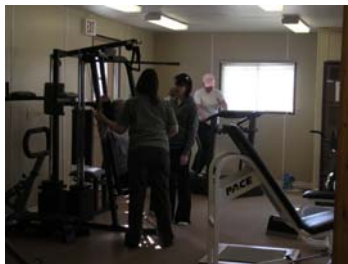


# Spotlight on Alberta Communities

## The Village of Elnora: Alberta's Friendly Neighbourhood Place

The Village of Elnora is located in the Central Alberta Parklands district, 145 kilometres northeast of Calgary. Elnora is a vibrant family and community-minded village providing a healthy and safe environment for everyone from raising families to retiring.

Elnora is increasing everyone's active living with the Cornerstone Fitness Centre. The volunteer run facility boasts a Pace circuit, treadmill, elliptical trainers and other gym systems. An affordable \$25 monthly fee provides residents keyless entry access and use of the facility centre at their own leisure. The Village of Elnora is grateful to all the donors and those who have helped with fundraising to keep the doors to the Cornerstone Fitness Centre open.



**Cornerstone Fitness Center**



**3 on 3 Hockey Action**

Active living is not limited to indoor activities in Elnora. The 3<sup>rd</sup> Annual 3 on 3 Outdoor Hockey Tournament was recently held with the help of the Eagles Ball Team. This year, 6 teams laced their skates during the February 13<sup>th</sup> and 14<sup>th</sup> weekend event. The outdoor rink

in Elnora has large seating capacity for hockey fans of all ages. The planning stages are already in place for next year's event, including the addition of a supper and social event to follow the play on the ice.

Numerous other projects on on-going through the school, such as volleyball, downhill ski days and cross country ski days. There are even plans in the works to carve out a cross country ski route in the surrounding pasture for everyone to enjoy.

All of the active living in Elnora can leave residents hungry, including school children. The "Fruit to the School" program helps ensure students are receiving the healthy eating components they need and receive a healthy treat at least once a week. Each Thursday fruit is purchased from the local grocery store, washed, cut and set out for the students just before the noon break. Depending on the season, fruit can include pineapple, cantaloupe, watermelon, grapes, apples, pears, strawberries and blackberries. When students see the healthy treats arrive at the school every Thursday, there are shouts of "It's Fruit Day!"



**Elnora Walking Group**

The Village of Elnora is also trying to get office workers to live a more active lifestyle. A noon hour walking group has been up and walking, sometimes running. The group currently

averages 4 people daily with a walking timeframe of half an hour during the lunch break. Office workers find the fresh air perimeter walk a great way to relax the mind and body and help create a clear headed and healthier mind frame for an afternoon of work.

The Village of Elnora is proof that size does not always matter. A strong and dedicated group of volunteers and amazing fundraising and donors can go a long way in helping a community strive towards healthy eating and active living. Whoever said there is nothing to do in a small town must have never lived in one....

For more information on any of these initiatives, please contact april irwin, Coordinator Elnora Neighbourhood Place, at [elnoranp@platinum.ca](mailto:elnoranp@platinum.ca).



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