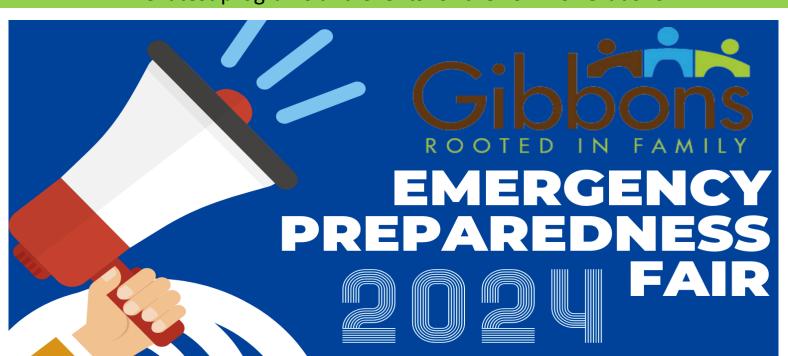
May 2024

# GIBBONS NEWSLETTER

The latest programs and events for the Town of Gibbons



07 MAY, 5:30-7:30PM

Make sure your household is prepared for a disaster by having a 72-hr Emergency Kit Come down to the fire hall on May 7 to build your own FREE 72-hr Emergency Kit\*\*\*

## GIBBONS FIRE HALL 4807 - 50 AVE

PLEASE BRING CASH FOR THE FIRE DEPARTMENT FUNDRAISER BBQ gibbons.ca

Groups Attending:
Fire Department
ByLaw
Public Works
SREMP
Voyant Alert
Community Services
Streetworks
NRCAER

\*\*\*limited quanities available on a first come, first serve basis



Seniors, you're invited for coffee, cookies and conversation in support of Mental **Health Week!!** 











#### Gibbons Men's Fire Night

The GFRC is proud to sponsor the Gibbons Men's Fire Night to bring awareness to the importance of taking care of men's mental health in our community.

A supportive and welcoming space for men and their wellbeing.

Open to all men from surrounding communities.

Sunday Mau 8pm Pizza supper

provided

Family Resource Centre

Free Drop in 4910 52 St, Gibbons (behind the main building at the

For more Craig Stretch at 780-619-9333





Bubble breaks are good for your health!

Stop by the GFRC to pick up your bubbles in support of Mental Health Week!

Blowing bubbles slowly and paying attention to their movements can be calming.



## Free Yoga 164

In support of Mental Health Week Kundalini yoga is the practice of healing mind body and spirit.

Date: Sunday May 12, 2024

Location: Gibbons Cultural Centre (5115 51 St, Gibbons)

Registration: www.gibbons.ca/register

SCAN OR TO REGISTER



**Limited spots** available



Gibbons

### Free Yoga

#### In support of Mental Health Week

Yoga is a practice that connects the body, breath and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

Location: Gibbons Cultural Centre (5115 51 St, Gibbons)

Date: Monday May 13, 2024

Time: 6:30pm

Gibbons

**Limited spots** 

available

Registration: www.gibbons.ca/register



SCAN OR TO

18+

-amily Resource Centre

ental Health Wo

# GFRC Boutique

Gibbons Family Resource Centre 5016 -50 St. Gibbons

In need of formal wear for grad?
Stop by the GFRC to see our FREE gently used formal attire!



Call the GFRC for more information 780-923-2374

Monday - Friday 8:30am - 4:30pm

\*Open until 6pm on Thursdays











Large Item CURBSIDE Pickup

Friday, May 24th and Saturday, May 25th 7:30am-4:30pm

Watch for more details!



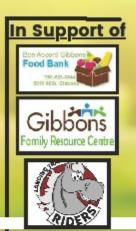




Gibbons residents are invited to a FREE SHREDDING EVENT Saturday, May 11th 10am-1pm Town Office



# SAVE THE DATE







Goose Hummock Golf Resort

FRIDAY June 21st, 2024



JOIN US!
GIBBONS COMMUNITY
GARDENS SOCIETY



Find us on Facebook @
Gibbons Community Gardens
Or Contact us:

Gibbons.CG@outlook.com







### Help the local Food Bank by donating these most needed items!



780-923-2344 5016 50 St, Gibbons Bon Accord & Gibbons Food Bank bonaccordgibbonsfoodbank@gmail.com





Kids! Are you ready to run your own business and have fun at the same time?



#### WHAT IS LEMONADE DAY?

Lemonade Day is a Free, Fun program where you learn to run your own business - a Lemonade Stand!

Kids learn business skills, earn their own money, give back to their community and all while having fun!



#### HOW DOES IT WORK?

Open to Kids of all abilities in Kindergarten through High School

- Register for Lemonade Day Northern Alberta.
- Attend Lemonade University to learn business skills.
- Create your Lemonade recipe.
- Build your Lemonade Stand.
- Setup and Run your Lemonade Stand on Lemonade Day \*June 15, 2024\*
   Celebrate your success!







lemonadeday.org/northern-alberta



#### COME ON OUT AND CHASE THE ACE!!!

## with Gibbons Sacred Heart Church Parish Council (219524)

Raffle License 672101

- PROGRESSIVE POOL INCREASES EACH WEEK.
- GUARANTEED 25% OF THE WEEKLY GROSS SALES AWARDED EACH WEEK.
- 25% OF THE WEEKLY GROSS SALES GOES TO THE PROGRESSIVE POOL.
- IF THE WEEKLY WINNER DRAWS THE <u>ACE OF HEARTS</u>, THEY WILL ALSO WIN THE PROGRESSIVE POOL.
- A DETAILED SET OF RULES IS POSTED AT THE GIBBONS SACRED HEART CHURCH.
- UP TO A MAXIMUM OF 10 000 TICKETS AVAILABLE.

\*TICKETS ON SALE ON MONDAY EVENINGS 7:00-8:00PM
AND SUNDAY AFTERNOONS 12:00-1:00PM AT THE GIBBONS
SACRED HEART CHURCH LOCATED AT 4723-50th AVE.,
GIBBONS (behind the Guardian Pharmacy)

\*WEEKLY DRAWS WILL BE ON SUNDAY AFTERNOONS AT APPROXIMATELY 1:30PM

....until the ACE OF HEARTS IS DRAWN

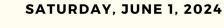
\*TICKETS ONLY \$2 EACH

**COME ON OUT AND CHASE THE ACE!!!** 



GIBBONS SENIORS TWILIGHT CLUB
PRESENTS

# LADIES FASHION SHOW AND TEA







\$20.00



DONNA 780-916-0339 SUSAN 780-983-8431 SHEILA 780-906-7512











Join us for one of Alberta's largest garage sales!

# Town Wide Garage Sale

Saturday September 7th, 2024 9am - 5pm / Rain or Shine Registration Information

June 3rd Registration Opens for In-Person Only
June 10th Phone Registration Opens

Interested in being a vendor?

Get your registration form online @ Gibbons.ca or @ the Town Office







# TOWN OF GIBBONS CLOSURES Town Offices will be closed on Monday, May 20th







