

THE

BUZZ IN



BARRHEAD

TWO CENTS
2¢
EACH

ISSUE # 20

OCTOBER 2024

FREE!



FCSS

FCSS

Transportation

55+ Special Event and for those with Disabilities
Rochfort Bridge Trading Post & Restaurant and Pioneer Museum
Oct. 11, departing FCSS at 11am. Seats are limited \$35/person (does not include food)

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

Barrhead Community Adult Learning

Upcoming Courses:

Oct. 2 - 9am-4pm - Mental Health First Aid; \$80 / person at Blue Heron Support Services

For additional information please call 780-674-9643 or to register: www.bhssa.ca/upcoming-courses or email bcal@bhssa.ca

Barrhead Art Gallery—4814-53 Ave

October's Feature Artists - Suzanna Moisan and Donna Mast, Oct. 4-25, Fri. & Sat. from 11am-3pm. Reception on Sat., Oct. 12 from 11am-3pm

Oct. 19, from 10am—3pm- Basic Acrylics Workshop with Maria Sieben; 1 Day Class - \$50 (\$35 members). Please call Sally to register at 780-674-4902

Barrhead & District Senior's Drop-In Centre

2025 Memberships are on sale now! \$20 per calendar year
With a membership, On-Going Activities such as Morning Cribbage, Floor Curling, Whist, and Table Tennis are \$1.00 per session

Oct. 17—Nov. 21 - Yoga - Both floor yoga and chair yoga available subject to sufficient registration.

For more information, please contact: activities.bhdseniors@gmail.com

FCSS

55+ Programs

Wednesdays:

Light Exercise from 10:30-11:30am—
FREE!

Drop-In Coffee Connection from 2-3:30pm—
\$3 each

Snackers & Crafters, every third Wednesday—
\$8 each, please register at office

FCSS 55+ Dinner at Barrhead Senior Drop-In Centre

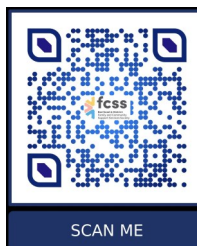
Friday, Oct. 18/24
Doors open at 11am for Blood Pressure Clinic
Meal at 12pm
Caterers: Drop-In Centre
Speaker: TBD

Tickets available at the FCSS Office
\$15.00 each

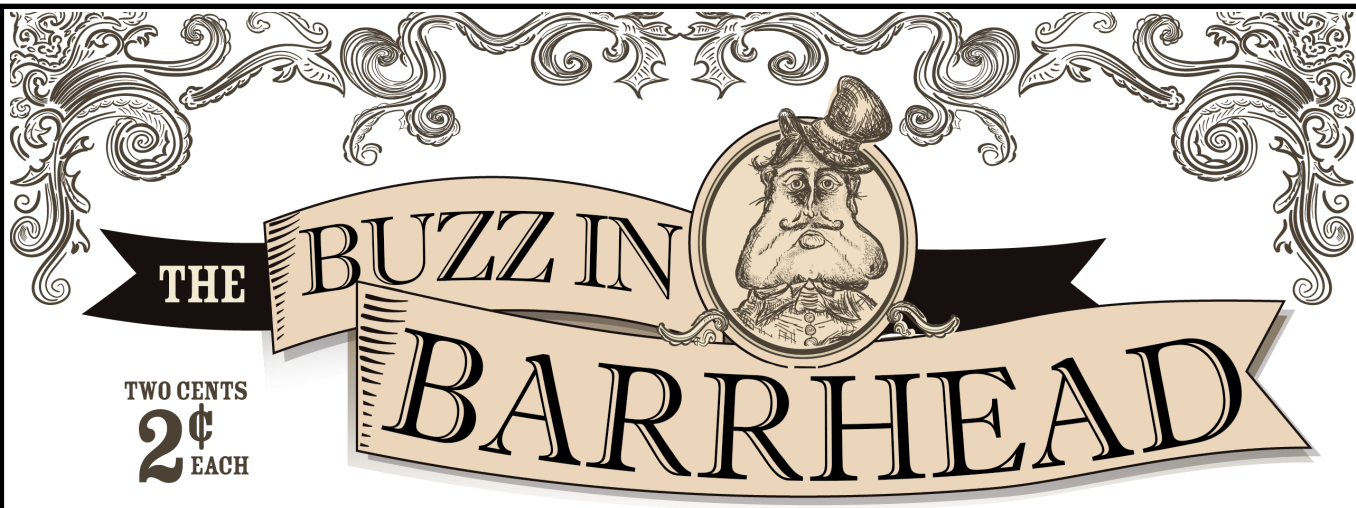
Volunteer Opportunities

Are you interested in becoming a volunteer?
Volunteer Opportunities are always available at FCSS from volunteering with the youth programs, Meal's on Wheels (drivers), Christmas 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



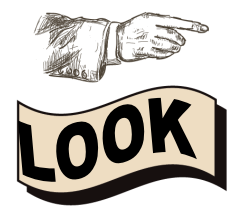
Check Out Our New Website!



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FCSS Family Programs
Come on out and join Miss Savannah at:
Movement & Motion;
 Oct. 9 & 23 at Bethel FLC
Gym Time;
 Oct. 2, 16, 30 at Dojo
Tot Time;
 Oct. 1, 15, 29 at FCSS
Baby & Me;
 Oct. 8, 22 at FCSS
 All Family Programs run from 10-11am.
FREE!!
 All programs are Drop-In Events!!

Barrhead Public Library

- Oct. 10 & 24 - 7-9pm - Dungeons & Dragons for Young Adults
- Oct. 12 & 26 - 4-5:30pm - Dungeons & Dragons for Kids with Vecna
- Oct. 17 - 7-8pm - Adult Book Club - "Killers of the Flower Moon" by David Grann
- Oct. 21- 4-5pm - Teen Book Club - "Percy Jackson The Lightning Thief" by Rick Riordan

Get your copies at the library!!

More details are on the website at barrheadpubliclibrary.ca or call the library at 780-674-8519

Coming Events:

- Oct. 21 - Harvest Supper w/ Alzheimer Society of Alberta and NWT, at the Barrhead Drop-In Centre-** a First Link Connection brain presentation on the topic of dementia for care partners, caregivers and community members, ages 18+. Opportunity to have some questions answered, gain insight, and increase your knowledge along with some tips and strategies. Doors will open at 5pm, supper at 5:30pm and presentation at 6:30pm. Tickets are available at the FCSS Office for \$5.00 each.
- Oct. 25 - Barrhead Community Pumpkin Walk at the Barrhead Agrena Grounds -** treats, games, entertainment starting at 6:00pm with Fireworks at 8:00pm. Free admission: Donations appreciated

FCSS

- Sagesse - Growth Circle Workshop**
- Peer Support Group**
- Developing healthy relationship skills**
- Building personal power and resilience**
- Please call Vernice or 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!!
Dungeons & Dragons
 For grades 4-12 at FCSS Program Room from 3:30-5:30pm