

First Link

YOUR LINK TO DEMENTIA SUPPORT



Alzheimer Society

BRITISH COLUMBIA

Volunteer needed - Support group facilitator

Create a safe and open space for caregivers of people living with dementia to share their concerns and solutions.

Group meets every third Tuesday of the month from 1 - 3 p.m. Grand Forks, B.C.

Learn more at alzbc.org/volunteer or contact Matt Brooks at 604-681-6530 or email volunteer@alzheimerbc.org

Boundary Breastfeeding Cafe

An opportunity for women to exchange information and experiences about breastfeeding.

For Working Moms: Evening Take Available Now. Support Provided. Every 2nd Tuesday 5:00 - 7:00pm.

For any woman if any age (pregnant, breastfeeding, graduates, any woman who is interested). Every Tuesday 10:00-11:30 at the Granville Family Centre.

New to Christina Lake Residential & Post construction cleaning

Over twenty years experience and going strong.

See the Christina Lake Community Centre for more information. We are looking for all cleaning services. Residential, commercial, post construction cleaning. We are currently accepting applications for our cleaning services. Please call us at 250-442-2202 or email christinalakecleaning@outlook.com.

Little Miss Higgins

Mon March 16th 2020 7:00pm

Christina Lake Welcome Centre

At the lake

Masquerade

Get your costume on to the beats of HUSWEE BEAT!

Where? Sat March 14th

Where? The Masquerade

Where? The Masquerade

2019/2020 Cross Country Ski Rentals

For convenience and economy, rent for the entire season.

Daily Rate	Adults	Children
1 Day	\$18.00	\$20.00
2 Consequent Days	\$25.00	\$28.00
Any 2 Week Period	\$45.00	\$35.00

Snowshoes Available

1 Day	\$10.00	Per Week	\$35.00
Season Rates			
December 1 to 31	\$80.00		\$65.00
January 1 to 31	\$70.00		\$55.00
February 1 to 28	\$60.00		\$45.00
March to Season End	\$45.00		\$35.00

Appointments are recommended. PH: 250-442-3838. 2375 Carson Road, in front of "Big Y Auto"

VAPING PRODUCTS

FREQUENTLY ASKED QUESTIONS

1. WHAT ARE VAPING PRODUCTS?
2. WHAT VAPING DEVICES ARE MOST COMMON/USED?
3. WHAT IS IN THE JUICE?
4. ARE VAPING PRODUCTS LESS HARMFUL THAN CIGARETTES?
5. IS IT HARMFUL TO BREATH IN SECOND-HAND VAPOR?
6. ARE VAPING PRODUCTS LEGAL IN CANADA?
7. WHAT IS THE LEGAL AGE TO BUY VAPING PRODUCTS?
8. IS VAPING ALLOWED IN PUBLIC SPACES?

QUICK VAPING FACTS

VAPING AN OVERVIEW

VAPING IS NOT HARMFUL

GO FROM THIS LAWN TO THE LUSH, GREEN, WEED FREE LAWN GUARANTEE

WEED & FEED

250-4675

WEED & FEED

GO FROM THIS LAWN TO THE LUSH, GREEN, WEED FREE LAWN GUARANTEE

WEED & FEED APPLICATIONS WITH FREE WEED TREATMENT INCLUDED AT EACH VISIT.

250-4675

Hearing Aids: How To Make An Informed Choice

An info session to help you understand the results of your hearing tests.

Sound Advice

Saturday March 21st at 2:00 pm

Grand Forks Writers' Guild

The Guild brings together local writers for fellowship and motivation. We are committed to providing a stable and inspiring environment where both new and experienced writers can receive encouragement, information, and inspiration.

The Guild meets on the 3rd Thursday of each month from 6:00 - 8:00 pm.

Thursday Night at the Movies

March 12th @ 6:00pm

PEANUT BUTTER FALCON

After running away from a residential nursing home to pursue his dream of becoming a pro-wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.

This film is 95 minutes and is rated PG-13.

The Mending Circle

Saturday afternoons 2:00 - 4:00 starting April 4th

Mending seams, darning, sewing buttons, hiding a snag.

Share what you know, learn what you don't!

All materials are provided. All ages welcome.

The Grand Forks and District Group Genealogy Club

Informal monthly meetings are held on the second Tuesday of each month at 6:00 pm.

Learn how to research your roots! Necessary database available to use at the library. Learn the basic tools to get started. Share what you know, learn what you don't! Coffee and tea provided. Beginners are welcome. For more info, call Ken at 250-442-0073.

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7342 36th Street

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Step into Spring with Happy Feet

at a special corner is PEELIOLOGY and the HAPPY FEET MASSAGE

Friday, April 3 to Sunday, April 5.

Learn the art of a spring foot massage. This is a HANDS-ON class which includes anatomy, learning the science of the foot, methodology, along with discussion on various modalities.

Call 250-442-8050 to book your seat.

Easter Egg Hunt

April 5, 2020 @ 10am, 10:30am, 11:00am, 11:30am, 12:00pm, 12:30pm

CHRISTINA LAKE COMMUNITY

250-442-2202

Chi Movement Class

Gentle Stretch & Breath Work

assists in healing & increased longevity, natural movement and non-impact breath work for health and vitality, gain flexibility & body/mind awareness.

Join us for this fun, low-impact exercise class! Thursdays, 4:30-5 pm

Classes at 4th Street Studio Above Castle Building Centre

\$5 Drop in Fee

Wear comfortable, stretchy or loose-fitting clothing

For more information: 250.442.7141 arborc@shaw.ca

SKILLS TRAINING FOR TRAUMA SURVIVORS MEN'S GROUP

NO COST • JOB SEARCH ASSISTANCE • DEVELOP WORK RELATED SKILLS, KNOWLEDGE & EXPERIENCE • FREE CERTIFICATIONS • EMPLOYMENT EXPERIENCE

STARTS JANUARY 2020

250-442-2722 askuoveoff@communityskillscentre.com

Community Futures Boundary 1647 Central Ave Grand Forks, BC

TABATA "This Fall"

Cardio Strength Training

With Certified Instructor Lynn Ellis

Arena Viewing Room

Tuesdays and Thursdays

October 1st to December 12th

5:15 to 6:15pm

22 classes (\$148.50) Must meet min. 5 to run program. Make yourself stronger than your stress! Start where you are! Use what you have! Do what you can!

Higher Intensity Interval Training

Using various equipment to help tone and strengthen muscle groups; low impact options are provided.

Registration Deadline Sept 24th

To Register, Call 250-442-2202

Or email: gflplay@rkb.com

MENSA GAME NIGHT

Free Admission - Sponsored by Mensa

Play as many Mensa select games as you can, all night long!

Saturday March 7 7pm-10pm

THE BOARD ROOM

Death Cafe

Saturday, March 14th @ 2 - 4 pm.

Resist cultural convention and dare to discuss your thoughts on death and dying with others.

No agenda, open dialogue. Free coffee and cookies!

Granny Goose at Boundary Lodge

Learn rhymes, songs and stories to share at school!

Tuesdays from 2:30-3:30

March 31st - May 19th

For parents/caregivers and their children ages 3-6

Call the library to pre-register: 250-442-3844

In partnership with the Grand Forks Public Alliance for Literacy

ANNUAL GENERAL MEETING

WEDNESDAY, APRIL 1 7:00PM

Join us for the 2019 Grand Forks & District Public Library Annual General Meeting.

Meet the Board, learn about our activities over the past year, and enjoy some refreshments.

NOMINATIONS TO THE GRAND FORKS & DISTRICT PUBLIC LIBRARY BOARD

OPEN: MARCH 4 AT 10:00AM

CLOSE: MARCH 18 AT 12:00PM

Come inside to pick up a nomination form.

Friday Crafternoon

Friday, May 1st at 2:00 - 3:30

We'll be pulling out all of our craft materials and recyclables so you can get busy being creative.

All ages welcome, children under 8 must have a caregiver in the building.

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GIRLS SOFTBALL

Spring season runs April 15th till end of Jun

- Monday and Wednesdays 5:00pm-6:30pm
- Dick Bartlett Park #1 or #4
- Girls Ages 8-16
- Any level of experience is welcome
- Come out and have fun!
- Find us on Facebook @BoundaryGirlsFastpitch
- Register at www.BoundaryGirlsFastpitch.com

Winter Market

MARCH 14 10-2

Legion Hall 7353 6th St Grand Forks

Produce, baking, crafts, preserves, jewellery & more

GRESS LAKE FAMILY FISHING DERBY

FAMILY DAY WEEKEND

Friday 15th Down to Dusk and February 16th Dawn to 2pm

Early Registration: \$10 per adult

Students and kids under 17 are FREE!

To Register: 250-442-2202

Hosted by Grand Forks, Realty 272 Central Ave, Mission BC

Or Pay \$12 when registering at event

Loads of Activities and Prizes

Photo Booth • Fun Fishing Competition • Fun Game Show • Dinosaur Hunt • Fishing Giveaway • Hot Chocorito and Hot Wings • Catch the Leader and WIN CASH!

Phone: 250-442-2202 or visit us on Facebook for more information

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TAKE THE CHALLENGE!

#nofilterH2O

Post a photo, video or meme that sheds light on a problem negatively impacting waters in Canada using the hashtag #nofilterH2O, and you'll be entered to win 1 of 5 LUSH prize packs.

Algae blooms, pollution, invasive species, loss of fish and wetlands...it's time to remove the filter and expose the truth about Canadian waterways.

We challenge you.

WANTED TOYOTA VENZA

I am looking to buy a 2013-2015 Toyota Venza in top condition. Must be a 6 cylinder, have navigation and sun roof.

Please call Shere @ 250-447-0451

Dream BIG

Play as many Mensa select games as you can, all night long!

Saturday March 7 7pm-10pm

THE BOARD ROOM

COURSES

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The Kids Movie Club Presents: UglyDolls

Friday, March 27th at 2:00

This film is rated G

Running time is 88 minutes

All ages are welcome, children under the age of 8 must have a caregiver in the building.

POETRY CAFE

Thursday, April 23rd, 2020 6:00pm - 8:00pm

Share a poem you've written or read a poem that someone else wrote!

An appreciative audience is always welcome.

Light refreshments will be served.

ADVANCE CARE PLANNING

Advance Care Planning helps you, and those closest to you, prepare to make future health-care decisions.

FREE INFORMATION SESSION - REFRESHMENTS PROVIDED

You will learn about, and have the opportunity to discuss the WHAT, WHY, WHO and HOW of Advance Care Planning.

We will be playing "The Hello Conversation" game. Hello is a surprisingly fun game being used around the world to start meaningful conversations with family and friends about living and dying well and what matters most to each of us.

April 25 Grand Forks and District Public Library, 2-3:30pm

THE ART JOURNEY FOR TEENS

Thursday afternoons 3:30-5:00

Starting April 2nd.

Explore art through a variety of mediums. All materials are provided. Facilitated by Leta Heiberg-Bak

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Library Info

March 2020

Day	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st	
Event																																

March Programs and Events Calendar

Death Cafe

STEAM

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