, registration required.

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

Session 1: Monday | Sep 16 | 10 a.m. to 2 p.m.

Session 2: Friday | Sep 20 | 10 a.m. to 2 p.m.

Instructor: FCSS Youth Program Leaders

\$30, 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 School Art ✓

Ages 5 to 13

Designed for the homeschooler, this creative program will focus on a variety of art forms such as paint, textiles, clay, crafts and more. Art lessons will be age appropriate; messes and fun are encouraged. Participants are asked to bring a spill proof water bottle and wear "mess approved" clothing.

Morinville Community Cultural Centre

Session 1: Tuesdays | Sep 24 to Oct 29 | 9:30 to 10:30 a.m.

Session 2: Tuesdays | Nov 5 to Dec 10 | 9:30 to 10:30 a.m.

Instructor: Melissa Munro

\$96 or \$16 per class, registration required.

Youth Cooking Club

Ages 10 to 13

Cooking is an essential life skill that provides lifelong benefits. Each week, students will learn culinary skills and prepare delicious dishes and desserts. Be sure to bring a storage container for leftovers. This is an unparented class. Sessions do not have prerequisites and different menu items will be featured in each session. All supplies are included.

Morinville Community Cultural Centre

Session 1: Tuesdays | Sep 24 to Oct 29 | 6 to 7:30 p.m.

Session 2: Tuesdays | Nov 5 to Dec 10 | 6 to 7:30 p.m.

Instructor: Melissa Munro

\$140, registration required.

WE DO BACK TO SCHOOL PACKS
 NO rules • NO deadlines • NO hassles • Order anytime right up until school begins

we price match your school list!

order anytime right up until school begins

HUNTERS
 Print & Copy
 AND SIGNS TOO!

780-939-8882
 info@huntersprint.com • www.huntersprint.com
 10107-100th Avenue (Downtown Morinville)

USE OUR NO CHARGE
WORRY FREE
 BACK TO SCHOOL SERVICE

Come In | Call Us | Email Us
 We will pack up each child's supply list and include 80 FREE labels with your child's name and favourite picture.

easy peasy!
 Shop Local for 100% Satisfaction Guaranteed!

Leaders In Training (LITs)

Grades 7 to 12

Ready to make an impact and have fun? Explore our volunteer options for grades 7 to 12. Volunteers will gain valuable skills and connections. Benefits include job and post-secondary support, mentorship and community involvement. Receive a letter at year end acknowledging hours and skills gained. Monthly opportunities are sent out, and leaders choose activities that suit their skills and availability. No commitment to specific hours.

Instructor: Youth Program Leaders

Free, registration required.

Low-Sensory Photos with Santa

Designed for children with sensory sensitivities or special needs, enjoy a low-sensory photo opportunity with Santa in a calm setting. Participants must bring their own camera to capture the moment. Four half-hour sessions a day, each for up to 15 children. Children can bring a letter for Santa to drop in the special mailbox, ensuring a reply from Santa himself!

Morinville Community Cultural Centre

Nov 26 or 27 | 5 to 7:30 p.m.

Free, registration required.

Lunch at the Loft – Fall 2024

Grades 9 to 12

If you want a chill space to enjoy your lunch break, come join us in the Loft. Enjoy free wi-fi, play pool, and watch TV while you spend time together on the couches and eat your lunch.

Morinville Community Cultural Centre Youth Loft

Tuesdays, Wednesdays, Thursdays | 11 a.m. to 12 p.m.

School days only

Instructor: Youth Program Leaders

Free, drop-in.

M.Y. Loft – Fall 2024

Grades 7 to 12

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

Morinville Community Cultural Centre Youth Loft

Wednesdays and Thursdays, | Sep 18 to Dec 5 |

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

Instructor: Youth Program Leaders

Free, drop-in.

Recipe for Happiness

Grades 3 to 6 + adults/older adults/seniors

Led by our Leaders in Training, this event ties together community members and youth to have a few laughs and enjoy some delicious food. Limited child registration.

Morinville Community Cultural Centre

Tuesday | Nov 5 | 3:30 to 5:30 p.m.

Instructor: FCSS Youth Program Leaders

Free, registration required.



Did you know that we are home to one of the best skateboard/scooter/bike parks in the region?
www.morinville.ca/skatepark

Dr. Darren Romanowski & Associates
Family and Cosmetic Dentistry

Dr. Darren Romanowski - Dr. Dave Yuen - Dr. Ahmad Al-Ashi

We accept new patients and all insurances.

10407-100 Ave
Morinville, AB
T8R 1S1

Phone: 780-939-1288
E-Mail: hello@drdarrenromanowski.ca
Website: drdarrenromanowskiandassociates.com

Making Morinville Smile for over 25 Years!

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.

Register for the most advanced and developed Sports Academy program in Morinville!



HOCKEY and CHEER Academy

St. Kateri Tekakwitha Academy Grades 4 - 5

École Georges H. Primeau Grades 6 - 8

Join the Wolves Athletic and Fine Arts Programming at Morinville Community High School!

- Cheer Team
- Basketball and Volleyball
- Cross Country
- Track and Field Team
- Musical Theatre Program



Welcome To Your Community High School!

Greater St. Albert
Catholic Schools





YOU'RE invited!

JOIN US
2024-25



DANCE SEASON
AGES 3 & UP

TAP
JAZZ
ACRO
BALLET
HIPHOP
COMBO CLASSES



 [DANCECONNECTIONINC.COM](https://www.danceconnectioninc.com) 

TEXT/CALL 780-939-5414

YOUR PLACE TO DANCE
IN MORINVILLE
2ND FLOOR 9918 100ST.



Library Programs

Morinville Community Library
10125 100 Avenue
www.morinvillelibrary.ca

All Booked Up For Teens

Ages 13 to 17

Come in and grab a free book box. Each box follows a theme and includes a book from our collection, treats and other items to enjoy. Spots are limited and run on a three-month cycle. Be sure to visit our website to apply for a spot.

Pick up at Morinville Community Library

Pick up: First day of the month

Drop off: Last day of the month

Valid library card and registration required.

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

Second & third Thursday of each month | 6 to 8 p.m.

Visit my-mcl.info/animediscord to join.

Free, drop-in.

Blackout Poetry Kits for Teens

Ages 12 to 19

For "October Library Month," the library has curated free Blackout Poetry Kits for teens to take home. Blackout poetry is a popular and creative medium for people to exercise their creative writing juices with the option of making an art project out of it.

Morinville Community Library Teen Corner

Oct 1 to 31

Free, while supplies last.

Cozy Corner Crafts

Ages 0 to 8

Grab a new, free take-home craft every week! Craft kits are made with pre-schoolers in mind, but everyone is welcome to take them. Watch our how-to videos at home on YouTube or Facebook for instructions on how to create them.

Morinville Community Library

Mondays, year-round

Free, while supplies last.

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.

Creation Station for Kids: Pinecone Ornaments

Ages 8 to 11

Join the library for a day of making cute, winter-themed pinecones for decorating your tree

or for giving as gifts. Let your creativity run wild. Space is limited.

Morinville Community Library Program Room

Saturday | Nov 9 | 12:30 to 3:30 p.m.

Free, registration required on Library website.

Creation Station for Teens: Ghost Thrift Store Paintings


Ages 12 to 17

Join the library for a day of spooky fun! We'll provide thrift store paintings for you to transform with ghostly and creative touches. Space is limited.

Morinville Community Library Program Room

Saturday | Oct 19 | 12:30 to 3:30 p.m.

Free, registration required on Library website.




ROOKE SCHOOL OF KARATE
Est. 2006

Free Trial Classes Available

Rooke School of


Karate

Members of




Karate Alberta


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

Violin Lessons

Christina Barry, M.Mus

20+ years of professional experience
Violinist with the Saskatoon Symphony and Edmonton Symphony Orchestra
Royal Conservatory of Music Gold Medal Teacher
Vertex Quartet



Now Accepting New Students

All Ages Welcome
Morinville, Alberta

(780) 909-2738 ◀ ◀ ◀ ◀ ◀

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, while connecting with like-minded players from all over the Sturgeon County area.

Online at my-mcl.info/minecraftclub

Tuesdays | 5:30 to 7 p.m.

Free to join.

Stuffy Portrait Painting

Ages 6+

Want to paint portraits of your favorite stuffed animals on mini canvases? Bring your stuffies to our drop-in painting program and create their portraits.

Morinville Community Library Program Room

Wednesday | Sep 18 | 5:30 to 7:30 p.m.

Free, drop-ins welcome.

Teen Trivia Night: Halloween Edition

Ages 12 to 19

Challenge your friends to see who knows the most about Halloween pop culture! Enjoy free prizes and snacks while you compete.

Morinville Community Library Program Room

Wednesday | Oct 23 | 6 to 8 p.m.

Free, registration required on Library website.



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 | Sep 11 to Dec 18 | 5 to 5:45 p.m.

Instructor: Terri Williams

MLC Members \$8/class, Non-members \$10/class.

***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 | Sep 10 to Dec 17 | 5 to 5:45 p.m.

Instructor: Terri Williams

MLC Members \$8/class, Non-members \$10/class.

***NEW 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 | Sep 14 to Dec 14 | 10:30 to 11:15 a.m.

Instructor: Terri Williams

MLC Members \$8/class, Non-members \$10/class.



**THINK HOCKEY ISN'T FOR YOU?
THINK AGAIN.**

The **Morinville Mavericks** offer a fun, affordable way for players of all ages, skills, and abilities to get in the game.

We still have a limited number of openings for players who want to return to hockey **OR** to start playing.





Save the Date

**NOVEMBER 29
TO DECEMBER 1
2024**

*Lite Up
the
Nite*

CHRISTMAS FESTIVAL



Morinville

For full event details, including schedule of events and sponsorship opportunities, scan QR code or visit:

morinville.ca/lutn



Home School Physical Education ✓

Ages 5 to 13

This flexible program for homeschoolers focuses on health, fitness, and sports, offering age-appropriate activities to promote an active lifestyle and build lifelong healthy habits and skills.

Morinville Leisure Centre, Court 2

Tuesdays | Sep 10 to Dec 17 | 11 a.m. to 12 p.m.

Thursdays | Sep 12 to Dec 19 | 11 a.m. to 12 p.m.

Instructor: Michelle Logan

MLC Members \$8/class, Non-members \$10/class.

***NEW Kids Movement ABC's** ✓

Ages 3 to 6

Develop a love for movement and active play. Parents can join or watch their little one(s) explore on their own.

Morinville Leisure Centre, Court 2

Saturdays | Sep 14 to Dec 14 | 11:30 a.m. to 12:15 p.m.

Instructor: Terri Williams

MLC Members \$8/class, Non-members \$10/class.

***NEW Kids TnT.** ✓

Ages 3 to 6

This fun and active program will work on teamwork, new skills, and epic games of tag.

Morinville Leisure Centre, Court 2

Thursdays | Sep 12 to Dec 19 | 5 to 5:45 p.m.

Instructor: Terri Williams

MLC Members \$8/class, Non-members \$10/class.

Pembina Youth ACTIVATE (Drop-in)

Ages 12 to 19

Youth can enjoy free admission to the MLC fitness centre and field house every Friday night. Now with an earlier start time of 4 p.m.

Morinville Leisure Centre

Fridays | Sep 6 to Jan 3 | 4 to 9 p.m.

Free, thanks to the generous support from Pembina Pipeline Corporation.

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

Check us out
Morinville Art Club

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

MORINVILLE ART CLUB

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.



Discover the perfect blend of home and community with single-family lots, townhomes, and duplexes, all within steps of schools, walking trails, and a recreational centre – the ideal place to call home.



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.





Morinville
Economic
Development

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**

Quartz + Mane

Hair Salon

" you're about to love your hair "

**BOOK
NOW**



780-572-5555



Connecting *Within*

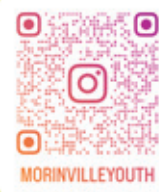
Registered Massage Therapist

Relax
Renew
Refresh

Hair + Massage

For ages 8 to 19

Morinville Youth



MORINVILLEYOUTH

MORINVILLE YOUTH IS ON INSTAGRAM

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

@MORINVILLEYOUTH



Sportball EPIC PD Day

Ages 6 to 11

This camp is so fun that kids won't even realize they're improving their sports skills! Participants should bring two snacks, a healthy lunch, indoor gym shoes, active clothing, and a positive attitude.

Morinville Leisure Centre, Meeting Room 1 & Court 2

Sep 20, Nov 1 & 29 (GSACRD PD Days) | 8 a.m. to 5 p.m.

Sep 16, Dec 2 (Sturgeon PD Days) | 8 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 | Sep 10 to Dec 17 | 7:45 to 8:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Youth Shiny (Drop-in)

Ages 12 to 17

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

Tuesdays & Thursdays | Sep 3 to Jan 2 |

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 | Sep 5 to Jan 4 | 6 to 8 p.m.

Fee included with MLC membership or daily admission fee.

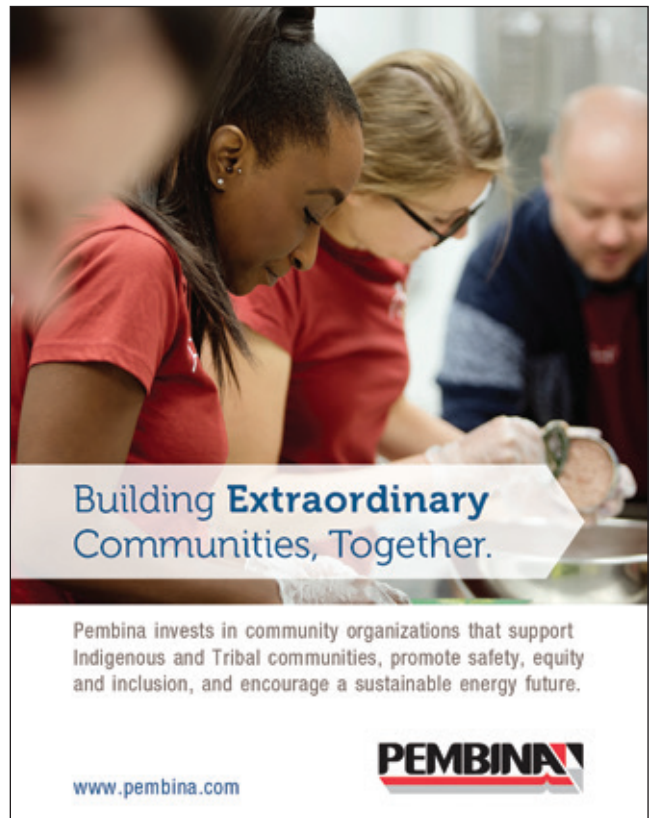


Morinville PHYSICAL THERAPY & SPORTS INJURY CLINIC

Let Us Help You Move
THIS FALL

OUR SERVICES INCLUDE:
PHYSICAL THERAPY • MASSAGE THERAPY • MEDICAL ACUPUNCTURE
ORTHOTICS • INTRA-MUSCULAR STIMULATION (IMS)
EXERCISE PRESCRIPTION • PELVIC HEALTH PHYSICAL THERAPY
CONCUSSION TESTING & TREATMENT

Unit 17, 8807 - 100 Street, Morinville
780•939•5150 • morinvillephysio.com



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.

PEMBINA

www.pembina.com

PUTNAM LAW

LLP

Your neighbour Your lawyer

9702 - 100 Street, Morinville

PH: 780-939-2001

www.putnamlawllp.ca

Real Estate | Wills & Estates
Family Law | Personal Injury
Corporate | Subdivision

Ages
6-11

Sportball EPIC PD Day

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



Sep 20, Nov 1 & 29 (GSACRD PD Days)
Dec 2 (Sturgeon PD Days)
8 a.m. to 5 p.m.



For details & to register, visit:
www.morinville.ca/mlc

GET READY TO CURL THIS WINTER!

Join our exciting beginner curling league on Fridays.

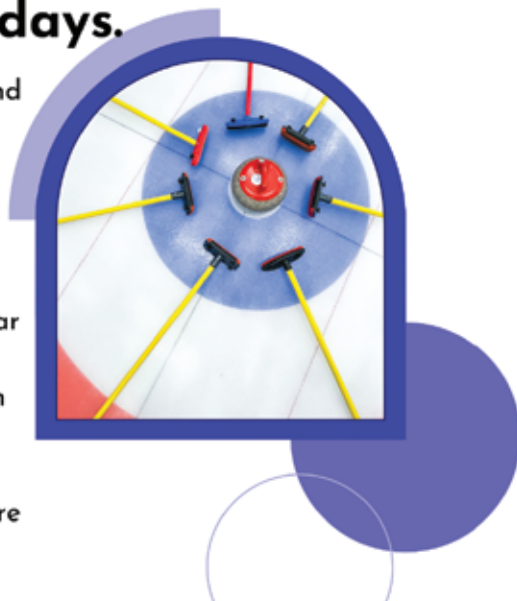
Coaches available to help develop skills and no equipment is necessary.

Sign up as a team of 4 or as an individual
(We will help find you a team!)

2 - 8 week sessions: Oct - Dec and Jan - Mar
\$100 per person:

- Includes a round of drinks for the team each week

Visit www.morinvillecurlingclub.com for more details and to register



ADULT

Events
Programs
Fitness & Recreation





EVENTS

***NEW FCSS & Support Partners Lunch & Learn**

Join us for a special event with Morinville and Sturgeon FCSS, Morinville RCMP, Town of Morinville Enforcement, Sturgeon Victim Services, and the Jessica Martel Memorial Foundation. At this session, you'll learn about a wide array of resources and support available in our community. A light lunch will be provided.

Morinville Community Cultural Centre

Thursday | Sep 26 | 11:30 a.m. to 1:30 p.m.

Free, registration required.

***NEW International Men's Day**

Men, 18+

FCSS is excited to team up with "Men's Shed Morinville Sturgeon" to celebrate International Men's Day. Join us for Monday Night Football with the guys, a catered meal, door prizes, and a chance to make new friends or reconnect with old ones.

Morinville Rendez-Vous Centre, 9913 104 Street

Monday | Nov 18 | 6 to 10:30 p.m.

\$10, registration required.



TOWN PROGRAMS

Beading Workshop Trio

Learn the art of bead working. Local artist, Sarah Hall will teach participants how to make three different beaded projects, using three beading techniques. All supplies provided. Participants under the age of 18 must be accompanied by an adult. Beginners welcome.

Morinville Community Cultural Centre

Thursdays | Oct 3, 10, 17 | 7 to 9 p.m.

Instructor: Sarah Hall

\$65, registration required.

Seasonal Welcome Sign Workshop

Freshen up your front porch with a DIY welcome sign. In this workshop you will create your very own customized long plank board welcome sign, complete with a variety of "O" shapes to swap out as

the seasons change. No experience needed, all supplies provided. Participants under the age of 18 must be accompanied by an adult.

Morinville Community Cultural Centre

Thursday | Oct 3 | 7 to 9:30 p.m.

Instructor: Melissa Munro

\$65, registration required.

***NEW Storytelling & Marketing for Volunteer Engagement**

Busy lives make it hard to find volunteers for community building. Join our workshop for easy digital storytelling tips with Serena Mah, a former journalist and PR expert. Learn how to capture moments to engage the public and attract volunteers. The first session includes networking with appetizers. Participants must attend both evenings.

Morinville Community Cultural Centre

Tuesday | Nov 19 | 6:30 to 8 p.m.

Tuesday | Nov 26 | 6 to 9 p.m.

Instructor: Serena Mah

Free, registration required.

Smart Shopping Strategies

As part of the "Eat Well Program," register to learn budget-friendly grocery shopping tips. Discover how to save using apps, coupons, and community store points programs. This is a fantastic opportunity to improve your grocery shopping skills and connect with the community. A free community supper will be provided by Midstream Support Society.

Morinville Community Cultural Centre

Thursday | Oct 17 | 6:30 to 8:30 p.m.

Free, registration required.

Recipe for Happiness

Join us for a fun cooking event where you can share your cooking skills with young people in our community. It's a great way to connect, laugh, and enjoy delicious food together. If you're an adult interested in participating, please email youth@morinville.ca to sign up.

Morinville Community Cultural Centre

Tuesday | Nov 5 | 3:30 to 5:30 p.m.

Instructor: FCSS Youth Program Leaders

Free.

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.



Library Programs

Morinville Community Library
10125 100 Avenue
www.morinvillelibrary.ca

All Booked Up For Adults

Come in and grab a free book box. Each box follows a theme and includes a book from our collection, treats and other items to enjoy. Spots are limited and run on a three-month cycle. Be sure to visit our website to apply for a spot.

Morinville Community Library

Pick up: First day of the month
Drop off: Last day of the month

Library membership 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. For more information visit my-mcl.info/betweenthecoversfb.

Morinville Community Library Program Room

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

Free to attend, drop-in.



Morinville has a great dog park with separate areas for large and small dogs:
www.morinville.ca/dogpark



NEW

Lunch Hour Fitness


Morinville
LEISURE CENTRE
morinville.ca/mlc

Jumpstart your lunch break with our brand-new fitness classes at the MLC! Choose from lunch hour Cardio Circuit, Tabata and Flex Yoga. See page 41 for details.



AN IHG® HOTEL
ST. ALBERT



BOOK NOW







UPCOMING BIRTHDAY OR EVENT?

OUR POOL AND EVENT SPACES ARE AVAILABLE TO RENT!
Contact us for more information.

587-290-1837
sales@jafferinc.com

FOLLOW US
[@HiEXstAlbert](https://twitter.com/HiEXstAlbert)

Creation Station for Adults: Embroidery on Canvas

Join the library for a day of fun with paint and embroidery thread. We'll show you how to make a unique art piece that's perfect as a gift or for your home or office. Space is limited.

Morinville Community Library Program Room

Saturday | Sep 14 | 12:30 to 3:30 p.m.

Free, registration required on library website.

Create It!

Ages 16+

Every other month, we'll provide you with the supplies and the skills to get your feet wet on a new hobby. Each kit contains the supplies needed to complete your first project and a link to a how-to video on YouTube.

Morinville Community Library

Second Monday of every other month, starting in Sep
Pick up starting at 12 p.m.

Free, while supplies last.

Knit Wits & Spinning Yarns Fibre Arts Group

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 program room

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

Free, drop-in.

November Take-Home Self-Care Kits for Men

In November, known as Movember, there's a movement to raise awareness about men's mental health and the importance of checking for prostate and testicular cancer. This month, the library is giving out free self-care kits for men aged 18 and older.

Pick up at the Morinville Community Library

Nov 1 to 30 | During regular operating hours

Free, while supplies last.

YOUR AD COULD BE

HERE!



Reach your audience, right where they live, work and play.
The PRIMARY RESOURCE FOR ACTIVITIES in our community.

Winter Program Guide
ad submissions due

September 24, 2024



For more information about the program guide or other great advertising opportunities, contact: Morinville Community Engagement & Partnership Specialist
780-238-5174 sponsorship@morinville.ca www.morinville.ca/sponsorship

Shine with *Confidence* in 2024!

New clients enjoy 10%
off all services including,

- Anti-Wrinkle Treatments
- Volume Enhancement
- Medical Peels & Facials

**Call 780.572.2689 to book
your free consultation!**

*Mention this ad and receive 10% off. One-time-only
offer, exclusively for new clients. Does not include
retail or memberships and cannot be combined
with any other offers.*



10002 100 Avenue
Morinville AB

 **tweak**
medi spa

Shelf Indulgence: An Adult Romance Book Club

Are you a romance lover? Look no further, the library 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 Program Room

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

Free, registration and valid Library card required.

Spice It Up!

Ages 16+

Every other month, take home a new international spice, tea, or ingredient to try at home, along with a recipe to get you started in a new cuisine.

Morinville Community Library

Second Monday of every other month, starting in Oct
Pick ups starting 12 p.m.

Free, while supplies last.



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 | Sep 6 to Jan 3 | 12 to 1:30 p.m.

Fee included with MLC membership or daily admission fee.

Any BODY Bootcamp (Drop-in)

Build strength, improve endurance, and enhance your overall fitness.

Morinville Leisure Centre, Court 2

Saturdays | Sep 7 to Dec 21 | 9 to 10 a.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Locally Owned & Operated



MEDS & CARE PHARMACY CLINIC

TRANSFER YOUR PRESCRIPTION TODAY! IT'S EASY!

- :: Free Delivery
- :: Prescribing Pharmacist
- :: Prescription Renewals
- :: Compounding
- :: Blister Packing
- :: Travel Health Consultation

PHARMACIST WALK-IN CLINIC

FLU SHOTS & COVID VACCINE
Walk-ins Welcome

9507 100 Street, Morinville, Alberta, T8R 1R2

Contact : 780-939-4439
medsnicarepharmacy@gmail.com

***NEW Baby & Me Stroller Fit** ✓

Enjoy a fun, full-body workout with your baby in tow. Perfect for new parents!

Morinville Leisure Centre, Track

Tuesdays | Sep 3 to Dec 17 | 11:15 a.m. to 12 p.m.

Instructor: Melissa Munro

MLC Members \$8/class, Non-members \$10/class.

Barre ✓

Join us to sculpt and tone your body. Suitable for all fitness levels.

Morinville Community Cultural Centre

Wednesdays | Sep 18 to Nov 27 | 6 to 6:45 p.m.

Instructor: Cindy Hunt

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 | Sep 4 to Dec 18 | 6 to 6:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

***NEW Early Bird Bootcamp** ✓

Join us for an energizing fitness session designed to invigorate your Saturday morning. This dynamic workout will help you start your day with a burst of energy and positivity!

Morinville Leisure Centre, Court 2

Saturdays | Sep 7 to Dec 21 | 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.

Morinville Leisure Centre, Court 2

Thursdays | Sep 5 to Dec 19 | 6 to 6:45 p.m.

Instructor: Terri Williams

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
FOLLOW US ON FACEBOOK AND INSTAGRAM @TFHCHURCH.CA

55521 RANGE ROAD 254 STURGEON COUNTY
780-232-0122

***NEW Gentle Yin & Meditation** ✓

Yin yoga has great mind and body benefits working deeply on our body with passive held poses, targeting the deepest tissues of the body such as ligaments, joints, bones, and deep fascia. Each class will end with a guided meditation. Please bring your own mat.

Morinville Community Cultural Centre

Wednesdays | Sep 18 to Nov 27 | 1:30 to 2:30 p.m.

Instructor: Amber Ducharme

MLC Members \$8/class, Non-members \$10/class.

***NEW Hatha Flow** ✓

Start your day by energizing your body and mind through balanced poses and breath work. Suitable for all levels. Please bring your own mat.

Morinville Leisure Centre, Meeting Room 2

Mondays | Sep 9 to Dec 16 | 6:15 to 7:15 a.m.

Instructor: Jordan Hubbard

MLC Members \$8/class, Non-members \$10/class.

Hatha Yoga ✓

Relax and unwind with Hatha Yoga. Balance your mind and body through gentle poses and breath work. Please bring your own mat.

Morinville Community Cultural Centre

Wednesdays | Sep 18 to Nov 27 | 7 to 8 p.m.

Instructor: Cindy Hunt

MLC Members \$8/class, Non-members \$10/class.

High Intensity Resistance (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 | Sep 3 to Dec 19 | 6:15 to 7 a.m.

Instructor: Dar Schwanbeck

Fee included with MLC membership or daily admission fee.



Morinville's one-stop floral and gift shop.

EVERYTHING YOU NEED FOR A COMPLETE GIFT BUYING EXPERIENCE IN ONE PLACE!

• FULL SERVICE FLORAL SHOP

• GIFTWARE

• HOME DECOR

• CUSTOM GOURMET & LIQUOR BASKETS

• WORKSHOPS

• AND MORE!



Lori McLaughlin & Jodi Dancause

www.theflowerstop.ca hello@theflowerstop.ca 9918 - 104 St Morinville, AB T8R 1R8 (780)- 939-3440

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

Fridays | Sep 6 to Dec 20 | 9 to 10 a.m.

Mondays | Sep 9 to Dec 16 | 6:15 to 7:15 p.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.

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

Make the most of your lunch hour with this fun and effective cardio workout.

Morinville Leisure Centre, Court 2

Fridays | Sep 6 to Dec 20 | 12:15 to 12:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

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

Join us for a 30-minute lunch hour blast of cardio and strength in 20 second intervals.

Morinville Leisure Centre, Court 2

Wednesdays | Sep 4 to Dec 18 | 12:15 to 12:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

***NEW Lunch Hour Yoga** ✓

Classes will be alternated between yoga fusion and chair yoga fusion, incorporating light weights and bands into the stretches & workout. Bringing balance to mind and body. Please bring your own mat.

Morinville Community Cultural Centre

Wednesdays | Sep 18 to Nov 27 | 12:05 to 12:50 p.m.

Instructor: Amber Ducharme

MLC Members \$8/class, Non-members \$10/class.

***NEW Morning Yoga Flow (Drop-in)**

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, Meeting Room 2

Saturdays | Sep 7 to Dec 21 | 7:30 to 8:30 a.m.

Instructor: Terri Williams

MLC Members \$8/class, Non-members \$10/class.

**WINTER TIRE
CHANGEOVER
SEASON IS HERE!**

Bring your vehicle to OK Tire Morinville today!

OK TIRE
Service, Repair and Tires.

Call: 780.939.5620 | Text: 780.900.3885
2 Heritage Drive Morinville AB

***NEW Rest & Restore Yoga** ✓

Experience deep relaxation and rejuvenation through gentle poses and guided meditation. Suitable for all levels. Please bring your own mat.

Morinville Community Cultural Centre

Wednesdays | Sep 18 to Nov 27 | 8:15 to 9 p.m.

Instructor: Cindy Hunt

Thursdays | Sep 19 to Nov 28 | 7 to 8 p.m.

Instructor: Jordan Hubbard

MLC Members \$8/class, Non-members \$10/class.

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 are a beginner or an advanced athlete.

Morinville Leisure Centre, Meeting Room 2

Tuesdays | Sep 3 to Dec 17 | 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.

Morinville Leisure Centre, Court 2

Wednesdays | Sep 4 to Dec 18 | 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 | Sep 9 to Dec 16 | 9 to 10 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.

TRX Total Body ✓

Learn a fun way to use your body weight to increase your fitness to the next (suspension) level!

Morinville Leisure Centre, Track

Saturdays | Sep 7 to Dec 21 | 12:30 to 1:15 p.m.

Instructor: Terri Williams

MLC Members \$8/class, Non-members \$10/class.

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 | Sep 3 to Dec 17 | 7:15 to 8:15 p.m.

Instructor: Kayla Frerot

Fee included with MLC membership or daily admission fee.



Morinville
LEISURE CENTRE

MLC GIFT CARDS
are available at our
Guest Services desk

For details, call 780-939-3450
or visit: www.morinville.ca/mlc

The gift of
FITNESS



Book your Party today!



Party Packages

Children's Play Space

presented by Atlas Premium Home Development
& 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 & Meeting 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 or visit www.morinville.ca/mlc-rentals

Morinville Leisure Centre | 25126 SH642, Sturgeon County, AB



Call 780-939-3292
Email info@morinvillelibrary.ca
Click www.morinvillelibrary.ca
Come In!



Morinville's Multi-media & Information Centre

Order books, audiobooks, music, movies and more online, anytime night or day and pick them up at your library or download from the comfort of your home. It's easy! Search over 200 Alberta libraries in seconds to find the items you want and place your order.



Your library card includes access to

- books • audiobooks • movies • music • magazines •
- ancestry.com *Library Edition* • video games • learning
- eResources • 2000 + online newspapers & magazines •
- movies & music • eBooks • eAudiobooks • accessibility
- resources • and so much more!



Access these resources by visiting the library, accessing the TRAC catalogue from any computer with internet access, and using the mobile app on your devices

Register online for libraries outside of TRAC (St. Albert & Edmonton)

ME Alberta Wide Borrowing LIBRARIES

Programs for all ages

- Book Clubs • Yarn Spinning & Knit Club • Spice it Up & Create It Discovery Series • Quilting Club • Makerspace
- Animanga Club • Minecraft Club • 1000 Books Before Kindergarten • Cozy Corner Storytime and Craft (pre-school ages) • Mother Goose Program • Summer & Winter Reading Programs (all ages) • and more!



<https://morinvillelibrary.beanstack.org>

Hours *Holiday hours may apply*

Monday 12:00 pm – 8:00 pm
 Tuesday - Thursday 10:00 am – 8:00 pm
 Friday 10:00 am – 4:00 pm
 Saturday & Sunday Noon - 4:00 pm



Services

- free internet access • printing & faxing
- book repair/DVD & CD cleaning • room & equipment booking • exam supervision

OLDER ADULT

Events
Programs
Fitness & Recreation





EVENTS

***NEW FCSS & Support Partners Lunch & Learn**

Join us for a special event with Morinville and Sturgeon FCSS, Morinville RCMP, Town of Morinville Enforcement, Sturgeon Victim Services, and the Jessica Martel Memorial Foundation. At this session, you'll learn about a wide array of resources and support available in our community. A light lunch will be provided.

Morinville Community Cultural Centre

Thursday | Sep 26 | 11:30 a.m. to 1:30 p.m.

Free, registration required.

***NEW Grandparents' Day Celebration**

Celebrate Grandparents' Day with "The Mainstreet Cruisers" classic car show and a tour of the Namao museum. Discover artifacts from pioneering families and enjoy a fun afternoon of history and nostalgia. It's a great chance for grandparents to connect with their families. Refreshments and snacks will be provided.

Namao Museum, 24400 Highway 37, Sturgeon County

Thursday | Sep 12 | 1 to 3:30 p.m.

\$8, registration required.

Sturgeon County Seniors (55+) Conference

Connect with local seniors and your community while you learn about issues and resources that affect older adults in the Sturgeon Region. This year's theme is "Planning for and Staying Active in Retirement." A light continental breakfast and lunch are included.

Transportation options are available on a first come, first served basis. *This program is proudly supported by Morinville FCSS.*

Gibbons Cultural Centre, 5115 51 Street, Gibbons

Thursday | Oct 3 | 9:30 a.m. to 3:30 p.m.

\$10, registration required. To register, call 780-939-8334 or visit sturgeoncounty.ca/programs.

***NEW International Men's Day**

Men, 18+

FCSS is excited to team up with "Men's Shed Morinville Sturgeon" to celebrate International Men's Day. Join us for Monday Night Football with the guys, a catered meal, door prizes, and a chance to make new friends or reconnect with old ones.

Morinville Rendez-Vous Centre, 9913 104 Street

Monday | Nov 18 | 6 to 10:30 p.m.

\$10, registration required.



TOWN PROGRAMS

Lite Up the Nite Viewing Party

Join us for a cozy indoor viewing party of the Lite Up the Nite parade. Sip on hot chocolate and experience the magic from the comfort of an indoor setting. This event is specially curated for older adults and seniors, and community members facing accessibility challenges during the winter season.

Morinville Town Hall, 2nd floor, 10125 100 Avenue

Nov 30 | Doors open 5 p.m. | Parade starts 5:30 p.m.

Free, registration required.

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.

Locally owned by Chetan & Roshni Bahi

Get your **FREE Menu**

780-666-2336

HeartToHomeMeals.ca

*Some conditions may apply.



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)
DONATIONS & FUND DEVELOPMENT 780-939-2870 | info@jmmf.ca
OUTREACH PROGRAM 587-879-6125 | outreach@jmmf.ca
SUPPORT (TEXT LINE) 587-598-7361 | support@jmmf.ca

www.jessicamartelmemoialfoundation.com

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

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.

Craft, Create & Connect

A fun, creative program series for older adults and seniors that combines high quality, creative crafting sessions with community building. Participants will create something new at each workshop, while receiving guidance from experienced instructors. Join us for a fulfilling blend of creativity and camaraderie.

Session 1: Cactus/Succulent Arrangement

Morinville Community Cultural Centre

Wednesday | Sep 18 | 6:30 to 8:30 p.m.

Instructor: Staff from The Flower Stop

Session 2: Hammered Flower Art

Morinville Community Cultural Centre

Monday | Oct 21 | 1 to 3 p.m.

Instructor: Kate Cesarin

Session 3: Christmas Centerpieces

Morinville Community Cultural Centre

Wednesday | Dec 4 | 6:30 to 8:30 p.m.

Instructor: Staff from The Flower Stop

\$10 /per session, registration is required.

Recipe for Happiness

Join us for a fun cooking event where you can share your cooking skills with young people in our community. It's a great way to connect, laugh, and enjoy delicious food together. If you're an adult interested in participating, please email youth@morinville.ca to sign up.

Morinville Community Cultural Centre

Tuesday | Nov 5 | 3:30 to 5:30 p.m.

Instructor: FCSS Youth Program Leaders

Free.

Scam Awareness & Safety

Presented by local law enforcement, join us for a helpful event about fraud prevention and safety for older adults. We'll talk about the latest scams, how to protect yourself, and what to do if you are scammed. Learn how to keep your money and personal information safe. Stay informed and empowered.

Morinville Community Cultural Centre

Tuesday | Oct 15 | 10 to 11:30 a.m.

Free, registration preferred, drop-ins welcome.

A red poster for 'The Giving Tree' campaign. It features a stylized Christmas tree made of white icons like gifts, envelopes, and stockings. The text 'The Giving Tree' is written in a large, white, cursive font. Logos for 'fcss' and 'Morinville' are in the top right. The bottom text reads: 'Help make a difference for an older adult this holiday season. Purchase a gift for an individual in our community and spread holiday cheer!'

fcss
Family and Community Support Services

Morinville

The Giving Tree

Help make a difference for an older adult this holiday season. Purchase a gift for an individual in our community and spread holiday cheer!

Envelope pick up start date: November 18 at the Morinville Community Cultural Centre
For details, visit: calendar.morinville.ca



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, Meeting Room 2

Wednesdays & Fridays | Sep 4 to Dec 20 |

10:15 to 11:15 a.m.

Instructor: Terri Williams

Fee 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 in mind, returning to fitness and new to group fitness, but open to everyone.

Morinville Leisure Centre, Court 2

Mondays | Sep 9 to Dec 16 | 5:15 to 6 p.m.

Instructor: Michelle Logan

Fee 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 | Sep 5 to Dec 19 | 9 to 10 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.

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 | Sep 3 to Dec 17 | 9 to 10 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.

Sit & Fit (Drop-in)

Make 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 | Sep 3 to Dec 19 |

10:15 to 10:45 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.



Did you know that FCSS offers a special Home Support Program just for seniors? See page 52 for details.

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.



Locally owned by
Chetan & Roshni Bahl

Get your **FREE** Menu
780-666-2336
HeartToHomeMeals.ca

*Some conditions may apply.



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



COMMUNITY SUPPORT SERVICES



For information on any of our community support services, please call 780-939-7839 or email 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. We are unable to accommodate any dietary restrictions or substitutions. \$30, Registration required.

Two pick up locations to choose from:

Morinville Community Cultural Centre

3 to 6 p.m. on designated pick up dates below.

Guthrie School

3 to 5 p.m. on designated dates below.

Order deadline: Sep 6 | Pick up: Sep 19

Order deadline: Oct 5 | Pick up: Oct 17

Order deadline: Nov 8 | Pick up: Nov 20

Order deadline: Dec 6 | Pick up: Dec 19

Order deadline: Jan 5 | Pick up: Jan 15

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, with proof of income required. To access this support, call 780-939-7839 or email fcss@morinville.ca.

Snow Removal: Nov 1 to Mar 31

Housekeeping: year-round

Fee for services, 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

Connecting 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

A valuable resource for individuals in the community, we help to facilitate 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. To access support, call 780-939-7839 or email fcss@morinville.ca.

QUINN'S
For over 50 years!
Plumbing & Heating Ltd.

780-939-4217

www.quinnsplumbing.com

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.

Suicide Prevention Day

Join thousands worldwide on September 10 for World Suicide Prevention Day, raising awareness and preventing suicide. The 2024-2026 theme, "Changing the Narrative on Suicide," encourages open conversations to break stigma and support mental health. For referrals for support and information, call 780-939-7839. If you or someone you know is in crisis, call Talk Suicide Canada at 1-833-456-4566. Every conversation counts towards creating a compassionate society where everyone feels valued and understood.

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 Veterinary Clinic during regular business hours.

Wellness and Recreation Access Program (WRAP)

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 or call 780-939-7839.



\$30

per basket
Includes fruits,
vegetables & meats

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.

For more information, visit calendar.morinville.ca or call Morinville FCSS at 780-939-7839



Craft Create Connect

A fun, creative program series for older adults and seniors that combines high quality, creative crafting sessions with community building.

September 18: Cactus/Succulent Arrangement

October 21 : Hammered Flower Art

December 4: Christmas Centerpieces

\$10 per person/per session, registration is required.



For details and to register, visit: calendar.morinville.ca



Morinville
LEISURE CENTRE

25126 SH642, Sturgeon County
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

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

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.

EXAMPLE	15% OFF	+	15% OFF	=	30% Savings
	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.

PROGRAM GUIDE Advertising

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

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

Printed and digital copies of the 2024 winter program guide
will be available in print and online

December 4, 2024



Ads
starting as low as
\$71+GST
Special rates available
for non-profit
groups

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
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 | 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

MORINVILLE COMMUNITY CULTURAL CENTRE WEDDING & SPECIAL EVENT PACKAGE



Morinville
COMMUNITY
CULTURAL
CENTRE

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



MLC YOUTH TAKEOVER

Thursday, November 14, 2024 | 10 a.m. to 2 p.m.

Morinville Leisure Centre, 25126 SH642, Sturgeon County

FREE, drop-in event for youth ages 12 to 17



Sports



Dino Racing



Free WiFi



Active Games



Prizes



Nerf Games



Music



VR Play



For full details, including schedule of activities,
please scan QR code above or visit: calendar.morinville.ca