

## **Thursday, January 2, 2025**

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### **Winter Break Science Week**

Date and Time: Thursday, January 2 9:00 am - 11:30 am

Address: 5220 54 Street Cold Lake, AB

#### *Families*

Join Cold Lake Family Connections staff from December 30 to January 3, to celebrate Science Week. See schedule for appropriate ages, activities, and times.

#### **Monday, December 30**

Weather Science - A Snowy Day

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 4:00 p.m. (ages 7+)

#### **Tuesday, December 31**

Sensory Science - Ewwy, Goopy Fun

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 4:00 p.m. (ages 7+)

#### **Thursday, January 2**

Body Science - A Closer Look at How Our  
Body Works

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 4:00 p.m. (ages 7+)

#### **Friday, January 3**

Science in Motion - Homemade Ice Cream

9:00 a.m. - 11:30 a.m. (ages 0-6)

1:00 p.m. - 2:30 p.m. (ages 7+)

Free, registration not required

## Free Public Skating

Date and Time: Thursday, January 2 11:30 am - 1:30 pm

Address: 7825 51 St

Cenovus Energy Arena

Free skate rentals front desk Energy Centre

## Winter Break Science Week

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Cold Lake Family Connections

Free, registration not required

## Pickleball

Date and Time: Thursday, January 2 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## Friday, January 3, 2025

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### Winter Break Science Week

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Address: 5220 54 Street Cold Lake, AB

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1:00 p.m. - 2:30 p.m. (ages 7+)

Cold Lake Family Connections

Free, registration not required

**Sport drop-in**

Date and Time: Friday, January 3 10:00 am - 4:30 pm

Address: 7825 51 St

Basketball, badminton, volleyball, etc

**U13 Youth Shinny**

Date and Time: Friday, January 3 10:45 am - 12:30 pm

Address: 7825 51 St

Imperial Oil Place Arena

Free with membership or drop in rates apply.

**Free Public Skating**

Date and Time: Friday, January 3 12:00 pm - 2:15 pm

Address: 7825 51 St

Cenovus Energy Arena

Free skate rentals front desk Energy Centre.

**Shinny 13-17 yrs**

Date and Time: Friday, January 3 12:45 pm - 2:45 pm

Address: 7825 51 St

Imperial Oil Place Arena

Free with membership or drop in rates apply.

## Winter Break Science Week

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1:00 p.m. - 2:30 p.m. (ages 7+)

Cold Lake Family Connections

Free, registration not required

## **Stick and Puck**

Date and Time: Friday, January 3 3:00 pm - 4:45 pm

Address: 7825 51 St

Imperial Oil Place Arena

Free with membership or drop in rates apply.

## **Saturday, January 4, 2025**

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### **Pickleball**

Date and Time: Saturday, January 4 9:00 am - 11:00 am

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

### **Stick and Puck**

Date and Time: Saturday, January 4 9:45 am - 11:15 am

Address: 7825 51 St

Cenovus Energy Arena

Free with membership or drop in rates apply.

### **Free Public Skate**

Date and Time: Saturday, January 4 10:15 am - 11:45 am

Address: 7825 51 St

Imperial Oil Place Arena

Free skate rentals front desk Energy Centre.

## **Sunday, January 5, 2025**

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## **Free Public Skating**

Date and Time: Sunday, January 5 5:30 pm - 7:00 pm

Address: 7825 51 St

Imperial Oil Place Arena

Free skate rentals front desk Energy Centre.

## **Co-Ed Adult Drop-in Hockey**

Date and Time: Sunday, January 5 6:15 pm - 8:15 pm

Address: 7825 51 St

Cenovus Energy Arena

Free with membership or drop in rates apply.

## **Monday, January 6, 2025**

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### **50+ Drop In Hockey**

Date and Time: Monday, January 6 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Lunchtime Shinny**

Date and Time: Monday, January 6 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Pickleball**

Date and Time: Monday, January 6 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## Tuesday, January 7, 2025

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### Lego Junior

Date and Time: Tuesday, January 7 4:30 pm - 5:30 pm

Address: 5220 54 Street Cold Lake, AB

Ages: 5-6

Participants will enjoy LEGO™-themed activities with a focus on problem solving, developing social skills, and teamwork. We provide the building blocks to social skills disguised as a fun evening making new friends.

### Tuesdays

January 7 - Teamwork Makes the Dream Work [\*Register here\*](#)

January 14 - Race Day [\*Register here\*](#)

January 21 - Marvelous Mazes [\*Register here\*](#)

January 28 - I Spy with My Little Eye [\*Register here\*](#)

4:30 p.m. - 5:30 p.m.

Cold Lake and District FCSS

\$10.00 per session, registration required

## Wednesday, January 8, 2025

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### Kids Zone

Date and Time: Wednesday, January 8 10:00 am - 12:00 pm

Address: 7825 51 Street

Reid Field House

Inflatable bounce house, toys, balls and sports equipment.



Ages 1 - 5 (recommended age)

Adults or guardian must be present.

\$2 / child (kids under 1 year old - free)

## **50+ Drop In Hockey**

Date and Time: Wednesday, January 8 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## **Lunchtime Shinny**

Date and Time: Wednesday, January 8 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## **Cold Lake Bully Free Committee**

Date and Time: Wednesday, January 8 1:30 pm - 2:30 pm

Address: 5220 54 Street Cold Lake, AB

### *Community*

Become a part of the Cold Lake Bully Free Committee and engage in raising awareness and implementing preventative measures against bullying in our community. This committee convenes regularly to explore ideas, develop meaningful initiatives, and enhance education through presentations in schools. Meetings are held in person with the option to join virtually.

### **Wednesdays**

January 8

February 5

April 2

June 4

1:30 p.m. - 2:30 p.m.

Cold Lake and District FCSS

Free, registration not required

## **Thursday, January 9, 2025**

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### **Pickleball**

Date and Time: Thursday, January 9 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## **Friday, January 10, 2025**

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### **Pickleball**

Date and Time: Friday, January 10 9:00 am - 11:00 am

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

### **Parent and Tot Skating**

Date and Time: Friday, January 10 9:15 am - 10:15 am

Address: 7825 51 Street

Ages 5 and under.

Drop in fees apply to child only.

Free skate rentals available at the Energy Centre front desk.

### **50+ Drop In Hockey**

Date and Time: Friday, January 10 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Lunchtime Skinny

Date and Time: Friday, January 10 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Adulting 201

Date and Time: Friday, January 10 1:00 pm - 3:00 pm

Address: 5220 54 Street Cold Lake, AB

*Young Adults Ages 18+*

These sessions will include essential answers to those questions that we all have when we start out in the “real world” as independent adults. *Materials for each session provided.*

### Fridays

January 10 - Moving Out. Rights and Responsibilities as a renter [\*Register here\*](#)

January 17 - Managing Money and shopping responsibly [\*Register here\*](#)

January 24 - Communications skills for work and play [\*Register here\*](#)

January 31 - Caring for my home & Basic Cooking [\*Register here\*](#)

1:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

\$5.00 per series, registration required

## Saturday, January 11, 2025

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## **Mascot Skate**

Date and Time: Saturday, January 11 10:15 am - 11:45 am

Address: 7825 51 Street

Cenovus Energy Arena

Come out and skate with mascots from organizations within the Lakeland area!

Free

## **Monday, January 13, 2025**

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### **50+ Drop In Hockey**

Date and Time: Monday, January 13 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Lunchtime Shiny**

Date and Time: Monday, January 13 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Pickleball**

Date and Time: Monday, January 13 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

# Tuesday, January 14, 2025

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## Pickleball

Date and Time: Tuesday, January 14 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

# Wednesday, January 15, 2025

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## Kids Zone

Date and Time: Wednesday, January 15 10:00 am - 12:00 pm

Address: 7825 51 Street

Reid Field House

Inflatable bounce house, toys, balls and sports equipment.

Ages 1 - 5 (recommended age)

Adults or guardian must be present.

\$2 / child (kids under 1 year old - free)

## 50+ Drop In Hockey

Date and Time: Wednesday, January 15 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Lunchtime Shinny

Date and Time: Wednesday, January 15 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## The Grub Club

Date and Time: Wednesday, January 15 4:30 pm - 6:00 pm

Address: 5220 54 Street Cold Lake, AB

*Ages 10-13*

Log in and participate with the Grub Club virtually. Youth will gain a deeper understanding of the importance of healthy eating habits and how to maintain them on a budget. They will have the opportunity to create a meal for their family in the comfort of their own home while they build valuable life skills. Food kits will be available for pick up the day prior to the class at Family Connections between 1:00 p.m. - 4:00 p.m. **Register by January 8.**

### Wednesdays

January 15 - Pizza party [\*Register here\*](#)

April 16 - Spring Rolls In [\*Register here\*](#)

June 18 - Campsite Charcuterie [\*Register here\*](#)

4:30 p.m. - 6:00 p.m.

Cold Lake and District FCSS

\$10.00 per session, registration required

## Thursday, January 16, 2025

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### Pickleball

Date and Time: Thursday, January 16 9:00 am - 11:00 am

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

### Budget-Friendly Meals

Date and Time: Thursday, January 16 1:30 pm - 3:00 pm

Address: 5220 54 Street Cold Lake, AB

*Adults 18+*

Cooking on a budget is a challenge, especially if you want tasty AND healthy meals. Join us on an adventure in the kitchen! Learn new strategies so that you can eat healthier while giving your wallet a little break. **Register by January 14.**

## **Thursdays**

January 16 - Homemade Hamburger Helpers [\*Register here\*](#)

March 13 - For Foods Sake! Making the most of What you Buy [\*Register here\*](#)

1:30 p.m. - 3:00 p.m.

Cold Lake and District FCSS

\$5.00 per session, registration required

## **Friday, January 17, 2025**

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### **Parent and Tot Skating**

Date and Time: Friday, January 17 9:15 am - 10:15 am

Address: 7825 51 Street

Ages 5 and under.

Drop in fees apply to child only.

Free skate rentals available at the Energy Centre front desk.

### **50+ Drop In Hockey**

Date and Time: Friday, January 17 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Lunchtime Shinny

Date and Time: Friday, January 17 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Adulting 201

Date and Time: Friday, January 17 1:00 pm - 3:00 pm

Address: 5220 54 Street Cold Lake, AB

*Young Adults Ages 18+*

These sessions will include essential answers to those questions that we all have when we start out in the “real world” as independent adults. *Materials for each session provided.*

### Fridays

January 10 - Moving Out. Rights and Responsibilities as a renter [\*Register here\*](#)

January 17 - Managing Money and shopping responsibly [\*Register here\*](#)

January 24 - Communications skills for work and play [\*Register here\*](#)

January 31 - Caring for my home & Basic Cooking [\*Register here\*](#)

1:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

\$5.00 per series, registration required

## Saturday, January 18, 2025

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### Pickleball

Date and Time: Saturday, January 18 9:00 am - 11:00 am

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.



## **Nerf Wars**

Date and Time: Saturday, January 18 1:00 pm - 2:30 pm

Address: 7825 51 Street

Max 50 registrants per floor time.

Registration required by January 16.

\$5.50 for all ages. Children 12 years and under must have adult supervision.

## **Nerf Wars**

Date and Time: Saturday, January 18 3:00 pm - 4:30 pm

Address: 7825 51 Street

Max 50 registrants per floor time

Registration required by January 16.

\$5.50 for all ages. Children 12 years and under must have adult supervision.

## **Sunday, January 19, 2025**

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### **Free Public Skate**

Date and Time: Sunday, January 19 5:30 pm - 7:00 pm

Address: 7825 51 St

Free Skate Rentals

Imperial Oil Place Arena

## **Monday, January 20, 2025**

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### **50+ Drop In Hockey**

Date and Time: Monday, January 20 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Lunchtime Shinny

Date and Time: Monday, January 20 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Soup and Savvy, Free Lunch and Learn Money Management Basics

Date and Time: Monday, January 20 12:00 pm - 1:00 pm

Address: 5220 54 Street Cold Lake, AB

*Adults 18+*

Have you wanted to learn about improving your personal finances, but never had the time? Join us for \$oup and \$avvy, a fun, money management program with a twist – a free lunch!

### **Mondays**

January 20 - Food Bank Basics [\*Register here\*](#)

February 10 - Preparing for Income [\*Register here\*](#)

March 17 - Living Simply [\*Register here\*](#)

April 14 - Understanding Loans and Credit [\*Register here\*](#)

May 12 - Credit Scores and Credit Reports [\*Register here\*](#)

12:00 p.m. - 1:00 p.m.

Cold Lake and District FCSS

Free, registration required

## Pickleball

Date and Time: Monday, January 20 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## **Wednesday, January 22, 2025**

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### **Kids Zone**

Date and Time: Wednesday, January 22 10:00 am - 12:00 pm

Address: 7825 51 Street

Reid Field House

Inflatable bounce house, toys, balls and sports equipment.

Ages 1 - 5 (recommended age)

Adults or guardian must be present.

\$2 / child (kids under 1 year old - free)

### **50+ Drop In Hockey**

Date and Time: Wednesday, January 22 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Lunchtime Shinny**

Date and Time: Wednesday, January 22 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Parent/Caregiver Wellness Kit**

Date and Time: Wednesday, January 22 1:00 pm - 4:00 pm

Address: 5220 54 Street Cold Lake, AB

## Caregivers of Children 0-18 years

Parenting necessitates self-care as a fundamental component. When fatigue, stress, or exhaustion take hold, it becomes challenging to fulfill your role as a parent effectively. When you are in a state of well-being and contentment, you are better poised to manage stress, sustain relationships, and fully embrace the joys of parenthood. Our curated package provides comprehensive resources aimed at supporting your physical, mental, spiritual, and emotional health. It includes a selection of activities and materials specifically designed for parents and caregivers.

*Kits will be available for pick up between 1:00 p.m. - 4:00 p.m. at Family Connections.*

### Wednesdays

January 22 - Routines and Meal Planning [Register here](#)

February 19 - Supporting your Partner [Register here](#)

March 19 - Being a Parent [Register here](#)

1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

## Friday, January 24, 2025

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### Adulting 201

Date and Time: Friday, January 24 1:00 pm - 3:00 pm

Address: 5220 54 Street Cold Lake, AB

*Young Adults Ages 18+*

These sessions will include essential answers to those questions that we all have when we start out in the “real world” as independent adults. *Materials for each session provided.*

### Fridays

January 10 - Moving Out. Rights and Responsibilities as a renter [Register here](#)

January 17 - Managing Money and shopping responsibly [Register here](#)

January 24 - Communications skills for work and play [Register here](#)

January 31 - Caring for my home & Basic Cooking [Register here](#)

1:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

\$5.00 per series, registration required

## **Pickleball**

Date and Time: Friday, January 24 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## **Saturday, January 25, 2025**

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### **Bouncy House Day**

Date and Time: Saturday, January 25 1:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Ages 12 and under / \$4 (under 2 is free)

Parental supervision is required at all times.

No food or drink inside the Reid Field House.

## **Sunday, January 26, 2025**

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### **Pickleball**

Date and Time: Sunday, January 26 4:00 pm - 6:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## **Monday, January 27, 2025**

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### **Pickleball**

Date and Time: Monday, January 27 9:00 am - 11:00 am

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

### **50+ Drop In Hockey**

Date and Time: Monday, January 27 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Lunchtime Shinny**

Date and Time: Monday, January 27 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## **Tuesday, January 28, 2025**

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### **Pickleball**

Date and Time: Tuesday, January 28 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## **Wednesday, January 29, 2025**

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### **Kids Zone**

Date and Time: Wednesday, January 29 10:00 am - 12:00 pm

Address: 7825 51 Street

Reid Field House

Inflatable bounce house, toys, balls and sports equipment.

Ages 1 - 5 (recommended age)

Adults or guardian must be present.

\$2 / child (kids under 1 year old - free)

### **50+ Drop In Hockey**

Date and Time: Wednesday, January 29 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Lunchtime Shinny**

Date and Time: Wednesday, January 29 12:00 pm - 1:00 pm

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## **Thursday, January 30, 2025**

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### **Pickleball**

Date and Time: Thursday, January 30 2:00 pm - 4:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

## **Friday, January 31, 2025**

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### **Pickleball**

Date and Time: Friday, January 31 9:00 am - 12:00 pm

Address: 7825 51 Street

Reid Field House

Drop in rates apply or free with membership.

### **Parent and Tot Skating**

Date and Time: Friday, January 31 9:15 am - 10:15 am

Address: 7825 51 Street

Ages 5 and under.

Drop in fees apply to child only.

Free skate rentals available at the Energy Centre front desk.

### **50+ Drop In Hockey**

Date and Time: Friday, January 31 10:30 am - 11:45 am

Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

### **Lunchtime Shinny**

Date and Time: Friday, January 31 12:00 pm - 1:00 pm



Address: 7825 51 Street

Free with membership or drop in rates apply.

Free skate rentals available at the Energy Centre front desk.

## Adulting 201

Date and Time: Friday, January 31 1:00 pm - 3:00 pm

Address: 5220 54 Street Cold Lake, AB

*Young Adults Ages 18+*

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January 17 - Managing Money and shopping responsibly [\*Register here\*](#)

January 24 - Communications skills for work and play [\*Register here\*](#)

January 31 - Caring for my home & Basic Cooking [\*Register here\*](#)

1:00 p.m. - 3:00 p.m.

Cold Lake and District FCSS

\$5.00 per series, registration required

## 86Cancer - Whalers Charity Classic

Date and Time: Friday, January 31 7:00 pm - 10:00 pm

86Cancer is proud to host its 4th annual **Whalers Charity Classic** Friday January 31, 2025 at Imperial Oil Place in Cold Lake.

Come out and watch the Whalers elite mens hockey club take on the Flyers where all game proceeds will go towards supporting cancer patients in the Lakeland Area.

Tickets go on sale December 15, 2024 - \$10/each, under 5 is free.

Tickets purchased before gameday will be eligible for the Early Bird draw for your chance to win - **4 lower bowl Edmonton Oilers Tickets**, March 4th 2025.

Exclusive only to game patrons, inhouse draw for **signed and framed Bedard jersey**.

Half time and post game entertainment by Second Son band.

Many door prizes and much, much more.

Visit our website [www.86cancer.ca](http://www.86cancer.ca) for info.

<https://calendar.coldlake.com>