

# BON ACCORD / GIBBONS

**Town of Bon Accord**  
Box 779  
5025 – 50 Avenue  
Bon Accord, AB T0A 0K0  
Phone: (780) 921-3550  
Fax: (780) 921-3585  
[www.bonaccord.ca](http://www.bonaccord.ca)

**Office Hours:**  
Monday to Friday  
8:30 a.m. to 4:30 p.m.  
12:00-12:30 p.m. closed

**Town Manager:**  
Vicki Zinyk

**Community Services Director:**  
Florence Casey

**Town of Gibbons**  
Box 68  
4807 – 50 Avenue  
Gibbons, AB T0A 1N0  
Phone: (780) 923-3331  
Fax: (780) 923-3691  
[www.gibbons.ca](http://www.gibbons.ca)

**Office Hours:**  
Monday to Friday  
8:30 a.m. to 4:30 p.m.  
12:00 to 12:30 p.m. closed

**Town Manager:**  
Hank Taylor

**Community Services Director:**  
Kelly Taylor

## GIBBONS/BON ACCORD COMMUNITY SERVICES BOARDS

We want to hear from you! Let us know what type of programs YOU would like to see in the Town of Gibbons and Bon Accord. We appreciate any feedback you have to offer! Call either the Town of Bon Accord office or the Town of Gibbons office and ask to speak with someone in Community Services.

## RECREATION PROGRAM SUBSIDY

Residents of Bon Accord and Gibbons may qualify to access a subsidy to offset course registration costs of children’s programs. Apply in confidence to either the Town of Bon Accord or the Town of Gibbons.

*All applications for this program are kept in strictest confidence.*

## Children and Youth Programs

### MOMS AND TOTS (0-6 years)

Join your neighbours and friends every Friday morning with your preschool children. Activities include crafts, songs, games, free play and snacks! Moms have plenty of opportunity for adult conversation and positive interactions with their children. Come out and join this very positive and upbeat program!

Where: Bon Accord Town Office Basement  
When: Fridays, January 13 until June 15  
Times: 9:30–11:30 a.m.  
Instructor: Parent Link

### CREATIVE WITH KIDS (0- 6 years)

This is a facilitated drop-in program that provides parents/ caregivers with opportunities to learn creative ways to interact with their children using crafts, games, songs, rhymes and stories. Please contact the Parent Link Centre for more information at 998-5595.

Where: Gibbons Community Hall  
When: Tuesdays, January 10 to June 12  
Time: 9:30–11:30 a.m.  
Instructor: Parent Link

### BON ACCORD OUT OF SCHOOL CARE

Need a safe and fun place for your children before and after school? The Town of Bon Accord is offering Out of School Care for children in kindergarten to age 12 at Bon Accord Community School. Bussing is available to Lilian Schick School. To register, contact Florence Casey, Bon Accord Community Services Director at 780-921-2137 for information and prices.

### THE LANDING PAD BEFORE AND AFTER SCHOOL

Children aged 5 -12 love the Landing Pad program in Gibbons! This fun filled, before and after school care program is available Monday through Friday from 6:30 am to 6 pm. PD Days and Early out days included. For more information, contact the Town of Gibbons office at 780-923-3331.

### THE SHACK (Gibbons Youth Centre ages 12-17)

If you haven’t checked it out yet, you won’t know what you’re missing! Pool table, flat screen, movie nights, craft nights, video games and dances. For more info call 780-923-3331. The Shack is the yellow building between Gibbons School and the Arena.

When: Tuesdays, Wednesdays, and Thursdays  
Time: 7:00–9:00 p.m.  
Fee: FREE



## Fitness Programs

### CHITO-RYU KARATE (Ages 5+)

Register for fun, fitness, self-defence, and self-discipline. The main areas of focus include Kihon (basic techniques), Kata (patterns/forms), Bunkai (throwing and defence techniques), and Kumite (sparring). Through Karate, you are also able to learn certain aspects of Japanese culture. Chito-Ryu Karate is registered with the Karate Alberta Association, National Karate Association, and International Chito-Ryu Karate Federation. Classes will be taught by Sensei Justin Rybie who has earned the rank of Yondan (4<sup>th</sup> degree black belt) and title of Shidoiin (instructor).

Course: Y2100

Where: Landing Trail School Gym

When: Mondays and Wednesdays,  
January 16 to June 27  
Cancelled dates to be determined based on gym availability

Time: 6:30–7:30 p.m.

Fee: \$166 returning students  
\$226 new students

Instructor: Sensei Justin Rybie

Register By: January 9

### CROSS TRAINING WITH SARA (12 classes)

Join in the fun of participating in boot camp, circuit, interval, and crossfit type classes all in one with Cross Training! Sara Eisenzimmer instructs this 60 minute conditioning program that has it all! This group class accommodates many levels of fitness, from the beginner exerciser to the advanced. Get ready to sweat!! Bring your own set of dumbbells and a mat. Participants must be healthy and aged 16+.

Course: A2106 (Session 1) January 11 to February 16  
A2107 (Session 2) February 22 to April 4  
(cancelled March 15)  
A2108 (Session 3) April 25 to June 6  
(cancelled May 24)

Where: Gibbons School Gym

When: Wednesdays and Thursdays

Time: 6:30–7:30 p.m.

Fee: \$110 per session

Instructor: Sara Eisenzimmer

Register By: January 4 for Session 1  
February 15 for Session 2  
April 18 for Session 3

### FLOW YOGA - ADVANCED (9 classes)

Flow yoga is a faster paced practice for the more advanced yogi. Vinyasa (Flow) yoga concentrates on movement and breath. Challenge yourself with this cardio filled class while toning the body and calming the mind. Knowledge of basic postures is recommended. Please bring your own mat.

Course: A2103

Where: Landing Trail School Music Room

When: Mondays, January 16 to March 19

Time: 7:45–8:45 p.m.

Fee: \$99

Instructor: Jennie Toshach

Register By: January 9

### HATHA YOGA WITH JENNIE- BEGINNER (9 classes)

Come to this class to learn the basics of Hatha yoga! Hatha yoga focuses on meditation and breath awareness while stretching and toning the body with a physical practice. The asanas (poses) are broken down with alignments cues and hands-on adjustments to get the most out of your practice. All levels welcome! Please bring your own mat.

Course: A2102

Where: Landing Trail School Music Room

When: Mondays, January 16 to March 19

Time: 6:30–7:30 p.m.

Fee: \$99

Instructor: Jennie Toshach

Register By: January 9



### CHITO-RYU KARATE ADDITIONAL HOUR

This is an additional hour of instruction for students enrolled in the first hour.

Prerequisite: Yellow belt or better.

Course: Y2101

Where: Landing Trail School Gym

When: Mondays and Wednesdays  
January 16 to June 27

Time: 7:30–8:30 p.m.

Fee: FREE, However, all participants must pre-register by January 9!

### BUTTS & GUTS (10 classes)

Strengthen abdominals, butts, and legs. This class is for all fitness levels and will challenge the whole body. Please remember to bring your own mat.

Course: A2101

Where: Gibbons Community Hall

When: Thursdays, January 26 to April 5

Time: 6:00–6:45 p.m.

Fee: \$58

Instructor: Tracy Simons

Register By: January 19





## Fitness Programs (continued)

### **GYPSY ZUMBA** (10 classes)

Zumba is a Latin-inspired fitness program that blends red-hot international music and contagious dance moves. A mix of aerobics, dancing, and cardio training, Zumba is a fun-fest resulting in a full-body workout. The rhythm with specific beats and tempo variations transitions the workout from one toning, strengthening, or cardio move to another AND it targets every major muscle group in our bodies! Zumba is unique in its Interval Training... Interval Training is where we bring your heart rate up and down throughout the entire hour. By incorporating fitness, fun and socializing, Fusion Dance has perfected working out!

Course: A2105  
 Where: Lilian Schick School Gym  
 When: Saturdays, January 21 to March 24  
 Time: 10:00–11:00 a.m.  
 Fee: \$119  
 Instructor: Fusion Dance  
 Register By: January 14

### **ZUMBA WITH IRENE**

ZUMBA is a Latin-based dance fitness program that is absolutely exercise in disguise. During this six week session, we will dance to several songs that include high intensity, toning and strengthening. No dance experience necessary. ZUMBA is your chance to have pure fun - to dance madly – to get healthy and fit and to leave with a happy sweat! ZUMBA – ditch the workout and join in the party.

Course: A2109 (Session 1) January 9 to February 13  
 A2110 (Session 2) February 27 to April 9  
 A2111 (Session 3) April 16 to May 28  
 (no class May 21)  
 Where: Gibbons School Gym  
 When: Mondays  
 Time: 6:00–7:00 p.m.  
 Fee: \$72 per session  
 Instructor: Irene Bobecel  
 Register By: Jan 3 for Session 1  
 February 22 for Session 2  
 April 9 for Session

### **DROP IN VOLLEYBALL** (Adult)

Drop in for an evening of volleyball once a week. Good exercise, while having a great time!  
 Where: Gibbons School Gym  
 When: Mondays January 9 to April 30  
 Time: 7:15–9:15 p.m.  
 Fee: \$2 per drop in  
 Contact: Terri at 780-923-3099

### **ON THE BALL** (10 classes)

In this class we will be using the fitness ball for both cardio and strength exercises.

This will be an overall great body workout, as well as a LOT of fun.

Please bring a 55-65 cm ball as well as 2-5 pound weights and your own mat.

Course: A2100  
 Where: Gibbons Community Hall  
 When: Thursdays, January 26 to April 5  
 Time: 7:00–8:00 p.m.  
 Fee: \$69  
 Instructor: Tracy Simons  
 Register By: January 19

## Non Credit Learning

### **BEGINNER PHOTOGRAPHY** (5 hours)

Get more creative with your images. Learn how to control the settings on your camera to get the look you want.

Topics include: Photography equipment, characteristics of lenses, ISO, shutter speeds, apertures, and composition.

This course is for digital or film cameras with aperture and shutter controls. Please bring your camera and manuals to class.

Course: A2113  
 Where: Gibbons School Classroom  
 When: Wednesdays, March 7 & 14  
 Time: 6:30–9:00 p.m.  
 Fee: \$63  
 Instructor: Lorianne Giles  
 Register By: March 1

### **DIGITAL CAMERA** (4 hours)

Learn how to use your digital camera. Topics covered include image quality, menus, white balance, ISO settings, shooting modes and processing. Also discover various design techniques to improve your images. Please bring your camera and manuals to class.

Course: A2112  
 Where: Gibbons School Classroom  
 When: Wednesdays, February 1 & 8  
 Time: 7:00–9:00 p.m.  
 Fee: \$52  
 Instructor: Lorianne Giles  
 Register By: January 25



All Ages Programs

STURGEON RIVER POTTERY GUILD

Registration Night

Wednesday, January 11 @ 7 p.m.  
At The Pottery Guild In Gibbons (Gibbons Curling Club)

Our guild offers professional instructed pottery classes and artistry with clay to all ages and experience levels. We encourage creative expression through shared experience of hand building, wheel throwing, plate painting, RAKU, and whatever else the imagination presents. Classes take place at Sturgeon River Pottery Guild in Gibbons (Gibbons Curling Club).

Adult Pottery Classes

Dates: January 16 to March 24 (10 weeks)  
Days: Monday, Wednesday or Saturday  
Times: Mon, Wed 6:30 – 9:30 pm  
Saturday 1 – 4 pm  
Fee: \$150 (clay extra)  
Instructor: Keith Rosychuk, BFA Ceramics  
Min: 6 – 8 students

Teen Pottery Classes (13-17 Years)

Dates: January 20 to March 2 (6 weeks)  
Days: Friday evening  
Times: 7 – 9 pm  
Fee: \$120 (clay extra)  
Instructor: Keith Rosychuk, BFA Ceramics  
Min: 6 – 8 students

Kids Pottery Classes (8-12 Years)

Dates: January 19 to February 17 (5 weeks)  
Days: Thursday evening  
Times: 6:30 – 8 pm  
Fee: \$75 (includes clay!)  
Min: 6 - 10 students (Parent volunteers needed)

Raku Classes

Dates: April 11 to May 9 (All day firing May 12)  
Days: Wednesday evening  
Times: 7-10 pm  
Fee: \$150 (clay extra)  
Min: 6 - 8 students

For more information or registration on any programs offered through the Sturgeon River Pottery Guild, please contact Natalie at 780-942-4797.

STURGEON ALLIANCE CHURCH PROGRAMS

**Sunday Morning Service** is held at 9 and 11am. For more information, call the Sturgeon Alliance Church at (780) 923-2727 or visit the website at [www.sturgoenalliance.org](http://www.sturgoenalliance.org).

**Coffee & Chaos** is an indoor play group for kids 0-5 years old and their parents. This drop in program runs every Wednesday between 9 and 11:30 am until May.

**Tween Sturgeon Alliance** is an opportunity for kids in grades 5 and 6 to gather together for monthly outings as well as to delve deeper into God's Word. It all takes place Sunday mornings at 9am from now until June.

**Friday Night Live** Bible study is a weekly gathering for youth in grades 7 through 12. We get together for outings and go deeper into God's Word, connecting with each other through discussion, prayer, games, and more. Friday Night Live takes place on Friday evenings 7-9 p.m. until May.

GIBBONS ARENA PUBLIC SKATES

Sundays: 12:45-2:15 p.m.  
Mondays and Fridays: 3:30-4:45 p.m.  
2<sup>nd</sup> Wednesday each month: 1-2:30 p.m. (early out)  
\*\*All skaters under 18 must wear CSA approved hockey/ski helmet\*\*

BON ACCORD ARENA PUBLIC SKATE TIMES

Mondays, Wednesdays, and Fridays: 4-5 p.m.  
Saturdays: 4:15-5:15p.m.





## Seniors Programs

### BON ACCORD GOLDEN GEMS SENIORS CLUB

Afternoon drop-in social every Wednesday at 1 pm at the Jewel box, located just north of Bon Accord Arena. For more information, contact Roy at 921-2284.

### STEP BY STEP

This program is designed for seniors who wish to enhance their physical health in a social setting. Activities include walking and gentle, no impact stretches, with modifications, including seated chair exercises. Concentration is on increasing range of motion, mobility, strength and balance.

Course: A2117

Where: Gibbons Community Hall

When: Mondays, Wednesdays, and Fridays  
January 9 to June 12

Times: 11 a.m. to noon

Fee: \$5

### GIBBONS SENIORS TWILIGHT CLUB

4539 – 49 St.

Drop in Monday through Fridays from 8:30am until noon. Anyone 50 years or better is invited to stop by and enjoy the company of fellow seniors with shuffle board, pool, cards, and of course coffee!

### GIBBONS SENIORS BUS SHOPPING TRIPS

On the first Tuesday of each month, seniors can catch a bus to shop in Fort Saskatchewan. On the third Tuesday of the month, the bus heads to either Kingsway Garden Mall or Londonderry Mall. Bus heads out at 10am from the Dew Drop Inn and returns round 3pm. To reserve a seat or receive more information, please contact Jock in the mornings at 923-2030.

Looking for the

*Building Blocks Family Literacy*

program?  
See page 24.



*Registrations will not be processed if the waiver section of the registration form is not signed.*

*You will only be considered registered once a completed registration form and full payment is received.*

*We do not hold places.*

*Note: you must register in a program before attending.*

*Registration forms can be found on page 5 and page 55 or visit our website:*

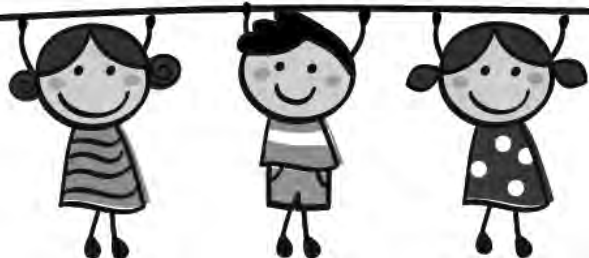
*[www.sturgeonadultlearning.ab.ca](http://www.sturgeonadultlearning.ab.ca)*

*Celebrate Family Day!*

**Sunday, February 19**

Sturgeon Alliance Church

Watch for details in the January newsletter!



### Refund Policy

Each community has their own refund policy. Please be aware that most communities will not provide refunds if requested within a week of program start date with the exception of a medical or family emergency.

Full refund will be given if program is cancelled. It is the registrant's responsibility to contact the community providing the program to find out their specific policy.





### Library Hours

Monday	10-2
Tuesday	10-8
Wednesday	10-4:30
Thursday	10-8
Friday	10-4:30
Saturday	10-2

Over three million items, just a mouse-click away! Books, Movies, Magazines and audio books are all available as well as downloadable audio and E-books for your MP3 players and E-Book readers.

Our membership in the Northern Lights Library System gives card holders access to the combined collections of four of Alberta's regional library systems. You can access the catalogue from home by visiting our website at [www.bonaccordlibrary.ab.ca](http://www.bonaccordlibrary.ab.ca) or visit the library and our friendly staff can process your request.

## PROGRAMS FOR ALL AGES

**FOR PROGRAM DATES, TIMES AND COSTS PLEASE CONTACT THE LIBRARY @ 780-921-2540**

- |                                  |                             |
|----------------------------------|-----------------------------|
| Story time - Ages 0-6 & parents  | Knit or Knots Knitting Club |
| Kraffy Kids - Ages 6 & up        | Conversation Cafe           |
| Evening Book Club - Adults       | Adult art & craft classes   |
| Reality Bites Book Club - Adults | Author visits               |
| Wacky Wednesdays - Ages 8-12     | Reading programs            |
| After School Special - Ages 6-12 | Traveling science exhibits  |
| Stamp Collectors Club - All ages | Puppet shows                |
| Kids Book Club - Ages 6 & up     | Children's entertainers     |

**SPACE IS LIMITED IN SOME PROGRAMS, PLEASE PREREGISTER EARLY TO AVOID DISAPPOINTMENT.**

**5025 - 50th Ave Bon Accord (In Town Office Building)**



**The Libraries of Sturgeon County**  
**One card - five locations**  
**[www.tracpac.ab.ca](http://www.tracpac.ab.ca)**

**\*BON ACCORD\*EDMONTON GARRISON\*GIBBONS\*MORINVILLE\*REDWATER**