

## Saturday, March 1, 2025

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### Cold Lake Minor Soccer Outdoor Registration

Date and Time: Saturday, March 1 9:00 am

Join us for an outdoor season full of soccer fun! We have spots for ages 3 through to adults. No previous soccer experience needed. Registration opens March 1st online only. Visit our website at CLMSA.CA to learn more and to register. There will be no required volunteer commitments, more field time and no waitlists this season.

### Free Public Skating

Date and Time: Saturday, March 1 4:30 pm - 5:45 pm

Address: 7825 51 Street



**COLD LAKE ENERGY CENTRE**  
**SKATING**

<p><b><u>SATURDAY, MAR. 1</u></b></p> <p><b>Free Public Skating</b> 4:30 pm - 5:45 pm Cenovus Energy Arena</p> <p><b>Stick &amp; Puck</b> 6:00 pm - 7:00 pm Cenovus Energy Arena <i>Free with membership or drop in rates apply.</i></p>	<p><b>Youth Shinny U13</b> 6:30 pm - 7:30 pm Imperial Oil Place Arena <i>Free with membership or drop in rates apply.</i></p> <p><b>Youth Shinny 13-17 yrs</b> 7:45 pm - 8:45 pm Imperial Oil Place Arena <i>Free with membership or drop in rates apply.</i></p>	<p><b><u>SUNDAY, MAR. 2</u></b></p> <p><b>Free Public Skating</b> 8:00 am - 9:30 am Cenovus Energy Arena</p>
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**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of 13 must be accompanied by an adult.*

## Stick & Puck

Date and Time: Saturday, March 1 6:00 pm - 7:00 pm

Address: 7825 51 Street



**COLD LAKE ENERGY CENTRE**  
**SKATING**

**SATURDAY, MAR. 1**

**Free Public Skating**  
4:30 pm - 5:45 pm  
Cenovus Energy Arena

**Stick & Puck**  
6:00 pm - 7:00 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*

**Youth Shinny U13**  
6:30 pm - 7:30 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

**Youth Shinny 13-17 yrs**  
7:45 pm - 8:45 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

**SUNDAY, MAR. 2**

**Free Public Skating**  
8:00 am - 9:30 am  
Cenovus Energy Arena

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of 13 must be accompanied by an adult.*



780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## Youth Shinny U13

Date and Time: Saturday, March 1 6:30 pm - 7:30 pm

Address: 7825 51 Street



# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 1**

### **Free Public Skating**

4:30 pm - 5:45 pm  
Cenovus Energy Arena

### **Stick & Puck**

6:00 pm - 7:00 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*

### **Youth Shinny U13**

6:30 pm - 7:30 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

7:45 pm - 8:45 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

## **SUNDAY, MAR. 2**

### **Free Public Skating**

8:00 am - 9:30 am  
Cenovus Energy Arena

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of 13  
must be accompanied by an adult.*



780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## **Youth Shinny 13-17**

Date and Time: Saturday, March 1 7:45 pm - 8:45 pm

Address: 7825 51 Street



# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 1**

### **Free Public Skating**

4:30 pm - 5:45 pm  
Cenovus Energy Arena

### **Stick & Puck**

6:00 pm - 7:00 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*

### **Youth Shinny U13**

6:30 pm - 7:30 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

7:45 pm - 8:45 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

## **SUNDAY, MAR. 2**

### **Free Public Skating**

8:00 am - 9:30 am  
Cenovus Energy Arena

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of 13  
must be accompanied by an adult.*



780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## **Sunday, March 2, 2025**

### **Free Public Skating**

Date and Time: Sunday, March 2 8:00 am - 9:30 am

Address: 7825 51 Street



# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 1**

### **Free Public Skating**

4:30 pm - 5:45 pm  
Cenovus Energy Arena

### **Stick & Puck**

6:00 pm - 7:00 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*

### **Youth Shinny U13**

6:30 pm - 7:30 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

7:45 pm - 8:45 pm  
Imperial Oil Place Arena  
*Free with membership or drop in rates apply.*

## **SUNDAY, MAR. 2**

### **Free Public Skating**

8:00 am - 9:30 am  
Cenovus Energy Arena

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of 13  
must be accompanied by an adult.*



780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## **Monday, March 3, 2025**

### **50+ Shinny**

Date and Time: Monday, March 3 10:30 am - 11:30 am

Address: 7825 51 Street



# 50+ Drop In Hockey

**MONDAYS, WEDNESDAYS & FRIDAYS**

*(excluding Stat holidays)*

**10:30 am - 11:45 am | Cold Lake Energy Centre**

*\*Drop in fees apply\**

For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



## Pickleball

Date and Time: Monday, March 3 2:00 pm - 4:45 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

## Triple P: Developing Good Bedtime Routines

Date and Time: Monday, March 3 6:00 pm - 8:00 pm

*Caregivers of children 0-12 years*

Children need a restful night's sleep to recharge for the next day's activities, while parents also require sufficient sleep and some child-free time to meet their own needs. The goal is for children to cultivate healthy, independent sleep patterns. This discussion group will offer practical suggestions for establishing an effective bedtime routine that supports both your child's well-being and your own.

Monday, March 3 [\*Register Here\*](#)

6:00 p.m. - 8:00 p.m.

Cold Lake Family Connections

Free, registration required

## Tuesday, March 4, 2025

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### Mathemagicians Club

Date and Time: Tuesday, March 4 4:15 pm - 5:15 pm

*Ages 6-8*

Four fun-filled afternoons of numeracy based activities with teen volunteers and FCSS staff.

*Register by February 27.*

**Tuesdays**

March 4 [\*Register for the series here\*](#)

March 11

March 18

March 25

4:15 p.m. - 5:15 p.m.

Cold Lake and District FCSS

\$10.00 per series, registration required

## Kids Zone

Date and Time: Wednesday, March 5 10:30 am - 12:00 pm

Address: 7825 51 Street

Inflatable bounce house, toys, balls and sports equipment.

Ages 1 -5 (recommended age) Adult or guardian must be present.

\$2.00 / child, kids under 1 year - free

## Savvy Seniors - Safety Online

Date and Time: Wednesday, March 5 12:00 pm - 1:00 pm

*Ages 60+*

Join us for a light lunch and conversation. Learn more about financial matters, keeping your finances safe, online banking, taxes, benefits, fraud awareness, and more.

### Wednesdays

March 5 - Safety Online [Register Here](#)

April 2 - Taxes and Benefits [Register Here](#)

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

Cold Lake and District FCSS

Free, registration required

## Lunch Time Shiny

Date and Time: Wednesday, March 5 12:00 pm - 1:00 pm

Address: 7825 51 Street



# LUNCHTIME SHINNY

MONDAYS, WEDNESDAYS & FRIDAYS

*(excluding Stat holidays)*

12:00 pm - 1:00 pm

Cold Lake Energy Centre

*\*Drop in fees apply\**



For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



## Jr. Emotion Kits

Date and Time: Wednesday, March 5 1:00 pm - 4:00 pm

*Ages 7-11*

Identifying and expressing feelings in a positive way can be challenging for children. Developing skills to manage their feelings effectively in childhood can lead to positive attitudes and behaviours later in life. Each Jr. Emotion Kit will include fun and age-appropriate ways to develop their social-emotional skills while practicing self-care. Each participant's caregiver will receive a follow-up phone call with one of our Family Connections staff. Register for one or all kits.

**Wednesdays**

March 5 - Self-Esteem [Register Here](#)

April 2 - Anger [Register Here](#)

May 7 - Self-Care [Register Here](#)

June 4 - Healthy Relationships [Register Here](#)

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake Family Connections

Free, registration required

## **Pickleball**

Date and Time: Wednesday, March 5 1:00 pm - 3:00 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

## **Friday, March 7, 2025**

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### **Parent Tot Skate**

Date and Time: Friday, March 7 9:15 am - 10:15 am

Address: 7825 51 Street



# PARENT & TOT *Skating*

**Fridays @ 9:15 am - 10:15 am**  
**Cold Lake Energy Centre**

*Ages 5 & under | Drop-in fees apply to child only.*

For more information, contact the  
Cold Lake Energy Centre (780) 639-6400.



## **Saturday, March 8, 2025**

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### **Stick & Puck**

Date and Time: Saturday, March 8 12:00 pm - 1:30 pm

Address: 7825 51 Street



# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 8**

### **Stick & Puck**

12:00 pm - 1:30 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Youth Shinny U13**

1:45 pm - 3:15 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

3:30 pm - 5:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Free Public Skating**

5:15 pm - 7:00 pm

Cenovus Energy Arena

## **SUNDAY, MAR. 9**

### **Stick & Puck**

12:00 pm - 2:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Free Public Skating**

2:00 pm - 3:30 pm

Imperial Oil Place Arena

### **Shinny**

2:15 pm - 3:45 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of  
13 must be accompanied  
by an adult.*



780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## **Bounce House Day**

Date and Time: Saturday, March 8 1:00 pm - 4:00 pm

Address: 7825 51st Street



# BOUNCE HOUSE DAY

**Saturday  
March 8**

1:00 pm - 4:00 pm  
Ages 12 & under  
\$4 (under 2 is free)

*Join the fun and bounce  
your way through several  
inflatables in the Field House.*

**Reid Field House  
Cold Lake Energy Centre**

We will have on-site supervision, but we  
require parental supervision at all times.  
No food or drink inside the Reid Field House.

For more information, contact the  
Cold Lake Energy Centre (780) 639-6400.



## Youth Shiny U13

Date and Time: Saturday, March 8 1:45 pm - 3:15 pm

Address: 7825 51 Street



# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 8**

### **Stick & Puck**

12:00 pm - 1:30 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Youth Shinny U13**

1:45 pm - 3:15 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

3:30 pm - 5:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Free Public Skating**

5:15 pm - 7:00 pm

Cenovus Energy Arena

## **SUNDAY, MAR. 9**

### **Stick & Puck**

12:00 pm - 2:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Free Public Skating**

2:00 pm - 3:30 pm

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2:15 pm - 3:45 pm

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Junior 1-5 Youth 6-13 Adult 6-12

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## **Youth Shinny 13-17**

Date and Time: Saturday, March 8 3:30 pm - 5:00 pm

Address: 7825 51 Street

# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 8**

### **Stick & Puck**

12:00 pm - 1:30 pm  
Cenovus Energy Arena  
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### **Youth Shinny U13**

1:45 pm - 3:15 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

3:30 pm - 5:00 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*

### **Free Public Skating**

5:15 pm - 7:00 pm  
Cenovus Energy Arena

**FREE SKATE RENTALS**  
Junior 1-5 Youth 6-13 Adult 6-12

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## **SUNDAY, MAR. 9**

### **Stick & Puck**

12:00 pm - 2:00 pm  
Cenovus Energy Arena  
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### **Free Public Skating**

2:00 pm - 3:30 pm  
Imperial Oil Place Arena

### **Shinny**

2:15 pm - 3:45 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*



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## **Pickleball**

Date and Time: Saturday, March 8 5:00 pm - 7:30 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

## **Free Public Skating**

Date and Time: Saturday, March 8 5:15 pm - 7:00 pm

Address: 7825 51 Street



**COLD LAKE ENERGY CENTRE**  
**SKATING**

**SATURDAY, MAR. 8**

**Stick & Puck**

12:00 pm - 1:30 pm

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**Youth Shinny 13-17 yrs**

3:30 pm - 5:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

**Youth Shinny U13**

1:45 pm - 3:15 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

**Free Public Skating**

5:15 pm - 7:00 pm

Cenovus Energy Arena

**SUNDAY, MAR. 9**

**Stick & Puck**

12:00 pm - 2:00 pm

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**Free Public Skating**

2:00 pm - 3:30 pm

Imperial Oil Place Arena

**Shinny**

2:15 pm - 3:45 pm

Cenovus Energy Arena

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**FREE SKATE RENTALS**  
**Junior 1-5 Youth 6-13 Adult 6-12**

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780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



**Sunday, March 9, 2025**

**Stick & Puck**

Date and Time: Sunday, March 9 12:00 pm - 2:00 pm

Address: 7825 51 Street





# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 8**

### **Stick & Puck**

12:00 pm - 1:30 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Youth Shinny U13**

1:45 pm - 3:15 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

3:30 pm - 5:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Free Public Skating**

5:15 pm - 7:00 pm

Cenovus Energy Arena

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

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13 must be accompanied  
by an adult.*

## **SUNDAY, MAR. 9**

### **Stick & Puck**

12:00 pm - 2:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

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### **Shinny**

2:15 pm - 3:45 pm

Cenovus Energy Arena

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## **Free Public Skating**

Date and Time: Sunday, March 9 2:00 pm - 3:30 pm

Address: 7825 51 Street

# COLD LAKE ENERGY CENTRE **SKATING**

## **SATURDAY, MAR. 8**

### **Stick & Puck**

12:00 pm - 1:30 pm  
Cenovus Energy Arena  
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### **Youth Shinny U13**

1:45 pm - 3:15 pm  
Cenovus Energy Arena  
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### **Youth Shinny 13-17 yrs**

3:30 pm - 5:00 pm  
Cenovus Energy Arena  
*Free with membership or drop in rates apply.*

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5:15 pm - 7:00 pm  
Cenovus Energy Arena

**FREE SKATE RENTALS**  
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12:00 pm - 2:00 pm  
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2:00 pm - 3:30 pm  
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2:15 pm - 3:45 pm  
Cenovus Energy Arena  
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780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## shinny

Date and Time: Sunday, March 9 2:15 pm - 3:45 pm

Address: 7825 51 Street



# COLD LAKE ENERGY CENTRE SKATING

## SATURDAY, MAR. 8

### **Stick & Puck**

12:00 pm - 1:30 pm

Cenovus Energy Arena

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### **Youth Shinny U13**

1:45 pm - 3:15 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Youth Shinny 13-17 yrs**

3:30 pm - 5:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Free Public Skating**

5:15 pm - 7:00 pm

Cenovus Energy Arena

## SUNDAY, MAR. 9

### **Stick & Puck**

12:00 pm - 2:00 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

### **Free Public Skating**

2:00 pm - 3:30 pm

Imperial Oil Place Arena

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2:15 pm - 3:45 pm

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**FREE SKATE RENTALS**  
Junior 1-5 Youth 6-13 Adult 6-12

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780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## Monday, March 10, 2025

### 50+ Shinny

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

Address: 7825 51 Street



# 50+ Drop In Hockey

**MONDAYS, WEDNESDAYS & FRIDAYS**

*(excluding Stat holidays)*

**10:30 am - 11:45 am | Cold Lake Energy Centre**

*\*Drop in fees apply\**

For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



## **Tuesday, March 11, 2025**

### **Pickleball**

Date and Time: Tuesday, March 11 12:00 pm - 2:00 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

## Mathemagicians Club

Date and Time: Tuesday, March 11 4:15 pm - 5:15 pm

*Ages 6-8*

Four fun-filled afternoons of numeracy based activities with teen volunteers and FCSS staff.

*Register by February 27.*

### **Tuesdays**

March 4 [\*Register for the series here\*](#)

March 11

March 18

March 25

4:15 p.m. - 5:15 p.m.

Cold Lake and District FCSS

\$10.00 per series, registration required

## Wednesday, March 12, 2025

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### Community Friends - Movie Day!

Date and Time: Wednesday, March 12 10:00 am - 11:30 am

*Adults 18+*

This program is designed for adults with developmental or acquired disability, and community members who are interested in fostering community inclusivity. The program consists of monthly themed interactive social activities that include games and crafts. At the beginning of each program there will be a short presentation on social skills development such as setting personal boundaries, conflict resolution, and expressing your needs. Participants are welcome to bring their caregivers as this is not a drop off program.

### **Wednesdays**

March 12 - Movie Day [\*Register Here\*](#)

April 9 - Egg-cellent Fun! [\*Register Here\*](#)

May 14 - Spring Friends [\*Register Here\*](#)

June 18 - Celebrate National Indigenous Peoples Day [Register Here](#)

10:00AM - 11:30AM

Cold Lake and District FCSS

Free, registration required

### **Kids Zone**

Date and Time: Wednesday, March 12 10:30 am - 12:00 pm

Address: 7825 51 Street

Inflatable bounce house, toys, balls and sports equipment.

Ages 1 -5 (recommended age) Adult or guardian must be present.

\$2.00 / child, kids under 1 year - free

### **Lunch Time Shiny**

Date and Time: Wednesday, March 12 12:00 pm - 1:00 pm

Address: 7825 51 Street

# LUNCHTIME SHINNY

MONDAYS, WEDNESDAYS & FRIDAYS

*(excluding Stat holidays)*

12:00 pm - 1:00 pm

Cold Lake Energy Centre

*\*Drop in fees apply\**



For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



## Thursday, March 13, 2025

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### Science on the Go

Date and Time: Thursday, March 13 1:00 pm - 4:00 pm

*Ages 7-12*

This program is designed to support the connection between the caregiver and the child, while focusing on STEM education. Each kit will provide your child with the tools to observe, build, engineer, and practise their skills, while providing a

fun activity to build together in your home. Mindful activities reduce screen time and supports executive functioning in children and youth. *Register for one or all kits.*

## **Thursdays**

March 13 - Dino Adventure [\*Register Here\*](#)

May 1 - Sensory Adventures [\*Register Here\*](#)

Pick up between 1:00 p.m. - 4:00 p.m.

Cold Lake and District FCSS

\$5.00 per session, registration required

## **Art Therapy for Adults**

Date and Time: Thursday, March 13 6:00 pm - 8:00 pm

*Adults 18+*

Lakeland Psychological Services is pleased to present an Art Therapy workshop led by Randi Martin, focusing on stress reduction for adults. This workshop offers a unique opportunity to explore self-expression through art while alleviating stress. Engaging in the repetitive motions of creating art can provide a calming effect on the mind, allowing participants to momentarily escape their daily concerns. Join Randi to slow down, unwind, and unlock your creative potential.

Thursday, March 13 [\*Register here\*](#)

6:00 p.m. - 8:00 p.m.

Cold Lake and District FCSS

\$20.00, registration required

## **Friday, March 14, 2025**

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### **Pickleball**

Date and Time: Friday, March 14 2:15 pm - 5:00 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.



We supply the paddles and balls.

## Saturday, March 15, 2025

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### NERF WARS

Date and Time: Saturday, March 15 1:00 pm - 4:30 pm

Address: 7825 51 Street

A poster for a Nerf Wars event. The background is a textured, abstract mix of purple, blue, and green. At the top, white text reads "Join us for an epic Nerf battle. We supply the ammo, nerf guns and eye wear." Below this is a yellow rectangular box with the word "NERF" in large, red, distressed letters. Underneath "NERF" is the word "WARS" in large, black, distressed letters. To the right of "WARS" is a black target symbol with concentric circles and crosshairs. On the left side, the date "SATURDAY MAR 15" is written in large, bold, yellow and white letters. On the right side, the event details are listed in yellow and white text: "1:00 PM - 2:30 PM", "3:00 PM - 4:30 PM", "Reid Field House @ Cold Lake Energy Centre", and "\$5.50 All ages". Below these details is a list of bullet points in white text: "• Registration required by March 13.", "• Max 50 registrants per floor time.", "• Children 12 years and under must have adult supervision.", and "• No food or drink inside the Reid Field House."/>

Join us for an epic Nerf battle.  
We supply the ammo, nerf guns and eye wear.

**NERF**  
**WARS**

**SATURDAY**  
**MAR**  
**15**

**1:00 PM - 2:30 PM**  
**3:00 PM - 4:30 PM**  
Reid Field House  
@ Cold Lake Energy Centre  
\$5.50 All ages

- **Registration required by March 13.**
- Max 50 registrants per floor time.
- Children 12 years and under must have adult supervision.
- No food or drink inside the Reid Field House.

Pre-register at the Cold Lake Energy Centre.  
Phone: 780-639-6400



## Sunday, March 16, 2025

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## Stick & Puck

Date and Time: Sunday, March 16 12:15 pm - 1:45 pm

Address: 7825 51 Street



**COLD LAKE ENERGY CENTRE**  
**SKATING**

**SUNDAY, MAR. 16**

<b>Stick &amp; Puck</b> 12:15 pm - 1:45 pm Imperial Oil Place Arena <i>Free with membership or drop in rates apply.</i>	<b>Youth Shinny 13-17 yrs</b> 6:30 pm - 8:15 pm Cenovus Energy Arena <i>Free with membership or drop in rates apply.</i>
<b>Free Public Skating</b> 12:30 pm - 2:00 pm Cenovus Energy Arena	<b>FREE SKATE RENTALS</b> <i>Junior 1-5 Youth 6-13 Adult 6-12</i>


*Children under the age of 13 must be accompanied by an adult.*

 **780-639-6400 | [www.coldlake.com](http://www.coldlake.com)** 

## Free Public Skating

Date and Time: Sunday, March 16 12:30 pm - 2:00 pm

Address: 7825 51 Street



**COLD LAKE ENERGY CENTRE**  
**SKATING**

**SUNDAY, MAR. 16**

**Stick & Puck**

12:15 pm - 1:45 pm

Imperial Oil Place Arena

*Free with membership or drop in rates apply.*

**Youth Shinny 13-17 yrs**

6:30 pm - 8:15 pm

Cenovus Energy Arena

*Free with membership or drop in rates apply.*

**Free Public Skating**

12:30 pm - 2:00 pm

Cenovus Energy Arena

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of 13 must be accompanied by an adult.*




780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



**Youth Shinny 13-17**

Date and Time: Sunday, March 16 6:30 pm - 8:15 pm

Address: 7825 51 Street



**COLD LAKE ENERGY CENTRE**  
**SKATING**

**SUNDAY, MAR. 16**

**Stick & Puck**

12:15 pm - 1:45 pm

Imperial Oil Place Arena

*Free with membership or drop in rates apply.*

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6:30 pm - 8:15 pm

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**Free Public Skating**

12:30 pm - 2:00 pm

Cenovus Energy Arena

**FREE SKATE RENTALS**  
*Junior 1-5 Youth 6-13 Adult 6-12*

*Children under the age of 13 must be accompanied by an adult.*



780-639-6400 | [www.coldlake.com](http://www.coldlake.com)



## **Monday, March 17, 2025**

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### **50+ Shinny**

Date and Time: Monday, March 17 10:30 am - 11:45 am

Address: 7825 51 Street



# 50+ Drop In Hockey

**MONDAYS, WEDNESDAYS & FRIDAYS**

*(excluding Stat holidays)*

**10:30 am - 11:45 am | Cold Lake Energy Centre**

*\*Drop in fees apply\**

For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



## Pickleball

Date and Time: Monday, March 17 12:00 pm - 2:00 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

## Tuesday, March 18, 2025

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### Mathemagicians Club

Date and Time: Tuesday, March 18 4:15 pm - 5:15 pm

*Ages 6-8*

Four fun-filled afternoons of numeracy based activities with teen volunteers and FCSS staff.

*Register by February 27.*

#### **Tuesdays**

March 4 *[Register for the series here](#)*

March 11

March 18

March 25

4:15 p.m. - 5:15 p.m.

Cold Lake and District FCSS

\$10.00 per series, registration required

## Wednesday, March 19, 2025

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### Lunch Time Shiny

Date and Time: Wednesday, March 19 12:00 pm - 1:00 pm

Address: 7825 51 Street

# LUNCHTIME SHINNY

MONDAYS, WEDNESDAYS & FRIDAYS

*(excluding Stat holidays)*

12:00 pm - 1:00 pm

Cold Lake Energy Centre

*\*Drop in fees apply\**



For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



## Bringing Baby Home

Date and Time: Wednesday, March 19 1:00 pm - 2:30 pm

*Expecting Parents, New Parents and Caregivers of Infants*

Resources and support provided in this program help expecting and new parents establish confidence in their ability to bring their baby home safely from the hospital, and to create a loving and supportive environment in which their infant may thrive.

**Wednesdays**

March 19 - Supporting your Baby's Development

April 16 - Home Safety

May 21 - Summer Safety

June 18 - Just Dads

1:00 p.m. - 2:30 p.m.

Cold Lake Family Connections

Free, registration not required

## **Thursday, March 20, 2025**

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### **Pickleball**

Date and Time: Thursday, March 20 12:00 pm - 2:00 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

### **That Bites!**

Date and Time: Thursday, March 20 4:30 pm - 6:00 pm

*Ages 13-18*

That Bites! aims to teach youth how to make easy, healthy, and budget-friendly foods. This program is suitable for an individual or a pair to create together, dine together, and understand the importance of eating balanced on a budget. That Bites! will support youth transitioning into adulthood and help them gain the confidence to be in the kitchen safely.

*Register by March 18*

Thursday, March 20 - Fresh Starts [\*Register here\*](#)

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

Cold Lake and

District FCSS

\$10.00 per session,



registration required

**Friday, March 21, 2025**

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## Parent Tot Skate

Date and Time: Friday, March 21 9:15 am - 10:15 am

Address: 7825 51 Street



# PARENT & TOT Skating

**Fridays @ 9:15 am - 10:15 am**  
**Cold Lake Energy Centre**

*Ages 5 & under | Drop-in fees apply to child only.*

For more information, contact the  
Cold Lake Energy Centre (780) 639-6400.



**Monday, March 24, 2025**

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## 50+ Shinny

Date and Time: Monday, March 24 10:30 am - 11:45 am

Address: 7825 51 Street



# 50+ Drop In Hockey

**MONDAYS, WEDNESDAYS & FRIDAYS**

*(excluding Stat holidays)*

**10:30 am - 11:45 am | Cold Lake Energy Centre**

*\*Drop in fees apply\**

For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



**Pickleball**

Date and Time: Monday, March 24 3:00 pm - 5:45 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

## **Tuesday, March 25, 2025**

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### **Mathemagicians Club**

Date and Time: Tuesday, March 25 4:15 pm - 5:15 pm

*Ages 6-8*

Four fun-filled afternoons of numeracy based activities with teen volunteers and FCSS staff.

*Register by February 27.*

#### **Tuesdays**

March 4 *[Register for the series here](#)*

March 11

March 18

March 25

4:15 p.m. - 5:15 p.m.

Cold Lake and District FCSS

\$10.00 per series, registration required

## **Wednesday, March 26, 2025**

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### **Lunch Time Shiny**

Date and Time: Wednesday, March 26 12:00 pm - 1:00 pm

Address: 7825 51 Street

# LUNCHTIME SHINNY

MONDAYS, WEDNESDAYS & FRIDAYS

*(excluding Stat holidays)*

12:00 pm - 1:00 pm

Cold Lake Energy Centre

*\*Drop in fees apply\**



For more information, call the  
Cold Lake Energy Centre at 780-639-6400.



## Dino Adventure

Date and Time: Wednesday, March 26 5:00 pm - 7:00 pm

*Families*

Family Connections is hosting an exciting event filled with digging, hunting, and thrilling adventures. This evening will be packed with indoor crafts and games, a delicious light meal, and a variety of activities centered around the captivating world of Dinosaurs.

Wednesday, March 26 [Register here](#)

5:00 p.m. - 7:00 p.m.

Cold Lake Family Connections

Free, registration required

## **Thursday, March 27, 2025**

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### **Pickleball**

Date and Time: Thursday, March 27 12:00 pm - 2:00 pm

Address: 7825 51 Street

Reid Field House

Free with membership or drop in rates apply.

We supply the paddles and balls.

## **Friday, March 28, 2025**

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### **Parent Tot Skate**

Date and Time: Friday, March 28 9:15 am - 10:15 am

Address: 7825 51 Street



# PARENT & TOT *Skating*

**Fridays @ 9:15 am - 10:15 am**  
**Cold Lake Energy Centre**

*Ages 5 & under | Drop-in fees apply to child only.*

For more information, contact the  
Cold Lake Energy Centre (780) 639-6400.



<https://calendar.coldlake.com>