

# WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB



## MARCH FAST FACTS

- The first day of Spring is March 20<sup>th</sup>.
- Daylight Savings Time starts March 10<sup>th</sup>—don't forget to put your clock ahead 1 hour!
- March is Nutrition Month
- Saint Patrick's Day is March 17<sup>th</sup>. It's a national holiday in Ireland!
- Every year, March and June end on the same day of the week.
- Dr. Seuss' Birthday is March 2<sup>nd</sup>!

## Healthier Shamrock Shake

Here's a way to celebrate St. Patrick's Day a healthier way! Blend together:

- 2 Frozen Bananas
- 1 cup Baby Spinach
- ½ avocado
- ½ cup fresh mint
- 1 cup unsweetened coconut milk
- 1 teaspoon pure vanilla extract
- Optional for garnish:
  - Whipped Cream
  - Cacao Nibs
  - Strawberry

Makes 2 smoothies, 1 cup each.  
Recipe from: Emily Kyle Nutrition  
([www.emilykylenutrition.com](http://www.emilykylenutrition.com))

## Why share meals with others?

The biggest barriers to eating together are busy schedules like work and evening activities. It's worth the effort because everyone benefits when you eat in the company of others!

- Children who eat with their family have more nutritious diets, better academic performance, have a lower risk for being overweight and less risk of eating disorders. Plus, children tend to have increased intake of vegetables and fruit, and a decreased intake of sugar-sweetened beverages.
- Teens who share family meals get better grades, and are less likely to smoke, use drugs or alcohol, or to participate in serious fights.
- Adults who eat with friends and family tend to eat more vegetables and fruits, drink less pop, eat fewer meals at fast food restaurants, and have lower body mass indexes.
- Older adults who eat as part of a group have better diets, improved nutrient intake and lower rates of malnutrition.
- People who come together in communities can eat together at community kitchens, where they learn to cook, share meals, try new foods, have fun and learn about nutrition.

For more info: [www.nutritionmonth2019.ca](http://www.nutritionmonth2019.ca)

“Daffodils, that come before the  
swallow dares, and take the winds of  
March with beauty.”

-William Shakespeare

You're invited!



# ADMINISTRATION PROFESSIONAL

Program Information Session

Wainwright Communiplex,  
700-2 Ave, Wainwright, Alta.

Wednesday, March 6, 2019  
7-9 p.m.

**At the information session you'll:**

- meet program experts and staff
- learn about the program courses
- get information about financial aid and admission requirements
- learn about the many services available to help you succeed

**This full-time, blended-learning program will be offered evenings and weekends in Wainwright. It'll provide you with a foundation in business basics such as:**

- bookkeeping
- computer applications
- office procedures
- workplace writing
- and more

Please RSVP at [lakelandcollege.ca/register-now](http://lakelandcollege.ca/register-now)  
For more information, contact Kayleigh Schmid at 1.800.661.6490, ext. 5429 or [kayleigh.schmid@lakelandcollege.ca](mailto:kayleigh.schmid@lakelandcollege.ca)



## Important Dates

### **Administration Profession Open House**

March 6, 7:00-9:00 PM

Wainwright Communiplex Theatre

Learn about the upcoming Administration Professional Program that will be running in Wainwright September 2019-April 2020. Call Carley at 708-842-3381 for more information.

### **Managing Emotional Eating**

March 11, 1:30-4:00 PM

Wainwright Primary Care Network

Call 1-877-314-6997 for more information/to register.

### **Social Media Workshops**

March 13, 2019, Wainwright Communiplex Hall

9-11 AM and 1-3 PM

Call Linda at 780-842-3381 to register/for more info.

### **Encore-6 Guitars Feat. Chase Padgett**

March 15 and 16, 6-8 PM

Tickets at Globe Footwear, 780-842-4930

### **Battle River Historical Society AGM**

March 18, 7:00 PM, Wainwright Museum

### **Family Ties Adoption Support Group**

March 19, 6:30 PM, Wainwright Parent Link Centre.

Call 780-842-2585 for more information.

## Need Support?

Wainwright Food Bank-708-845-8875

Child Abuse Hotline: 1-800-387-5437

Family Violence Info Line: 310-1818

Lloydminster Interval Home Crisis Line: 780-875-0966

Lloydminster Men's Shelter: 306-825-3977

Alberta Supports: 1-877-644-9992

Mental Health Helpline: 1-877-303-2642

Bullying Helpline: 1-888-456-2323

**If you are in immediate danger, please call 911**

**Want to get ahead in the business world?**  
**Joe Media presents...**  
**2 Social Media Workshops!**  
**March 13, 2019**

**\$10 per workshop**  **Communiplex Hall  
Wainwright, AB**

**Social Media Psychology & Content Strategy**  
**9 - 11 am**  
Learn **WHY** consumers are on social media and **WHY** they're using it the way they do.  
Participants will leave with an actual strategy to accomplish online success



**Instagram for Business**  
**1 - 3 pm**  
The world's fastest growing social media - learn how to find your audience and keep them engaged!

To register for these 2 workshops, please contact Linda at the Town Office [receptionist@wainwright.ca](mailto:receptionist@wainwright.ca) 780.842.3381

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Have something you'd like to add? Email: [fcsecretary@silvercrest.ca](mailto:fcsecretary@silvercrest.ca)