

# JANUARY

# 2024

HAPPY NEW YEAR

## Notes from the Village Office

LOCATED IN BERWYN

PRESENTATION

VILLAGE OF Berwyn

### BERWYN GOLDEN AGE DROP IN CENTER

Our Guest Speaker is Sydney Hiebert, who is a certified Holistic Nutrition Consultant and certified Personal Trainer specializing in group fitness and virtual coaching.

- The importance of nutrition and exercise as we age.
- Question & answer time

Thursday, January 11, 2024  
12:00 noon  
Ukrainian Potluck & Guest Speaker

Open To All Interested!

This presentation is being brought to you by the Town of Grimshaw Community Services Department



LOCATED IN BERWYN

### SENIORS EXERCISE PROGRAM

Berwyn Golden Age Drop In Centre **Free**

This program is open to all interested seniors!

January 10th to February 12, 2024  
Monday & Wednesday mornings from 10:00 to 11:00 a.m. with certified personal trainer SYDNEY HIEBERT

Clean indoor shoes and a water bottle are required.

Falls are the leading causes of injury-related hospitalizations among older adults. The good news is that falls are preventable and you can minimize your risk. There are numerous fall prevention exercises that benefit your balance, strength and coordination, which can help you reduce the risk of falling.

Please pre-register by calling Grimshaw Community Services @ (780) 332-4005 ext.04



LOCATED IN BERWYN

Don't feel blue this January, for a boost of energy, creativity and happiness join us for

### Snow Flake Crafting to celebrate Winter

VILLAGE OF Berwyn

January 11, 2024  
4:30 to 6:00 p.m.

Located at the Arts & Crafts space behind the Berwyn Municipal Library.

Please use the rear entrance.

**REGISTER NOW**

Snacks will be provided.

This is a FREE event open to all interested!

To register, please call Grimshaw Community Services @ (780) 332-4005 ext.04



# SENIORS

## SNOW CLEARING Assistance

Village of Berwyn residents aged 65 years and older

Seniors must register by contacting the Village of Berwyn office to be eligible



### Volunteer Of The Month Program

Nominate Someone In Our Area Today!

Did you know the Town of Grimshaw Community Services Department has been recognizing individuals through the Volunteer Of The Month Program for their contributions since 2001? Over the past 22 years many outstanding volunteers from the communities of Grimshaw, Berwyn, M.D. of Peace and County of Northern Lights have been acknowledged.

Volunteering is done from the bottom of someone's heart. Volunteers help out not because they have to but because they want to.

Our communities would not be what we are today without the many people that dedicate their time to make our communities better.

To nominate an individual through our Volunteer Of The Month Program, please email [fcss@grimshaw.ca](mailto:fcss@grimshaw.ca)

(780) 332-4005 ext.04



# From the Village Office

**Mile Zero** REGIONAL MULTIPLEX

Sponsored by: **NORTHERN LIGHTS FIBER**  
Powered by CANADIAN FIBER OPTICS

**Free Family Skating**  
2023/2024 arena season

Sunday afternoon's from  
2:00 to 3:30 p.m.  
(subject to change due to scheduled tournaments)




THANK YOU NORTHERN LIGHTS FIBER FOR YOUR SUPPORT IN OUR COMMUNITY!

All patrons under 18 years of age must wear a helmet on the ice surface

For more information call: (780) 332-4005 ext.0

## SENIORS

### FREE WALKING PROGRAM

MONDAY & THURSDAY MORNINGS  
10:30 TO 11:30 A.M.  
MZRM NORTHERN AIR WALKING TRACK



October 02, 2023  
to  
April 25, 2024

Clean indoor shoes are required by all users

For more information call:  
(780) 332-4005 ext.01

Sponsored By: **GRIMSHAW**, **COUNTY OF NORTHERN SUFFOLK**, **Price**, **Village of Berwyn**



**January 10, 2024**  
2:30 to 3:30 p.m.

In the common area of the Mile Zero Regional Multiplex

### Attention Seniors COME JOIN OUR INTERGENERATIONAL PROGRAM

Did you know Grimshaw FCSS and Holy Family School Grade One students have partnered up to offer an Intergenerational Program,

If you are a senior with some free time and would like to take part in our program, please come out!

For more information call  
(780) 332-4005 ext.04

This is an opportunity for seniors to connect with youth, where everyone comes together to share, learn and engage with each other.



## FAMILY FUN NIGHTS

If your family is looking for a place where you can burn off some energy and have fun... why not come out to the Field House at the Mile Zero Regional Multiplex on the following free sponsored Friday dates.

January 12 & 26 / February 09 & 23 / March 01 & 15  
April 12 & 26 / May 10 & 24 / June 07 & 21 / July 12 & 26  
August 09 & 23 / September 06 & 20 / October 11 & 25  
November 08 & 29 / December 06 & 20, 2024

7:00 to 9:00 p.m.

For more information call:  
(780) 332-4005 ext.0



OPEN TO ALL INTERESTED

SPONSORED BY: **BEYOND 2000** and **XPLORNET** Connect to what matters

## Seniors Supports & Assistance



Grimshaw Community Services is here to assist seniors with form completion related to Federal Seniors Benefits, Alberta Seniors Benefits, or other seniors services.

- Canadian Pension Plan (CCP)
- Old Age Security (OAS) and Guaranteed Income Supplement (GIS)
- Alberta Seniors' Benefit (ASB)
- Identify and access other available community resources

Our staff are able to assist with sending documents by fax, mail or electronic upload where available to the Government of Alberta Seniors Ministry or by fax or mail to the Canadian Federal Government.

Call: (780) 332-4005 ext.04

Sponsored by: **GRIMSHAW**, **Price**, **Village of Berwyn**



Effective November 29th for the remainder of the arena season

Thank you **servus** credit union

### FREE PUBLIC SKATING

Wednesday's from  
3:30 to 4:30 p.m.  
Mile Zero Regional Multiplex (Arena)

All participants under 18 years of age must wear a CSA approved helmet on the ice surface.

Call (780) 332 - 4005 ext. 0