



HEARTBEAT

The **'Birch Hills Heartbeat'** newsletter is printed bi-monthly 1st and 15th of the month. It is available at the following locations: **Birch Hills Recreation Office**, Lake Country Co-op, Grumpy's Confectionary, Quayle's Pharmacy, and other businesses downtown. Pick up your free copy and share with a friend. Send your email address and request to be added to newsletter emailing list to **birchhillsrec@sasktel.net**

May 1st, 2022

Issue 281

Birch Hills Senior Recreation Club News

The BH Senior Rec Club is happy to say " We are back up and running and ready for fun!!!

We have held a few executive meetings to get reorganized and are enjoying our new "home" at the DLCC (Duane Lowe Community Centre).

We are a club that is open to anyone that is 50 years of age and older and are welcoming new members. Our objective is to provide a safe place for seniors to gather for exercise games, fun, and entertainment. At the time of writing we have well over 50 members and membership is just \$15/person/annually.

To check us out, you are welcome to join us as a guest for 3 visits and then will be required to purchase a membership to continue to attend any functions we host.

Currently we have regular game times on Tuesday's and Thursday's from 2-4pm. Games consist of a real variety and I'm sure will continue to expand: cards, Crokinole, board games, and carpet bowling. There is always coffee/tea and cookies available and you don't have to participate in games , you can come just to socialize too!!! Each day is a \$2 Drop-in fee for everyone.

We are planning to have some Special events on Fridays – our first one is Friday April 8 at 2pm as our local Monday group of Line Dancers will be coming to perform for us and we'll have a socializing time afterwards.. A cost of \$2 drop in fee is the admission. In the future we are aiming to get guest speakers on a variety of subjects, crafts, entertainment. These will be open to all over the age of 50! Also if you have suggestions please let us know what may interest you.

Our Facebook page is: Birch Hills Senior Recreation Club watch there and the Heartbeat for updates !

If you need a ride to come down to the DLCC CONTACT Iris Fjeld, Joanne Howes or Shirley Ulvild, we'll get you there!!!!

For more info contact any of our board of directors:

Iris Fjeld- 306-749-7377 – Richard Epp- 306-961-0653- Joanne Howes- 306-749-3435- John Herd- 306-749-7337- Val Quayle-306-749-3190-Maxine Cromartie-306-749-2564-Del Braaten-306-749-2726-Shirley Ulvild-206-749-2500-Grace Penner-306-749-7102- Lyle Evans-306-930-8074- Stewart Adams-306-749-7439.

April issues of this Birch Hills activity newsletter are sponsored by:

**KLEEN BEE
CMT CONTRACTING**

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact 306-749-7451/ birchhillsrec@sasktel.net. The cost is \$100 by 3 sponsors (\$300/month) for printing, advertising and ensuring that the newsletter stays free for everyone.

Scrap Metal Drive fundraiser for the rink is still ongoing. There is a collection bin located at the lift station on Ward Road. Anything with metal on it can be donated. There will be an account under "Birch Hills Skating Rink" at McDonald's Metal in Prince Albert for those who wish to drop stuff off there.

May Heartbeat Sponsors

Polar Ice Melt
11lb shaker



\$6.95 ea !!!

Will not harm grass or concrete!!

Melts down to -31° Celcius



Globe Disinfecting
Wipes in a Pail!!!!



2 FOR \$20!

800 wipes in a pail !!!!

Perfect for hard surface disinfecting!!!

Happy St. Patrick's Day!!

#4 – 293 17th Street West, Prince Albert, SK S6V 3X6 (306) 763-1726

NOTICE OF PREPARATION OF THE ASSESSMENT ROLL

Rural Municipality of Birch Hills No. 460

Notice is hereby given that the assessment roll for the RM of Birch Hills No. 460 for the year of 2022 has been prepared and is open to inspection in the office of the assessor from 9:00 am to 12:00 noon and from 1:00 pm to 4:00 pm on the following days: Monday to Friday inclusive April 14th to May 17th, 2022, with the exception of public holidays as per the regulation below.

A bylaw pursuant to Section 214 of *The Municipalities Act* has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against their assessment is required to file the notice of appeal, accompanied by a \$50.00 appeal fee which will be returned if the appeal is successful. All appeals are to be submitted to:

Kelly Sandelin, Board of Revision Secretary
c/o RM of Invergordon No. 430
Box 40
Crystal Springs, SK, S0K 1A0

By the 17th day of May, 2022

Dated this 14th day of April, 2022

Cherie Opseth, Assessor
RM of Birch Hills No. 460
Box 369
279 Bellamy Avenue
Birch Hills, SK, S0J 0G0

COVER YOUR UGLY CONCRETE

CMT Chris Hovdebo
Contracting & Rubber Stone Owner/Operator

Call/Text:(306)749-7606

Email: cmt@rubberstonenesk.ca

Website: rubberstonenesk.ca

RUBBER STONE

CMT Contracting Ltd

*RUBBER STONE*SIERRA STONE*ENDURA FLAKE*

CMT Contracting (Chris Hovdebo) installs rubber paving over damaged concrete, wood, asphalt on decks, driveways, sidewalks, garages, and pool decks.

Did you know that covering ugly concrete with Rubberstone typically is about 2/3 the cost compared to tearing concrete up and replacing it.

Rubberstone is environmentally friendly as the black rubber we use is 100% recycled tires - we are keeping tires out of the landfill!

Check out our Facebook page or our NEW website to view some of Chris and his amazing teams work!

www.rubberstonenesk.ca

For FREE quotes call/text Chris (306)749-7606

St. Mary's Anglican Church, 279 McCallum Avenue, Birch Hills, SK

Sunday, May 2nd 9AM – Fourth Sunday After Easter In Person or over Zoom.

[https://us02web.zoom.us/j/82274837070?](https://us02web.zoom.us/j/82274837070?pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUT09)

[pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUT09](https://us02web.zoom.us/j/82274837070?pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUT09)

Or by telephone: +1 204 272 7920; Meeting ID: 822 7483 7070

Passcode: 743940

Sunday, May 9th 9AM – Fifth Sunday After Easter / Rogation Sunday In Person or over Zoom.

[https://us02web.zoom.us/j/82274837070?](https://us02web.zoom.us/j/82274837070?pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUT09)

[pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUT09](https://us02web.zoom.us/j/82274837070?pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUT09)

Or by telephone: +1 204 272 7920; Meeting ID: 822 7483 7070

Passcode: 743940

Weekday Morning Prayer is at 8AM Monday – Friday over Zoom

[https://us02web.zoom.us/j/88566261667?](https://us02web.zoom.us/j/88566261667?pwd=VFo0VU9DSERWWFFiV2YxcmplVFZBQT09)

[pwd=VFo0VU9DSERWWFFiV2YxcmplVFZBQT09](https://us02web.zoom.us/j/88566261667?pwd=VFo0VU9DSERWWFFiV2YxcmplVFZBQT09)

Or by telephone: +1 204 272 7920; Meeting ID: 885 6626 1667

Passcode: 499814

Weekday Evening Prayer is at 5PM Monday – Friday over Zoom

[https://us02web.zoom.us/j/81759855488?](https://us02web.zoom.us/j/81759855488?pwd=S0U5V21mRUhqbWhZa0R3aW1tMTB2QT09)

[pwd=S0U5V21mRUhqbWhZa0R3aW1tMTB2QT09](https://us02web.zoom.us/j/81759855488?pwd=S0U5V21mRUhqbWhZa0R3aW1tMTB2QT09)

Or by telephone: +1 204 272 7920; Meeting ID: 817 5985 5488

Passcode: 726370

Catechism and Compline is 7PM Wednesday evenings over Zoom

[https://us02web.zoom.us/j/83759468424?](https://us02web.zoom.us/j/83759468424?pwd=MnNBWnd6ZlI4R29WVSt5MnVyY0c0Zz09)

[pwd=MnNBWnd6ZlI4R29WVSt5MnVyY0c0Zz09](https://us02web.zoom.us/j/83759468424?pwd=MnNBWnd6ZlI4R29WVSt5MnVyY0c0Zz09)

Or by telephone: +1 204 272 7920; Meeting ID: 837 5946 8424

Passcode: 836891

Bible Study is 8PM Wednesday evenings over Zoom

[https://us02web.zoom.us/j/83759468424?](https://us02web.zoom.us/j/83759468424?pwd=MnNBWnd6ZlI4R29WVSt5MnVyY0c0Zz09)

[pwd=MnNBWnd6ZlI4R29WVSt5MnVyY0c0Zz09](https://us02web.zoom.us/j/83759468424?pwd=MnNBWnd6ZlI4R29WVSt5MnVyY0c0Zz09)

Or by telephone: +1 204 272 7920; Meeting ID: 837 5946 8424

Passcode: 836891

Contact Fr Jordan to make arrangements for Holy Communion at home.

Private Confession is by appointment. Contact Fr Jordan.

Reach Fr Jordan by phone: (306) 749-2229 or email: jordan_draper@hotmail.com

Girl Guide Chocolate and Vanilla Sandwich Cookies are available at Quayle's Pharmacy. \$5 per box.

Thank you for supporting the Birch Hills Guiding Association!

Birch Hills Library Report

135 Bellamy Ave
(306)749-3281

bircirc@wapitilibrary.ca

Open Tues: 11-5 and 6-8;

Thurs 12:30 – 2:30 and 3 – 7 new times

Fridays 9 -1.

Masks are encouraged.

Join our Facebook group at: <https://www.facebook.com/groups/289306315777789/>

Weekly events:

Mom's group Tuesdays at 10:30 am

Story and craft after school on Tuesdays

Story time with craft and snack on Fridays at 10:00 am. All ages welcome.

Contact the library if you have a book you would like to recommend for others to read

Check out our artist of the month! This month features Pat Bliss and his western style paintings as well as Natalie Matheson and her crocheted critters.

Special events:

May 3, 7:00 pm – Small Space Gardening with Angie from Wright's Greenhouse. Cost is \$5.00. Please preregister with the library.

May 13, 1:30 – Kokedama class with Annelie Johnstone. Cost is \$5.00. Please preregister at the library.

May 24, 1:30 pm – Perennial swap. Bring five or so of your perennials and swap with others.

May 31, 4:30 and 6:30; Build a Pot with Angie from Wright's Greenhouse. Angie will be bringing annuals and help you to fill your flower pots. Cost is the plants.

June 10 from 2:00 pm – 4:00 pm is our GRAND OPENING! Stop by for cake and coffee and have a tour of our new facility! Financial donations are always welcomed. Did you know if you make a donation of \$25 or more, you will receive an income tax receipt.

We are hosting a babysitter course in May however all the spots are filled. Watch for the next session in the fall!

Our Easter colouring contest winners are Erin Helm, Eden Helm and Alysha Helm. Congratulations girls!

Mother's Day Colouring contest sheets are now available at the library!

Mary Anne's Pick

Canadian Author, Louise Penny

has written intriguing mystery novels set in a small village in Quebec. Armand Gamache, the Chief Inspector of the Sûreté du Québec and several unique villagers appear in each novel. Penny uses historical events and social issues of today as subplots in her fiction. She has written 18 mystery novels which are published in 23 languages. Louise Penny and Hillary Clinton have coauthored *State of Terror*. Penny weaves complex whodunit mysteries, which keep the reader captivated. Read one mystery and you will be looking for more of Penny's works.

Birch Hills Seniors Rec Club

PRESENTS

RALPH GALAMBOS

Friday, May 6/22 2:00pm

Doors open at 1:30pm

At the DLCC in Birch Hills

Everyone Welcome- admis-
sion by donation

Coffee and Dessert to follow

Come enjoy some toe tapping music
Masks are NOT mandatory but are
recommended

CHURCH SERVICES:

Glad Tidings Tabernacle -
Sunday services at 11:00 am.

St Anne Roman Catholic

11 AM Sunday

Christ Alone Lutheran Brethren Church

(Formerly called Birch Hills Community Church)

Sunday Service 11:00 am

Corner and 4th of Bellamy

Bible Study Thursday Evenings 7:30 pm

Saron Lutheran Church

Hagen, Sk

Sunday Service 9:20 am

Lake Park Baptist Church

Lake Park Baptist Church

Sunday Prayer Time: 8:30-9:30 AM

Morning Cafe 9:30 AM

Sunday School for All Ages 10:00 AM

Sunday Morning Service: 11:00 AM

Tuesday Evening: Club DJ: 6:45-8:15 PM

Youth Bible Study: 7:00 PM

- Live Streaming will occur during the
Sunday Morning Service and later
uploaded to Youtube for viewing.

visit our website @ www.lakepark.ca



SKATEBOARD CLUB/SKATEPARK

Annual General Meeting

Tuesday, May 10

7:30 pm

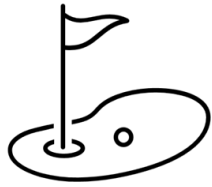
Christ Alone LB Church

Everyone Welcome!

RECYCLE

Please Share your Newsletter with a friend.
Send request to birchhillsrec@sasktel.net to
receive the news letter online.





Thinking of getting a golf membership this year?

- For the 2022 season, we are offering half-price memberships (\$300) for new adult members (haven't been a member in the previous 5 seasons 2017-2021; purchase deadline is June 1st, 2022)
- *Golf Canada / Golf Saskatchewan membership not included; Installment payments are not available for this offer*
- Gift certificates and passes are also available
- Contact birchhillsrec@sasktel.net or 306-749-7451 for more information



Birch Hills Safe Grad Committee Fundraiser

Please drop off your bottles at any Sarcan in Saskatchewan from now until June 1 and tag them with "Birch Hills Grad"

Your generosity is very much appreciated.

For more information call/text Jan @ 306-961-2212

May Birchview Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Day	2 Haircare 11:00 Calendar Posting 2:30 Painting Corner	3 10:30 Exercises and Sing a long 2:30 Anglican Church Canteen is Open 5:00 Pizza Supper	4 10:30 Craft time 2:15 Bingo	5 8:00 Breakfast Club ~ Group 1 12:00 Cinco de Mayo Lunch and Festivities 2:30 Mexican Fun Facts	6 Haircare 12:00 Mother's Day Chinese Lunch 2:30 Cheesecake & Coffee	7 MAY please be good
8 Happy Mother's Day	9 Haircare Manicures 2:30 A little bit of Polka, Fiddle and Good Times	10 11:00 Ladies Aux Meeting 2:30 Baptist Church Canteen is Open	11 10:30 Outside Strolls 2:30 Appetizers & Reminiscing	12 Haircare 11:00 Brunch Club ~ Group 2 2:30 Outside is S'more Fun	13 10:30 Bible Study w Friends 2:30 Bingo Canteen is Open	14
15	16 10:15 Minto Bowling & Lunch Outing 3:00 Haircare	17 Happy Birthday Barb 10:30 Card Games 2:30 Bingo	18 Recreation Shopping 2:30 Tonechimes	19 Haircare 12:00 Lunch Club ~ Group 3 2:30 Step Out Line Dancers	20 10:30 Making Puppy Treats 2:30 Community Church Canteen is open	21
22 hello spring	23 Victoria Day (Lanaco)	24 10:30 Exercises & Trivia 2:30 Roman Catholic Church 5:00 Pizza Supper Canteen is Open	25 10:30 Tonechimes 2:30 Drumming Fun	26 8:00 Breakfast Club ~ Group 4 Haircare 2:30 Horseracing Game	27 10:30 Bike Rides 2:30 Bingo BINGO	28 Armed Forces Day
29 Happy Birthday Jenny Mo	30 Happy Birthday Vicki Haircare 12:00 BBQ Lunch 2:30 One on Ones	31 10:00 Calendar Posting 11:00 Resident Council 2:30 Anglican Church Canteen is Open	May 2022			

Birchview Home

Birch Hills Dance Centre News

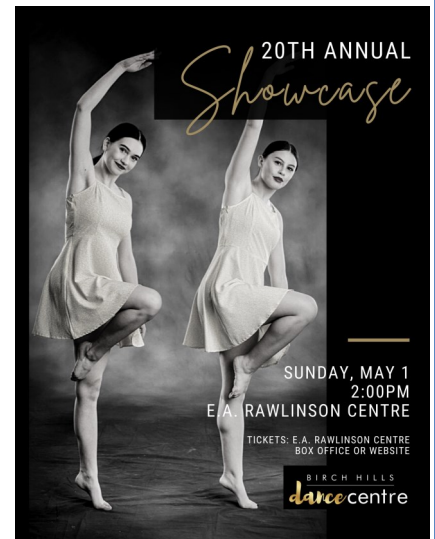
Tickets are now on sale for the year-end "20th Annual Dance Showcase" Recital taking place at the E.A. Rawlinson Centre in Prince Albert on Sunday, May 1 at 2 p.m. They may be purchased on-line or at the E.A. Rawlinson box office.

Congratulations to all of our dancers who performed at the Dance Experience competition in Tisdale on March 31 - April 3 and last week-end at the Dance City Competition in Saskatoon.

At Tisdale Hunter Stubbs was awarded 3 Platinum medals as well as special adjudicator awards for her solo performances in Jazz, Modern/Contemporary, and Lyrical as well as an End of Festival Awards for Excellence in Choreography for her Jazz solo and Artistry & Choreography for her Modern/ Contemporary solo. Other special adjudicator awards went to Brynlee Carrier and Madelyn Ranford for their Modern Duet, Brynlee Carrier for her Jazz Solo, Callie Braaten for her Musical Theatre Solo, Brynlee Carrier and Elin Cochrane for their Musical Theatre Duet, Burning House (Lyrical Group), Carry You (Senior Modern Group), Supers! (Junior Character Ballet), Heroes Come in All Shapes & Sizes (Senior Musical Theatre Group), Olivia Harvey and Hadley Gariepy for their Hip Hop Duet and Y2K Flashback (Senior Hip Hop Group). End of Festival awards also went to Burning House (Senior Lyrical) for Artistry and Choreography, Brynlee and James Carrier for Best Costume for Duet and Brynlee was awarded a Summer Camp Dance Scholarship to Just for Kix Summer Camp. Birch Hills dancers came home with 9 Gold, 18 Silver and 2 Bronze medals.

In Saskatoon, 22 First Place Gold medals, 4 Second Place Silver medals and 2 Third Place Bronze medals were awarded to Birch Hills dancers. Adjudicator Stand Out Awards went to Callie Braaten for her Musical Theatre solo, The Lotto (Tap Group), Brynlee Carrier and Madelyn Ranford for their Contemporary duet and Jaelynn Fjeld and Callie Braaten for their Lyrical duet. A special Choreography award went to Kayla Doderai for choreographing Hunter Stubbs' Lyrical Solo.

Come and support our local talented dancers on Sunday, May 1st at 2 p.m. at the E.A. Rawlinson Centre in Prince Albert. Dancers, ages 3 to teen will be performing. Get your tickets early to avoid disappointment.



LOVE TO GARDEN?



Skatepark Community Garden has 20 plots available approx. 20 x 50 ft.
\$50 (to cover the cost of water, tilling, potato dust and garden tools) plus \$50 refundable deposit once garden is cleared off. Secure a spot by dropping off fee and deposit with Kathy at Christ Alone LB Church (corner of 4th And Bellamy) on Saturday, April 30 from 10 am to noon.

Crystal Springs Rec Co-op

Mother's Day BRUNCH

Let's Make Every Mom Special!!

Sunday, May 8th

10 am to 1 pm

Adults	\$13
6-12 years	\$7

Wow! Maybe Spring is finally here, what a winter, if you were a snowmobiler, then it was a great winter, lots of fields to run on and hopefully you avoided any open ditches.

For the rest of us, winter has seemed to drag on for the past year. But finally we have the opportunity to get outside and soak up some sunshine, go for a walk, clean up your yard and look forward to the first barbecue of the season.

With the outdoors in mind, I have a couple of requests for your consideration.

1. Our Recreation Director, Zac Pitzel, observed to me the other day that the town seems overly quiet in the evenings, with everyone couped up in their houses and no one out for a walk. Which led me to thinking that maybe we need a Spring Walkathon in Birch Hills. My thoughts are that we take a period of time and see how many kilometres we can walk as a community. Anyone interested? My thought was that we start May 1 and end on June 15 of this spring. The Senior Club and the Recreation Dept can provide you with the necessary paperwork to record your daily exercise walks and then after June 15th we will compile the accumulated mileage to be reported. The individual reports will allow you to estimate the mileage(or if you Fitbit you can record the actual) daily activity that we participate in over the six weeks.
2. Additionally to the daily exercise, would I be able to ask that if you meet someone while out exercising, that you don't know(or in my case. May have forgot your name) introduce yourselves and have a one minute conversation about our community, preferably something positive.
3. AND, if I may be so bold as to ask. If we all take a small plastic bag and a pair of gloves with us, could you help to clean up our community after a long cold winter. There seems to be a proliferation of masks and garbage laying around this spring. Use any garbage container that is by the street, or your own to dispose of the garbage and help to make us all proud of our Town. Mr. Stensrud used to be conscientious and pick up garbage every day when he was walking and never did it with the intention of being recognized, maybe we as a community could carry on his mission in his absence.
4. Finally, a few housekeeping items, the record sheets will be available at the Rec. Office, the Duane Lowe Community Centre, either at the Library or thru the Seniors Club, and as an attachment on the Town Website. You can turn the sheets in at the Library book drop, the Library or the Recreation Office. I am looking forward to seeing how many kilometres we can walk over the next six weeks.

Thank you for reading and considering to be active

Your Mayor

Stewart Adams

CRYSTAL SPRINGS 2022 COFFEE ROW

2 to 4 pm on Wednesdays

June 1st July 6th Aug 3rd
Sept 7th Oct 5th Nov 2nd
Dec 7th

Please join us at Crystal Springs Hall
Bring a friend -- it's a wonderful opportunity for
friends & neighbours to get together!!

For more Info, call Donna 306-314-5672

Birch Hills Senior Rec Club

Pancake Breakfast

Friday May 13/22
8am-11am at DLCC
Adults - \$10
Under 12 - \$5



reallygreatsite.com

First HOME games of the season

May 9 and May 11

For 13U and 18U



Brewers
JR



Birch Hills
GOLF COURSE

Town vs.
Country
June 25

Hunter
Nelson
Memorial
July 16

Royal
Canadian
Legion
July 23

Club
Championship
August 7

Birch Hills
Blackhawks
Aug 13

Junior /
Senior
August 28

Ladies
Harvest
TBD

Men's Night
Windup
Sept 18

Ladies Golf:

Mondays starting at 5:48pm (1/2 price green fees for non-members)

Tuesdays starting at 9:24am

Men's Night Thursdays 6:00pm

**\$5.00 annual membership; \$5.00 nightly fee
plus green fees / cart rental if applicable**

Prebooking is recommended for Ladies & Men's Golf

Book online at www.birchhillsgolfcourse.ca or

Call 306-749-2211 for more information



Kinistino Metis
Local @43 AGM
Saturday, May 7
at 11 am
Weldon
Auditorium
Meeting Room
Potluck lunch and
regular meeting
to follow.

CALLING ALL BIRCH HILLS PEOPLE

Birch Hills Umpire Clinic

Wednesday, May 4, 2022

Location TBD

4:30pm-8:30pm

\$30/per person

opportunity to make \$35-\$50
per game!!!!

RSVP Bailey at (306) 749-7339

Rochelle (306) 930-1265.





Our 2022 opening day is yet to be determined. We are grateful for the snowfall and moisture that we had this winter, as our dugouts are full! But there is still a lot of snow and standing water on the course. And we are waiting for our new deck to be built!

We hope that more people from in and around Birch Hills will take up the game of golf and make this another great golf season. Lessons are available for anyone who would like to learn how to golf or to improve their game. We also have rental clubs available should you need them.

Half-price adult memberships are available until June 1st, 2022 IF you haven't had a membership in the previous 5 years. These memberships don't include the Golf Canada membership (you may purchase separately) and must be paid in full at time of purchase.

The clubhouse will be set up much the same as it was last season. Masks are optional for golfers in the clubhouse and on the deck. We will provide hand sanitizer and will continue to perform regular cleaning in and around the clubhouse. Order from our menu and enjoy the gorgeous view from the deck (outdoor or take-out dining is available). Our clubhouse staff will wear masks while we prepare and serve your food.

We hope that you can get out and enjoy a round of golf on our beautiful course. Or at least come out and enjoy the view from the deck...the sunsets are spectacular.

Once we open, we will operate from 7:00am until sunset, weather permitting. Ladies Night (Monday), Ladies Day (Tuesday) and Men's Night (Thursday) will be starting shortly after we open. We also have a Mixed League in the works - you can call the clubhouse once we open (306-749-2211) to register (singles or couples may sign up)!

Keep up to date with the Birch Hills Golf Course - Follow us on Facebook [Birch Hills SK Golf Course | Facebook](#) (this is where the opening day will be posted, once it has been determined) and check out our website www.birchhillsgolfcourse.ca

BIRCH HILLS ANNUAL GARAGE SALE DAY

WHEN
Saturday
June 4th

WHERE
Community Wide!
Birch Hills, SK



Garage Sales all over town

Grab a table, tail gate, or garage. Pin-up balloons and set-up your items to sell anywhere you can in town.

Out of town visitors and vendors welcome.

COVID-19

MEALS ON WHEELS VOLUNTEERS NEEDED



Deliver nutritious meals and share a smile with those in need.

Sign up today!

Contact your local Volunteer Coordinator for further information :

Email: VOLUNTEERS@paphr.sk.ca Phone: (306) 765-6119 | (306) 940-7490 or (306) 941-8365

We are currently recruiting Volunteers in Birch Hills, Duck Lake, Cudworth, Kinistino, Prince Albert, Rosthern and Wakaw.

We're taking necessary precautions to ensure deliveries continue safely during this time.



saskatchewan.ca/COVID19

February 2022