

January 2023

GIBBONS NEWSLETTER

The latest programs and events for the Town of Gibbons

Town of Gibbons New Year Fitness Programs

2 sets of courses / 7 classes each

1st set: Jan 16 to March 3

2nd set: March 13 to April 28

All classes in Cultural Centre

All Courses \$98+GST for 1 set of 7 classes



Mondays
YOGA WITH KAREN
PLEASE NOTE:
Feb. 20 moved to 21
April 10 moved to 11

7PM-8PM / Ages 16+

2nd Floor Yoga Room

Hatha flow is a 60 minute yoga class designed for all levels of experience and ability! This well-balanced class will feature dynamic movement sequenced with modifications, incorporating breath work, meditation and mindfulness.

Tuesdays
YOGA FOR CROSSTRAINERS

6PM-7PM / Ages 16+

2nd Floor Yoga Room

Inspired from Activated Asana, a new style of yoga that blends the "best practices" of the Movement Science world with classic yoga poses. The result is a powerhouse practice that will help you restore and recover, improve your regular workouts AND help build a more injury proof body. All fitness levels welcome. Please bring a yoga mat and small blanket.

Wednesdays
SELF-DEFENSE CLASS

630PM-730PM / Ages 18+

Auditorium

Everyone is welcome!
Benefits of having self-defense skills:
Self-defense / Healthy
Positive mentality
Sharpen Intelligence

Thursdays
HIIT TRAINING MORNINGS

6AM-7AM / Ages 18+

Auditorium

High-intensity interval training. HIIT workout mixes short bursts of activity with even shorter rest periods. Ideally, you work to your maximum capacity during the short bursts of activity, hence the use of "high intensity" to describe those intervals.

Thursdays
CROSSTRAINING

6PM-7PM / Ages 16+

Auditorium

Invest in your health and fitness. Join in the fun of experiencing a little bit of everything; boot camp, circuit, interval, mindful movement and cross fit type class. Class is for beginner to advanced. Get ready to sweat!!!

Thursdays
YOGA WITH GIOVANA

7PM-8PM / Ages 18+

2nd Floor Yoga Room

Hatha Yoga practices designed to align and calm your body, mind, and spirit in preparation for meditation. We will combine asanas (yoga postures) and pranayama practices (yoga breathing) to help you develop body awareness, flexibility, balance, and better conditioning and quality of life.

TEMPORARY CHANGES TO PROGRAM REGISTRATION

We are currently in the process of transitioning to a new online program registration software. We apologize for any inconvenience and greatly appreciate your patience through this change.

2 ways to register for town programs:

1) In Person: Go to the Town Office during business hours to register and pay

2) Online/Phone: Visit gibbons.ca/register to fill out and email the completed registration form to: REGISTRATION@GIBBONS.CA

Then please proceed to call the Town Office (780) 923-3331 / to pay with a credit card over the phone.

TOWN OF GIBBONS

2023
PET LICENSES
ARE NOW AVAILABLE



FOR MORE INFO
CALL: 780-923-3331 OR
VISIT: WWW.GIBBONS.CA



Gibbons Family Resource Centre
If you are in need of FREE winter wear come check out our clothing closet at the Gibbons Family Resource Centre

Gibbons Outdoor Rink is open

CONTACT US

Gibbons Main Office:

780-923-3331

Gibbons Cultural Centre:

780-578-2109

Gibbons Family Resource Centre:

780-923-2374

Gibbons Arena:

780-923-2681

Website:

GIBBONS.CA

Facebook:

GIBBONS.AB,

Gibbons Family Resource Centre,
or Gibbons Youth



Bylaw PI-1/11 section (4) states

"No person shall remove snow, ice, dirt, debris, obstructions or other materials from any sidewalks by causing such material to be placed upon any other portion of the highway, other public place adjacent to such property, or onto private property other than their own."



Wednesday February 1, 2023

winter walk day

Gibbons ROOTED IN FAMILY



Join us!

Register your participation as a group or individual. Learn more at winterwalkday.ca

Open the door and go for it!

Get more active outdoors this winter.

winterwalkday.ca WinterWalkDay @WinterWalkDay #WinterWalkDay



GIBBONS

Wiggles & Giggles

IN-PERSON

WINTER SCHEDULE 2023

New moms and dads - here is a FREE program just for you and your wee ones! Join other new parents and their children (0 to 12 months) to have fun and discover more about parenting and child development.

Tuesday Afternoons

Gibbons Cultural Centre 5115 51 Street

1:00 to 2:00 PM

January 10, 17, 24, 31

February 7, 14, 21, 28

March 7, 14, 21, 28



Program of the Fort Saskatchewan and Sturgeon Region Family Resource Network



Congratulations to our Gibbons Legion Dart Players!!

District Legion Darts

First Place team (L to R) Darryll Walsh, David LeGrow, Wade Alexander, and Gilles Chagnon (missing are Johnny Hannon, Tiffany Bowie, and Darrell Bowie).

Second Place team (L to R) Brian O'Donnell, Tammy Burrows, Rick Trach, Scott Burrows, Lew Fudge, and Mike Beskorowany.

Both teams are headed to Brooks for Legion Command Darts



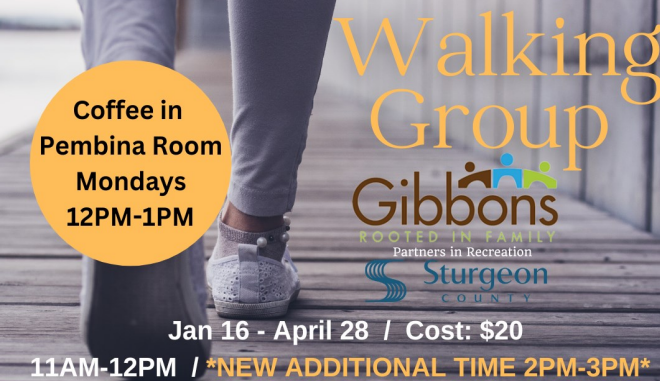
SILLY SPROUTS PLAY IN-PERSON WINTER SCHEDULE 2023

Drop-in to this FREE, facilitated program for caregivers and their children ages 0 to 6 years. Join us for songs, rhymes, stories and play!

<p>Mondays Morinville Sturgeon FCSS building 9608 100 Street 9:30 AM to 11:30 AM January 9, 16, 23, 30 February 6, 13, 27 March 6, 13, 20, 27</p>	<p>Mondays Gibbons Gibbons Cultural Centre 5115 51 Street 9:00 AM to 10:30 AM January 9, 16, 23, 30 February 6, 13, 27 March 6, 13, 20, 27</p>	<p>Tuesdays Redwater Pembina Place 4944 53 Street 9:30 AM to 11:30 AM January 10, 17, 24, 31 February 7, 14, 21, 28 March 7, 14, 21, 28</p>
<p>Wednesdays Legal Citadel Centre 4812 51 Avenue 9:30 AM to 11:30 AM January 11, 18, 25 February 1, 8, 15, 22 March 1, 8, 15, 22</p>	<p>Wednesdays Fort Saskatchewan Families First Building 9901 90 Street 9:30 AM to 11:30 AM January 11, 18, 25 February 1, 8, 15, 22 March 1, 8, 15, 22</p>	<p>Thursdays Bon Accord Town Office Basement 5025 50 Avenue 9:30 AM to 11:30 AM January 12, 19, 26 February 2, 9, 16, 23 March 2, 9, 16, 23</p>



Program of the Fort Saskatchewan and Sturgeon Region Family Resource Network



Coffee in Pembina Room Mondays 12PM-1PM

Walking Group Gibbons ROOTED IN FAMILY Partners in Recreation Sturgeon County

Jan 16 - April 28 / Cost: \$20

11AM-12PM / *NEW ADDITIONAL TIME 2PM-3PM*

Gibbons Cultural Centre Auditorium

Program will run twice daily: Monday to Friday

Program will not run on holidays

Instructor Darryl will be in on Mondays 11-12

Wednesdays if Monday is a Holiday

Register @ gibbons.ca/register Community Services or in person @ the Town Office (780) 923-2374

For some of our local residents, particularly seniors and persons with disabilities, shovelling snow is difficult and even dangerous.

They need your help - they need a Snow Angel.

Snow Angels encourage community members to help a neighbour in need by shovelling their snow.

To be a Snow Angel, all you need to do is shovel snow for a person in need in your neighbourhood. Your efforts will help create a safer community for everyone.

Report Snow Angel sightings on the Gibbons Facebook page or call the Family Resource Centre at 780-923-2374

Snow Angels It's the community thing to do.



Public Works will be picking up

Christmas trees the week of January 9th-13th.

Please ensure that trees are on the FRONT CURB by 7am.



FREE PUBLIC SKATING 780-923-2681

GIBBONS ARENA



MONDAYS: PUBLIC SKATING 4:00-4:45PM

TUESDAYS: STICK AND PUCK 12:45-1:45PM

THURSDAYS: ADULT SKATE 12:45-1:45PM

FRIDAYS: PUBLIC SKATE 4:00-4:45PM