



Sheep River HEALTH TRUST

Healthy Developments

December 2023 Volume 4

***It's the most wonderful time of the year!
The Okotoks Season of Giving is upon us!***



Breakfast with Santa

Breakfast is the most important meal of the day for many reasons. Here is one more; You get to meet Santa! Join us on Saturday Dec. 9 from 9:30am – 11:00am at the Best Western Plus Okotoks Inn & Suites to start your day off right and meet the big man. Besides delicious food we will also have face painting and glitter tattoos. Tickets are selling fast. Tickets are \$25 for adults and \$20 for

children. Thank you to our main sponsor Okotoks Nissan and The Best Western Plus Okotoks Inn & Suites. Get your tickets at <https://bookwhen.com/2023breakfastwithsanta>

Avenue of Trees

We are in full effect with the 11th Annual Avenue of Trees. The trees are on display from Nov. 17 – Dec. 17. Every year, the Best Western Plus Okotoks Inn & Suites hosts trees donated by businesses and organizations to create a place where people can come and see the trees, bid on them, or donate to our Trees of Hope Program.

Not everyone can afford a Christmas Tree so Sheep River Health Trust asks for

sponsors to fund a tree so it can be donated to a family/individual who is less fortunate. The proceeds from bidding or sponsoring a Tree of Hope come back to the Sheep River Health Trust. The difference is who receives the tree that is purchased. Place your bid at:

<https://can.givergy.com/11thannualavenueoftrees>

Another exciting aspect of the Avenue of Trees is the Fan Favourite Contest. All the trees are posted on Facebook for everyone to see. Every like/love added to each photo casts a vote for the Fan Favourite. The winner receives a \$250 Sobeys gift card to donate to the charity of their choice along with the coveted winner's trophy. Vote today by going to Sheep River Health Trust on Facebook, select the 11th Annual Avenue of Trees Album and then click like/love on your favourites.

Points of Light

This time of year is bittersweet for many people. Old holiday memories come to mind while new ones are in the making. The common thread is the special people that have come into our lives that we remember fondly or those that continue to inspire us. The Points of Light Campaign has been recognizing and honouring these people for over twenty years. From now until Dec. 31, donate to Sheep River Health Trust and submit the name of your "point of light" and we will honour them in January in the Western Wheel. You can send your information to: <https://www.canadahelps.org>



Photos with Santa

Nothing makes the holiday season more magical than a visit with Santa. The 10th anniversary of Photos with Santa is in full swing until Dec. 14. Kids young and old are so excited to visit with Santa and whisper in his ear what they would like for Christmas. Parents love the fact that they can pre-book a time slot and not have to wait in

long line-ups. To book a Photos with Santa Session go to:

<https://bookwhen.com/2023photoswithsanta>



Flip the Switch

On Nov. 17, Sheep River Health Trust was thrilled to have Laila Pronk, age 10 and Logan Pronk, age 4, Flip the Switch at Light Up Okotoks. They also got to meet Santa and Mayor Thorn that night as an added bonus. Thank you to everyone who purchased a ticket in our 2nd annual raffle.

The Okotoks Legion Continues to Serve

November 11, Remembrance Day is an important day for Canadians to stop and give thanks to those who fought for our freedoms. Sheep River Health Trust is grateful and humbled by the Okotoks Legion who continues to serve the Foothills. The Okotoks Legion represented by founder Malcolm Hughes and Okotoks Legion President Nancy Tonn generously donated funds to the Trust in October.



Upcoming Events

The Hot Chocolate Festival – February is one of the coldest months, which is why the annual Hot Chocolate Festival couldn't come at a better time. From Feb. 8-18, 2024, you can buy a hot chocolate from Tribal Connections. One dollar from every cup goes to the Sheep River Health Trust. We are grateful to Wendy Badduke and Jodi Schultz for partnering with us. For more information go to: <https://hotchoco.ktevents.ca>

On behalf of Sheep River Health Trust, we would like to wish everyone a Merry Christmas and a Happy & Healthy New Year!



Sheep River Health Trust

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