

THE

BUZZ IN

BARRHEAD

TWO CENTS
2¢
EACH



ISSUE # 22

JANUARY 2025

FREE!



FCSS

**FCSS
Transportation**

55+ and Individuals
with Disabilities
Special Event
Let's Go Fishing...
**Mama's in the
Kitchen
Restaurant
Roadtrip on
January 31
Meal (2 piece fish
and chips) and
Transportation is
\$30 / person**
Departing FCSS at
11:30am and return-
ing at 2pm
Seats are limited
\$30/person

For more info, please
contact Rickie at
780-674-3341

Barrhead Community Adult Learning

Upcoming Courses:

Jan. 22 from 6-8pm - Indigenous Loom Beading with Robin, \$50 each, at
Blue Heron Support Services Building
Jan. 29 from 6-8pm - Delicious Sushi with Jessica, \$40 each, at the BCHS
Foods Room
**Wednesdays, Feb. 5 - Mar. 12 from 4-6pm - Basic Computer Skills
Course**, \$20 each at Blue Heron Support Services Building
www.bhssa.ca/upcoming-courses, email - bcal@bhssa.ca
or call 780-674-9643

Barrhead Art Gallery—4814-53 Ave

The Art Club Gallery and Studio is open from 11am - 3pm every Friday and Saturday.
Come on in and sit and relax and take in the surrounding art. It is good for the heart
and soul!

For more information, please send message to artclubbarrhead@gmail.com

Barrhead & District Senior's Drop-In Centre

Drop-In Centre will reopen with programs, cards, floor curling, games, etc. on
January 7, 2025! Yoga will start again on Jan. 9 or 16th. More info to come with full details.

For more information, please contact: Marcia at 780-674-7922 or at
activities.bhdseniors@gmail.com

Barrhead Parks & Recreation

Mondays, Jan. 6, 13, 20, & 27 from 5:15 - 6:15pm - Iyengar Yoga with Instructor Chris
Wednesdays, Jan. 8, 15, 22, & 29 from 12:05 - 12:50pm - Lunchtime Gentle Yoga with Instructor Linda
**Thursdays, Jan. 9, 16, 23, & 30 from 5:15 - 6:15pm - Restorative Iyengar Yoga with
Instructor Chris**
Jan. 31 from 6-8pm—Paint Party with Instructor Marika
For more information, please see www.barrhead.ca or follow Barrhead Parks & Recreation on Face-
book.

FCSS

55+ Programs

Wednesdays:

**Light Exercise from 10:30-
11:30am - FREE! Drop-In!**

NEW! Giggling Generations
Every second Wednesday,
2-3:30pm - \$3 per adult,
please register at office

**Snackers & Crafters, every
third Wednesday - \$8 each,
please register at office**
We are in the process of plan-
ning activities and events for the
first and fourth Wednesday's.
Stay tuned!

**FCSS 55+
Dinner at
Barrhead
Senior Drop-In
Centre
Friday, Jan. 17/25**

Doors open at 11am for
Blood Pressure Clinic
Meal at 12pm
Caterers: Barrhead
Alliance Church
Speaker: **MLA Glenn
VanDijken** - speaking
about the Alberta
Pension Plan
**Tickets available at
the FCSS Office
\$15.00 each**

Volunteer Opportunities

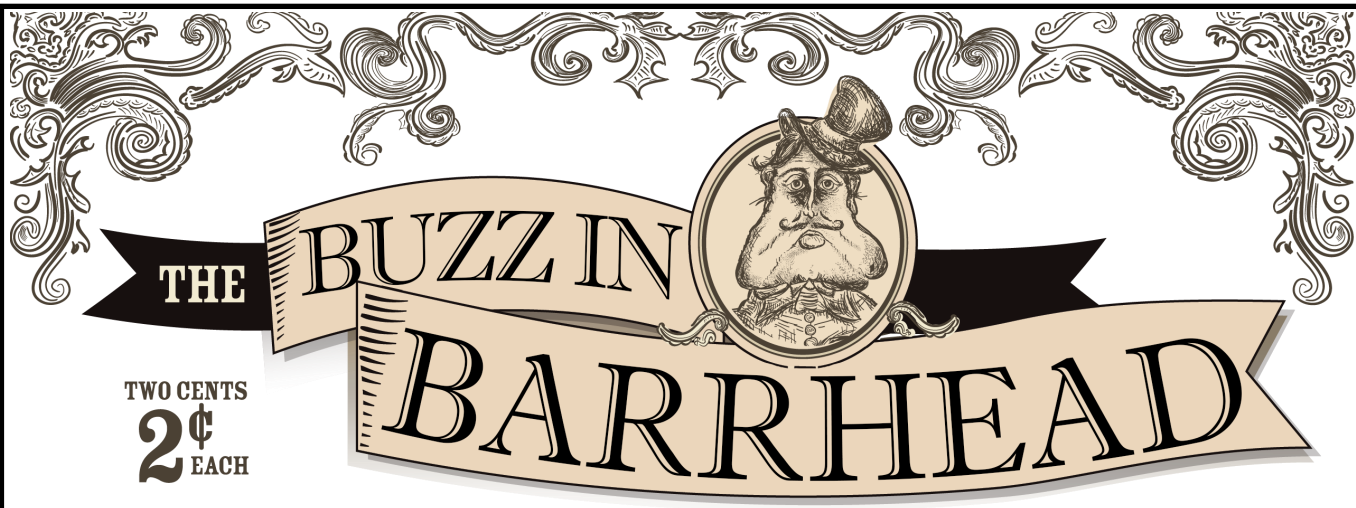
Are you interested in becoming a volunteer?
Volunteer Opportunities are always available at FCSS from volun-
teering with the youth programs, Meal's on Wheels (drivers), Christ-
mas Programs, Events in the Community, Senior's Programs to the
Barrhead FoodBank.

Please stop in to the office and pick up a package to get started. If
you require more information, please call Rickie at 780-674-3341
project.leader@barrheadfcss.org



**Check
Out
Our
New
Website!**

SCAN ME



ISSUE # 22

JANUARY 2025

FREE!

Barrhead Public Library



LOOK

FCSS Family Programs
Come on out and join
Miss Savannah at:
Movement & Motion;
 Jan. 22
 at Bethel FLC
Gym Time;
 Jan. 22
 at Dojo
Tot Time;
 Jan. 14 & 28 at FCSS
Baby & Me;
 Jan. 21 at FCSS
 All Family Programs run from 10-11am.
FREE!!
 All programs are Drop-In Events!!

Happy New Year's from the Barrhead Public Library! Please note that our weekly programming is on a break until January 20th.
 Early Childhood Storytime resumes Mon./Thurs./Fri. at 11:00am on January 20th.
LEGO & Chess Club resume on Wednesday, Jan. 22.
 2025 Teen Art Club—Details coming soon, monthly 2 hour meetups starting late January. A special art club for teens, 12 - 17 years old. Registration fees will be required and facilitated by a talented local artist/cosplayer. Contact the library to register.
For the month of January - Claudette MacLean, a local artist who grew up in LaLaNonne and still resides there, will have an art show of her paintings and will be selling her prints. She also has a 32 page coffee table art book of her work which is beautifully laid out and makes an excellent gift for the art lover. Art cards are also available.

More details are on the website at barrheadpubliclibrary.ca

Coming Events:

NEW at FCSS! - Every 2nd Wednesday, starting January 8, we will be hosting "Giggling Generations", an Intergenerational program for our 55+, Parents and Tots and Homeschool groups. Each month will have a different theme. Please call the office to register. Cost is \$3 / adult
FCSS - Watch for the dates for our COMPASS for the Caregiver workshops coming in January!
FCSS - Mom's Minds, January 23 - Feb. 27, 2025. Free, five week course that focuses on supporting Mom's wellness through perinatal period. Please call office to register. Free child-minding available.

FCSS

Sagesse - Growth Circle Workshop

Peer Support Group

Developing healthy relationship skills

Building personal power and resilience

Please call Savannah for more information at 780-674-3341

FCSS Youth Programs

Chillzone - from 3:30- 5:30pm

Gr. 4-7 - Tuesdays
Gr. 8-12 - Wednesdays

Chillzone will be located at Barrhead Church of God

FCSS OFFICE HOURS: 9am-4:30pm and open through the lunch hour
780-674-3341
FOODBANK operates on Thursdays from 10am-3pm
Must call 780-284-7390 for a Food Bank appointment.



NEW on Thursdays!!
Dungeons & Dragons
 For grades 4-12 at FCSS Program Room from 3:30-5:30pm