



OCTOBER

2019

WARBURG FCSS & RECREATION



WARBURG SENIOR'S CENTER



What's going on?

QUILTING - Tuesdays from 9:30 a.m. - 2:00 p.m. at the Seniors Centre. This is an open activity for all ages! It's a great time to socialize with others who enjoy the art, as well as for newbies who'd like to learn a new skill! If you have any questions, please call Nancy at 780-848-7756.

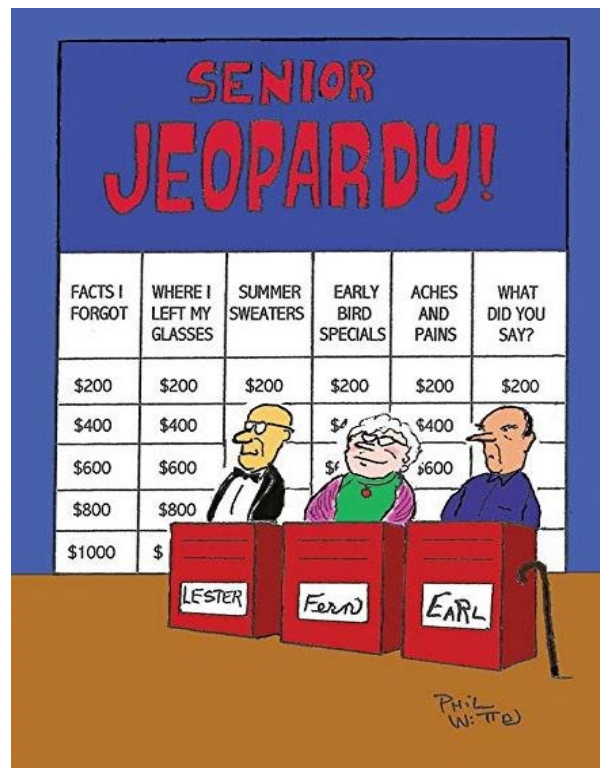
The first Quilting day of the season will be October 15

DROP IN GAME DAY - WEDNESDAYS FROM 1-3 P.M.

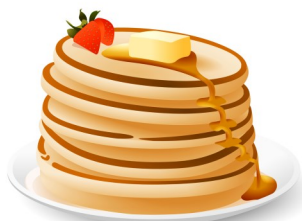
\$2.00 Drop in fee

Are you looking for an excuse to get out of the house? Do you like to socialize, meet new people, and connect with old friends? Pop on by the Senior's center every Wednesday afternoon for a couple hours of laughter, fun and games!

The first game afternoon will be held on October 16



Warburg Legion



Pancake Breakfast for the month of October is

On October 27, 2019 from 8:30-11 am! \$6 per per-

The Warburg Legion will be holding a meeting on October 8th, 2019 at 7:00 p.m. - we are looking for help for our Remembrance Day Activities! Please come down to the Legion Hall and support the Warburg Legion.

EARLY CHILDHOOD

STAY 'n' PLAY

Are you looking for a program that encourages play and offers opportunities to connect with other children and adults in the community?

This unstructured play time (0 to 6 years) promotes active exploration and provides learning activities that support healthy child development.

Thursdays from 9:30 a.m. to 11:45 a.m.

In the Village Office Basement—use the Front Door

Warburg

Unless otherwise noted, programs in Warburg are held at the Village of Warburg office, downstairs (5212 - 50 Ave.).

Program	Dates	Time	Registration
Stay 'n' Play	Thursdays, Sept. 12 to Dec. 12	9:30 – 11:45 a.m.	drop-in
Stay 'n' Play PLUS	Thursdays, Sept. 12 to Dec. 12	1 – 2:30 p.m.	drop-in

Quick Info & Contacts:

If you would like information about our programs, or would like to see other early childhood development opportunities in your community, please contact us at the numbers listed below. We also offer 1:1 supports with our Early Years Mentors.

Telephone: 780-979-2386 / 1-866-979-2386
 Cell/Txt: 780-720-4627
 Email: lrplc@leduc-county.com
 Facebook: facebook.com/leducregionalparentlink

Leduc County Webpage
 Calendar: <https://www.leduc-county.com/services/fcss>
 Program Guide: <https://www.leduc-county.com/public/download/documents/12222>

In Leduc...

FALL 2019 WORKSHOPS

*all classes held at the LBD PCN
office in Leduc.

Grief & Loss

September 17, 24, October 1, 8 and 15
6:00 - 8:00 PM

Look at your old beliefs about dealing with loss, losses that have affected your life and take actions that will lead you to complete unresolved emotions that may still be causing you pain. Action-based group, safe environment. Pre-workshop reading assignment required. 5-part workshop.

Your Best Weight

October 9, 4:00 pm - 6:00 pm or
November 28, 1:00 pm - 3:00 pm

Learn essential tools and skills for making lifestyle changes. Discuss the role of motivation, thoughts, and emotions in long term behaviour change. Learn how to problem solve and develop a personalized plan for change.

Child and Teen Anxiety

October 17, 24, November 7, 14, 21
Children's group (8-12 years) 6:00 - 7:15 pm
Teen's group (13-18 years) 7:45 - 9:00 pm

Children and teens will learn to recognize the signs of unwanted anxious thoughts and feelings and will practice new tools to manage and cope with anxiety and panic attacks. 5-part workshop.

Happiness Basics

November 18, 25, December 2, 9
6:00 pm - 8:00 pm

Cost: \$20 for workshop materials

This workshop teaches skills to boost overall happiness. Improve mood, vitality and energy levels, boost physical and mental health and reduce pain. 4-part workshop.

To register for Grief & Loss, Best Weight, Children/Teen Anxiety and/or Happiness Basics, please visit the PCN website or call the office.

Heart Health

September 5 & 12, 1:00 pm - 4:00 pm

Learn about risk factors for heart disease and stroke; how to reduce your risks as well as how to recognize and react to the warning signs for heart attack and stroke. Learn about fats, sodium, sugar, fibre, label reading and meal planning for a heart healthy diet. 2-part workshop.

Diabetes Healthy Eating

September 26, 1:00 - 4:00 pm

Learn tips to manage your blood sugars through: meal timing, balanced meals, carbohydrate choices and reading food labels.

Taking Charge: Daily Management of Type 2 Diabetes

October 3, 1:30 pm - 4:00 pm

Learn about type 2 diabetes and what affects your blood sugar. Explore the key strategies you can use to control your blood glucose levels.

Better Choices, Better Health® Chronic Pain Self-Management

November 6 - December 11

1:30 pm - 4:00 pm

Learn more about chronic pain and explore ways to take care of yourself and enjoy a better quality of life. Topics include healthy lifestyle choices, techniques to control pain, deal with feelings like fear, anger, frustration and worry and working with your health care team. 6-part workshop.

To register for Heart Health, Diabetes Healthy Eating, Taking Charge: Daily Management of Type 2 Diabetes or Better Choices, Better Health, please call 780-401-2665. Online booking is not available for these classes.



WWW.LBDPCN.COM
780-986-6624
4710-50 STREET, LEDUC

Teen Anxiety

Teens aged 13-18 years old will learn to recognize the signs of unwanted anxious thoughts and feelings. They will learn and practice new tools to manage anxiety and panic attacks. A parent or guardian is required to attend the first session with their teen.

Taught by the PCN
Mental Health Clinicians

This is a 5-part workshop
October 17, 24, November 7, 14, 21
7:45 pm - 9:00 pm



To register, visit
www.lbdpcn.com
or call 780-986-6624

Children Anxiety

Children ages 8-12 years old will learn to recognize the signs of unwanted anxious thoughts and feelings. They will learn and practice new tools to manage anxiety and panic attacks. A parent or guardian is required to attend each session with their child.

Taught by the PCN
Mental Health Clinicians

This is a 5-part workshop
October 17, 24, November 7, 14, 21
6:00 pm - 7:15 pm



To register, visit
www.lbdpcn.com
or call 780-986-6624



MCG Career & Employment Centre

MCG JOB FAIR

Oct. 3, 2019 • 10 am – 3 pm • Royal Hotel, Leduc

Looking for work in your industry?
Want to bring your skill set to a different sector?

Opportunities available for these positions and many more:

Security Guards • Seasonal Guest Services Representatives • Hospitality • Surveillance • Food Service

Network with leading employers including the following:

- Commissionaires, Northern AB Div
- Premium Outlet Collection, EIA
- Century Mile Racetrack and Casino
- Five Guys Burgers and Fries

You must REGISTER for this event
MCGJobFair2019.eventbrite.ca

Book a no-cost appointment for assistance with resume development, cover letters and interview preparation.



See Good Things

Canada

Alberta

587-285-8118 | jobfairs@mcgcareers.com
Royal Hotel, 8450 Sparrow Drive, Leduc, AB

Leduc County Programs and Workshops

SENIORS SERVICES

Could they be a benefit to you?



Seniors Services provides preventative social programs that assist seniors and people with disabilities in maintaining their independence and enhancing their quality of life.

A housekeeping subsidy is available to assist seniors and adults with disabilities to live as independently as possible in their own safe, clean and comfortable homes.

To be eligible for the housekeeping subsidy, you must:

- be a senior (65+) or an adult with a disability or inability to complete household tasks,
- be a resident of Leduc County, Calmar, Thorsby, or Warburg, and
- have a total household income of less than \$60,000 a year (as a couple) or less than \$40,000 (as a single).

Housekeeping fees are determined based on family income level and eligibility to other subsidies. The services are provided through a partnership with *Serving Hands Senior Care Inc.*



Seniors Services also offers one-to-one support to assist you with:

- Information and referrals to other local resources
- Assistance with forms and applications
- Advocacy and coordination of services
- Goal setting and future planning direction

For more information or to access any of these programs, please contact the Seniors Services Coordinator at **780-955-4554**.

Home Alone Workshop

for children ages 9-11 and their parents



Do you think your child is ready to start staying home alone before or after school or occasionally for short periods of time? Does your child have some experience being home alone? No matter what your situation, this workshop will enhance your child's skill and confidence to stay home alone while giving you the knowledge about what your child needs in order to be ready. This **free** course focuses on home alone skills and readiness, as well as emergencies, back up plans and scenario practices. Children must be a minimum of nine years old and attend with at least one parent.

Wednesday, Sept. 25

6 to 8 p.m.
Calmar Public Library
4705 50 Ave., Calmar

Wednesday, Oct. 9

6 to 8 p.m.
Rolly View Community Hall
49402 Rg. Rd. 234, Leduc County

Thursday, Oct. 24

6 to 8 p.m.
Thorsby Fire Hall
4836 49 Ave., Thorsby

Wednesday, Nov. 6

6 to 8 p.m.
Warburg Village Office (basement)
5212 50 Ave., Warburg

Space is limited.

Light refreshments will be provided.

For more information and to register, contact Brandee at **780-955-6421**



Need to talk? We can help!

Subsidized counselling service

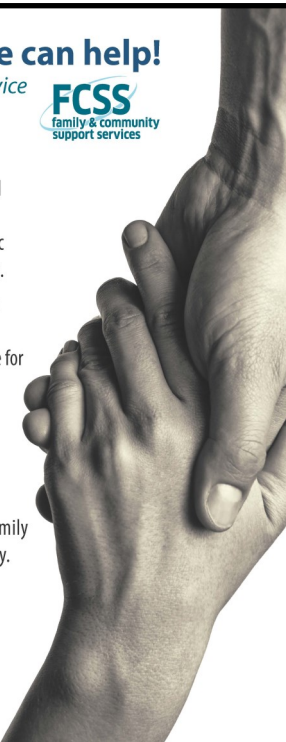


Leduc County FCSS, in partnership with Karunia Counselling and Family Counselling Centres, offers subsidized family, couple, group and individual counselling to residents of rural Leduc County, Calmar, Thorsby and Warburg.

Counselling fees are determined on a sliding scale based on family income and family size. In order to be eligible for subsidy, your family income must be less than \$75,000 per year.

Karunia Counselling and Family Counselling Centres are located in the City of Leduc. Equine Assisted Counselling is available through Family Counselling Centres in Leduc County.

For more information and to be assessed for subsidy, please call **1-800-379-9052 ext. 6421** or **780-955-6421**.



2 FREE

...WORKSHOPS...

Co-parenting and Children in Change



Oct. 19, 2019 | 10 a.m. - 4 p.m.

Parent Link Site (299 Telford Ct.)

Registration is required: Call 780-955-6421

Co-parenting workshop

This one-day workshop is designed to provide new skills for people who are co-parenting with an ex-partner. You will learn:

- To choose a better way to communicate with each other
- Skills for dealing with anger, resentment and conflict
- How to make your child a priority
- The impact of separation on your child

Children in Change workshop

This group program is designed for kids aged five to 11 years old to safely share experiences and feelings regarding separation and divorce through play and activities.

NOTE: Please be advised that there is a required intake process for this program prior to registration.



www.leduc.ca



@cityofleduc



@thecityofleduc



cityofleduc

Playschool Subsidy: APPLY NOW!



Are you planning on registering your child in playschool or preschool this fall, but are concerned about affording the fees?

Residents of rural Leduc County, Calmar, Thorsby or Warburg may be eligible for a subsidy. Subsidy is based on income and family size. All families are expected to pay a portion of the playschool fees.

For more information, call Leduc County Family and Community Support Services at 780-770-9254.



www.leduc-county.com/services/fcss

Around the Village...

WARBURG

WARBURG ALLIANCE YOUTH GROUP “THE ELI’S”

This is a fantastic drop-off program run by the gentlemen at the Alliance Church, for ages 8-18. Once a month, this program will run from 6-8 p.m. and feature some incredible activities that boys and girls with all different interests will enjoy! Please contact Cody Lewis at 780-848-7577 or Clay Garrett at 780-898-4193 with any questions you may have.



YOGA AT THE LIBRARY

Join instructor Stefanie Angus in the Village Basement every Wednesday at 6:30 p.m. Bring a donation, your yoga mat, a water bottle, and an open mind as you spend an hour stretching the stress away! Please contact 780-848-2391 with any questions regarding this event.



HAPPY HALLOWEEN!!!



Warburg Playschool is excited to host their annual Halloween Dance *fun-raiser*!!!! Please join us for an evening of drinks, snacks, laughter and SPOOOOOOOKKY surprises! There'll be door prizes, and a silent auction; we can't wait to see you there!

Date: Saturday, October 26

Time: 7p.m. - Midnight

Where: Pioneer Rec Community Hall

Prices: 11+ - \$10.00

10 and under - \$5.00



Community



& CHILI COOK OFF

Join us for a **FREE** BBQ and Chili Cook Off with food & refreshments to celebrate the end of Summer!

Friday October 4, 2019 5:30p.m.—7:00p.m.



Warburg Pioneer Recreation Centre

Teams & individuals interested in participating in the Chili Cook Off are encouraged to stop by the Village office Starting September 1st to pick up entry forms. Entry deadline is September 27/19

Best Chili wins \$150 Warburg Bucks to be used at any business in the Village.

\$25 will be given to each participant to offset the cost of their Chili



Thank you to Capital Power for your generous donation to help us keep this event FREE!



***YOU ARE CORDIALLY
INVITED TO.....***

Grand Opening

Warburg & District Memorial Arena

Dressing Room Addition

BBQ

**Free
skate**

When:

Friday, October 25, 2019

From 5:30 to 7:30 pm

(Official Ceremony at 6:00 pm)

Where:

Warburg & District Memorial Arena

5435 – 50A Avenue

Pioneer Agricultural Society

presents

TRIBUTE TO THE LEGENDS OF COUNTRY MUSIC

Dolly, Patsy, Loretta, Kitty, Jeannie, Jim Reeves, Hank Williams Sr.,
Johnny Cash, Statler Bros., Willie Nelson, etc.

PERFORMED BY

Country Blend



Featuring Gordon Linguist, Evelyn Ramage, Henry Martens, Dianne and Cyn Lodoe.

Appearing:

Thursday, December 5, 2019

Pioneer Recreation Centre
5435 – 50A Avenue
Warburg, Alberta

Cocktails: 6:00 pm
Show Time: 7:00 pm

Tickets: \$25

Tickets available from:

Shelley Davis 780-848-7594

Ag Members

At the door

Village of Warburg office

Frank Moar 780-848-2502

Proceeds towards renovations at the Pioneer
Recreation Centre



IT'S THAT TIME OF YEAR....

WARBURG'S ANNUAL CHRISTMAS ELVES CAMPAIGN is officially underway! We know that this is a stressful and sometimes expensive time of year for all families, but some members of our Community it's even more stressful than others. Making ends meet can be a struggle under any circumstances, but the Holiday Season is especially difficult. We would ask that anyone in the community who is able donate what they can to the campaign, be it time, money, or gifts. Any contribution you can make would be greatly appreciated. Any donations can be dropped off at the Village Office, and please call Tami at 780-848-2828 with any questions.

Applications to receive a Christmas Hamper will be accepted in

WARBURG'S ANNUAL CHRISTMAS BAZAAR will be taking place on Saturday, November 23rd at the Pioneer Rec Community Hall. If you are interested in booking a table, please contact Tami at 780-848-2828 or fcss@warburg.ca. The first table is ten dollars, and a second table will cost an additional \$20 should you require one.



Public Health is offering a free drop-in flu clinic at the Cloverleaf Manor.

This

Clinic is open to all ages,

1 p.m. to 4 p.m.

Please have your Alberta Health Care Card available



FEDERAL ELECTION DATES

Our Federal Election will be held on *October 21, 2019*. Warburg's voting station will be located at the Pioneer Agricultural Community hall from 7:30 a.m. to 7:30 p.m.

Advanced Polls will be held October 11-14 at the Community Hall.





Girl Guides
of Canada
Guides
du Canada

Warburg Girl Guides

Thursdays from 6:00 p.m. to 7:30 p.m.

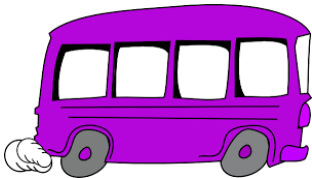
Pioneer Recreation Centre (Community Hall)

Girls aged 5-17

For information please contact Shelley at 780-848-7594

A MESSAGE FROM THE WARBURG & DISTRICT PARKS AND RECREATION BOARD:

After 12 years of putting on the annual “Light up Warburg” event, we regret to inform you that the Light up event is cancelled. In previous years the Light up was hosted by the Warburg Parks and Rec Board, and we have decided to step away from this event. Should any club or organization wish to take it over, they are more than welcome to do so.



Did you know? The Village offers a **Bus Transportation Service to Ledue** every 1st and 3rd Thursday of the month! Whether you have errands to run, appointments to attend, or just want a day away from the house, call Kim at **780-848-7717** to reserve your seat! A Round trip only costs **\$8.00**. The bus departs from Cloverleaf Manor at 9:00 a.m.



Are you a Village Resident who could benefit from Meals on Wheels? Or interested in Volunteering? Contact Tami 780-848-2828 for more Info.





Council Notes

September Council Notes:

Complete Minutes are available on our Website once approved at the next month's council meeting.

Nichols Applied Management

Nichols Applied Management gave an update on the Village's Economic Development allowing the opportunity for Council's input in regards to the community vision and strategy.

Sledding Hill Agreement

The License Agreement with Black Gold Regional Schools was approved for the sledding hill that will be located on the School grounds.

Asset Management Policy

Council approved Policy #91/19 being the Village of Warburg Asset Management Policy.

Leduc County Blanket Exercise

Deputy Mayor Dwayne Mayr will be attending the Leduc County Blanket Exercise to better understand Indigenous History.

Seniors Van

The Village of Warburg in partnership with the Residents' of Cloverleaf Manor will be looking into the replacement of the current Seniors' van with an 18 passenger van equivalent to the current van.

Tire Recycling Project

Council approved the increase of the 2019 Tire Recycling Project to include an apron around the Splash Park in the amount of \$18,255.00.

THANK YOU! THANK YOU! THANK YOU!

Dave and Rob and the Village of Warburg would like to thank Chris, Jody, Sara, Walter, Tami, Cody, Kayla, Isaac, Joseph, Ethan, Abby and Helen for volunteering their assistance with the sod laying at the Splash Park. We'd also like to thank Jason & Lenore Pizzey for the donation of the use of their Mini Track-hoe for the pathway work that was completed.

FALL CLEAN UP

Sunnybrook Dump Cards are available for pick up, one free card per household, from October 7th to 11th at the Village Office. Additional cards are available at a cost of \$20.00/card.

Reservoir Cleaning

Did anyone notice water running down the ditches when it wasn't raining? On Friday September 20, Aquatech Diving and Marine Services was completing the cleaning and inspection of the water reservoir.

Tree Trimming

A reminder to maintain trees on your property. Community Standards Bylaw #159/18, Section 206 c. & d. speaks to tree maintenance:

"remove or prune any and all trees that, due to a deterioration or condition or for any other reason interfere with any adjacent property, public utility or public works, or curb sight lines, and are or could be a public safety hazard, including lines, poles, conduits, pipes, sewer or other works of the Village of Warburg on their premises or property;

"remove or prune any shrub which is or could be a nuisance to any person using a publicly owned or maintained sidewalk or street;"

*Note: The Village has contracted Saws 'N' Ladders Ltd. for trimming/removal of any Village trees. Village trees will be marked with an Orange ribbon. This will be performed in October.

A YEAR IN Warburg & Community 2019-2020

OCTOBER 2019

4 - END OF SUMMER BBQ AT HALL
25 - PLAYSCHOOL HALLOWEEN DANCE
26 - BEER TASTING - CULTURAL CENTRE

NOVEMBER 2019

22 - WINE TASTING - CULTURAL CENTRE
23 - CHRISTMAS BAZAAR AT HALL

DECEMBER 2019

JANUARY 2020

17 - SPIRIT TASTING - CULTURAL CENTRE

FEBRUARY 2020

COMMUNITY CARE FAIR - DATE TBD
21 - WINE TASTING - CULTURAL CENTRE

MARCH 2020

6-8 - BRETON OILMAN'S BONSPIEL
20 - BEER TASTING - CULTURAL CENTRE

APRIL 2020

25 - VOLUNTEER APPRECIATION BANQUET

MAY 2020

JUNE 2020

27 - HERITAGE DAYS

JULY 2020

AUGUST 2020

SEPTEMBER 2020

OCTOBER 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>FCSS Board mtg</i> <i>6:30 pm @ Village office</i>	2	3 Bus to Leduc Stay and Play 9:30-11:45a.m. Shinny 3:30-5:30	4 Chili Cook-Off 5:30.p.m. Shinny 3:30-6	5 Museum Pie and Coffee 1-4 p.m.
6 Family Skate 1-3p.m.	7	8	9 Yoga 6:30 Village Basement Ag Society Mtg 7pm at Hall	10 Stay and Play 9:30-11:45a.m. Stay & Play Plus 1-2:30 p.m. Shinny 3:30-5:30	11 Shinny 3:30-6	12
13 Family Skate 1-3p.m.	14	15 Council Mtg. 7 pm	16 Yoga 6:30 Village Basement	17 Bus to Leduc Stay and Play 9:30-11:45 a.m. Stay & Play Plus 1-2:30 p.m. Shinny 3:30-5:30	18 ELI'S - Alliance church Shinny 3:30-6	19 Museum Pie and Coffee 1-4 p.m.
20 Family Skate 1-3p.m.	21	22	23 Yoga 6:30 Village Basement	24 Stay and Play 9:30-11:45 a.m. Stay & Play Plus 1-2:30 p.m. Shinny 3:30-5:30	25 Cultural Society Beer Tasting Shinny 3:30-6	26 Museum Pie and Coffee 1-4 p.m. Plsy-school Halloween Dance
27 Legion Pancake Breakfast 8-11 a.m. Family Skate 1-3p.m.	28	29	30 Yoga 6:30 Village Basement	31 HALLOWEEN Shinny 3:30-5:30		

*quilting at Senior's Center Tuesdays 9:00 a.m. - 2:00 p.m.

* Sew Heavenly Quilters at Cultural Center Thursdays 10:00 a.m. to 2:00 p.m.

* Treasures Second Hand Thrift Shop open Wednesdays from 10-4