

February 19, 2023

The Town of High Level is having Free Family Day events as listed below;

12—3 Cross country skiing at the far Nordic ski trails, located at Fox Haven Golf and Country Club
(19344 TWP RD 1102A)

1—3 Free swim at the R.E. Walter Memorial Aquatic Center

3—4 Hot Chocolate & Hotdog Roast at the pool parking lot (10001-105 Avenue)

4-6 pm High Level Arena Glow skate

Family Day—February 20

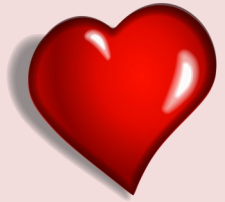
This holiday celebrates the importance of families and family life to people and their communities.

What to do on family Day?

1. Create a meal as a family or have a family cookout
2. Build, create or do something together—make a snowman, do a family puzzle or play a board game
3. Have a movie day/night; have some snacks including popcorn and put on a favorite or classic to enjoy as a whole
4. Get some fresh air! go for a skate or a walk. The days are getting longer and it's not so cold out
5. Learn about your family by exploring your family line & make a family tree
6. Look at pictures and talk about them together, begin a scrapbook
7. Get crafty; make finger puppets, jazz up bags, T-shirts or hats, make paper crafts or paper-mache



NWR-FASD Society



Cordially invites you to our

Valentine's Day Tea Social

February 14th 2023

Time: 11am-2pm

Location: Sheltering Arms 10502 103 St.

We will be serving Tea, sandwiches and desserts

Wear Red or Pink

Monthly Newsletter

