

THE

BUZZ IN

BARRHEAD

TWO CENTS
2¢
EACH



ISSUE # 12

FEBRUARY 2024

FREE!



FCSS

Mom's Minds

FREE 5 week program for pregnant women and moms focused on supporting mental wellness. Classes begin Feb. 1-Mar.7 from 9:30-11:30am. Free Child-Minding is available. For more information or to register, please call the FCSS office.

WECAN connects individuals and families on limited and or fixed incomes, who are struggling at the end of each month to provide enough healthy food for their families, with a basket of fresh produce and frozen meat items. The Food Basket program is designed to replenish the refrigerator the third week of the month when food supplies and funds are in short supply. As the food order has been prepaid, members need only go to their community depot to pick up their order.

Barrhead & District FCSS Society is a WECAN Depot for our Community. Orders and payment are due the first week of the month and the baskets are ready for pick up on the third Thursday of the month (except for a few months pick up falls on the 4th Thursday). Fresh Produce Baskets are \$15 each, and Frozen Meat Baskets are \$20 each. Membership is \$5 annually.

Coming Events

February 2 - Barrhead Arts Council presents: Jake Vaadeland & The Sturgeon River Boys at the BCHS Drama Theatre. Tickets available at Comfort Corner

February 14 - Join us (FCSS) at our weekly 55+ Coffee Connections for a "Strawberry Tea" Valentine's Day! Cost is \$3.00 each

February 16 - Westlock and Barrhead Grade 8-12 Valentine's Dance at Hazelbluff Hall from 6-9pm. Tickets available online at www.westlockfcss.com, at BCHS as well as at Chillzone

February 26 - Barrhead & District Senior Citizens Society AGM at 1:30 at the Centre 5437-49 St

FCSS

55+ Programs

Wednesdays:

Light Exercise at 10:30 am

And

Coffee Connections at 2-3:30pm,

\$3/person

Snackers & Crafters Feb. 21/24

\$5/person, please call office to register for craft

FCSS 55+ Dinner at Barrhead Drop In Centre February 16, 2024

Blood Pressure Clinic starts at 11am, Dinner at 12pm Catered by

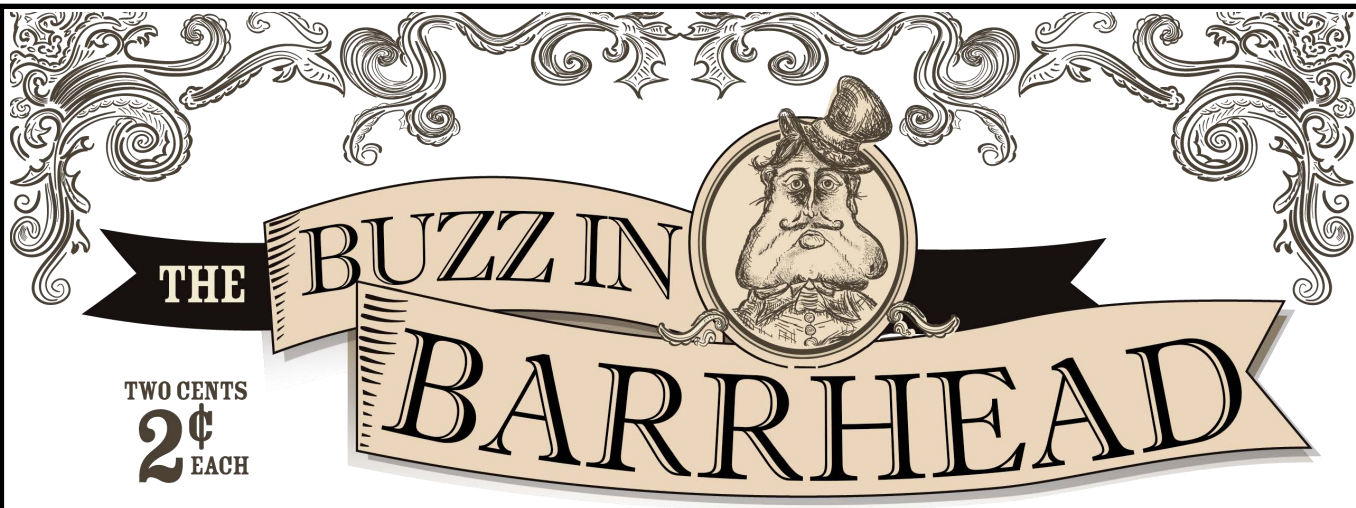
Barrhead Canadian Reformed Church With Speaker: Armchair Traveller, Margaret LeBlanc Tickets available at the Office for \$15

Barrhead Meals on Wheels (MOW)

A partnership between the Barrhead Healthcare Centre (Hospital) and FCSS. It is a community service provided to seniors and those who for health reasons are unable to make meals for themselves. MOW is available only during the supper hour, Monday to Friday. Cost is \$10 for one hot meal. To register or for more information, please call the Hospital at 780-674-2221 and ask for the kitchen. If you would like to be a volunteer to deliver the meals, please call the FCSS office at 780-674-3341.



Check Out Our New Website!



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Barrhead Public Library

0-5 years old program has resumed with Fridays being mini-musicians for the 3-5 years old (partnership with FCSS). Starts at 11am on Mon./Wed./Fri. February 28th is the start of a used book sale. Organized by the Friends of the Barrhead Public Library Society, this fundraiser sells older books to clear space and raise funds for the library.

February as a whole is Library Lovers month. We are asking the community to stop by and checkout the library and share in that love. We will also be conducting a community survey all month long to plan our next operation development and strategic plan.

For more information, please call the Library
at 780-674-8519

Barrhead & District Seniors Drop-In Centre

Jan. 18 to Feb. 22, 2024 Floor Yoga will start at 12:30pm and Chair Yoga will start at 1:45pm, running for 6 Thursdays
Feb. 26, 2024 - Annual General Meeting at 1:30pm
5437 49 St.

For more information, please call Marcia at 780-674-7922
Or email activities.bhdseniors@gmail.com

COMPASS Workshop

A five week program for those that are caregivers to loved ones, friends, neighbours, etc. to help them with balancing their own well- being while still going through the challenges of caregiving.
Cost is \$5/person
Starts Feb. 26 from 12-3pm
Please call office to register

FCSS Youth Programs

Chillzone -
Upstairs at the Agrena
Tuesdays for Grades 4-6
Wednesdays for Grades 10-12 (with Art Club every second week)
Thursdays for Grades 7-9



Barrhead Community Adult Learning
Upcoming Courses:
♦ Dreamcatcher Workshop on Feb. 13
♦ Mental Health First Aid March 12

For all courses, please register online at www.bhssa.ca/upcoming-courses
Or call the Blue Heron office at 780-674-4944

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

