

Scan QR code to take your guide on the go!



PROGRAM GUIDE

NEW Morinville Program Registration Platform

Get ready for a simpler, faster way to register for programs. It's easy to use, flexible and designed with YOU in mind.





Easy sign-up process



Find all programs online



Customize your profile



Complete your forms online



Receive email confirmations



Keep your membership card on your phone



Get notified by text



amilia

Sign up for all Morinville programs through amilia at morinville.ca/program-registration



CONTENTS

Fall Program Guide August 31, 2025 to January 3, 2026



Town Directory & Registration



MLC Admission Rates



Fitness & Recreation Fall Schedule



Landrex Arena 6 Schedule



All Ages



Child & Youth



Adult



Older Adult



Community Support Services



Fitness Services & Personal Training



TOWN DIRECTORY

MORINVILLE COMMUNITY **CULTURAL CENTRE**

Family & Community Support Services (FCSS) **Sports & Recreation** Arts & Culture **Programs & Events Registration & Facility Bookings** 9502 100 Ave., Morinville, AB T8R 1T1 www.morinville.ca/mccc Phone......780-939-7839

MORINVILLE LEISURE CENTRE

Fitness & Wellness Facility Operations & Guest Services 25126 SH642, Sturgeon County, AB T8R 2P9 wwww.morinville.ca/mlc Phone......780-939-3450

TOWN HALL

Office of the CAO & Mayor Administrative Services 10125 100 Ave., Morinville, AB T8R 1L6 www.morinville.ca Phone.....780-939-4361 Fax.....780-939-5633

INFRASTRUCTURE SERVICES

Snow Removal Waste Management & Recycling Utilities Roads 10310 107 St., Morinville, AB T8R 1L2 Phone......780-939-2590 Utility On-call.................780-965-0994 Fax......780-939-4435

SPONSORSHIP & ADVERTISING

sponsorship@morinville.ca Phone......780-939-7657

OTHER CONTACTS

Emergency	911
Enforcement Services	.780-939-7831
Morinville Fire Department	. 780-939-4162
RCMP	. 780-939-4550
Morinville Public Library	. 780-939-3292

HOW TO REGISTER





NEW

You can now register for all Morinville programs using our **NEW registration** platform

morinville.ca/program-registration

REGISTER TODAY TO GET STARTED!

Scan the QR code above or visit morinville.ca/program-registration to register for an account and start booking programs.



Morinville Community Cultural Centre 780-939-7839

Morinville **Leisure Centre** 780-939-3450

TO REGISTER BY PHONE:

Call the Morinville Community Cultural Centre or Morinville Leisure Centre to speak to one of our client service representatives to register for programs.



opens

Registration

All fees are due at the time of registration. Program registration is only complete upon payment.

Statutory Holidays

The Morinville Leisure Centre is open from 8 a.m. to 8 p.m. on statutory holidays (closed Christmas Day). The Morinville Community Cultural Centre is closed on statutory holidays.

Refund Policy

If we cancel a program due to low registration, every effort will be made to notify participants. A full refund will be processed or full credit will be applied to client account excluding any online charges.

Customer Refund Requests

Cancellations made 7 or more days before the program start date will receive a full refund. Cancellations made less than 7 days before the start date will be refunded minus a 20% administrative fee.

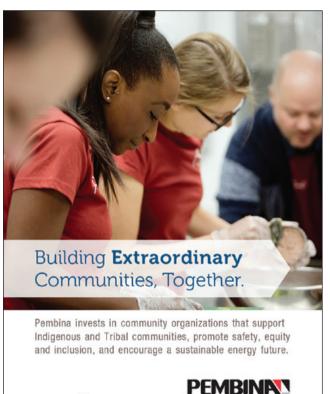
Refunds for after the program starts will only be permitted with written medical proof and will be prorated.

Medical Conditions

Clients are required to disclose any medical or behavioural conditions, allergies or special care instructions that may affect their participation in the program.







www.pembina.com





Hours

August 11 to December 23: Sunday to Saturday, 6 a.m. to 11 p.m. **Statutory holidays:** 8 a.m. to 8 p.m. (closed Christmas Day)

Single Daily Admission Prices

Ages	Price
Tots (5 years and under)	FREE
Child (6 to 12 years)	\$4.75
Youth (13 to 17 years)	\$5.75
Student (18+ with student ID)	\$6.75
Adults (18 to 59 years)	\$8.75
Senior (60+ years)	\$6.75
Family (2 adults & unlimited children in the same household)	\$22.50
Track only (all ages)	\$2.75

Taxes not included.

Membership Rates

Ages	10 Pass	Monthly	Annual	Track Only Annual
Tots (5 years and under)	FREE	FREE	FREE	FREE
Child (6 to 12 years)	\$42.75	\$26	\$261.25	FREE
Youth (13 to 17 years)	\$51.75	\$31.50	\$316.25	\$89
Student (18+ with student ID)	\$60.75	\$37	\$371.25	\$109
Adults (18 to 59 years)	\$78.75	\$48	\$481.25	\$142
Senior (60+ years)	\$60.75	\$37	\$371.25	\$109
Family (2 adults & unlimited children in the same household)	n/a	\$123.75	\$1,234.50	n/a
Track only (all ages)	n/a	\$25	n/a	n/a

Taxes not included.

All admission types have access to: Drop-in Fitness & Recreation Programs, Pembina Atrium,

Atlas Builder Buddies Play Space, Landrex Arena, Fitness Centre and Track.

Fitness services & personal training options available on page 55.



ANNUAL MLC MEMBERSHIP ADVANTAGES

- Discount on registered programs 12 months for the price of 10
- 4 FREE daily guest passes per year

25126 SH642, **Sturgeon County** 780-939-3450 www.morinville.ca/mlc

Fitness & Recreation Fall Schedule

August 31, 2025 to January 3, 2026

Child/Youth Adults/Older Adults All Ages Adults Drop-in Recreational Sports



Fitness & recreation schedule is subject to change. Please call for the most up-to-date schedule information.

ABBPS: Atlas Builder Buddies Play Space | **APHR:** Atlas Premium Homes Room | **SCR:** Sturgeon County Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Redited to the total t	pot at	HIRT Bootcamp 6:15 to 7 a.m. (MLC court 2)		HIRT Bootcamp 6:15 to 7 a.m. (MLC court 2)		Roll & Release 7:45 to 8:30 a.m. (MLC court 2)
tedit dide st. feet legit.	Strong to the CORE 9 to 10 a.m. (MLC court 2)	Silver Shoes 9 to 10 a.m. (MLC court 2)	Step & Strength 9 to 10 a.m. (MLC court 2)	Silver Circuit 9 to 10 a.m. (MLC court 2)	Lift 9 to 10 a.m. (MLC court 2)	Pickleball 8 to 11 a.m. (MLC court 3)
	Pickleball 9 a.m. to 12 p.m. (MLC court 3)	Mini Movers 9:30 to 11 a.m. ABBPS, APHR, SCR	Pickleball 9 a.m. to 4 p.m. (MLC court 3)	Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC court 3)	Pickleball 9 a.m. to 4 p.m. (MLC court 3)	Any BODY Bootcamp 9 to 10 a.m. (MLC court 2)
		Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC court 3)	Chair Yoga 10:30 to 11:30 a.m. (APHR)	Sit & Fit 10:15 to 10:45 a.m. (MLC court 2)	Chair Yoga 10:30 to 11:30 a.m. (APHR)	
		Sit & Fit 10:15 to 10:45 a.m. (MLC court 2)				Youth Fitness FUN 10:30 to 11:15 a.m. (MLC court 2)
		Home School Physical Education 11 a.m. to 12 p.m. (MLC court 2)	Lunchtime BURN! 12:15 to 12:45 p.m. (MLC court 2)	Home School Physical Education 11 a.m. to 12 p.m. (MLC court 2)	Lunchtime BURN! 12:15 to 12:45 p.m. (MLC court 2)	Kids Movement ABC's 11:30 a.m. to 12:15 p.m. (MLC court 2)
Cardio Kickboxing 4:30 to 6 p.m. (MLC court 2)		Active Kids Club 4:45 to 5:30 p.m. (MLC court 2)	Child/Youth Cross Training 4:45 to 5:30 p.m. (MLC court 2)	Kids Movement ABC's 4:45 to 5:30 p.m. (MLC court 2)		
Pickleball 5:15 to 7 p.m. (MLC court 3)	Forever Fit 5:15 to 6 p.m. (MLC court 2)	Pickleball 4 to 7 p.m. (MLC court 3)	Cardio Circuit 6 to 6:45 p.m. (MLC court 2)	Badminton 5 to 8 p.m. (MLC court 3)		
Sunday FUNday Pump 5:15 to 6 p.m.	Lift 6:15 to 7:15 p.m. (MLC court 2)	sTeel ABS 6 to 6:45 p.m. (APHR)	Hatha Yoga 6:45 to 7:45 p.m. (MCCC)	Sweet Roll & Stairs Release 5:45 to 6:15 p.m. (MLC 2)	FREE Pembina Youth Activate 3 to 8 p.m.	Youth Volleyball 6 to 8 p.m. (MLC court 2)
		Zumba 7:15 to 8:15 p.m. (MLC court 3)	Relax & All ages Restore Volleyball Yoga 7:30 to 8 to 8:45 p.m. 9:30 p.m. (MCCC) (MLC 2)	Barre 7 to 8 p.m. (APHR)		

Landrex Arena Schedule

August 25, 2025 to January 3, 2026

Adults	Child/Youth	All Ages				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Public Skate 12 to 1:30 p.m.				Adult Shinny 12 to 1:30 p.m.	
FREE Flowpoint Fun Skate 2:15 to 4:15 p.m	All Ages Stick & Puck 3 to 4:15 p.m.	Youth Stick & Puck 3 to 4:30 p.m.	11 Years and Under Stick & Puck 3 to 4:15 p.m.	Youth Stick & Puck 3 to 4:30 p.m.	All Ages Stick & Puck 3 to 4:15 p.m.	





MLC GIFT CARDS

are NOW available online!
Visit: morinville.ca/mlcgc





Flowpoint Fun Skate

Sponsored by FLOWPOINT

Sundays

Starting August 31

2:15 to 4:15 p.m.

Morinville Leisure Centre, Landrex Arena 25126 SH642, Sturgeon County



For details, call 780-939-3450 or visit events.morinville.ca
Helmets required for those under 18 years of age.



Become a member at the MLC today!

Annual membership benefits include:

- 12 months of MLC access for the price of 10
- Optional monthly payment plan with membership hold for up to 2 months/year
- At least 10% off on registered programs and personal training
- Access to 20+ weekly group fitness classes
- Drop-in recreation for all ages
- 4 free daily guest passes





Morinville Leisure Centre, 25126 SH642, **Sturgeon County**



benefits of a healthy workforce. Our program offers discounts for your employees and their immediate family members.

today!

Visit our Guest Services Desk at the Morinville Leisure Centre. call 780-939-3450 or email community@morinville.ca

MLC Corporate Wellness MEMBERSHIP Program

At the Morinville Leisure Centre, we believe in promoting health and wellness for all. Our Corporate Wellness Program is available at no additional cost and offers exclusive discounts and benefits to employees with valid proof of employment.

10 **PASS** 15% **Discount**

Flexible approach to fitness

MONTHLY MEMBERSHIP

Enjoy full membership benefits

ANNUAL **MEMBERSHIP**

Eniov full membership benefits

PLUS: two free months of membership, four guest passes for friends and family and option to place membership on hold for up to eight weeks per year.

EmpowerFit Employer Program

Unlock a healthier and more vibrant workplace with our EmpowerFit Employer Program designed exclusively for your team. As an employer, you have the power to enhance the well-being of your employees by contributing to their fitness journey, making healthy living not only accessible but also cost-effective.

15% OFF

Membership

15% OFF

Corporate Wellness Employer contribution Contribute as much as you'd like

30% Savings

total employee savings

Empower your team with EmpowerFit – because a healthier workforce is a happier and more successful workforce!

Why should you invest in the EmpowerFit Program?

Lower Health Costs

Active employees have fewer health issues, reducing healthcare and workplace expenses.

Enhanced Productivity

Physical activity boosts cognitive function, making employees more focused and engaged.

Better Health

Our program promotes physical activity, improving overall health and resilience.

Inspire Positive Change

Encourage higher activity levels, healthier eating, and positive behavior changes.



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- ± Anger management
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- t Children & Teens
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- # Grief & Loss
- Description 4 Parenting 1 P
- **t** Relationships
- **1** Stress Management
- # Trauma

 $780\hbox{-}202\hbox{-}7272$ morinville counselling@gmail.com

Services by a Registered Psychologist.

Direct bill most insurance providers.



ALL AGES

Events
Programs
Fitness & Recreation





Alberta Culture Days

Celebrate Alberta Culture Days in Morinville with live music, activities, crafts and treats!
Visit events.morinville.ca for full details.

Sunday | Sep 21 | 11 a.m. to 3 p.m. Free, drop-in.

Commemoration of the National Day for Truth and Reconciliation

In partnership with Sturgeon County, join us for an event dedicated to honouring Residential School Survivors and their families. Come together in reflection and support, fostering healing and understanding. This event will include stories from Residential School survivors, traditional dancers, music and refreshments.

Morinville Community Cultural Centre

TBA, visit events.morinville.ca for updates *Free, drop-in*.

Community Social Needs Design Lab & Dinner Ages 8+

Join us for a free community dinner from 5 to 6 p.m., followed by a hands-on Design Lab where your voice helps shape Morinville's future! Come explore key findings from the Social Needs Assessment and help co-create local solutions. No experience needed - just your ideas, energy and hope for what's next. Everyone 8+ welcome (kids and youth will stay with caregiver; no separate child-minding or activities available).

Morinville Community Cultural Centre

Monday | Sep 15 | 5 to 8 p.m.

Free, registration required for the free dinner; drop-ins welcome for the Design Lab at 6 p.m.



NEW WAY TO REGISTER

Register for Morinville programs using our NEW registration platform:

morinville.ca/program-registration

Morinville Fire Hall Open House

To celebrate Fire Prevention Month, the Morinville Fire Department is hosting an open house. Enjoy live demonstrations, fire truck tours and the chance to meet your local volunteer firefighters.

Don Found Fire Station

Saturday | Oct 4 | 11 a.m. to 2 p.m.

Free, drop-in.

Family Fright Halloween Dance, presented by Drayden Insurance

Join us for an evening of thrills, chills and family-friendly fun! Light up the dance floor with glow sticks, sparkle with glitter tattoos and strike a pose in your best costume at the photobooth. It's going to be a frightfully fabulous Friday night you won't want to miss! Children under 13 must be accompanied by an adult. Donations will be collected for the Morinville Food Bank. Tickets are free but required to attend, available starting October 1.

Morinville Community Cultural Centre

Friday | Oct 24 | 6:30 to 9:30 p.m.

Free, ticket required to attend.

Grandparents' Day

Celebrate the spirit of grandparenting with a guided legacy walk, horse encounters, storytelling and a chili lunch in a peaceful outdoor setting. Attend with your family or solo—all are welcome to enjoy connection, nature and shared memories.

Paradise Acres Ranch, 26212 TWP RD 552, Sturgeon County

Sunday | Sep 7 | 10 a.m. to 1 p.m.

Adults: \$25, children: \$15, registration required. Optional bus: Free, registration required.

Lite Up the Nite Christmas Festival

Celebrate the holiday season at Morinville's Lite Up the Nite Christmas Festival - a weekend full of free family fun, festive entertainment and community spirit! From Friday night's glow-filled Dance Party to the Festive Family Festival and magical parade, park lighting and fireworks — there's something for everyone to enjoy. Meet Santa, enjoy live performances, create crafts, connect with the community, plus cap it all off with ice skating on Sunday. Parade registration opens Sep 15.

If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or fcss@morinville.ca. Subsidies are available to help.

Dance tickets are free and required to attend, available starting Nov 1.

Various Morinville Locations

Nov 28 to 30 | Visit morinville.ca/lutn for schedule Free, drop-in, tickets required for dance.

Military History "Living Library"

Discover personal stories of local Canadians serving in the military. Veterans, current service members and representatives from agencies and museums will share stories about training, conflicts, peacekeeping and more. Join us to honour and learn from their experiences. Please email fcss@morinville.ca if you would like to volunteer for this event.

Morinville Leisure Centre

Wednesday | Nov 5 | 10 a.m. to 2 p.m. & 4 to 8 p.m. Free, drop-in.

To book class visits, please email fcss@morinville.ca.



Beaded Oilers Earrings Workshop

Join us for a hands-on Indigenous beading class where you'll learn to craft beautiful earrings inspired by traditional techniques. This special session celebrates the vibrant colours of your favourite hockey team, blending cultural artistry with team spirit. All materials are provided and no prior experience is needed—just bring your creativity and love for the game! Participants under 18 must be accompanied by an adult.

Morinville Community Cultural Centre

Wednesday | Nov 26 | 6 to 9 p.m.

Instructor: Sarah Hall

\$30 per set of earrings, registration required.



Beaded Poppy Workshop

Honour those who have served and continue to serve our country through the meaningful art of beadwork. In this workshop, local artist Sarah Hall will guide participants in creating a handcrafted beaded poppy to wear in remembrance. No experience necessary all materials are provided for this thoughtful and creative tribute. Participants under 18 must be accompanied by an adult.

Morinville Community Cultural Centre

Thursday | Nov 6 | 6 to 9 p.m.

Instructor: Sarah Hall

\$30 per poppy, registration required.

Britney Spears Dance Workshop

Ages 14+

Get ready to dance like a pop legend in our Britney Spears Dance Workshop! This fun, high-energy class breaks down an iconic choreographed routine from Britney. Open to all levels, it's the perfect chance to channel Britney's signature style, sass and star power.

Morinville Community Cultural Centre

Saturday Oct 18 7:30 to 9 p.m.

Instructor: Amanda Ducharme

\$24, reaistration required.

Christmas Gnome Family Workshop

Celebrate the season by creating whimsical gnome decorations for your family. Guided by a local crafting duo, you'll use paint, Mod Podge, and festive materials to bring your gnomes to life. While Christmas designs are popular, supplies will be available to suit any season or style. Participants under 18 must be accompanied by an adult.

Morinville Community Cultural Centre

Thursday | Nov 20 | 6:30 to 9:30 p.m.

Instructor: Two Moms And A Glue Gun \$15 per large gnome, \$8 per small gnome, registration required.







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Christmas Tree Shelf Workshop

Build your own Christmas tree-shaped shelf, perfect for holiday decorating. Learn basic woodworking skills and assembly, guided by an experienced instructor. Leave with a unique, handcrafted piece to showcase your holiday spirit year after year. Participants under 18 must be accompanied by an adult.

Morinville Community Cultural Centre

Wednesday | Nov 19 | 7 to 9 p.m. Instructor: Andrew Webb \$72 per shelf, registration required.

Fairy Pumpkin House Workshop

Step into a world of whimsy as you create your own enchanting fairy house shaped like a pumpkin in this creative, family-friendly workshop. Using natural materials and plenty of imagination, you'll design a magical miniature home for your fall décor. Perfect for kids and adults alike. Participants under 18 must be accompanied by an adult.

Morinville Community Cultural Centre

Wednesday | Oct 8 | 6:30 to 9:30 p.m. Instructor: Two Moms And A Glue Gun \$46 per house, registration required.

Lady Gaga Dance Workshop

Ages 14+

Step into the spotlight and channel your inner superstar at our Lady Gaga Dance Workshop! Open to all levels, this high-energy class teaches an iconic choreographed routine from Lady Gaga, celebrating self-expression and confidence. Come ready to move and unleash your boldest, fiercest self.

Morinville Community Cultural Centre

Saturday | Nov 22 | 7:30 to 9 p.m. Instructor: Amanda Ducharme \$24, registration required.

The Giving Tree

Help brighten the Christmas season for local older adults who may be alone or in need. Join our annual anonymous gift-giving program by picking up a Giving Tree envelope and purchasing a personalized \$30 gift. Your thoughtful gesture will bring joy, comfort and connection to someone who truly needs it.

Morinville Community Cultural Centre

Envelope pick up: Starts Monday, Nov 17 Gift drop off: Ends Friday, Dec 12

Wooded Lanterns Workshop

Join us for a hands-on Wooden Lantern Set Workshop where creativity meets craftsmanship. Guided by an experienced instructor, you'll learn basic woodworking skills as you build your own set of decorative lanterns. No prior experience needed—just bring a hammer and your readiness to build! Participants under 18 must be accompanied by an adult.

Morinville Community Cultural Centre

Wednesday | Oct 1 | 7 to 9 p.m.

Instructor: Andrew Webb

\$60 per set of lanterns, registration required.



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Affordable Rates & Subsidy Accepted
Large Indoor & outdoor Play Area
Hours of Operations 7 AM -6 PM, Transportation Available, Convenient Location

Address: 10601 100 Ave, Morinville AB, T8R1A2 email us: info@morinvillechildcare.ca or call us @ 780-385-6064



Morinville **Community Library**

10125 100 Avenue www.morinvillelibrarv.ca

All Booked Up

Ages 12+

Come in and grab your very own All Booked Up box. Each box includes a book from our collection, treats, and other goodies. You keep everything but the library book and the box. Spots are limited and run on a three-month cycle.

Morinville Community Library

Starting in September, pick up on first of each month, return by end of each month

Free, library card and registration required.

NEW Blind Date with a Book

We're inviting you to go on a blind date—with a book! Each mystery book will be wrapped up with a short description to spark your curiosity. We're accepting gently used books to wrap and feature on our display.

Morinville Community Library

During the month of Oct

Free, while quantities last.

NEW Taylor Swift Musical Bingo

Think you can recognize any of Taylor's songs from the first five seconds? Put your Taylor Swift knowledge to the test and join MCL for a day of Taylor Swift Musical Bingo. There will be prizes and cake to celebrate Taylor's birthday!

Morinville Community Library

Saturday | Dec 13 | 12:30 to 2:30 p.m.

Free, registration required.







Morinville LEISURE CENTRE Torch calories and boost your energy on your break! This quick, high-intensity adult workout fits perfectly into your lunch hour.

Morinville Leisure Centre Wednesdays & Fridays | 12:15 to 12:45 p.m. morinville.ca/program-registration



Registration is required for all programs led by an instructor, including drop-in classes.

All Ages Stick & Puck (Drop-in)

Open to all skill levels, this drop-in program offers flexible play that focuses on skills development and social atmosphere.

Morinville Leisure Centre, Landrex Arena

Mondays & Fridays | Aug 25 to Jan 2 | 3 to 4:15 p.m. Fee included with MLC membership or daily admission fee.

All Ages Skate (Drop-in)

Glide onto the ice for a fun-filled drop-in skating session for everyone! Helmets are required for those under 18 years of age. Children must be supervised on the ice by a responsible family member aged 16 or older.

Morinville Leisure Centre, Landrex Arena

Mondays | Aug 25 to Dec 29 | 12 to 1:30 p.m.

Fee included with MLC membership or daily admission fee.

Badminton (Drop-in)

Played with lightweight rackets and a shuttlecock, this is a great game for improving agility, hand-eye coordination and stamina. Open to players of all ages and skill levels. Equipment is available for use.

Morinville Leisure Centre, Court 3

Thursdays | Sep 4 to Jan 1 | 5 to 8 p.m.

Fee included with MLC membership or daily admission fee.





NEW WAY TO REGISTER

Register for Morinville programs using our NEW registration platform: morinville.ca/program-registration

Flowpoint Fun Skate (Drop-in)

Sponsored by Flowpoint Environmental Systems, join us on Sundays for a FREE fun skate. Helmets are required for those under 18 years of age. Children must be supervised on the ice by a responsible family member aged 16 or older.

Morinville Leisure Centre, Landrex Arena

Sundays | Aug 31 to Dec 28 | 2:15 to 4:15 p.m. *Free, drop-in*.

Learn to Play Pickleball

Whether you're picking up a paddle for the first time or refining your skills, our Learn to Play program is your gateway to a fun and active Pickleball experience.

Morinville Leisure Centre, Court 3

Tuesdays & Thursdays | Sep 9 to Dec 18 | 10:30 to 11:30 a.m.

Instructor: Dar Schwanbeck

Fee included with MLC membership, non-members \$10/class.

Pickleball (Drop-in)

A fun sport that combines many elements of tennis, badminton and ping-pong on a badminton-sized court. Join for singles or doubles play. Paddles and balls are available.

Morinville Leisure Centre, Court 3

Sundays | Aug 31 to Dec 28 | 5 to 7 p.m.

Mondays | Sep 1 to Dec 29 | 9 a.m. to 12 p.m.

Tuesdays | Sep 2 to Dec 30 | 4 to 7 p.m.

Wednesdays | Sep 3 to Dec 31 | 9 a.m. to 4 p.m.

Fridays | Sep 5 to Jan 2 | 9 a.m. to 4 p.m.

Saturdays | Sep 6 to Jan 3 | 8 to 11 a.m.

Fee included with MLC membership or daily admission fee.

Volleyball (Drop-in)

Spike, serve and have an exciting time on the court – where every game is a chance to explore new experiences and make connections.

Morinville Leisure Centre, Court 2

Wednesdays | Sep 3 to Dec 17 | 7:30 to 9:30 p.m.

Fee included with MLC membership or day admission fee.

CHILD & YOUTH

Events
Programs
Fitness & Recreation





MLC Youth Takeover

Ages 12 to 17

Calling all youth ages 12 to 17 to take over the Morinville Leisure Centre for a day! Choose your own recreation adventure and try a variety of fun activities with your friends. Lunch will be provided.

Morinville Leisure Centre

Thursday | Nov 13 | 10 a.m. to 2 p.m. Free, drop-in.



After School Hangout

Grades 3 to 6

Register to join us after school on Tuesdays for a semi-structured program that includes a variety of planned activities, such as art, games, creative nights, crafts and more. Participants are encouraged to actively engage in the planned components of the program, fostering both new and existing friendships among peers.

Morinville Community Cultural Centre Youth Loft

Tuesdays | Sep 17 to Nov 5 | 3 to 5:30 p.m. Instructor: FCSS Youth Program Leaders

Free, registration required.

Babysitter Training

Ages 12 to 15

This course is designed to increase confidence and provide the hands-on experience and skills necessary to be an effective babysitter. This course covers the basics of planning, care and more. Students must be turning 12 within the calendar year.

Morinville Community Cultural Centre

Session 1: Friday | Oct 10 | 10 a.m. to 4 p.m.

Session 2: Friday | Dec 5 | 10 a.m. to 4 p.m.

Instructor: FCSS Youth Program Leaders

\$45, reaistration reauired.

Fall Day Camps

Ages 6 to 12

Let your child explore their creativity, play games, meet new friends, and develop skills such as problem-solving, decision-making and self-expression. In addition to all the fun, they will create unique art and take home a craft to show off!

Morinville Community Cultural Centre

Drop off between 8:30 and 9 a.m. Pick up between 4 and 4:30 p.m.

Monday | Nov 10 | 9 a.m. to 4 p.m.

Wednesday | Nov 12 | 9 a.m. to 4 p.m.

Friday | Nov 14 | 9 a.m. to 4 p.m.

Instructor: FCSS Youth Program Leaders

\$40/day, registration required.



Free for 5yrs Located inside the and under Morinville Leisure Centre, the Atlas Builder Buddies Play Space is a fun, interactive spot for young kids to explore and play!

Socialize and make new friends

Perfect rainy day adventure



Morinville Leisure Centre 25126 SH642, Sturgeon County www.morinville.ca/mlc

If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or fcss@morinville.ca. Subsidies are available to help.

Home Alone

Ages 10 to 12

This program equips children with the necessary skills and knowledge to be safe and responsible when home alone for short periods. It will help them understand how to prevent problems, handle real-life situations and stay safe and constructively occupied.

Morinville Community Cultural Centre

Session 1: Friday | Nov 7 | 10 a.m. to 2 p.m.

Session 2: Monday | Dec 1 | 10 a.m. to 2 p.m.

Instructor: FCSS Youth Program Leaders

\$30, registration required.

Low-Sensory Photos with Santa

Enjoy a low-sensory photo opportunity with Santa in a calm, relaxed environment, created for children who benefit from a quieter setting. Participants are required to bring their own camera to capture the moment. Four half-hour sessions a day, each for up to 15 children. Children can bring a letter for Santa to drop-in the special mailbox, ensuring a reply from the big guy himself!

Morinville Community Cultural Centre

Nov 24 and 25 | 5 to 7:30 p.m.

Free, registration required.

Leaders In Training (LITs)

Grades 7 to 12

Ready to make an impact and have fun? Explore our volunteer options for grades 7 to 12. Volunteers will gain valuable skills and connections. Benefits include job and post-secondary support, mentorship and community involvement. Receive a letter at the end of the year acknowledging the hours and skills gained. Monthly opportunities are sent out and leaders choose activities that suit their skills and availability. No commitment to specific hours.

Instructor: Youth Program Leaders

Free, registration required.



Loft Study Lounge

Grades 9 to 12

Drop-in for a guiet, supportive place to study during exam weeks. Bring your notes, charge your Chromebook, and settle in with free Wi-Fi and a calm atmosphere. Youth Program Leaders will be on-site if you need help staying focused or just want a safe space to prep for your tests.

Morinville Community Cultural Centre Youth Loft

During exam weeks only 11 a.m. to 3 p.m. Instructor: Youth Program Leaders Free, drop-in.

Lunch at the Loft

Grades 9 to 12

If you want a chill space to enjoy your lunch break, come join us in the Loft located in the Morinville Community Cultural Centre. Enjoy free Wi-Fi, play pool and watch TV while you spend time together on the couches and eat your lunch.

Morinville Community Cultural Centre Youth Loft

Mondays to Thursdays | Lunch break 11 a.m. to 12 p.m. Regular school days only

Instructor: Youth Program Leaders Free, drop-in.

M.Y. Loft

Grades 7 to 12

Drop-in after school for fun activities and good vibes! Shoot pool, get creative with art and join in on the night's theme. It's a safe space to chill with friends and meet new ones.

Morinville Community Cultural Centre Youth Loft

Mondays (High School only)

Wednesdays (Grades 7 to 12)

Thursdays (Grades 7 to 12)

Sep 8 to Dec 11 | 3 to 5:30 p.m. | School days only

Instructor: Youth Program Leaders

Free, drop-in.



Youth Cooking Club

Ages 8 to 13

Cooking is a valuable life skill, and this fun, hands-on class teaches students the basics while they prepare tasty meals and desserts. Each session features new recipes. Come ready to learn and cook! All supplies are included; please bring a container to take any leftovers home.

Morinville Community Cultural Centre

Session 1: Mondays | Sep 15, 22 & Oct 6, 27 |

4:30 to 6 p.m.

Session 2: Mondays | Nov 17, 24 & Dec 1, 15 |

4:30 to 6 p.m.

Instructor: Morinville Youth Workers

\$100, reaistration reauired.



12 Days of Christmas

All ages

From December 1 to 12, we'll be sharing a fun craft or recipe each day for you and your family to enjoy. Every registered child will receive a kit bag with supplies and easy-to-follow instructions.

Morinville Community Library

Dec 1 to 12 | During business hours

Free, registration required.



Free Trial Classes Available

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www.rookekarate.com email: info@rookekarate.com Located at 9610B Morinville Drive, Morinville, AB

NEW Book Tasting for Kids

Ages 7 to 12

MCL is hosting a Book Tasting Event for kids aged 7 to 12 in celebration of October Library Month. Tables will be set up with books from different genres, and menus will be handed out to participants to "order" books they think will "taste" good.

Morinville Community Library

Saturday | Oct 18 | 1 to 2:30 p.m.

Free, registration required.

NEW Book Tasting for Teens

Ages 13 to 17

MCL is hosting a Book Tasting Event for teens aged 13 to 17. Tables will be set up with books from different genres, and menus will be handed out to participants to "order" books they think will "taste" good.

Morinville Community Library

Saturday | Nov 1 | 1 to 2:30 p.m.

Free, registration required.

NEW Christmas Cellophane Stained Glass

Ages 7 to 11

Drop-in and make holiday-themed mosaic art with cardstock and cellophane. These crafts are great for decorating your room or as gifts for family members and friends.

Morinville Community Library

Saturday | Dec 6 | 12:30 to 3:30 p.m.

Free, drop-in.

Cozy Corner Storytime

Ages 0 to 8 + caregivers

Songs, stories, rhymes, and fun! This parented program supports early literacy with age-appropriate stories, sing-a-longs and rhymes to build a love of reading that will last a lifetime.

Morinville Community Library, Children's Corner

Thursdays | 10:30 to 11 a.m.

Saturdays 2 to 2:30 p.m.

Free, drop-in.

Community Craft

Ages 0 to 8

Stop by the library and grab a free take-home craft every month. Craft kits are made with pre-schoolers in mind and everyone is welcome to take home a kit. Each craft is accompanied by a how-to video, made available on our YouTube channel or Facebook page.

Morinville Community Library

First Thursday of each month

Free, while supplies last.

NEW Crafty Cinema: Monsters INC

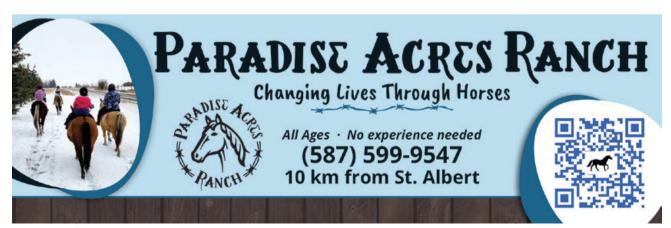
Ages 4 to 13

Enjoy a special showing of Disney Pixar's "Monsters Inc." Along with the movie, participants can take part in a monster-themed craft and enjoy snacks. Children under the age of 7 must be accompanied by a family member over the age of 12.

Morinville Community Library

Thursday | Oct 30 | 6 to 8 p.m.

Free, registration required.



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Lomita Tutoring is a local small business that supports students from elementary to university with personalized tutoring in various subjects. Offering both remote and in-person sessions, we use the latest technology, such as virtual classes, session recording, and annoted lessons to enhance learning and track your progress! Our flexible approach ensures each student's academic growth and confidence!

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Science 7, 8, 9, 10, 20, 30

Chemistry, Physics, Biology 20.30

> English Grades 5 - 12

Social Studies Grades 10 - 12

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(587) 984 - 9466



















Visit the Musée Morinville Museum to experience the heritage, culture, and arts in the community. Learn about the founding families and pioneer life. Explore local history by browsing the exhibits.

Musée Morinville Museum Open Wednesday to Saturday, 12 p.m. to 5 p.m. 10010-101 Street, Morinville 780-572-5585 www.museemorinvillemuseum.com



Société historique et culturelle de Morinville



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NEW Creation Station for Teens: Creepy Terrarium

Ages 12 to 17

This class will teach you how to create your very own creepy terrariums, complete with tombstones, skeletons and other Halloween-themed minis. Snacks and drinks will be provided.

Morinville Community Library

Saturday | Oct 25 | 12:30 to 3:30 p.m.

Free, registration required.

NEW Creation Station for Kids: Bad Art

Ages 7 to 11

Turn off your doubts and let your creativity go wild! Join MCL for a day of chaos, where participants can use a variety of art supplies to create a one-of-a-kind disasterpiece! There will be a multitude of trophies available for different categories, with an exhibit to showcase these disasterpieces towards the end of the night.

Morinville Community Library

Saturday | Nov 15 | 12:30 to 3:30 p.m.

Free, registration required.

Minecraft Club

Ages 8 to 15

Join our cooperative, moderated community of Creative and Survival Minecraft players by connecting to our server from the comfort of your own home! Participants will learn coding skills and digital citizenship, all while connecting with like-minded players from all over the Sturgeon County area.

Online: my-mcl.info/minecraftclub

Tuesdays 5:30 to 7 p.m.

Free, registration required.

Teen Night

Ages 12 to 17

Join us in our program room for a variety of activities, including movies, TV shows, crafts, video games, tabletop games and more! Snacks and drinks are provided.

Morinville Community Library

Second, third & fourth Thursday of each month 6 to 8 p.m.

Free, drop-in.



Registration is required for all programs led by an instructor, including drop-in classes.

Atlas Builder Buddies Play Space: ABBPS Atlas Premium Homes Room: APHR Sturgeon County Room: SCR

Stick & Puck (Drop-in)

11 Years & Under

Open to all skill levels, this drop-in program offers flexible play that focuses on skills development and social atmosphere.

Morinville Leisure Centre, Landrex Arena

Wednesdays | Aug 27 to Dec 31 | 3 to 4:15 p.m.

Fee included with MLC membership or daily admission fee.

BALL WITH THE SABRES

Community basketball for ages U7 to U18 in the Morinville and surrounding area in fall, winter and spring leagues.

WWW.MORINVILLEYOUTHBASKETBALL.COM

Child & Youth Cross Training

Ages 8 to 13

A chance for youth to use moveable fitness equipment safely under guidance and level up in their chosen sport. This program is designed for youth not yet accessing the fitness centre.

Morinville Leisure Centre, Court 2

Wednesdays | Sep 10 to Dec 17 | 4:45 to 5:30 p.m. Instructor: Terri Williams \$75/Session or \$10/class.

NEW Active Kids Club

Ages 7 to 11

Higher intensity revolving weekly sports with an intro to physical literacy.

Morinville Leisure Centre, Court 2

Tuesdays | Sep 9 to Dec 16 | 4:45 to 5:30 p.m. Saturdays | Sep 13 to Dec 20 | 11:30 a.m. to 12:15 p.m. Instructor: Terri Williams \$75/session or \$10/class.

Home School Physical Education

Ages 5 to 13

Designed for homeschoolers, this flexible program will focus on health, fitness and sports. Activities are age-appropriate and include fundamental movement, physical literacy skills and individual and team play. The goal of the program is to help students live an active lifestyle and build lifelong healthy habits and skills.

Morinville Leisure Centre, Court 2

Tuesdays | Sep 9 to Dec 16 | 11 a.m. to 12 p.m. Thursdays | Sep 11 to Dec 18 | 11 a.m. to 12 p.m.

Instructor: Michelle Logan \$75/session or \$10/class.

Kids Movement ABC's

Ages 3 to 6

Kids Movement ABC's is an interactive program for children aged 3 to 6 that focuses on fundamental movement skills through playful activities. This class encourages coordination, balance and agility while promoting social skills and creativity. Kids will develop a strong foundation for physical literacy in a fun and engaging environment.

Morinville Leisure Centre, Court 2

Thursdays | Sep 11 to Dec 18 | 4:45 to 5:30 p.m. Saturdays | Sep 13 to Dec 20 | 10:30 to 11:15 a.m. Instructor: Terri Williams \$75/session or \$10/class.

Mini Movers

Ages 0 to 5 + caregivers

With open-ended activities that encourage movement, curiosity and connection, this unstructured program gives little ones space to play, discover and grow while adults enjoy a relaxed environment to engage and socialize. There is no registration or instruction required; simply show up and enjoy the fun!

Morinville Leisure Centre, ABBPS, APHR & SCR

Tuesdays | Sep 2 to Dec 16 | 9:30 to 11 a.m. Free, drop-in.





For full event details, including schedule of events, scan QR code, or visit: www.morinville.ca/lutn





Book your Party at the MLC today!

Atlas Builder Buddies **Play Space** & Meeting Room

Enjoy one hour of playtime in the children's play space + access to one of our meeting rooms for your full two hour booking.

\$83+GST

Field House & Atlas Premium Homes Room or Sturgeon County Room

Eniov one hour of playtime on a single court in the Fieldhouse + access to one of our meeting rooms for your full two hour booking.

\$98+GST

Landrex Arena & Meetina Room

Enjoy one hour of surface playtime in the Landrex Arena + access to one of our meeting rooms for your full two hour booking.

\$206+GST

Meeting rooms accommodate up to 20 OR 30 people and include tables and chairs.



For party package details and pricing, call 780-939-7641, email bookings@morinville.ca or visit www.morinville.ca/mlc-rentals Morinville Leisure Centre | 25126 SH642, Sturgeon County, AB

MOVEMENT DANCE STUDIO













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4 MONTH, FULI SEASON & COMPETITIVE **PROGRAMS**

JAZZ CONTEMPORARY MODERN POINTE BALLET LYRICAL TAP MUSICAL THEATRE ACRO HIP

Pembina Youth ACTIVATE (Drop-in)

Ages 12 to 19

Sponsored by Pembina Pipeline Corporation, enjoy free admission to the Morinville Leisure Centre fitness centre and field house every Friday night. Get active and have fun with your peers! Teen Gym 101 required for access to fitness centre.

Morinville Leisure Centre

Fridays | Sep 5 to Jan 2 | 3 to 8 p.m.

Free, drop-in.

Teen Gym 101

Ages 12 to 15

Teen Gym 101 is a mandatory orientation for teens to learn to use fitness centre and cardio equipment safely and effectively. A signed waiver form is required before receiving a shoe tag, which grants access to the facility. Teens gain confidence and knowledge to begin their fitness journey responsibly and independently.

Morinville Leisure Centre, Fitness Centre

Mondays, Wednesdays & Fridays | 6 to 7 p.m.

Instructor: Facility Monitors

Fee included with MLC membership or daily admission fee.

Youth Stick & Puck (Drop-in)

Ages 12 to 17

Open to all skill levels, this drop-in program offers flexible play, focusing on skills development in a social atmosphere.

Morinville Leisure Centre, Landrex Arena

Tuesdays & Thursdays | Aug 26 to Jan 1 | 3 to 4:30 p.m. Fee included with MLC membership or daily admission fee.

Youth Volleyball (Drop-in)

Ages 12 to 17

Spike, serve and have a fun time on the court -where every game is a chance for new experiences and connections!

Morinville Leisure Centre, Court 2

Saturdays | Sep 6 to Jan 3 | 6 to 8 p.m.

Fee included with MLC membership or daily admission fee.



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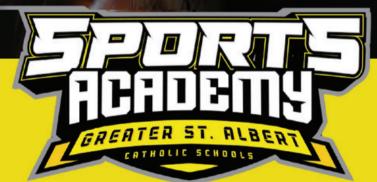
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sportsacademy.gsacrd.ab.ca



Events
Programs
Fitness & Recreation





International Men's Day

Ages 18+

FCSS and the Morinville Sturgeon Men's Shed Club invite men 18+ to the 2nd Annual International Men's Day Dinner! Watch Monday Night Football (Dallas Cowboys vs. Las Vegas Raiders), enjoy a delicious catered buffet, win door prizes and connect with great company.

Morinville Rendez-Vous Centre, 9913-104 Street

Monday | Nov 17 | Doors open 5:45 p.m. |

Meal: 6:15 p.m.

\$20, registration required.



PROGRAMS

Baguettes for Beginners

Learn the art of crafting traditional French baquette dough in this hands-on workshop, led by an experienced baker. You'll explore essential techniques from mixing and kneading to fermentation—for creating the perfect crust and crumb. Ideal for both beginners and enthusiasts, this session will leave you confident in baking authentic baguettes at home!

Morinville Community Cultural Centre

Thursday | Nov 13 | 6:30 to 9 p.m.

Instructor: The Mill Bakery \$75, registration required.

Chakra Balancing Workshop

Discover your 7 main chakras, how they influence your well-being and simple ways to bring them into balance. This hands-on, beginner-friendly workshop will help you identify if your chakras are overactive or underactive and how to restore harmony.

Morinville Community Cultural Centre

Tuesday | Sep 23 | 7 to 9 p.m.

Instructor: Tonya Duncan, Simplicity From The Heart Free, registration required.

Coffee with a Cop

Come meet the local RCMP and Community Safety Services team! Stop by for a coffee, ask questions and share your thoughts or concerns in a relaxed, informal setting. Let's connect and build a safer community together.

Morinville Community Cultural Centre

Monday Nov 24 7 to 8 p.m.

Free to attend, drop-in.

Eat Well Workshop: Dinners on a Dollar

Enjoy a free community meal provided by the Midstream Support Society and join the Family and Community Support Services team for practical tips on creating nutritious, budget-friendly meals. Inspired by "Dollar Store Dinners," this workshop explores how to stretch your grocery dollars.

Morinville Community Cultural Centre

Wednesday | Oct 15 | 6:30 to 8:30 p.m.

Instructor: FCSS

Free, registration required.

Reach your audience, right where they live, work and play. This is THE place to advertise activities, services and events for our community.



2026 Winter Program Guide ad submissions are due by:

September 25, 2025





For information about the program guide or other great advertising opportunities, contact: 780-238-5174, sponsorship@morinville.ca, morinville.ca/sponsorship

If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or fcss@morinville.ca. Subsidies are available to help.

Guided Meditation Paint Night

Explore your creativity through a gentle, yet powerful guided meditation, designed to bring your inner visions to life on canvas, with no set image to follow. This unique activity boosts confidence, supports wellness and enhances brain function by unlocking imagination and self-expression – no painting experience required.

Morinville Community Cultural Centre

Thursday | Sep 11 | 7 to 9 p.m. Instructor: Kathleen Cesarin, LPN/Wellness Coach \$10, Registration required.

Sourdough for Beginners

This hands-on workshop is designed for both beginners and seasoned bakers who want to master the art of sourdough bread. You'll learn the science behind sourdough, how to create a starter, maintain it and keep it alive, plus you'll learn the techniques needed

to bake delicious, crusty loaves at home. Enjoy bread samples and leave with a delicious loaf of your own creation.

Morinville Community Cultural Centre

Thursday | Sep 25 | 6:30 to 9 p.m. Instructor: The Mill Bakery

\$75, registration required.



Morinville **Community Library**

10125 100 Avenue www.morinvillelibrary.ca

Between the Covers Book Club

Ages 16+

Enjoy interesting and stimulating books, selected by the book club participants and made available by the library. Copies are available to borrow at the library



throughout the month (while supplies last). Book discussions are held in the library program room. Snacks and drinks are provided.

Morinville Community Library

Fourth Wednesday of each month 7 to 8:30 p.m. Free, drop-in, library card required.

NEW Cellphone and Computer Basics

Ages 16+

Learn the essentials of using smartphones and computers, including navigation, settings, internet safety, and troubleshooting. This workshop is sponsored by the Public Library Services Branch of Municipal Affairs.

Morinville Community Library Program Room

Cellphone and Computer Basics: Sep 17 | 6 to 8 p.m. Facebook and Messenger 101: Oct 15 6 to 8 p.m. Cellphone and Computer Basics: Nov 19 6 to 8 p.m. Windows OS Computer Basics: Dec 17 6 to 8 p.m. Free, registration required through morinvillelibrary.ca

NEW Creation Station for Adults: Crochet 101

Ages 18+

Join us for a crochet class on the basics of the craft, taught by MCL's very own crochet enthusiasts. This program is part of our adult craft series.

Morinville Community Library

Saturday | Sep 13 | 12:30 to 3:30 p.m.

Free, registration required.

Knit Wits & Spinning Yarns Fibre Arts Group

Ages 16+

Bring your knitting needles, crochet hook, or spindle and spend an evening with the Knit Wits & Spinning Yarns. If you're new and do not know the meaning of "purl" or "ply," our members can help. If you are already a pro, come share your talent with others!

Morinville Community Library

Tuesdays | 6 to 8 p.m. | Year-round Free, drop-in.



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NEW WAY TO REGISTER

Register for Morinville programs using our **NEW registration platform:** morinville.ca/program-registration



Loose Threads Quilting Group

Ages 16+

Do you enjoy guilting? Bring your new or unfinished projects and meet fellow quilters in the community. Share your guilting stories and talents with other members. Check out our many quilting resources or take part in charity and fundraising opportunities. It will be SEW MUCH FUN!

Morinville Community Library

First, third & fifth Monday of each month | 6 to 9 p.m. Free, drop-in.

Shelf Indulgence: An Adult Romance Book Club Ages 18+

Are you a romance lover? Look no further! The library has its own romance book club, where participants choose books to read and discuss every month. Copies of each book will be available to borrow at the library.

Morinville Community Library

Last Friday of each month | 6 to 8 p.m.

Free, registration and library card required.





Book your next party or event with us today!

MORINVILLE LEISURE CENTRE

EVENTS & VENUE RENTALS

The Morinville Leisure Centre offers a selection of rental opportunities for sports, celebrations, business events and more!

Landrex Arena

- NHL sized ice surface
- Spectator seating for 437
- All season bookings (ice in or dry surface)

Atlas Builder Buddies Play Space

- Room capacity: 25
- Recommended for children under 8 years
- Contains a variety of small & portable play features

Pembina Atrium

- Tables and chairs available near the concession
- Additional seating provided in the nook

Field House

- Boarded surface with sport flooring that can be divided into three courts
- Ideal for a variety of sports, including; volleyball, basketball, badminton, pickleball and floor hockey

Meeting Rooms: Atlas Premium Homes Room

- & Sturgeon County Room
- Rooms accommodate up to 20 OR 30 people
- Equipped with tables and chairs
- Ideal for meetings, birthday parties and small group activities

Call 780-939-7641 or email bookings@morinville.ca to book your event today!



Morinville Leisure Centre Hours

August 11 to December 23: Sunday to Saturday, 6 a.m. to 11 p.m. **Statutory holidays:** 8 a.m to 8 p.m. (closed Christmas Day)

25126 SH642, Sturgeon County | 780-939-3450 | www.morinville.ca/mlc



Registration is required for all programs led by an instructor, including drop-in classes.

Atlas Premium Homes Room: APHR Sturgeon County Room: SCR

Adult Shinny (Drop-in)

Open to all skill levels, this drop-in program offers flexible play that focuses on skills development and social atmosphere.

Morinville Leisure Centre, Landrex Arena

Fridays | Aug 29 to Jan 2 | 12 to 1:15 p.m.

Fee included with MLC membership or daily admission fee.

Any BODY Bootcamp

Join us for any BODY Bootcamp on Saturday mornings. This high-energy class is designed for all fitness levels. Combining cardio, strength and flexibility exercises, it will help improve endurance and build muscles in a supportive environment.

Morinville Leisure Centre, Court 2

Saturday | Sep 6 to Dec 20 | 9 to 10 a.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Barre

Barre is a low-impact, full-body workout combining elements of Pilates and strength training. This class will focus on improving posture, core strength, flexibility and balance, using small, controlled movements. Suitable for all fitness levels, it will help tone muscles while enhancing stability and endurance.

Morinville Leisure Centre, APHR

Thursdays | Sep 11 to Dec 18 | 7 to 8 p.m.

Instructor: Jenelle Horricks \$120/session or \$12/class.





NEW WAY TO REGISTER

Register for Morinville programs using our NEW registration platform: morinville.ca/program-registration

Cardio Circuit

Get your heart pumping in this effective cardio circuit class, which utilizes various types of equipment, movement patterns and drills to enhance speed, agility, quickness, power and playfulness.

Morinville Leisure Centre, Court 2

Wednesdays | Sep 3 to Dec 17 | 6 to 6:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Cardio Kickboxing

Punch, kick, and sweat in this full-body cardio workout that fuses martial arts and high-intensity moves. It's great for building strength, stamina and stress relief. No experience is needed!

Morinville Leisure Centre, Court 2

Sundays | Sep 7 to Dec 28 | 4:30 to 5 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Hatha Yoga

Balance your mind and body through gentle poses and breathwork. Please bring your own mat.

Morinville Community Cultural Centre

Wednesdays | Sep 10 to Dec 3 | 6:45 to 7:45 p.m.

Instructor: Cindy Hunt \$104/session or \$12/class.

High Intensity Resistance Training (HIRT)

This class is designed to have you burn calories during and after your workout through a series of compound movements.

Morinville Leisure Centre, Court 2

Tuesdays & Thursdays | Sep 2 to Dec 18 | 6:15 to 7 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.



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Adult

I ift

Are you ready to lift? This program utilizes an adjustable barbell system to build muscular strength and endurance through classic exercises such as squats, lunges, bench presses and deadlifts, targeting your entire body.

Morinville Leisure Centre, Court 2

Mondays | Sep 8 to Dec 22 | 6:15 to 7:15 p.m.

Fridays | Sep 5 to Dec 19 | 9 to 10 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.

Lunchtime BURN!

Torch calories and boost energy on your break! This quick, high-intensity workout fits perfectly into your lunch hour—no excuses, just sweat. Leave refreshed, recharged and ready to crush the rest of your day.

Morinville Leisure Centre, Court 2

Wednesdays & Fridays | Sep 10 to Dec 19

12:15 to 12:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Relax & Restore Yoga

Unlike more active yoga styles, restorative yoga focuses on relaxation and stress reduction through longer-held poses and guided meditation. Restorative yoga is a gentle practice that can be adapted to suit all levels of experience.

Morinville Community Cultural Centre

Wednesdays | Sep 10 to Dec 3 | 8 to 8:45 p.m.

Instructor: Cindy Hunt \$91/session or \$10/class.





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Call 780-939-3292 Email info@morinvillelibrary.ca Click www.morinvillelibrary.ca Come In!



the catalogue

Morinville's Multi-media & Information Centre

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Your library card includes access to

books • audiobooks • movies • music • magazines • ancestry.com Library Edition • video games • learning eResources • 2000 + online newspapers & magazines • movies & music • eBooks • eAudiobooks • accessibility resources • and so much more!

Access these resources by visiting the library, accessing the TRAC catalogue from any computer with internet access, and using the mobile app on your devices

Programs for all ages

Book Clubs • Yarn Spinning & Knit Club • Spice it Up & Create It Discovery Series • Quilting Club • Makerspace Animanga Club • Minecraft Club • 1000 Books Before Kindergarten • Cozy Corner Storytime and Craft (preschool ages) • Mother Goose Program • Summer & Winter Reading Programs (all ages) • and more!











https://morinvillelibrary.beanstack.org



Holiday hours may apply

Monday 12:00 pm - 8:00 pm Tuesday - Thursday 10:00 am - 8:00 pm Friday 10:00 am - 4:00 pm Saturday & Sunday Noon - 4:00 pm











Services

free internet access • printing & faxing book repair/DVD & CD cleaning • room & equipment booking • exam supervision

Roll & Release

Unleash your body's potential through body weight exercises and deep stretches, Ideal for all fitness levels, this class enhances strength, mobility and overall wellbeing. Join us for a powerful mind-body experience.

Morinville Leisure Centre, Court 2

Thursdays | Sep 4 to Dec 18 | 6:30 to 7:15 p.m.

Saturdays | Sep 6 to Dec 20 | 7:45 to 8:30 a.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

sTeel Abs

Enhance your core and abdominal strength with expert guidance and tailored workouts. Whether you're a beginner or an advanced athlete, you can achieve your desired level of core fitness.

Morinville Leisure Centre, APHR

Tuesdays | Sep 2 to Dec 16 | 6 to 6:45 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Step & Strength

Double your benefit—work your body (cardio and strength conditioning) and your brain in this highenergy class, which features movement patterns on and off an adjustable step bench. It's a super all-in-one option.

Morinville Leisure Centre, Court 2

Wednesdays | Sep 3 to Dec 17 | 9 to 10 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.

Strong to the CORE

Train with a variety of equipment to challenge your strength and core and infuse some variety and fun into your program. Each experience will work all your major muscle groups for a full-body workout.

Morinville Leisure Centre, Court 2

Mondays | Sep 8 to Dec 22 | 9 to 10 a.m.

Instructor: Michelle Logan

Fee included with MLC membership or daily admission fee.

Sunday FUNday Pump

Kick off your Sunday with a full-body strength class designed to energize and tone. Light weights, upbeat music and feel-good vibes make this workout a weekly favourite.

Morinville Leisure Centre, Court 2

Sundays | Sep 7 to Dec 28 | 5:15 to 6 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Sweet Stairs

Climb your way to fitness with this high-energy stair. workout, which strengthens legs, boosts cardio endurance and torches calories. It's a fun, challenging session for all fitness levels.

Morinville Leisure Centre, Court 2

Thursdays | Sep 4 to Dec 18 | 5:45 to 6:15 p.m.

Instructor: Terri Williams

Fee included with MLC membership or daily admission fee.

Zumba

A dynamic fusion of dance and muscle toning, this high-energy workout takes the excitement of Zumba® to the next level by incorporating light weights, intensifying your fitness routine and helping you focus on specific muscle groups.

Morinville Leisure Centre, Court 3

Tuesdays | Sep 2 to Dec 16 | 7:15 to 8:15 p.m.

Instructor: Kayla Frerot

Fee included with MLC membership or daily admission fee.







Schedule your appointment to submit your nomination papers today!

Nomination period closes September 22, 2025 at noon Email elections@morinville.ca

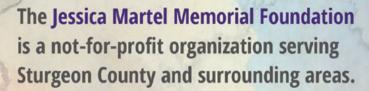












We are breaking the cycle of domestic violence through advocacy, awareness, community engagement, education, and safe housing at Jessie's House and Fileen's Place.

Events

We're rooted in community! Join us at one of our community events! Learn more here:



Donations & Volunteering

780-939-2870 fundraising@jmmf.ca volunteer@jmmf.ca

Spread the Word

Did you know we can come speak at your event, school, workplace?

Awareness and Education are just two of the activities that will help us break the cycle of domestic violence and create a future free of abuse.

For more info, email learn@jmmf.ca



Gender-based violence can happen to anyone from any background. We are here to help you.

24 hour Crisis & Intake

1-866-939-2850 support@jmmf.ca

Outreach

587-879-6125 outreach@jmmf.ca

www.jessicamartelmemorialfoundation.com

Box 3167 Morinville, AB T8R 1S1 | Charitable# 81498 9505 RR0001

OLDER ADULT

Events
Programs
Fitness & Recreation





Grandparents' Day

Celebrate the spirit of grandparenting with a guided Legacy Walk, horse encounters, storytelling and a chili lunch in a peaceful outdoor setting. Come with your family or solo—all are welcome to enjoy connection, nature, and shared memories.

Paradise Acres Ranch, 26212 TWP RD 552, Sturgeon County

Sunday | Sep 7 | 10 a.m. to 1 p.m.

Adults \$25, children \$15, registration required. Optional bus free, registration required.

Lite Up the Nite Viewing Party

Enjoy the Christmas parade in warmth and comfort with hot chocolate and festive cheer. This cozy indoor viewing is designed for older adults, seniors and those facing winter accessibility challenges.

Morinville Town Hall, 2nd floor, 10125 100 Avenue Saturday | Nov 29 | Doors open 5 p.m. | Parade starts 5:30 p.m.

Free, registration required, space is limited.



NEW WAY TO REGISTER

Register for Morinville programs using our NEW registration platform:

morinville.ca/program-registration



Aging with Vitality

Join Donna Freeman for a science-based, interactive workshop on enhancing longevity, neuroplasticity, mental and physical health. Acquire practical tools to enhance brain function, resilience and well-being. Discover how to age with vitality and calmness, empowering you to thrive at every stage of life.

Morinville Community Cultural Centre

Wednesday | Oct 1 | 6:30 to 8:30 p.m.

Instructor: Donna Freeman Free, registration required.

Chakra Balancing Workshop

Discover your 7 main chakras, how they influence your well-being and simple ways to bring them into balance. This hands-on, beginner-friendly workshop will help you identify if your chakras are overactive or underactive and how to restore harmony.

Morinville Community Cultural Centre

Tuesday | Sep 23 | 7 to 9 p.m.

Instructor: Tonya Duncan, Simplicity From The Heart *Free, registration required.*

Craft, Create & Connect

Join Morinville FCSS and connect with your community for our ongoing, lively, hands-on crafting series designed for older adults and seniors! Each workshop brings something fresh and exciting to create, with friendly guidance from expert instructors. All materials are provided.

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.

Locally owned by Chetan & Roshni Bahl

Get your FREE Menu 780-666-2336

HeartToHomeMeals.ca

*Some conditions may apply.





If finances are a barrier for attending Town programs, please contact Morinville FCSS or Morinville Community Services at 780-939-7839 or fcss@morinville.ca. Subsidies are available to help.

Creative Cove, 10126 100 Avenue

Session 1: Woodcraft Pumpkin/Snowman

Tuesday | Oct 21 | 10 to 11:30 a.m.

Session 2: Rock Dot Painting

Tuesday | Nov 18 | 10 to 11:30 a.m.

Session 3: Decoupage Ceramic Ornament

Tuesday | Dec 16 | 10 to 11:30 a.m.

Instructor: Creative Cove

\$15 per person/per session, registration is required.

Eye Health Workshop

Learn about common age-related eye changes and how to protect your vision as you age. Join local optometrists for an informative session covering proactive eve care tips, frequently asked questions and expert insights to support lifelong eye health.

Morinville Community Cultural Centre

Thursday | Oct 16 | 6 to 8:30 p.m.

Instructor: Dr. Russo & Dr. Stout

Free, registration required.

Guided Meditation Paint Night

Join us for an empowering experience where participants explore their creativity through a gentle, yet powerful guided meditation designed to bring their inner visions to life on canvas, with no preset image to follow. This creative activity boosts confidence, supports wellness and enhances brain function by unlocking imagination and self-expression – no painting experience required.

Morinville Community Cultural Centre

Thursday | Sep 11 | 7 to 9 p.m.

Instructor: Kathleen Cesarin, LPN/Wellness Coach

\$10, Registration required.

Illuminate Interactive Experiences

For mind, body & community—this innovative program uses Mobii Interactive Projection Technology to bring joy, movement and connection to older adults, caregivers and volunteers. Each session offers a welcoming space to explore hundreds of multisensory activities and games that support physical, cognitive

and social well-being in a fun and accessible way.

Morinville Community Cultural Centre

Tuesdays | Sep 9 to Dec 16 | 2:30 to 4 p.m.

Free, registration required. Space is limited.



Morinville **Community Library**

10125 100 Avenue www.morinvillelibrarv.ca

Showtime

Ages 50+

Join us each week to watch the historical TV series Miss Scarlet. We'll recap the last episode, watch the next one together and have a fun discussion after. Enjoy coffee or tea—and occasional dress-up tea parties.

Morinville Community Library

Wednesdays | 1:30 to 3 p.m.

Free, drop-in.



Registration is required for all programs led by an instructor, including drop-in classes.

Atlas Premium Homes Room: APHR Sturgeon County Room: SCR

Chair Yoga

Yoga poses are adapted using a chair to improve flexibility and strength while decreasing stress and pain. Yoga does not have to be done on the floor to be effective. It is excellent for beginners and anyone with mobility challenges.

Morinville Leisure Centre, APHR

Wednesdays & Fridays | Sep 3 to Dec 19 |

10:30 to 11:30 a.m.

Instructor: Terri Williams

Included with MLC membership or daily admission fee.



FCSS Home Support Program

Helping seniors 65+ live safely and securely in their homes

Do you need help with lawn care, snow removal, or basic housekeeping due to physical health conditions, disability, mobility challenges, or complex needs?

Services are available for a fee at competitive rates.

Subsidies may be available for those who qualify.









Email fcss@morinville.ca or call 780-939-7839 to learn more or to request services.



Older Adult

Forever Fit

Have fun in this low-to-moderate intensity strength and conditioning class designed for everyone.

Morinville Leisure Centre, Court 2

Mondays | Sep 8 to Dec 22 | 5:15 to 6 p.m.

Instructor: Michelle Logan

Included with MLC membership or daily admission fee.

Silver Shoes

Age is just a number and youth is an attitude! Enjoy this low-to-moderate intensity strength and conditioning class, designed for active older adults but open to everyone.

Morinville Leisure Centre, Court 2

Tuesdays | Sep 2 to Dec 16 | 9 to 10 a.m.

Instructor: Michelle Logan

Included with MLC membership or daily admission fee.

Silver Circuit

Experience the creative options of circuit training to improve strength, balance, flexibility, mobility and activities of daily living, designed with the active older adult in mind, but open to everyone.

Morinville Leisure Centre, Court 2

Thursdays | Sep 4 to Dec 18 | 9 to 10 a.m.

Instructor: Michelle Logan

Included with MLC membership or daily admission fee.

Sit & Fit

Making movement and fitness accessible to everyone, this class is designed for individuals seeking a gentle-paced workout with chair access. Cardio, resistance, balance and flexibility training will all be included to offer a full-body experience that helps improve activities of daily living.

Morinville Leisure Centre, Court 2

Tuesdays & Thursdays | Sep 2 to Dec 18 |

10:15 to 10:45 a.m.

Instructor: Michelle Logan

Included with MLC membership or daily admission fee. ■



Volunteering is a great way to stay connected with your community: www.morinville.ca/volunteer



For information on any of our community support services, please call 780-939-7839 or email fcss@morinville.ca

Eat Well Food Program

Morinville FCSS, in collaboration with Sobevs Morinville, offers a high-quality monthly food basket to help residents manage the cost of food. Each basket provides four servings each of three different meats, vegetables and fruits. We are unable to accommodate any dietary restrictions or substitutions.

Pick up locations:

Morinville Community Cultural Centre or **Edmonton Military Family Resource Centre**

Order deadline: Sep 5 | Pick up: Sep 17 | 3 to 6 p.m. Order deadline: Oct 3 | Pick up: Oct 15 | 3 to 6 p.m. Order deadline: Nov 7 | Pick up: Nov 19 | 3 to 6 p.m. Order deadline: Dec 5 | Pick up: Dec 17 | 3 to 6 p.m. Order deadline: Jan 2 | Pick up: Jan 21 | 3 to 6 p.m. \$30 per basket, registration required.

Home Supports for Seniors

The FCSS Home Supports Program offers accredited contractors at competitive rates for seniors seeking in-home services, including snow removal, lawn care and housekeeping. Additional subsidies may be available for those with low income; proof of income is required.

Snow Removal: Nov 1 to Mar 31 Housekeeping: Year-round Lawn Care: May 15 to Sep 30

Fees and registration required.

Eat Well Food Program

In partnership with Sobeys and Morinville FCSS

A food program has been created to help residents balance the cost of food each month, with quality meats, vegetables and fruits.



per basket

Purchase by visiting: morinville.ca/program-registration, or calling: 780-939-7839









Home with Dignity Hampers

This local project provides residents access to basic hygiene and comfort items. Hampers are created with community donations and distributed to individuals placed in low-income housing, including seniors' care facilities, and to all others in need. Donations are accepted for this program at the Morinville Community Cultural Centre.

Morinville FCSS Information & Referral

The Morinville FCSS Information & Referral program connects residents with essential community services and resources. We offer guidance on various aspects, including financial support, food security, mental health, counselling and more. Our knowledgeable staff provides personalized assistance to help you navigate and access the support you need. Available to all Morinville residents, this free service ensures you are informed and connected to local resources.

Morinville FCSS Information & Referral for Seniors

This program serves as a valuable resource for individuals in the community, facilitating connections with essential social supports and resources. Support is provided for completing forms and navigating government processes. Expert referrals are provided for services such as income tax, wills and powers of attorney, mental health support and more.

Period Dignity Hampers

This program provides feminine hygiene products at no cost to anyone who needs them. These hampers are managed by local volunteers and supplies are donated by the community. Donations are accepted for this program at the Morinville Community Cultural Centre.

Seniors' Centre Without Walls

A free phone-based program that offers a variety of interactive health and well-being information sessions and friendly conversations. This program offers opportunities to socialize, learn new skills, and stay connected from the comfort of your own home.

Open to adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community. Free of charge, to register, call Edmonton Southside Primary Care Network at 780-395-2626.

The Empty Bowl Pet Supply Program

This program distributes pet food and supplies to low-income or in-crisis pet owners to ensure they can keep their companions healthy, safe and with their families. Donations are accepted at the Morinville Community Cultural Centre and the Morinville Vet Clinic during regular business hours.

Wellness and Recreation Access Program (WRAP)

WRAP supports low-income individuals and families by providing up to \$250 per person to participate in Morinville fitness, recreation and FCSS programming. Applications must be renewed annually. This initiative ensures access to essential wellness activities.

enhancing community well-being and engagement. For eligibility and application details, visit morinville. ca/wrap or call 780-939-7839.

World Suicide Prevention Day

Join thousands worldwide on September 10, 2025, to observe World Suicide Prevention Day, dedicated to raising awareness and encouraging action towards the prevention of suicide. The theme, "Changing the Narrative on Suicide," encourages open conversations to break the stigma, advocate for mental health support and increase suicide prevention initiatives. Every conversation contributes to building a compassionate society where everyone feels valued and understood.

If you or someone you know is in crisis, or is just looking for someone to talk to, 9-8-8 is available 24/7 by call or text for immediate, confidential help.



SASHA is a non-profit association committed to supporting those with a life-limiting illness.

We are expanding into Morinville and Sturgeon area!

Companionship & Respite

Caregiver Peer Support

Connect Cafés

Programs are free of charge.

"It was the simplest thing I had to do in the last eight months of my husband's life. I had a need, I made a phone call, and a date was arranged to meet. Within no time, two wonderful ladies came for respite on our farm.

It was so simple!" -Caregiver in Sturgeon County





587-921-1345

www.sasha-cares.com

Funded by the Government of Canada's New Horizons for Seniors Program



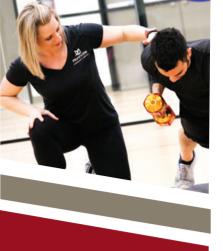


For details, visit: events.morinville.ca



VOTE morinville.ca/election





Morinville LEISURE CENTRE

FITNESS **SERVICES & PERSONAL** TRAINING

Prices are per person/ per session and do not include GST.

Morinville Leisure Centre

25126 SH642, Sturgeon County 780-939-3450

www.morinville.ca/mlc

Fitness Consultation

This is an opportunity to meet with a certified fitness trainer and receive an individualized workout program that will meet your specific health and fitness goals. One-on-one bookings include a consultation and program design. This appointment takes approximately 90 minutes to complete and includes an active component.

Number of Sessions	Public Fee/Session	Member Fee/Session
1	\$45	FREE

Individual Personal Training

Our qualified personal trainers will work with you one-on-one to help you achieve your health and fitness goals. Staff will develop an effective and personalized fitness program, complete with support, motivation and progressions to help you remain committed to your goals.

Number of Sessions	Public Fee/Session	Member Fee/Session
1 to 4	\$60	\$53
5 to 8	\$55	\$48
9 to 12	\$50	\$43

Large Group Sport Team/Dry Land Personal Training (5-25 people)

Whether preseason, postseason or during the season, prepare and improve your team's performance with personalized dryland training! These training sessions include sport specific training and fitness assessment with a qualified personal trainer. A minimum of 4 sessions must be booked.

Number of Sessions	60 Minute Session	90 Minute Session
1	\$100	\$160

Fitness Orientation (Free for Members)

MLC members receive a generalized introduction to the fitness centre, track, field house and fitness equipment. Orientation also includes an overview of all rules and etiquette. Visit our website or contact MLC Guest Services at 780-939-3450 for the current drop-in Fitness Orientation schedule.

- Fitness orientations are mandatory for youth between the ages of 12 to 15 years old.
- Once a youth has completed the fitness orientation, they will be given a shoe tag which must always be visible when using the fitness equipment.

Number of Sessions	Public Fee/Session	Member Fee/Session
1	Drop-in Admission	FREE



Program Guide Advertising

4,400 printed copies mailed to Morinville residents

HIGH QUALITY PRINTING: OUTSIDE COVER PRINTED ON HI-GLOSS STOCK, INSIDE PAGES PRINTED ON NEWSPRINT.

1,000+ printed copies distributed to Morinville Town Hall, Morinville Leisure Centre, Morinville Community Cultural Centre and Morinville Community Library

A digital version of the program guide is available online at www.morinville.ca/programguide

Printed and digital copies of the 2026 winter program guide will be available in print and online

December 3, 2025

Winter ad submissions due September 25, 2025



PROGRAM GUIDE AD SIZING

Full Page - No Bleed 6.75" wide x 8.58 tall

Full Page - With Bleed

- 8" wide x 10.075" tall
- --- Include .5" safety area between ad copy and edge of page

Copy cannot extend into safety area

Half Page Vertical

3.32" wide x 8 6" tall

Submit your ad using our EASY ONLINE FORM

Half Page Horizontal

6.78" wide x 4.25" tall

Bottom Banner

6.75" wide x 2.155" tall

Quarter Page

3.32" wide x 4.25" tall

Business Card

3.32" wide x 2" tall

SPECIAL BUNDLE PRICING NOW AVAILABLE!



For more information on advertising in our program guide, please contact:

Community Engagement & Partnerships Specialist

Scan QR Code | P. 780-238-5174 | E. sponsorship@morinville.ca | www.morinville.ca



MORINVILLE COMMUNITY CULTURAL CENTRE

THE CENTRE OF OUR COMMUNITY

PRIVATE FUNCTIONS
FUNDRAISING EVENTS
BIRTHDAY PARTIES
AWARD NIGHTS
TRADESHOWS
CONFERENCES
PERFORMANCES
MEETINGS
CONCERTS

SEMINARS



TO BOOK, CALL: 780-939-7641 or email bookings@morinville.ca

MORINVILLE COMMUNITY CULTURAL CENTRE WEDDING & SPECIAL EVENT PACKAGE



THE PERFECT VENUE TO SAY I DO!

PACKAGE INCLUDES:

Access to main hall, stage, dressing rooms, kitchen, concession, foyer & self serve sound system.

Time to setup Friday evening, celebrate all day Saturday and cleanup Sunday morning.

Call to inquire about special event package rates.

MORINVILLE COMMUNITY CULTURAL CENTRE

9502 100 Avenue, Morinville | www.morinville.ca/mccc





10002 100 Avenue Morinville AB

