# VILLAGE OF BEISEKER NEWSLETTER



Oct 1 - Lion's Club Mtg

Oct 4 - Garbage Pick up

Oct 5 - Community Garden Vegetable Sale

Oct 6-12 Fire Prevention Week

Oct 11 - Garbage & Recycling

Oct 14 - Happy Thanksgiving!

Oct 15 - Council Mtg 7:15 Village Office

Oct 15 - Lion's Club Mtg

Oct 17 - Station Museum Exhibition Opening

Oct 18 - Garbage

Oct 24 - Halloween Movie Night

Oct 25 - Garbage & Recycling

Oct 25-27 - Library Quilt & Craft Weekend

Oct 26 - Grand Opening - The Junction

Oct 28 - Council Mtg 7:15 Village Office

Oct 31 - Happy Halloween



# **NATIONAL FIRE** FIRE SAFETY TIPS





Village Office - 403-947-3774 Public Works - 403-947-3270 Animal Control - 403-807-9838 Municipal Enforcement - 403-807-9838 Administration Office Hours: Monday-Thursday 8am-5pm (closed 12-1pm), Friday 8am - 12pm. Closed statutory holidays.

#### RECYCLING PICK-UP

#### October 11 & October 25

Please ensure your recycling bin is out before 7:00 am on day of pick-up AND ENSURE IT IS AT **LEAST 4 FEET** away from your garbage bin or surrounding vehicles to allow room for the truck to access it.

If you have any questions or concerns regarding bi-weekly **BLUE BIN** recycling pick-up, please contact

E360 Solutions directly at: calgarydispatch@E360s.ca or 403-238-7274

#### GARBAGE PICK-UP



**Reminder -** Recycling can be loose in the recycling blue bins, but garbage in the garbage bins must be in tied garbage bags. Garbage bins with loose garbage will not be picked up.

## **Halloween Safety Tips**



#### BEISEKER FIRE DEPARTMENT — COMMUNITY PANTRY



The Beiseker Fire Department is thrilled to announce the grand opening of the Beiseker Community Pantry, a vital resource dedicated to uplifting our community members in need. Recognizing that life can sometimes bring unexpected challenges, this pantry is here to provide essential items ensuring that no one in our community goes without the necessities.

Open 24 hours a day, 7 days a week, the Community Pantry is stocked with a variety of items to meet diverse needs. Citizens can access non -perishable food items, feminine hygiene supplies, diapers for little ones, baby formula for infants, and pet food to ensure that every family member is cared for.

Whether you need support for yourself, your family, or your four -legged friends, we invite you to visit the Community Pantry. Our doors are wide open, offering a safe and welcoming space where assistance is always available. The Beiseker Fire Hall is locat ed at 309 5 <sup>th</sup> Street 403 -947-2506.

At the Beiseker Fire Department, community care is our priority. We believe that together we can make a difference, nurturing the bonds that strengthen our village.

If you, or someone you know could use a helping hand, please don't hesitate to stop by anytime. Everyone deserves support, and we are here for you, day and night.

If needed, Beiseker residents can also access services from the Airdrie Food Bank:

Airdrie Food Bank 403-948-0063 info@airdriefoodbank.com airdriefoodbank.com

If you are interested in donating non -perishable food or other items to the Community Pantry, please drop off them off at the Firehall, or give us a call.

Chief Nikki King Beiseker Fire Department BOX 535 Beiseker, AB TOM 0G0

Cell: 403 -947-2506

#### **VILLAGE NEWS**



As the fall season is now upon us, it is exciting to see the kids get back to school and people gear up again after summer vacation. The Village of Beiseker sends their support to the students at the Beiseker School – Best for 2024!

The Village of Beiseker still has some water valve repair work to do (there are two valves in Beacon Heights and one by the Post Office) that need to be lowered and a replacement of the valve in the campground will take place after the camping season close s. In order to ensure stabilization of the road patches that were dug up for this work, we will pave these sections once the weather warms up next Spring/early Summer.

The overhaul of 9<sup>th</sup> Street road/underground infrastructure engineering study is moving along at schedule. By the end of 2024, we should have a detailed plan and estimated construction costs to do improvements on the first block (1<sup>st</sup> Avenue to 2<sup>nd</sup> Avenue) on 9<sup>th</sup> Street. Depending on the total plan for the project and available funding, we hope to start construction on this project as soon as possible.

We received updated reporting from the Rocky View Handibus organization this month. In case you are not aware, here is a description of the service provided: *Rocky View Regional Handibus (RVRH) provides handibus transportation (para-transit) for people whose disability or situation prevents them from accessing local supports with safety and dignity. Rocky View Bus provides transportation for medical, volunteer, recreational, education and basic living purposes (groceries, banking) in the local community. Our passengers include pre-schoolers, students, a dults and seniors. Beiseker contributed approximately \$4,000 this year as a member of Rocky View Handibus. We are pleased that rider membership and the number of trips used by our community continues to grow, making our contribution to the service worthwhile.* 

There are currently 4 new homes under construction in The Junction subdivision. Please help us welcome new residents to our Village as they arrive! Nelson Custom Homes and Creekwest Custom Homes are planning on opening office space in downtown Beiseker.

Village of Beiseker



Check out
Discover Beiseker
www.discoverbeiseker.ca



Go take a
walk, a stroll
or a bike ride
on the
Meadowlark
Trail and
enjoy the
beautiful
Autumn
colors!!





We're so pleased to share with you our new exhibit "Stories from the Small Town: Starring Beiseker." It's all about the ways Beiseker has impacted popular culture through film, TV, and music, and about how these industries also shape our lives. This is a new permanent exhibit for us, in museum-speak that means it has an expected lifetime of about 5 years. Our exhibits are never static though, as we're always looking for new ways to tell stories through artifacts. Come by and have a look. Our new exhibit is on the main floor of the museum and is free to visit Monday—Friday when the village office is open.

Since it's nearly Halloween, be sure to come in and see artifacts from the filming of Ghostbusters: Afterlife, including a ghost trap used in the film. Just don't let the ghost out while you're here.



The Junctions's Grand Opening Presentation Centre Launch

October 26, 2024 12:00 pm - 4:00 pm

230 6th Street (main street), Beiseker at the new sales office

Discover all that the Community has to offer, meet the trusted builders, and explore the amazing opportunities that await Beiseker.

- Tour the new Presentation Centre
- Meet and greet with Creek West Custom Homes and NBC Homes
- Learn about the remaining lots available in Phase 1 and plans for Phase 2
- Insights into the charm of Beiseker and why it's the perfect place to call home
  - Refreshments, raffle prizes, and family-friendly activities

Whether you are looking to build your dream home or just curious about what Beiseker has to offer, this is a day you won't want to miss.

Bring your friends, family and neighbors to

Celebrate the Future of The Junction

The Beiseker Lions Club Invite you to their

Saturday NOVEMBER 16th 2024

# Fall Dinner

4 Trivia

Entertainment provided by: Tremendous Trivia

Tickets available at: connectFirst, Beiseker Pharmacy Village of Beiseker, ATB - Irricana or any LION

Dinner & Trivia tickets: \$50.00 purchase ahead

Reserve a table of 8 for your trivia team

Delicious food provided by: Tane's Catering

Want to attend the TRIVIA only?

Tickets at the door: \$20.00

Cocktails: 6:00pm Dinner: 7:00pm

Trivia: 8:30pm

## 2024 Beiseker Christmas Hamper Program

This program assists families in need at Christmas. Low-income families from the Village of Beiseker and immediate area can apply. All applicants will be subject to screening to determine need, and will be required to provide identification. Eligibility is based on income and address.

HAMPER REGISTRATION: BEGINS FRIDAY, NOVEMBER 1ST

DEADLINE TO APPLY: FRIDAY, DECEMBER 6TH HAMPER DELIVERY: FRIDAY, DECEMBER 13TH

HOW TO APPLY: Print off and complete the hamper registration

form found on the Village of Beiseker website:

beiseker.com/beiseker-christmas-hamper-program/



Email to: gpeckham@beiseker.com OR info@nrvcl.ab.ca

Fax: 403-947-2146 OR 403-935-3901

Drop off: Village of Beiseker Administration Office - attention: Gail

If you wish to support this program, you may do so with donations of non-perishable food, money, or new and unwrapped gifts. Donation boxes for food and gifts will be placed throughout the Village in early November, and monetary donations will be accepted at the Village Office. Food and gift donations will be accepted up to December 11th, at which time all of the donation boxes will be collected for the hampers. If you are interested in volunteering for this program, please contact Gail: gpeckham@beiseker.com or 403-947-3774.



Beiseker Christmas Market Saturday, December 7, 2024 Beiseker Community Hall

Call Les to book your table. Spots are filling up! 403-947-2039 or 403-852-1270







### BEISEKER COMMUNITY GARDEN

### VEGETABLE HARVEST FUNDRAISER

## for

# **Beiseker Fire Department**

Date: Saturday, October 05, 2024

Time: 2:30 - 5:00 PM

Location: Community Garden

#### What's Available:

- Organic beets, carrots, potatoes, squash
  - Pumpkins, zucchini & more
    - Burgers & water on sale

#### **Details:**

- Vegetables available with donation while supplies last
  - Bring bags or a container for veggies
    - Bring a lawn chair

#### Join Us!

Come out and get organic vegetables, have a burger, and support the Beiseker Fire Department. We look forward to seeing you there!



# Fall Lawn Care Schedule



Mow Until the grass stops growing

#### Water

One inch per week (from rain or the hose) until the ground freezes





#### Aerate

Late summer or early fall in northern climates, late spring in warmer areas

#### Seed

45 days before your first fall frost date





#### **Fertilize**

Two to three weeks before the ground freezes, following the application rates on the package

#### Apply Pre-Emegent for Weeds

When the soil temperature is below 70 degrees and getting colder



LOVE KNOW



#### **HOURS**

Tuesday 9am - 5pm

Wednesday 2pm - 8pm

Thursday 2pm - 5pm

Friday 9am - 5pm

Beisekerlibrary@marigold.ab.ca



401 5th Street 403-947-3230



Are you a Quilter, Scrap-booker or Crafter?

Where: Beiseker Community Hall When: 10am Friday October 25 - 3pm Sunday October 27

What: We provide Friday & Saturday Supper, Saturday & Sunday Lunch, work table, chair, prizes and lots of time for crafting.

Cost: \$150 for the whole weekend or \$50 for Friday or Sunday or \$80 for Saturday

#### Space is limited; make sure you book early to avoid disappointment

To register please contact: Shawna Fox 403-947-3230 or abemlibrary@marigold.ab.ca

#### Beiseker Municipal Library

401 5th Street Box 8 Beiseker, Alberta TOM 0G0 | 403-947-3230 www.beisekerlibrary.ca

# After School Club

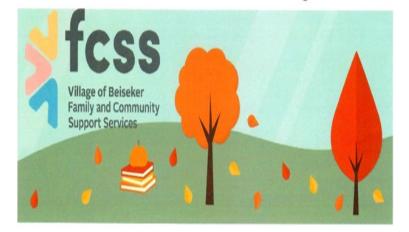
Wednesdays | 3:30 - 4:30

September 4 - December 18 Ages 7 - 12

Do you like Board games, Lego, Knex or Crafts.

Each week we'll explore a different themed activity.

Join us at the Beiseker library.





SUMMER HOURS

Begins May 1st - October

Wednesday - Saturday 10am - 3pm Closed for Statutory Holidays

#### **WATER PRESSURE**

If you notice a change in your water pressure, contact the Village Office at 403-947-3774 or Public Works at 403-947-3270.



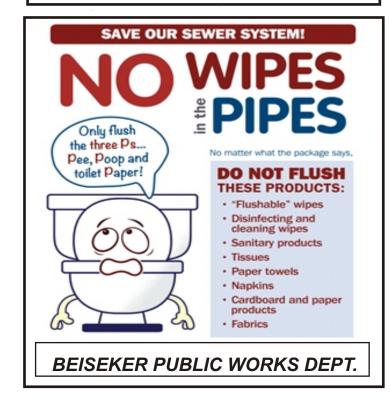
#### **Beiseker Residents & Businesses**

Please note: The grey garbage bins are for BAGGED HOUSEHOLD garbage only! The bin cannot weigh more than 300 lbs and you must be able to close the lid completely. Replacement of any broken bins will be charged to the resident. Bins with loose garbage will not be picked up. Please take all recyclables and compost to the Transfer Station for disposal..



We have 300 online subscribers to the Beiseker Monthly Newsletter and hard copies around the Village for pick up. If you or someone you know would like to be added to our email list, let us know at beisekernewsletter@gmail.com, The newsletter is also available on the Beiseker website and Facebook page. Stay up-to-date

website and Facebook page. Stay up-to-date with all of the wonderful things happening in and around the Village.





# VILLAGE OF BEISEKER BUSINESS LICENSE/PERMITS

#### Register your Business with the Beiseker Village Office!

All businesses operating in the Village (commercial/home based/sales, etc) must apply for a business permit. For more information and the application form, please contact the Village Office.

Land Use Bylaw 2019-04

#### Planning a Renovation or New Building?

Please contact the Village Office to obtain the required Development, Building, Gas, Plumbing or Electrical Permits. We will be happy to work with you through the application process. Valid permits are required by legislation. Proper permitting and inspections ensures the safety and proper construction of your project.

#### BEISEKER COMMUNITY LINKS



401, 5th St., 403-947-2841

# OPEN THE 4TH WEDNESDAY OF EACH MONTH 9:30 AM-3:00 PM

#### Community Links Updates - October 2024

Are you in need of information, a referral or advocacy to help you connect to government programs, basic needs support (including housing, clothing, or food), parenting support or counselling? Stop by our Beiseker office on the **4<sup>th</sup> Wednesday of each month** between 9:30 a.m. – 3:00 p.m., or our office in Airdrie, Monday to Friday from 8:30 am to 4:30 pm, with a late night on Thursday where we are open until 8:00 pm. Additionally, you may contact us at 403-945-3900 or 1-866-945-3905 or email us at info@nrvcl.ab.ca

#### **Adult Programs**

#### Adult Grief & Loss Support Group (registration deadline October 25, 2024)

18+

Are you in need of support for a loss in your life? During this group, adults will become more aware of their own grief process and learn how to deal with it more effectively. This group will offer education, coping tools, and strategies, as well as support while individuals cope with their loss.

Fridays, November 1 - 29, 2024, 10:00 am - 11:30 am

https://mycommunitylinks.ca/programs/adult -grief-loss-support-group

#### Adults Experiencing ADHD (registration deadline October 23, 2024)

18+

Have you been diagnosed with ADHD or have symptoms and would like to understand more? Are you interested in connecting with other community members to discuss how ADHD impacts your life? This 1.5-hour presentation on the topic will offer education, coping tools, and strategies, as well as support for individuals experiencing ADHD in their lives.

Wednesday, October 30, 2024, 6:00 pm - 7:30 pm

https://mycommunitylinks.ca/programs/adults -experiencing-adhd-workshop

#### Seasonal Self-Care (registration deadline October 31, 2024)

18+

Do you find yourself struggling to keep up with the many demands of life and feeling anxious about juggling all your responsibilities once the chilly dark days of winter approach? Attend 6 sessions with each focusing on an important aspect of creating bala nced self-care. The final session will include an overview of the tools learned and a potluck celebration.

Thursdays, November 7 - December 12, 2024, 6:00 pm - 7:30 pm https://mycommunitylinks.ca/programs/seasonal -self-care

#### Women Supporting Women in Healing from Abuse (registration on -going)

#### For women 18+

Have you been subjected to abuse (emotional, sexual, financial, psychological, physical, and/or spiritual) in a relationship? This group will discuss what is family violence, barriers in leaving, boundaries, beyond trauma, gender oppression, roles of culture and en vironment, parenting in adversity, anger and moving forward. Guest speakers from partner agencies, Victim Services and The Yoga Junction.

Thursdays, October 10 & 24, 6:00 pm - 7:30 pm

https://mycommunitylinks.ca/programs/women -for-women-in-healing-from-abuse

#### Community Links continued......

#### Children's Programs

Baby Babble (registration deadline October 29, 2024)

For parents/caregivers of children 0 - 3 months

In this group, you will receive information about your baby's development and the changes a new baby can bring while networking with other new parents. A Public Health Nurse is invited to attend one of the sessions to provide information and support.

Tuesdays, November 5 - December 3, 2024, 1:30 pm - 3:00 pm

https://mycommunitylinks.ca/programs/baby -babble

#### **Parenting Programs**

Parenting Children with ADHD (registration deadline October 15, 2024)

For parents/caregivers of children 5 - 12 years (ADULTS ONLY)

Do you have a child diagnosed with ADHD, or are wondering if your child might have ADHD? We will discuss information about ADHD such as symptoms and causes, resources available to support you and your child, the process of getting a diagnosis and explore parenting strategies that can help set your child up for success. You may also be interested in checking out the "Parenting Children with Anxiety" workshop on October 29, 2024.

Tuesday, October 22, 2024, 6:00 pm - 8:00 pm

https://mycommunitylinks.ca/programs/parenting -children-with-adhd

#### Parenting Children with Anxiety (registration deadline October 22, 2024)

For parents/caregivers of children 7 - 14 years (ADULTS ONLY)

Are you the parent/caregiver of a child with an anxiety disorder or who is experiencing stress that is overwhelming and impacting their day-to-day life? We will discuss information about anxiety such as symptoms and causes, resources available to support you and your child, and explore coping and parenting strategies that can help set your child up for success. You may also be interested in checking out the "Parenting Children with ADHD" workshop on October 22, 2024.

Tuesday, October 29, 2024, 6:00 pm - 8:00 pm

https://mycommunitylinks.ca/programs/parenting -children-with-anxiety

#### Potty Training (registration deadline October 11, 2024)

For parents/caregivers of children 18 months - 4 years

Are you looking for tips on Potty Training? If you are a parent/caregiver who has a child, 18 months - 4 years old, this workshop may be for you! In this session, we will go over signs of readiness, facts about potty training and approaches to learning.

Limited free childcare is available.

Friday, October 18, 2024, 9:30 am - 11:00 am

https://mycommunitylinks.ca/programs/pottytraining

For more information, visit our website at <u>www.mycommunitylinks.ca</u> or contact us at 403-945-3900, 1-866-945-3905 or info@nrvcl.ab.ca

### Village of Beiseker

# EMERGENCY PREPAREDNESS AND EVACUATION GUIDE



Know the Risks Make a Plan Prepare a Kit



#### 72 HOURS - IS YOUR FAMILY PREPARED?

Pick up your Emergency Preparedness and Evacuation Guide at the Village Office or go to www.beiseker.com - Emergency/Health Services. By taking a few simple steps today, you can become better prepared to face a range of emergencies - anytime, anywhere!

#### Do You Live In:

• Beiseker or Rocky View County?

#### Perhaps You Need To:

- Make a personal errand?
- Get to a medical appointment?

#### **Community Transportation:**

- Monday-Friday 7:30 4:30
- Fare: \$4 per every 10 km travelled
- Wheelchair accessible vehicles

#### Restrictions:

- Prior registration (use our on-line form)
- Give prior notice (e.g. 2 days or more) (You may have to share your ride)
- Book Early- Possible limited availability (can you be flexible?)

Call for information or Register online www.rockyviewbus.ca

Rocky View Bus is a project of: Rocky View Regional Handibus Society

# Need a Ride?



**Community Transportation for Rocky View and Region** 

For more info:

403-948-28871-877-389-2887

**Toll-free** 

info@rockyviewbus.ca

#### Community Connections & Back to School BBQ

Thank You for Another Wonderful Community Connection & Back to School BBQ!

What an incredible day of community spirit, fun, and connection! A huge heartfelt thank you to all the organizations, community members, and everyone from Beiseker, Irricana, and the surrounding areas who came out to enjoy everything this event had to offer. It was especially wonderful to have the Beiseker Station Museum join in celebrating the school's 110th anniversary, adding a special touch to the day. It's always amazing to see our community come together, enjoy themselves, and make lasting connections!

**Beiseker Community School Staff** – Thank you for hosting an amazing BBQ! Your warmth, hospitality, and dedication to our community truly shine through. We appreciate everything you do!

**Beiseker Fire Department** – Thank you for showing up and being present for the community, and for lending a hand with tables after the event! Your support and involvement are always appreciated!



Parents & Youth Volunteers - A big thank you to all the parents and youth who came out and participated—you made the day even more special with your energy and enthusiasm!





## **2025 FCSS Funding Applications**

Applications for FCSS 2025 program funding will open on July 1, 2024, and close on November 1, 2024.

If you or your organization have a great program idea for the community, apply for funding by visiting the Village of Beiseker website under the FCSS section to download an application.

For more information or if you have any questions, please email Brook Swanson at reccoordinator@beiseker.com.

# What programs are eligible and what programs are ineligible under FCSS and who can apply?

Types of services eligible for FCSS funding:

- Services that promote the social development of children and their families.
- Services that enrich and strengthen family life by developing skills so people can function more effectively within their own environment.
- Services that enhance the quality of life of the retired and semi-retired.
- Services to promote, encourage and support volunteer work in the community.
- Services to assist communities to identify their social needs and develop responses to meet those needs.
- Services to inform the public of available services.

Types of services that may not be eligible for funding:

Services provided under a program must not:

- Provide primarily for the recreational needs or leisure time pursuits of individuals.
- Offer direct assistance, including money, food, clothing or shelter, to sustain an individual or family.
- be primarily rehabilitative in nature; nor duplicate services that are ordinarily provided by a government or government agency.





Irricana Ladies Club - Women's conference



# Better Together October 26, 2024

#### KEYNOTE SPEAKER BRANDY DOUGLAS CORCORAN



Brandy Douglas Corcoran is on a mission to help individuals liberate themselves from beliefs, stories and identities that limit them so they can step into their unique greatness.



Get ready for a day of laughter, empowerment, and transformative insights with best-selling author Brandy Douglas Corcoran! This keynote talk is your chance to break free from overwhelm, gain clarity, and embrace more joy and power in your life. Don't miss this opportunity to connect with like-minded women and step into a life you truly love.



#### **PRESENTERS**

Anamaria Muresan - RemedyRX - Irricana - Holistic

Nutrition

ATB - Irricana - Fraud Awareness

**SNACKS AND** 

#### BREAKOUT SESSIONS

**VENDOR TABLES** Hailey Paul- Willow Branch Wellness - Irricana Stephanie Young- Yoga Pure - Beiseker Belinda Pittman - Macrame Plant Hanger - Acme Jayne Batten - My Integrative Therapy - Beiseker Jo-Lynn Knapp - The Reluctant Menopausal Mom - Beiseker Irricana Ladies Club - Craft - Seasonal Craft





#### REGISTRATION

Registration Online: \$50 Vendor Table and Registration \$65

Check out our Facebook Page for registration link, additional Information, sponsors and spotlights on presenters: https://www.facebook.com/Irricanaladiesclub



Village of Beiseker Family and Community Support Services

### **Snow Angel Program**

This winter, we're bringing back our Snow Angel initiative to help those in need while keeping our village safe and accessible. The Snow Angel Program connects neighbours in need with those willing to lend a hand—or a shovel!

Snow Angels are needed to match those in need with helpers! Interested in volunteering? Fill out the online form to get on our Angel List. Volunteers are essential to support this program—without enough volunteer interest, we will unfortunately be unable to offer it.



\*Last-minute requests may not be guaranteed due to volunteer availability.

## Halloween Movie Night

#### Join Us for a FREE Spook-tacular Halloween Movie Night!

The Village of Beiseker FCSS invites you to a fun-filled evening with a **FREE** Halloween Movie Night! Bring your little ghouls and goblins (aged 12 and under, with a parent or guardian) for a night of spooky fun!

This event is graciously sponsored by the Beiseker Lions Club!

Date: Thursday, October 24th, 2024

Time: 5:30 - 7 PM

Location: Beiseker Community Hall, 410 5 St. Beiseker, AB









Reasonable fees with grant and subsidy options Registration packages online or at the playschool

# VISIT US

\_\_\_\_\_401 5th Street, Beiseker AB beisekerplayschool@outlook.com beisekerplayschool.wixsite.com/mysite

# IRRICANA REC CENTRE

## REGISTERED PROGRAM

# FITFUSION

#### SMAUL GROUP FITNESS

FITFUSION IS A VERSATILE, HIGH-ENERGY CLASS DESIGNED FOR SMALL GROUPS COMBINING ELEMENTS OF STRENGTH, CARDIO, AND FLEXIBILITY. THIS CLASS IS PERFECT FOR PARTICIPANTS OF VARIOUS FITNESS LEVELS, FOCUSING ON OVERALL HEALTH, CONDITIONING, AND FUN! AGES 18+.

#### **4-WEEK SESSION**

SESSION 2: OCT. 8-OCT. 30

OCT. 24 MOVED TO OCT. 23 OCT. 31 MOVED TO OCT. 30

TUESDAYS: 7:30PM-8:30PM THURSDAYS: 6:30PM-7:30PM

\$55 – 1 CLASS/4–WEEK SESSION \$90 – 2 CLASSES/4–WEEK SESSION



HTTPS://FORMS.GLE/ DPKSTMJTRNZNIZRUA

#### REGISTRATION

SCAN THE QR CODE OR EMAIL IRRICANA@IRRICANA.COM

REGISTRATION & PAYMENT DEADLINE: OCTOBER 4TH, 2024 AT 4PM \*MINIMUM 4 PARTICIPANTS PER CLASS



IRRICANA REC CENTRE 302–3RD STREET, IRRICANA, AB TOM 1BO (403) 935-4672 WWW.IRRICANA.COM IRRICANA

## IRRICANA REC CENTRE

# FREE FCSS SPONSORED PROGRAM

# PARENT CAFÉ

### GMO=2YRSWITHPARENT/GUARDIAN

JOIN US AT PARENT CAFÉ, A WELCOMING SPACE WHERE PARENTS CAN CONNECT AND INTERACT WITH OTHER PARENTS IN THE COMMUNITY. THIS PROGRAM IS DESIGNED TO GET YOUR BABIES MOVING WITH A VARIETY OF ENGAGING GROSS AND FINE MOTOR ACTIVITIES. IN ADDITION TO ACTIVITIES FOR THE LITTLE ONES, WE ALSO INCORPORATE MOVEMENT AND EXERCISE FOR EVERYONE, ENSURING A FUN AND ACTIVE EXPERIENCE FOR ALL. WHILE THE LITTLE ONES EXPLORE AND PLAY, PARENTS CAN ENJOY SOME REFRESHMENTS AND STIMULATING CONVERSATION. PARENT CAFÉ IS THE PERFECT PLACE TO SHARE EXPERIENCES, GAIN SUPPORT, AND BUILD FRIENDSHIPS WITH FELLOW PARENTS. COME FOR THE ACTIVITIES, STAY FOR THE CONNECTIONS!

**6-WEEK SESSIONS** 

SESSION 1: SEPT. 17-OCT. 22 SESSION 2: OCT. 29-DEC. 3

TUESDAYS 9:00AM-10:00AM

NO COST!



REGISTRATION:

SCAN THE QR CODE OR EMAIL

IRRICANA@IRRICANA.COM

DROP-INS WELCOME

HTTPS://FORMS.GLE/ YSR1DMFREEXJWBS86

IRRICANA REC CENTRE 302-3RD STREET, IRRICANA, AB TOM 1BO (403) 935-4672 WWW.IRRICANA.COM



## IRRICANA REC CENTRE

# FREE FCSS SPONSORED PROGRAM

# MINI MOVERS: FUN & ACTIVE PLAY

CHINDRENS-GYRS

SPONSORED BY FCSS, THIS PROGRAM IS MORE THAN JUST PHYSICAL ACTIVITY—IT'S A GREAT WAY FOR YOUR CHILD TO MEET NEW FRIENDS AND CONNECT WITH OTHER KIDS IN THE COMMUNITY. EACH SESSION COMBINES STRUCTURED ACTIVITIES WITH FREE PLAY, ENCOURAGING KIDS TO EXPLORE, JUMP, RUN, AND DANCE. ALONGSIDE PHYSICAL DEVELOPMENT AND COORDINATION, MINI MOVERS PROMOTES SOCIAL INTERACTION AND HELPS CHILDREN BUILD IMPORTANT SOCIAL SKILLS THAT WILL BENEFIT THEM AS THEY GROW.

\*PARENTS ARE WELCOME TO STAY, BUT NOT REQUIRED.

**6-WEEK SESSIONS** 

SESSION 1: SEPT. 20-OCT. 25 SESSION 2: NOV. 1-DEC. 6

FRIDAYS | 1PM-1:45PM NO COST!



REGISTRATION:

SCAN THE QR CODE OR EMAIL IRRICANA@IRRICANA.COM

DROP-INS WELCOME!

HTTPS://FORMS.GLE/ YSR1DMFREEXJWBS86

IRRICANA REC CENTRE 302–3RD STREET, IRRICANA, AB TOM 1BO (403) 935-4672 WWW.IRRICANA.COM



