



September

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	27	28	29	30



What's going on in your community

Pie Social

September 6th @ Hazel Bluff Hall 1:00PM-3:00PM



Discover Aviation

September 9th @ Westlock Regional Airport
7:00PM



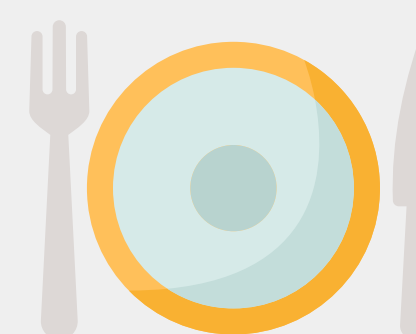
FCSS Parking Lot Party

September 13th @ Heritage Building 3:00PM-
6:30PM



55+ Dinner

September 15th from 12PM
at St. Anne's Parish



Digital Literacy in Rural Alberta

September 16th at 10AM at Jarvie Public Library



Nelly's Project

September 23rd at 1PM at Westlock Hall



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 Sept 20, 27, Oct 4, 11, 18, 25 Wednesday evenings 6-
8:30PM. Visit www.healthylivingprogram.ca



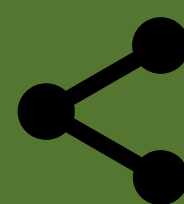
Contact us



10336 106 Street,
Westlock, AB T7P2G1



780-349-3346



<https://www.facebook.com/westlockcounty/>



@westlock_county



Follow us @WestlockCounty



Office Hours Monday - Friday
8:00AM to 4:30PM
(closed holidays)



westlockcounty.com



info@westlockcounty.com

HAZEL BLUFF COMMUNITY

ANNUAL FALL
PIE SOCIAL

&
BAKE SALE

WED. SEPT 6th

1:00 TO 3:00 PM

Silver Collection *Entertainment* *Door Prizes*
EVERYONE WELCOME

fcss

Westlock & District
Family and Community
Support Services

Join us for our annual

PARKING LOT

party!

THURSDAY, SEPT. 14

IN THE HERITAGE BUILDING PARKING LOT
3:30P.M.-6:00P.M.

10007-100 AVE
WESTLOCK, AB.

Get in on the fun, music, games and
free meal!
(while quantities last!)

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Westlock & District
Family and Community
Support Services

Discover Aviation at Westlock Airport



The Discover Aviation Program (formerly called COPA For Kids) is a completely FREE event that allows young people between the ages of 8 and 17 to fly in aircraft flown by local pilots. It will show them what aviation is all about and gives them an experience of being in the cockpit of an aircraft in flight.

When: September 9, 2023

Where: Westlock Airport

Hosted by: The Westlock Flying Club

For more information and to register, please visit:
discoveraviation.ca

Exercise Program

Experience the health benefits!

Learn to exercise safely while living with a health condition.

Upcoming Sessions:

Aug 24– Sep 7 Mon/Wed 1-2:30pm or 6-7:30pm

Sep 5– Oct 12 Tues/Thurs 10-11:30am or 1-2:30pm

Free Zoom Exercise Program

- Tailored to your fitness level - led by exercise therapist
- 2 times per week for 6 weeks
- Learn to exercise safely through Zoom in your own home.
- No equipment needed!



Visit

www.healthylivingprogram.ca

Or [Click to connect](#) with our exercise team

Alberta Health Services

Alberta Healthy Living Program



For adults living with one or more chronic health conditions. It is safe fun, interactive in a small group setting.

For more information call
1-877-349-5711

Chronic Pain

Better Choices, Better Health

Self Management workshops

Are you living with long-term pain?

- Take this 6-week workshop by Zoom
- Manage pain and fatigue
- Learn how to get a good night's sleep
- Understand how making healthy eating choices can impact your pain
- Better manage medications
- Deal with emotions like anger, fear, and frustration
- Solve problems and set goals

Attend with a friend or family member

Make small steps to take control of your health.



Next workshop series:
Sep 20, 27, Oct 4, 11, 18, 25
Wednesday Evenings
6:00 - 8:30pm

www.healthylivingprogram.ca



Register Now

1-877-349-5711

Alberta Health Services



Digital Literacy in Rural Alberta

Where: Jarvie Public Library

When: Saturday, September 16, 2023

PROGRAM SCHEDULE

- | | |
|-------------------|---|
| 10:00AM - 10:45AM | • TRAC Tutorial
• Navigating the Westlock Library Website |
| 11:00AM - 11:45AM | • Overview of all available eResources
• Exploring PressReader (accessing magazines and newspapers online) and Novelist Plus (readers' advisory service) |
| 1:00PM - 1:45PM | • How to use Libby and Hoopla for eBooks & eAudiobooks (bring your own personal device - phone, tablet, ipad, etc.) |
| 2:00PM - 2:45PM | • Cyber Security
• Identifying Reliable Information |

REGISTRATION IS REQUIRED

For more information, visit westlocklibrary.ca

fcss
Barrhead & District
Family and Community
Support Services Society

Westlock Libraries

Westlock Libraries

#1, 10007 100 Avenue | Westlock, Alberta T7P 2H5 | (780) 349-3060 | www.westlocklibrary.ca

55+
DINNER

\$15.00
PER
PERSON

SEPTEMBER 15, 2023, DOORS OPEN AT
11:00 AM FOR FREE BLOOD
PRESSURE CLINIC

MEAL AT 12:00 PM

AT ST. ANNE'S PARISH

Catered by:

Knights of Columbus

Purchase your ticket at
5103 - 51 Street

780-674-3341