

THE

BUZZ IN



BARRHEAD

TWO CENTS  
**2¢**  
EACH

ISSUE # 13

MARCH 2024

FREE!



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

**Barrhead Community Adult Learning**

Upcoming Courses:

**March 1,8,15,22 and 29 from 10:45-11:30am - Silver Strong 55+** in the upstairs boardroom of the Agrena: focus on improving strength, balance, stability and flexibility. Cost is \$50 each. To register, go to the Town of Barrhead Website under Parks and Recreation classes and programs

**March 6 - Pysanka Workshop 6:30-8:30pm \$30 each**

**March 7 - Bannock Making 6:30-8:30pm \$35 each** at the BCHS Foods Room

**March 21 - Introduction to Mindfulness 6:30-8:00pm \$5 each**

For additional information please call 780-674-9643 or to register:

[www.bhssa.ca/upcoming-courses](http://www.bhssa.ca/upcoming-courses)

**Coming Events**

**March 7 - Barrhead Art's Council** presents DJ Warkentin at the BCHS Drama Theatre - music with a touch of humour, playing a mix of music from the 50's, 60's, 70's and more. Tickets are available at Comfort Corner.

**March 13-21 - County of Barrhead Food Bank Drive;** donations can be dropped off at County of Barrhead Office, Neerlandia Co-op, Lac La Nonne General Store and Campsie Store. Watch for more information from the County of Barrhead Office

**FCSS**

**55+ Programs**

**Wednesdays:**

Light Exercise at 10:30 am

And

Coffee Connections at 2-3:30pm,

\$3/person

Snackers & Crafters Mar. 20/24

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

**FCSS 55+ Dinner at Barrhead Drop In Centre March 15, 2024**

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

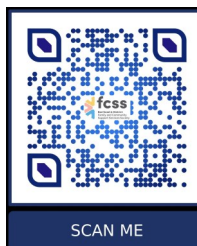
FCSS  
Sponsored by: People's Pharmacy

Tickets available at the Office for \$15

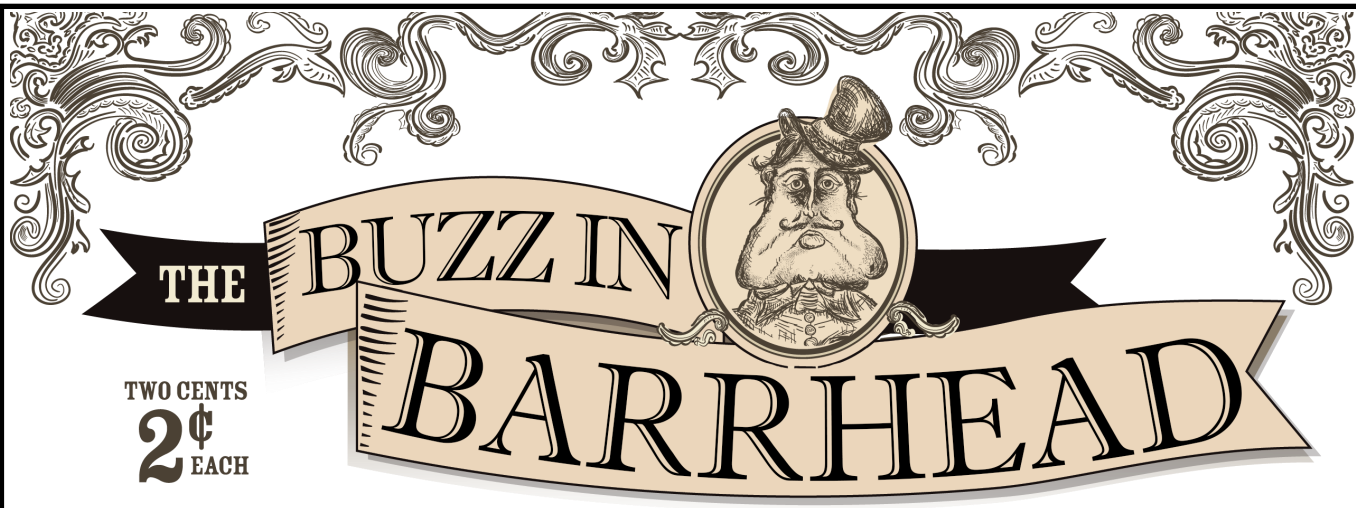
**Volunteer Appreciation 2024**

The 2024 Volunteer Appreciation Awards is accepting nominations! Share with the committee who you think should be recognized for their contributions to our community through volunteerism. Nominations close March 15th. Volunteer Appreciation Ceremony is on Wednesday, April 17th at Bethel Pentecostal.

<https://barrheadpubliclibrary.ca/News/Volunteer-Appreciation>



Check Out Our New Website!

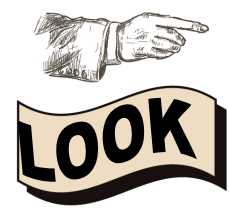


ISSUE # 13

MARCH 2024

FREE!

**Barrhead Public Library**



**Alberta Health Services is offering Exercise Programs**  
 Free Moderate Intensity Exercise Program that you are able to do in the comfort of your own home by ZOOM!!  
 Visit [www.healthylivingprogram.ca](http://www.healthylivingprogram.ca) or call 1-877-349-5711 for more Information. Classes start Mar. 18-Apr. 24, Mon./Wed. 1:00-2:30pm or 6:00-7:30pm

**Parent & Child English Language Learning with Adult Learning - Every Tuesday @ 11am.** Join us at BPL with your children, to practice your English skills and meet new people! A Safe place to explore languages, ESL friendly!  
**Easter Crafting** - The week before Easter you will find fun crafting activities in the library. Hop in and see what you can create!  
**Adult Book Club - Thursday, March 21 at 7pm** - Grab your March copy of "East of Eden" by John Steinbeck for book club. Two brothers in 1910's California struggle to maintain their strict, Bible-toting father's favor as an old secret about their long-absent mother comes to light. Book Club meets monthly every third Thursday.  
 For more information, please call the Library at 780-674-8519

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

**Feb. 29 - April 11th, 2024** Floor Yoga will start at 12:30pm and Chair Yoga will start at 1:45pm, running for 6 Thursdays, \$50 for 6 sessions  
**Gardener's Travelogue:** Monday, Mar. 5 at 2 pm in the Main Hall. Loonie entry fee  
**Crib Tournament:** Saturday, Mar. 23 \$50 / team. For more information, please call Doris at 780-674-5109  
*Watch for more info about the Backyard Birds presentation in the planning as well as a sewing project of a "Snip and Clip Scrap Bag with Pincushion"*  
 For event info, please call Marcia at 780-674-7922

**Barrhead Town Rec**

Check out the NEW Fitness Classes!!  
**Full Body Burn:** Tuesdays, 6:30-7:30pm, Mar. 5, 12, 19 & 26  
**55+ Silver Strong:** Fridays, 10:45-11:30am, Mar. 1, 8, 15, 22 & 29  
**Gentle Strength Yoga:** Wednesdays, April 3, 10, 17 & 24  
 Pre-register online at [www.barrhead.ca](http://www.barrhead.ca) or call 780-674-2532

**FCSS Youth Programs Chillzone -**

Has moved Locations, now in the Godberson (MPR) Room at the Aghena  
 Tuesdays for Grades 4-6  
 Wednesdays for Grades 10-12 (with Art Club every second week)  
 Thursdays for Grades 7-9

**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**

