April 2023

# GIBBONS NEWSLETTER

The latest programs and events for the Town of Gibbons



### **Mental Health Week**

May 1st to May 7th

FREE Activities and Wellness Bags

Dew Drop Inn - 4539 49 St:

Monday & Thursday 11AM-12PM / Chair Yoga

Cultural Centre 2nd Floor Program Room - 5115 51 St

Monday 7PM-8PM Meditation Yoga: Exploring the Chakras

Tuesday 6PM-7PM Yoga with Sara

Activated Asana, strengthening your mind and body connection

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

Thursday 7PM-8PM / 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:





# Babysitting Course



**Location: Gibbons Cultural Centre** 

Babysitting - April 24th / 9AM-2PM Ages 11.5+ / Cost - \$45



Limited spots. Register by visiting the Town Office or @ gibbons.ca/register



Goodbrand Auto - (780) 690-0554 Automotive Sales & Service

ABJ Landscaping & Snow Removal - (780) 299-9128

Town of Gibbons Offices
will be closed on
Good Friday &
Easter Monday

UPCOMING
HOLIDAY
HOURS



# Emmanuel Gibbons Easter Services 2023

Palm Sunday- April 2 10 AM

Maundy Thursday- April 6 7 PM

Good Friday- April 7 1030 AM -Way of the Cross starting at Emmanuel Gibbons and ending at Sacred Heart Roman Catholic Church. Followed by a reception.

Easter Vigil- April 8 7 PM

Easter Sunday- April 9 10 AM-Followed by a pancake brunch.



## 2023 Gibbons Community Gardens



Follow us on Facebook @ Gibbons Community Gardens
Contact: Gibbons.CG@outlook.com

#### **CONTACT US**



#### Website:

GIBBONS.CA

#### **Facebook:**

GIBBONS.AB,
Gibbons Family Resource
Centre, or Gibbons
Youth

#### **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

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.







Post until: May 27, 2023