

May 2023

GIBBONS NEWSLETTER

The latest programs and events for the Town of Gibbons

Mental Health Week

May 1st to May 7th

FREE Drop-In Activities and Wellness Bags

Dew Drop Inn - 4539 49 St (18+):

Monday & Thursday 11AM-12PM / Chair Yoga

Cultural Centre 2nd Floor Program Room - 5115 51 St

Monday 7PM-8PM Meditation Yoga (16+): Exploring the Chakras

Tuesday 6PM-7PM (16+): Yoga with Sara

Activated Asana, strengthening your mind and body connection

Wednesday 7PM-8PM Yoga Nidra (16+) : The Science of Yogic Sleep
a pillow, blanket, and eye cover recommended


Thursday 7PM-8PM (18+): Yoga for Stress Management

Mental Health Wellness bags locations (during business hours)

Town Office / Family Resource Centre / Momentum Fitness Club

Public Library / Youth Centre / Twilight Club

Proudly Sponsored by:

Gibbons
ROOTED IN FAMILY

EMERGENCY PREPAREDNESS 2023 FAIR

09 MAY, 6PM-8PM

Join us for an evening where local groups share their knowledge on being prepared for an emergency

GIBBONS FIRE HALL
4807 - 50 AVE

PLEASE BRING CASH FOR THE FIRE DEPARTMENT FUNDRAISER BBQ

gibbons.ca

Groups Attending:
Fire Department
RCMP
ByLaw
Public Works
Voyant Alert
Community Services

2023 Gibbons and Area Easter Egg Hunt Sponsors

Sturgeon River Agricultural Society

Town of Gibbons

4H

Saveys

Gibbons Guardian Drugs

Darlene Strusik

Jurassic Forest

Taurus Projects Group Inc.

Fort Saskatchewan Cinemas

Wolf Midstream

Donna McHale

Gibbons Legion

Gibbons Library

Cobbs Bread Fort Saskatchewan

Gibbons Dental Clinic

THANK YOU!

SCREEN TEST

Mobile Mammography Screening is coming to:

Gibbons

May 25 to 27, 2023

Gibbons Cultural Centre



Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

Thank you for supporting Screen Test over the past 30 years.
Together we are saving lives, one community at a time.



STANDARD FIRST AID CPR-C & AED

\$150+GST - COURSE ONLY

\$175+GST - LUNCH INCLUDED

WEDNESDAY AND THURSDAY
MAY 30 & 31 / 2023



To Register:

Visit: gibbons.ca/register
or visit the Town Office



May 3rd and May 29th

More info @ lemonadeday.org

SPRING ZUMBA CLASS

\$98+GST for 1 set of 7 classes



Location: Gibbons School Gym

Fraturdays / 6-7PM / Ages 16+
May 12th to June 23rd



Registration

Visit gibbons.ca/register or visit the Town Office

Join our Zumba class.

healthy your body and mind is very fun

MORNING HIIT TRAINING

\$98+GST for 1 set of 7 classes



Thursday Mornings

6-7AM / Ages 16+

May 11th to June 22nd

Location:

Gibbons Cultural Centre Auditorium

Registration
Visit: gibbons.ca/register or visit the Town Office



Mainstreet Business Flower Program

(no-resident)



For More Info
Please Contact

Denise @
(780) 297-3367

or by email @
dchartrand@gibbons.ca



\$98+GST for 1 set of 7 classes

YOGA WITH SARA

TUESDAYS

6-7PM / AGES 16+

LOCATION: GIBBONS CULTURAL CENTRE AUDITORIUM

CROSSTRAINING

THURSDAYS

6-7PM / AGES 16+

MAY 9TH & 11TH
TO JUNE 20TH & 22ND

To Register: Visit gibbons.ca/register or visit the Town Office



\$98+GST for 1 set of 7 classes

YOGA

Mondays with Karen (16+)
7 Pm - 8 Pm

Thursdays with Giovana (18+)
7 Pm - 8 Pm

May 8th & 11th to
June 19th & 22nd

May 22nd class moved to May 23rd

Location:

Cultural Centre 2nd
floor Program Room

JOIN SESSION:
Visit gibbons.ca/register or visit the Town Office



Shred it



Gibbons residents are invited to a
FREE SHREDDING EVENT
Saturday, May 27th 11am-3pm
Town Office

PUBLIC WORKS SHOP

Branch and
Grass Recycling

Opens May 8th

Hours of Operation

Monday-Friday 7am-4pm

Saturdays 9am-1pm

CLOSED STAT HOLIDAYS

Weather Permitting
no branches/trees over 4 inches in diameter
MUST BRING TOWN OF GIBBONS UTILITY BILL TO PROVE RESIDENCY

Last day of the season OCTOBER 7th



STURGEON ALLIANCE CHURCH PRESENTS

LAWNMOWER TUNE-UP DAY

Saturday, May 13 @ Sturgeon Alliance Church
from 8am-noon

DONATION TO THE GIBBONS/BON ACCORD
FOOD BANK WELCOME

COFFEE & DONUTS ON US!

Come get your mower checked, no cost

- Undercarriage cleaning
- Blade sharpening
- Oil change

STURGEON
ALLIANCE CHURCH

KING'S KIDS PRESCHOOL ACCEPTING REGISTRATIONS

Call 780-923-2727 for questions



Register Online

3 year old fees are \$10/month
4 year old fees are \$20/month

Email kingskids@gibbons@gmail.com to schedule a walk-through of the facility



Gibbons RV
dump station

Opens
May 15th

Located at the public works yard
No charge



CONTACT US

Phone:

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



Gibbons Spray Park
Poplar Park

Opens May 19th*
daily from 9am-9pm

*weather permitting

