

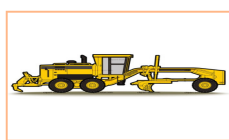


LOUGHEED SENIOR CENTER 5006—50 STREET BOX 306
 LOUGHEED, AB T0B 2V0
 Info- Aileen Drozdowski 780-386-2426
 Rita Palmer 780-386-3869/ Diane Short 780-386-2400
CONTACT Karli Grove—FIELDHOUSE -780-888-7551
INFO@LOUGHEEDFIELDHOUSE.COM



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Donna Combs will be back in January 2023				1	2 BINGO Start 7:00pm Senior Exercise 9:00-11:00am	3
4	5 Senior Exercise 9:00-11:00am (Fieldhouse)	6	7 Senior Exercise 9:00-11:00am (Fieldhouse)	8	9 BINGO Start 7:00pm Senior Exercise 9:00-11:00am	10
11 LOUGHEED SENIORS XMAS MARKET 11:00 AM to	12 Senior Meeting At Senior Center 2:00pm Senior Exercise 9:00- 11:00am	13	14 Senior Exercise 9:00-11:00am (Fieldhouse)	15	16 BINGO Start 7:00pm Senior Exercise 9:00-11:00am	17
18	19 Senior Exercise 9:00-11:00am (Fieldhouse)	20	21 Senior Exercise 9:00-11:00am (Fieldhouse)	22	23 BINGO Start 7:00pm Senior Exercise 9:00-11:00am	24
25	26	27	28 Senior Exercise 9:00-11:00am (Fieldhouse)	29	30 BINGO Start 7:00pm Senior Exercise 9:00-11:00am	31

Please remember to park your vehicles on your property when public works is clearing snow from the streets. Check the villages Facebook page & web page for notifications.
 The village would like to thank everyone for their cooperation!



Lougheed Seniors Christmas Market

Sunday
December 11, 2022
11:00 am to 3:00pm
EVERYONE WELCOME



GIFT CERTIFICATES ARE AVAILABLE
AT: MA & PA'S FAMILY RESTAURANT

780-386-2355

Village of Lougheed
 OPEN PUBLIC SKATING RINK East of Fieldhouse
 In process of flooding ice



Gratitude helps you fall in love with the life you have already.



Flagstaff Food Bank

2022 Christmas Sharing Application form: call 780-385-3976 for more information

Please note ** pick up location **Flagstaff Family and Community Services Building in Killam**

FFCS: 4809 49th Avenue Killam. Pick up in 2022 by appointment only (you will be contacted so a current working phone number is very important) between Monday November 28th and Friday December 16th, 2022

Once again, the Flagstaff Food Bank will be coordinating the Christmas Sharing Program. If this community project would benefit you and/or your family this year, please allow us to accommodate your needs by providing us with the necessary information on the reverse side.

We encourage all requests to be submitted by **Friday November 25th, 2022**. Please submit as early as possible to help out our volunteers.

This year we will be handing out monetary coupons. This will allow recipients to make their own choices for the purchase of food and some gifts from local Flagstaff businesses. The number of coupons will differ by household, depending on family size.

All information provided will be kept strictly confidential.

Your Christmas sharing package will be available for pickup by appointment only between **Monday November 28th, 2022 and Friday December 16th, 2022**, at the **Flagstaff Family and Community Services Building in Killam at 4809 49th Avenue 780-385-3976**. You will be contacted to make an appointment so a phone/contact number is very important

Food Bank

FLAGSTAFF REGIONAL FOOD BANK

Located at 5014-46 Street in Killam, the Flagstaff Regional Food Bank serves those within Flagstaff County and is open Tuesday and Thursday mornings for hamper pickups (11:00 a.m.). **All hamper requests must be made one day prior, by phoning 780-385-0810.**

To arrange the drop off/pickup of gently used furniture and appliances, phone 780-385-2419 or 780-385-0810.

Monetary donations (payable to the Flagstaff Food Bank) can be mailed to Box 68, Killam, AB T0B 2L0.

All meat donations must be processed through a licensed meat packing facility and can be tax receipted at its Fair Market Value. If a live cow is donated, the Food Bank is prepared to pay the meat processing costs - contact 780-385-2419 for more information.

Garden produce is always welcome and appreciated.

If you are interested in volunteering and becoming a part of our support team, phone 780-385-0810.



The Lougheed Fieldhouse will be having **2023 Annual Early Bird Membership Sale** for the month of December for \$100.00. Starting **January 1, 2023** the membership will increase to \$222.00.



MEMBERSHIPS CAN BE PURCHASED BY ANYONE AGE 16 AND UP.

WEBSITE: www.lougheedfieldhouse.com

Any questions? Reach out to Karli Grove at: info@lougheedfieldhouse.com

**HOME ALONE/
 BABYSITTING COURSE**



**MONDAY
 DECEMBER 5**

REGISTER ON OUR WEBSITE
<http://lougheedfieldhouse.com>

**HOME ALONE, FOR AGES 9-12. \$40.
 COURSE RUNS FROM 9AM-12:30PM.**

**BABYSITTING, FOR AGES 11-15. \$75.
 COURSE RUNS FROM 9AM-2:30PM.**

Lougheed Field House