

# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26		28
29	30	31				



# What's going on in your community

### FCSS Help at Home for Seniors

October 3rd @ Busby Hall 1:00PM



# Jarvie Harvest Supper October 21st @Jarvie Community Center 5:00PM

Halloween Bash

October 27th @ Busby Saloon

8:00PM

## Vimy & District Lions Club Bottle Drive

October 7th @ Vimy Hall 11:00AM



# **Coats for Kids and Family**

October 10-27th Drop off at FCSS



### Oktoberfest

October 14th @ Busby Hall 8:00PM

# Halloween Family Dance October 28th @ Pickardville Hall 7:00PM



### FCSS Help at Home for Seniors

October 17th

@ Westlock Memorial Hall 1:00PM



### **Spooky Part**

October 31th @ Vimy Hall 6:00PM



Alberta Health

#### October is Breast cancer Awareness month!

If you're 45 to 74 years of age, start making mammograms part of your regular health routine. To book your mammogram in your community visit: <u>Breast - Screening For Life | Screening For Life</u> or call 1-866-727-3926

Mobile Mammogram Unit Scheduled to be in Westlock Dec 13-20

### **Exercise Program**

Upcoming sessions starting Sept 5- Oct 12 Tuesday/Thursday 10-11:30AM or 1-2:30PM available on zoom. Visit www.healthylivingprogram.ca

#### **Chronic Pain**

New workshop series Oct 4, 11, 18, 25 Wednesday evenings 6-8:30PM. Visit www.healthylivingprogram.ca





### Contact us



10336 106 Street, Westlock, AB T7P2G1



780-349-3346



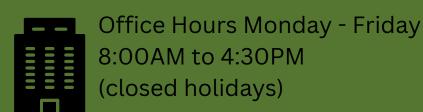




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VISIT US AT 10007-100AVE, OR

SIGN UP ONLINE AT WWW.WESTLOCK.CA!

JARVIE JOURNAL

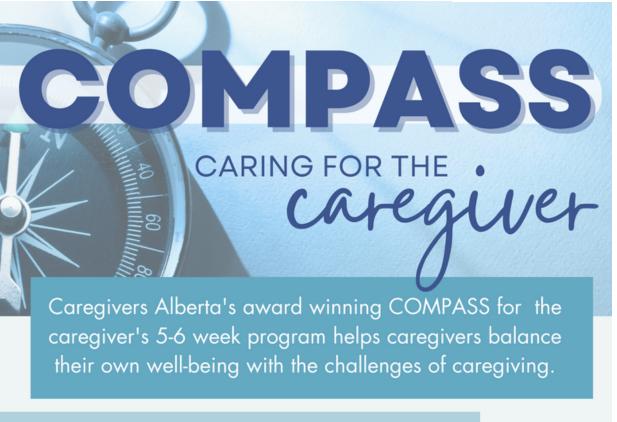
# Jarvie Harvest Suppe

Join us for the annual Jarvie Harvest Supper at the Jarvie Community Center. A delicious meal prepared by our talented local chefs with local harvest features.

# October 21, 2023 At 5 pm

\$20 per person for 12+ to adult \$10 per person for 6-11 Free for pre-schools

Tickets at the Door



#### **ARE YOU A CAREGIVER?**

If you do even one of the following, then yes, you are!

- Attend medical appointments with a loved one
- >>> Prepare meals for a family member or friend
- >>> Help with finances or personal/medical care
- >>> Provide transportation or home-living support

\*Inquire about the Adult Day Support Program if needed\*

Caregivers
Alberta | CARING FOR CAREGIVERS



780.349.5900

**FOR DATES + MORE** 



VIMY & DISTRICT

LIONS CLUB

SATURDAY, OCTOBER 7

11 AM - 3 PM

Bring your bagged bottles to the Lions

Hall.

Can't bring them to the hall yourself or

have plans that day, leave them out at

the curb and we will pick them up!!

Vimy & District Lions Club

BOTTE

### DROP OFF:

OCTOBER 10- OCTOBER 27
WESTLOCK CLEANERS

10115A - 104 ave
OR
WESTLOCK & DISTRICT FCSS

10007-100 ave



credit union

### PICK UP:

If you are in need of warm winter clothing, please stop by FCSS to get them for FREE starting on October 30th.







COME ENJOY AN AFTERNOON PREPARING **DELICIOUS OVEN READY MEALS TO TAKE HOME!** 

TUESDAY, OCTOBER 17TH, 2023

WESTLOCK MEMORIAL HALL

9903-106 ST

I:OOPM

In an attempt to accommodate everyone, we ask for first timers ONLY. However, we will gladly add those to our waitlist who participated in the last Help at Home program in Westlock.

> Thank you and we apologize for any inconvenience this may cause.

COST: \$10.00

**Includes 4 take home meals.** 

PRE -REGISTRATION REQUIRED, TO REGISTER CALL US AT 780-349- 5900, VISIT US AT 10007-100AVE, OR SIGN UP ONLINE AT







Tables will be available to decorate so you can hand out candy to the kids for trick or treating. Please RSVP your table so we know how many to set up





