September 2023 **GIBBONS NEWSLETTER** The latest programs and events for the Town of Gibbons

Commun

TOWN WIDE GARAGE SALE SATURDAY SEPT 9TH / 9AM-5PM

SEPTEMBER 2023

8TH TO THE 17TH

Week Gibb

MEET THE COMMUNITY NIGHT TUESDAY SEPT 12TH / 530PM-7PM

BLOCK PARTY GRANTS UP TO \$250

FOR MORE INFO PLEASE VISIT **GIBBONS.CA**

PHONE:

CONTACT US

Main Office

780-923-3331 **GIBBONS.AB**

FACEBOOK:

WEBSITE:

GIBBONS.ca

Town Offices will be CLOSED Labour Day - September 4th & Truth and Reconciliation Day -October 2nd

Gibbons Community Week 2023 Meet the Community Night Tuesday Sept 12th

Location: Gibbons Cultural Centre Auditorium

Time: 5:30PM - 7:00PM

Come and check out what amazing group and organizations we have in the Gibbons community. As an added bonus enjoy a free burger or hot dog, pop & chips while you are down checking everything out!

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More information on this event and everything else for Gibbons Community Week 2023 @ gibbons.ca Community Services @ (780) 923-2374



IN FAMIL

TED

Registration Information June 1st Registration Opens for In-Person Only June 12th Phone Registration Opens Interested in being a vendor? Get your registration form online @ Gibbons.ca or @ the Town Office Sturgeon River Valley Trail Overgrowth Management and Resurfacing Tread Project



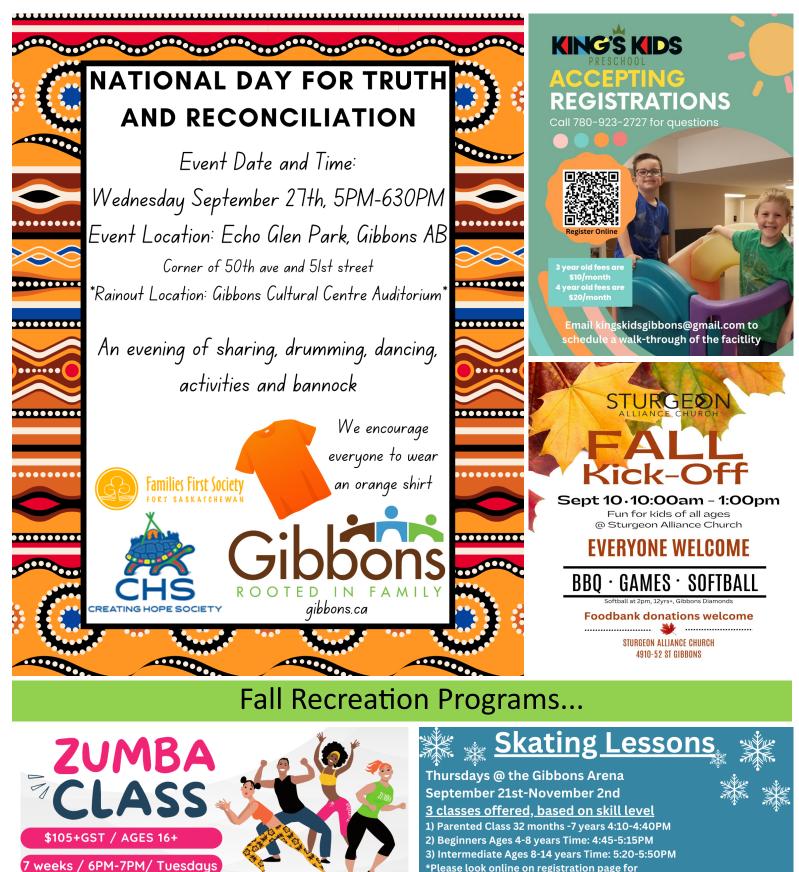
Completion Fall 2023

CHANGES ARE COMING

The Town of Gibbons Newsletter is moving online in September



OYENTALE



September 19th -October 31st

Cultural Centre Auditorium

Registration

visit gibbons.ca/register

Any Questions Call 780-923-2374



\$85 per session for 7 classes Registration: gibbons.ca/register

*Please look online on registration page for



more details and skill levels*





Any questions contact 780-923-2374



TAI CHI

Experience meditation in motion / Ages 16+ 7 weeks / Wednesdays / 7PM-8PM September 20th-November 1st Location: Gibbons Cultural Center 2nd Floor Yoga Room \$125+GST

Registration: gibbons.ca/register All skill levels are welcome. Any questions contact 780-923-2374

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Sunday Morning Fit Club

Sundays 8-9:30 AM/ Ages 16+ September 17th-October 29th

The 75 min format allows a deep dive into the body and a great workout! Since variety is the spice of life you can expect this class to have a little bit of everything fitness education, mobility, step class, boot camp, CrossFit, dumbbells, and yoga. **Gibbons Cultural Centre**

2nd Floor Yoga Room 7 weeks / Ages 16+ \$105+GST

Registration

Any Questions Contact 780-923-2374



To Register

Scan QR Code (10)

Visit : https://www.gibbons.ca/register OR visit in person at the town office



MORNING H.I.I.T TRAINING

Wednesday Mornings / 6AM-7AM / Ages 18+ Gibbons Cultural Centre Auditorium September 20th - November 1st

\$105+GST 7 weeks <u>Registration</u> gibbons.ca/register



Any questions contact community services 780-923-2374

Fall Sessions / Ages 16+

7 weeks / Thursdays / 7PM-8PM September 21st-November 2nd Gibbons Cultural Centre 2nd Floor Yoga Room \$115+GST



gibbons.ca/register



Any questions contact 780-923-2374

Walking Group

Program will run daily / Ages 18+ Monday-Friday 11AM-12PM & 2PM-3PM Location: Gibbons Cultural Centre Auditorium Starts October 18th and ends December 13th Cost: \$20 for the Fall session <u>Registration</u>

gibbons.ca/register or visit the Town Office

Wednesday Morning Instructor Darryl 11AM-12PM Coffee and chat in the Pembina Room from 12PM to 1PM



Sturgeon

Gibbons ROOTED IN FAMILY Partners in Recreation Sturgeon COUNTY

Any questions contact 780-923-2374

CARDIO & STRENGTH TRAINING Fall Sessions / Ages 18+

7 weeks / Thursdays / 7PM-8PM September 21st-November 9th



Gibbons Cultural Centre Auditorium

\$105+GST <u>**Registration**</u> gibbons.ca/register

Any questions contact 78<u>0-923-2374</u>





Register at gibbons.ca/register

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