

THE

BUZZ IN



BARRHEAD

TWO CENTS  
2¢  
EACH

ISSUE # 14

APRIL 2024

FREE!



FCSS will once again be providing the **FREE Income Tax Clinic** for low income individuals and families Starting March 7, 2024 until April 25, 2024 from 10am-3pm. **FIRST COME - FIRST SERVED BASIS**  
For more information, please call the office

**Barrhead Community Adult Learning**

Upcoming Courses:

April 24 from 6-8pm at the BCHS Foods Room, **Cheesy Hot Italian Pasta**. \$45 / person

April 27 from 10am-4pm at Barrhead Judo Club, 5209-Hwy33, **Women's Self Defense** with instructor Dave McKenzie. \$25 / person with all proceeds going to the Ripple Connection Support Centre.

Register by April 19th by calling 780-674-5548

April 29 from 6:30-8:30pm at BHSSA, **Signs & Designs with Paulette**. 6 designs to choose from and light refreshments are included. \$45 / person.

For additional information please call 780-674-9643 or to register: [www.bhssa.ca/upcoming-courses](http://www.bhssa.ca/upcoming-courses) or email [bcal@bhssa.ca](mailto:bcal@bhssa.ca)

**Coming Events**

**April 3 and 5** - Town Wide Food Drive - Grocery bags will be dropped off on April 3 and on April 5 will be pick up day.

**April 17** - Volunteer Appreciation Breakfast and Awards Event at Bethel Pentecostal Church from 10am-12:45pm. Recognize volunteerism in Barrhead and see why "Every Moment Matters"!! There will be limited tickets available for public purchase at the FCSS Office for \$5.00 each.

**April 25** - Barrhead Art's Council presents John Wort Hannam, a Canadian folk musician from Fort Macleod, Alberta most known for his story telling through music. Tickets are available at Comfort Corner.

**FCSS**

**55+ Programs**

**Wednesdays:**

Light Exercise at 10:30 am

And

Coffee Connections at 2-3:30pm,

\$3/person

Snackers & Crafters April 17/24

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

**FCSS 55+ Dinner at Barrhead Drop In Centre April 26, 2024**

Blood Pressure Clinic starts at 11am, Dinner at 12pm  
Catered by: Barrhead Christian Reformed Church  
**Speaker: Barb Strand with Camel Travels from India**

Tickets available at the Office for \$15

**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 Darin at 780-674-3341 ext. 106 or email at [cdvd@barrheadfcss.org](mailto:cdvd@barrheadfcss.org)



Check Out Our New Website!

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**Barrhead Public Library**

April 8 from 3-5pm - **Life Skills with Employment Services**, learn to manage / balance life skills while working. Barrhead Employment Services will be facilitating this workshop. Help with resume building will also be done.

April 18 - **Book Club**, April's book is "Recipe for a Good Life" by Lesley Crewe.

April 26 and May 3 - **L2D Learn to Drive**, pre-registration is required and space is limited. Explore all you need to know to pass the Class 7 Learner's Exam.

For more details about these programs and events plus more, please go to [www.BarrheadPublicLibrary.ca](http://www.BarrheadPublicLibrary.ca) or call the Library at 780-674-8519

**Barrhead & District Seniors Drop-In Centre**

**Monday, April 8, 2024 at 1pm - Touch Down South America**

World Traveler, Barb Strand shares her 3 week journey.

Rio's Christo and Beaches, waterfalls that challenge Niagra,

Barios Guachos, Glacier Penguins ....

A travelogue of incredible pictures with a touch of history.

Cost: Members \$1 / Non-Members \$2

For event info, please call Marcia at 780-674-7922  
or email [activities.bhdseniors@gmail.com](mailto:activities.bhdseniors@gmail.com)

**Barrhead Town Rec**

Check out the NEW Fitness Classes!!

**Full Body Burn:**

Tuesdays, 6:30-7:30pm, Apr. 2,9,16,23,& 30

**55+ Silver Strong:**

Fridays, 10:45-11:30am, Apr. 5,12,19,and 26

**Gentle Strength Yoga:**

Wednesdays, 1-2pm

April 3,10,17 & 24

**15/15/15 Interval**

**Training:** Thursdays ,5:15-6:15pm

Pre-Register online at [www.barrhead.ca](http://www.barrhead.ca) or call 780-674-2532

**FCSS Youth Programs**

**Chillzone -**

At the Godberson Room in the Agrena

- ◆ Tuesdays for Grades 4-6
- ◆ Wednesdays for Grades 10-12
- ◆ Art Club for Grades 7-12 every second

Wednesday, now located at the Church of God, 4611-52 Ave

- ◆ Thursdays for Grades 7-9
- Volunteers for Chillzone Programming is needed. Please call the office for more info.



**LOOK**

**Barrhead & District FCSS Society** is very excited to have an Office now in Fort Assiniboine in The Rec. Centre. We are in the office every Wednesday from 9am - 4:30pm.

Please join us on **April 9, 2024** from 3-6pm for our office **Grand Opening!!**

**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

