

# Program & Activity Guide

**BLACKFALDS**  
ALBERTA



*When life gives you snow, make snow angels.*



### ▶ **FCSS Programming**

FCSS hosts a variety of programming for youth and seniors in Blackfalds. Bringing people together and creating opportunities for all ages to connect and grow.



### ▶ **Fitness Classes**

Skip the icy sidewalks this winter and stay active indoors at the Abbey Centre! Enjoy our Fitness Centre and Indoor Track. Stay on track in any season!



### ▶ **Community Events**

From seasonal favourites like the New Year's Eve Skate to family-friendly activities at Winterfest, there's always something happening in Blackfalds.



# Mayor's Message . . . . .

Greetings friends and neighbours of Blackfalds! As I write the Mayor's Message, I have been Mayor for a few days. On behalf of Council, I want to thank you for electing us to serve our community over the next 4 years. We are excited to get started and have quite a busy schedule as we complete orientation and training. You can find information on how to contact myself and Council on the Town of Blackfalds website at [www.blackfalds.ca/council](http://www.blackfalds.ca/council).

We had some great events this past summer and it was wonderful to see so many of you out enjoying them. We had the first football team in Blackfalds get started late in the summer, and next year they will be able to have home games on our new football field. I know many of us are excited to be able to watch our Bisons next season!

As we move into winter season, I am looking forward to attending Winterfest on February 16, the Easter Egg-stravaganza on March 28 and the other many events that will be happening in 2026. I encourage you to browse the Program & Activity Guide, and check out the community event schedule on the Town of Blackfalds website [www.blackfalds.ca/events](http://www.blackfalds.ca/events) to stay up to date on what is happening in our community.

Blackfalds is proud to host many sports and recreational events and activities. If you have a chance check out the Abbey Centre, the Eagle Builders Centre, and our local schools for events and tournaments that will be happening this winter.

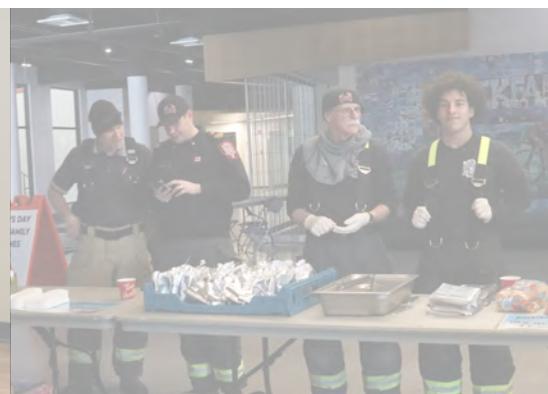
If you are interested in volunteering, our FCSS Volunteer Programmer can help connect you with opportunities that interest you. Each year, we look for Snow Angels to help residents who

are unable to shovel their walkway and driveway. If you are able to help, I know they would appreciate it.

As winter approaches, we know many of our residents are excited for our outdoor rinks to be flooded and available for use. We have had a very mild fall and must wait for the temperature to be consistent -5 degrees Celsius for 5 days or more. In the meantime, we do have the Jim Hurley Free Skate at the Eagle Builders Centre on Sunday evenings that everyone is welcome to attend.

I look forward to seeing many of you at upcoming events and gatherings throughout our wonderful community.

Mayor Laura Svab





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# Meet your Mayor & Council

## 2025 - 2029

The Municipal Council helps make sure our town runs smoothly and stays a great place to live. They allocate budget and establish service levels for roads, parks, and playgrounds to water, sewer, waste, and recycling services. In addition to family support programs, recreation facilities, transit, and community safety.

To learn more about your Council members and how they serve Blackfalds, visit [www.blackfalds.ca/council](http://www.blackfalds.ca/council) and get to know the people behind the decisions.

**Councillor  
Shane Hanson**

**Councillor  
Cory Twerdoelib**

**Councillor  
Aaron J. Hoyte**



**Councillor  
Jim Sands**

**Councillor  
Brenda Dennis**

**Mayor  
Laura Svab**

**Councillor  
Ryan Brown**

In the spirit of Truth and Reconciliation, the Town of Blackfalds acknowledges that we are on Treaty 6 territory, the ancestral lands of Cree, Saulteaux, Blackfoot, Métis, Dene and Nakota Sioux.

We acknowledge all the many First Nations, Métis, Inuit, and non-status peoples whose footsteps have marked these lands since time immemorial. We recognize the inherent relationships Indigenous communities have with this land and its creatures and commit to supporting reconciliation and healing. We honour the resilience, culture, and contributions of Indigenous peoples, past and present. As we gather, we pledge to listen, learn, and take meaningful action toward a future based on mutual respect and understanding as we continue on our journey of truth and healing. We recognize that reconciliation is not a single act but a lifelong journey—one that requires accountability, humility, and the centering of Indigenous voices.

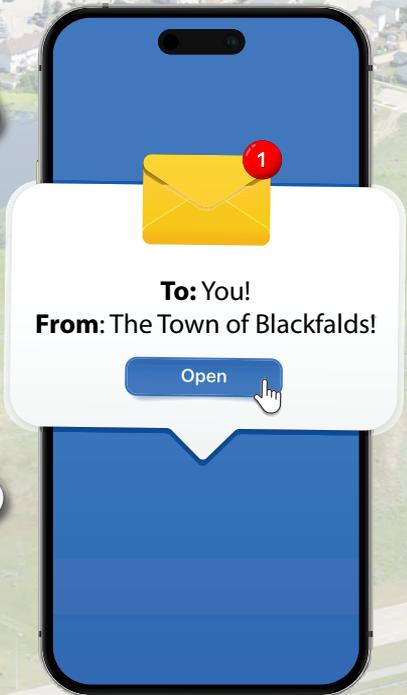


Bada Jean | Visual Artist | 2025

# Blackfalds Connect

  
Heads up! Snow removal crews are coming to your street tomorrow!

  
Sorry to say, but the Outdoor Aquatic Centre is closed due to the storm!



**Get all our updates straight to your phone with Blackfalds Connect!**

**Choose which information you'd like to get via text, email or voice call!**

Register today on the Blackfalds home page at [www.blackfalds.ca](http://www.blackfalds.ca)

# REGISTRATION

## Abbey Centre Guest Services

4500 Womacks Rd  
403.885.4039

[guestservices@blackfalds.ca](mailto:guestservices@blackfalds.ca)  
[www.blackfalds.ca/abbeycentre](http://www.blackfalds.ca/abbeycentre)

 Abbey Centre

### Mon - Fri

5:30 AM - 10:00 PM

### Sat & Sun

7:00 AM - 10:00 PM

Visit the website for statutory holidays and closures.

## Family & Community Support Services

5018 Waghorn St  
403.600.9066

[fcss@blackfalds.ca](mailto:fcss@blackfalds.ca)  
[www.blackfalds.ca/fcss](http://www.blackfalds.ca/fcss)

 Blackfalds FCSS

 BlackfaldsFCSS

 Blackfalds FCSS Youth

## Town of Blackfalds

5018 Waghorn St  
403.885.4677

[info@blackfalds.ca](mailto:info@blackfalds.ca)  
[www.blackfalds.ca](http://www.blackfalds.ca)

 Town of Blackfalds

 @blackfalds

 TownofBlackfalds

## Eagle Builders Centre

5302 Broadway Ave  
[www.blackfalds.ca/ebc](http://www.blackfalds.ca/ebc)

## Stay Connected with the Abbey!

Subscribe to the Abbey Centre Newsletter and stay up to date with all the latest news!

Subscribe at:

[blackfalds.ca/abbeycentre](http://blackfalds.ca/abbeycentre)

Registration for  
Fitness, FCSS, PD Day  
Camps, and Arts &  
Culture programs.

**OPEN NOW!**

## Register Online

Our online registration system is a fast, easy and convenient method of viewing and registering for Town programs.

All users require an account to make use of online registration and manage memberships.

Users may set up their accounts online and if they require further assistance to please call the Abbey Centre 403.885.4039, or email [guestservices@blackfalds.ca](mailto:guestservices@blackfalds.ca) to setup your account.

To register online, go to [blackfalds.ca/register](http://blackfalds.ca/register)

## Method of Payment

We accept Abbey Centre gift cards, cash, cheques, debit, Apple and Google Pay, Visa, Mastercard, and Amex.

## Cancellations

Except for fitness classes with drop-in access, a minimum number of registrations must be completed for a class to run.

The Town reserves the right to cancel any course. Registrants will receive notice of cancellation prior to the course start date.

## Wait List

If a program is full, you may place your name on a wait list. You will be contacted when space becomes available or if additional programs are added.

## Refunds

Full refunds are issued only when programs are cancelled by the Town of Blackfalds. Any refunds requested can be left as a credit on the account, for up to one year, for future use. Additional refund information can be found online.

## Activities

Registrants can withdraw or transfer from activities up to 3 days prior to the start of activity. Withdrawals will be subject to an administration fee.

## Memberships

Annual Members can choose to freeze their account, provided that there is at least one week remaining on the membership.



## Membership & Admission

All membership rates include GST. Annual passes are a one year commitment.  
 Memberships are available to all users regardless of community or county of residence.

**All members and guests require a paid admission (wristband) to be in the Field House (with the exception of rentals).**

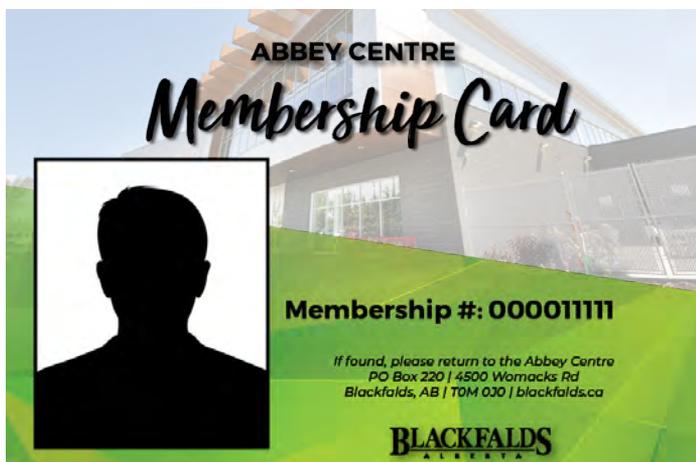
Membership Age Category	Single Admission	10-Punch Pass	Monthly	Annual	AMMP*
Infant (Under 1)	FREE	FREE	FREE	FREE	N/A
Toddler (1 & 2)	\$1.00	\$9.00	N/A	N/A	N/A
Child (3 to 7)	\$5.00	\$45.00	\$26.25	\$262.50	\$21.88
Youth (8 to 12)	\$5.50	\$49.50	\$28.88	\$288.75	\$24.07
Teen (13 to 17)	\$6.50	\$58.50	\$34.13	\$341.25	\$28.44
Adult (18 to 59)	\$9.00	\$81.00	\$47.25	\$472.50	\$39.38
Senior (60+)	\$7.00	\$63.00	\$36.75	\$367.50	\$30.63
Senior Plus (75+)	FREE	FREE	FREE	FREE	N/A
Family **	\$20.00	\$180.00	\$105.00	\$1050.00	\$87.50

\*Automatic Monthly Membership Payments (AMMP) charges to your credit card for annual memberships. Visa Debit or MC Debit are also accepted.

Annual memberships purchased on the Monthly Payment Plan cannot be cancelled or transferred.

\*\*Max of 5 members per household. Two can be adult/senior. Additional under 18 memberships may be added at a 50% discount.

## An Abbey Centre Annual Membership has its perks!



Abbey Centre Annual memberships not only give you access to all the amenities the facility has to offer, it also provides:

- Early registration for all programs
- Free drop-in access to select fitness programs
- Eligibility for monthly payment via credit or credit/debit card
- Two complimentary day passes upon membership renewal or activation
- Unlimited access to drop-in fitness
- Ability to "hold" membership
- Renew memberships online

Visit [blackfalds.ca/abbeycentre](https://blackfalds.ca/abbeycentre) for more details!

# \$4 FRIDAY!



**\$4 per person for day admission  
(all age categories)**

*Free entry for children under 2 years old*

Follow us on Facebook to catch our \$4 Fridays!  
We'll announce them randomly, and on those special days, you can enjoy admission for just \$4!

**BLACKFALDS** ALBERTA Abbey Platinum Master Built  
CENTRE

A purple sensory backpack is shown with a pair of red sunglasses on top. The backpack has a large pocket with text and a logo.

*Sensory Backpacks*

**BLACKFALDS** ALBERTA Abbey Platinum Master Built  
CENTRE

Three sensory backpacks (two youth, one adult) are available to sign out, free of charge!

Backpacks offer a variety of tools to help individuals reduce or increase sensory input based on needs.

**Visit Guest Services for more info!**

## Go Green with Recycle 4 Reward!

Recycle your Abbey Centre wristbands for a chance to win a gift card from a Recycle 4 Reward (R4R) participating business or an Abbey Centre gift card worth \$75!

Simply write your name and phone number on the back of your wristband and drop it in the red dropbox located in the front lobby.

**Winners are announced on the first of the month.**



*Get your company brand out to thousands of visitors at the Abbey Centre!*

Thank you to all the businesses that have made this program a success!

If you are interested in becoming a R4R participating business, please contact Cindy at 403.885.0122 or [creeves@blackfalds.ca](mailto:creeves@blackfalds.ca).

# 3 Easy Steps

## for Drop-In Access to Registered Fitness Classes



### How Drop-In Works

To attend various fitness classes, you can either get a punch pass or pay for a day pass. If you're already an Abbey member, you get to enjoy drop-in classes for free!

1

### Book Your Spot

Register by 8 PM the day before!  
Sign up at [blackfalds.ca/register](http://blackfalds.ca/register) or visit the Abbey Centre.  
Need help? Call 403.885.4039 or email [guestservices@blackfalds.ca](mailto:guestservices@blackfalds.ca).  
Drop-in registrations aren't accepted by phone or email.

2

### Check-In & Payment

Members, check in after reserving. Guests, pay at Guest Services before class.  
We accept gift cards, cash, debit, Visa, and Mastercard.  
All participants get a wristband and drop-in card.

3

### Drop-In & Enjoy!

Please arrive on time! There will be no access to the class if you arrive more than 15 minutes late.

Thrifty Thursday!

### SAVE MORE!

Each month, we will offer cost savings on various Abbey Centre services available only on the first Thursday of the month.

Please check the monthly newsletter, Facebook page, or posters around the Abbey to see what service we are showcasing and where you can save!

**BLACKFALDS**  
ALBERTA

Thrifty Thursday deals are only valid for one day.  
Limit of 1 per membership.

## Field House 2 Drop-In Activities

Field House 2 | Paid admission required  
*Schedule changes may occur at any time.*

Times	9:00 AM - 12:30 PM	1:00 - 10:00 PM	
Mon			
Tue			Pickleball
Wed			Basketball
Thu			Badminton
Fri			
Sat/Sun Holidays	OPEN	OPEN	

# ADULT FITNESS .....

## Morning Spin & Stretch

Wake yourself up with this good morning 50-minute ride, it will get your heart pumping as you move in and out of the saddle. Then slow down and stretch it out for 10 minutes. Great for all levels of riders.

*Please bring indoor shoes, water bottle & sweat rag.*

**Instructor: Erin**

**Indoor Track**  
**Level 3 | Abbey Centre**  
**4500 Womacks Rd**

**Session 1 | \$42.00**

**Mon | Jan 12, 19, 26, Feb 2, 9**

5:45 - 6:45 AM

**Session 2 | \$42.00**

**Mon | Feb 23, Mar 2, 9, 16, 23**

5:45 - 6:45 AM

**Session 1 | \$42.00**

**Wed | Jan 14, 21, 28, Feb 4, 11**

5:45 - 6:45 AM

**Session 2 | \$42.00**

**Wed | Feb 25, Mar 4, 11, 18, 25**

5:45 - 6:45 AM

## Strollersize

This fun social class on the track has a brisk-pace which will challenge you to increase your cardio and strength using circuit training techniques. Emphasis will be placed on safe postpartum movement and core/pelvic strength.

All fitness levels welcome.

*Please bring a water bottle & ensure all stroller wheels are clean prior to going on the track.*

**Instructor: Jessica**

**Indoor Track**  
**Level 3 | Abbey Centre**  
**4500 Womacks Rd**

**Session 1 | \$42.00**

**Mon | Jan 12, 19, 26, Feb 2, 9**

10:10 - 11:00 AM

**Session 2 | \$42.00**

**Mon | Feb 23, Mar 2, 9, 16, 23**

10:10 - 11:00 AM

**Session 1 | \$42.00**

**Mon | Jan 12, 19, 26, Feb 2, 9**

11:10 AM - 12:00 PM

**Session 2 | \$42.00**

**Mon | Feb 23, Mar 2, 9, 16, 23**

11:10 AM - 12:00 PM

## Pilates

Focus on core strength, alignment, and controlled movement through low-impact exercises. This class helps tone muscles, improve posture, and support joint health. Ideal for anyone looking to build strength without high-impact stress.

*Please bring a water bottle.*

**Instructor: Hunter**

**Fitness Studio 1**  
**Level 2 | Abbey Centre**  
**4500 Womacks Rd**

**Session 1 | \$42.00**

**Mon | Jan 12, 19, 26, Feb 2, 9**

6:00 - 7:00 PM

**Session 2 | \$42.00**

**Mon | Feb 23, Mar 2, 9, 16, 23**

6:00 - 7:00 PM

**Session 1 | \$42.00**

**Thu | Jan 15, 22, 29, Feb 5, 12**

7:30 - 8:30 PM

**Session 2 | \$42.00**

**Thu | Feb 26, Mar 5, 12, 19, 26**

7:30 - 8:30 PM

## Beginner Spin

Remove the fear with this 60-minute beginner ride. You will learn all the basics including proper bike setup, RPM's, terminology, and how to progress forward.

*Please bring indoor shoes, water bottle & sweat rag.*

**Instructor: Diana**

**Indoor Track**  
**Level 3 | Abbey Centre**  
**4500 Womacks Rd**

**Session 1 | \$42.00**

**Mon | Jan 12, 19, 26, Feb 2, 9**

6:30 - 7:30 PM

**Session 2 | \$42.00**

**Mon | Feb 23, Mar 2, 9, 16, 23**

6:30 - 7:30 PM



## Any unregistered spots will be open for Drop-In Access.

Registration starts at 8:00 PM on the eve before the class and closes when class starts.

For more info about Drop-In Access for registered classes check out the website [blackfalds.ca/register](http://blackfalds.ca/register).

*\*Refer to page 7 of the guide.*

## Yoga Flow

Yoga Flow blends movement and mindfulness for a workout that strengthens, stretches, and centers you all at once. Each class guides you through smooth, breath-connected transitions that boost flexibility and focus while easing tension. It's a refreshing way to build both physical and mental balance. Perfect for anyone looking to recharge and move with intention.

*Please bring a yoga mat & water bottle.*

**Instructor: Hunter**

**Fitness Studio 1**  
**Level 2 | Abbey Centre**  
**4500 Womacks Rd**

**Session 1 | \$42.00**

**Mon | Jan 12, 19, 26, Feb 2, 9**  
7:30 - 8:30 PM

**Session 2 | \$42.00**

**Mon | Feb 23, Mar 2, 9, 16, 23**  
7:30 - 8:30 PM

**Session 1 | \$42.00**

**Wed | Jan 14, 21, 28, Feb 4, 11**  
11:00 AM - 12:00 PM

**Session 2 | \$42.00**

**Wed | Feb 25, Mar 4, 11, 18, 25**  
11:00 AM - 12:00 PM

## Spin 30 : 30

Get the best of both worlds with Spin 30 : 30. Complete your 30-minute ride with 30 minutes of strength training and muscle conditioning. Indoor cycling is one of the best ways to improve cardiovascular health, burn calories and work at an individual pace in a fun group setting. Followed by 30 minutes of strength training using Bosu, weights, bands, balls - the sky's the limit with this total body workout class.

*Please bring indoor shoes, water bottle & sweat rag.*

**Instructor: Jessica**

**Indoor Track**  
**Level 3 | Abbey Centre**  
**4500 Womacks Rd**

**Session 1 | \$42.00**

**Tue | Jan 13, 20, 27, Feb 3, 10**  
9:30 - 10:30 AM

**Session 2 | \$42.00**

**Tue | Feb 24, Mar 3, 10, 17, 24**  
9:30 - 10:30 AM

## STRONG Nation™

STRONG Nation™ combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move. No equipment. Choose your level.

*Please bring a water bottle.*

**Instructor: Jodie N.**

**Fitness Studio 1**  
**Level 2 | Abbey Centre**  
**4500 Womacks Rd**

**Session 1 | \$42.00**

**Tue | Jan 13, 20, 27, Feb 3, 10**  
6:30 - 7:30 PM

**Session 2 | \$42.00**

**Tue | Feb 24, Mar 3, 10, 17, 24**  
6:30 - 7:30 PM



NEW!

## HardCORE

This total body workout will combine strength, cardio and of course, core exercises! We will target muscle groups by incorporating a variety of equipment such as dumbbells, bands and mini exercise balls. High and low impact options will be provided. Head to toe... let's go!

*Please bring indoor shoes, water bottle & sweat rag.*

**Instructor: Sherry**

Fitness Studio 1  
Level 2 | Abbey Centre  
4500 Womacks Rd

**Session 1 | \$42.00**  
**Wed |** Jan 14, 21, 28, Feb 4, 11  
5:30 - 6:30 PM

**Session 2 | \$42.00**  
**Wed |** Feb 25, Mar 4, 11, 18, 25  
5:30 - 6:30 PM

**Session 1 | \$42.00**  
**Fri |** Jan 16, 23, 30, Feb 6, 13  
6:30 - 7:30 PM

**Session 2 | \$42.00**  
**Fri |** Feb 27, Mar 6, 13, 20, 27  
6:30 - 7:30 PM

**Any unregistered spots will be open for Drop-In Access.**

Registration starts at 8:00 PM on the eve before the class and closes when class starts.

For more info about Drop-In Access for registered classes check out the website [blackfalds.ca/register](http://blackfalds.ca/register).

*\*Refer to page 7 of the guide.*

**REGISTRATION NOW OPEN!**

## Spin 50

This 50-minute high intensity cardiovascular workout is designed to get your heart pumping and blood flowing, increase your overall strength and endurance.

*Please bring indoor shoes, water bottle & sweat rag.*

**Instructor: Diana**

Indoor Track  
Level 3 | Abbey Centre  
4500 Womacks Rd

**Session 1 | \$42.00**  
**Wed |** Jan 14, 21, 28, Feb 4, 11  
6:30 - 7:20 PM

**Session 2 | \$42.00**  
**Wed |** Feb 25, Mar 4, 11, 18, 25  
6:30 - 7:20 PM

## Yin Yoga

Yin Yoga is a gentle, quiet, relaxing but powerful class that targets the connective tissues of the body that normally are not targeted as much in more active styles of yoga practice. Each posture during Yin Yoga is held for long periods of time to encourage the slow and safe opening of connective tissues. Perfect balance to a more yang class.

*Please bring a yoga mat & water bottle.*

**Instructor: Nancy**

Fitness Studio 1  
Level 2 | Abbey Centre  
4500 Womacks Rd

**Session 1 | \$42.00**  
**Wed |** Jan 14, 21, 28, Feb 4, 11  
7:30 - 8:30 PM

**Session 2 | \$42.00**  
**Wed |** Feb 25, Mar 4, 11, 18, 25  
7:30 - 8:30 PM

## Fitness Centre

With over 7,000 sq. ft. of high - end fitness and weight training equipment, the Fitness Centre offers the ideal workout experience!

## Fitness Centre Orientations

Our Fitness Centre is not always staffed. Use of the centre and the equipment is at your own risk. Please exercise safely and sign-up for an orientation to ensure proper use of equipment.

**Youth 12 - 17 years of age are required to have an orientation and shoe tag before accessing the Fitness Centre or Indoor Track.**



**Youth 12 - 13 years of age** must be accompanied by the adult who will be using the Fitness Centre or Indoor Track with them and are required to be in close proximity of the adult at all times.

## Orientation Booking

To ensure proper use of equipment and to learn proper fitness centre etiquette, free orientations are available. Orientations must be booked in advance by contacting 403.885.4039 or emailing [trainer@blackfalds.ca](mailto:trainer@blackfalds.ca).  
*Max 6 people per time slot.*



## Strength & Conditioning

Energize your workout with our Strength & Conditioning class, blending free-weight training, resistance bands, bodyweight exercises, and other portable equipment to enhance muscle strength and overall fitness.

This dynamic class is tailored to boost your overall strength and fitness, making it suitable for all levels of experience.

*Please bring indoor shoes & water bottle.*

**Instructor: Andrea**

**Fitness Studio 1  
Level 2 | Abbey Centre  
4500 Womacks Rd**

**Session 1 | \$42.00**

**Thu | Jan 15, 22, 29, Feb 5, 12**

4:45 - 5:45 PM

**Session 2 | \$42.00**

**Thu | Feb 26, Mar 5, 12, 19, 26**

4:45 - 5:45 PM

## Dance Beatz

From pop to rock to hip hop, this class includes a variety of music to get up and dance to. No experience required to enjoy this type of cardio!

*Please bring a water bottle.*

**Instructor: Jodie N.**

**Fitness Studio 1  
Level 2 | Abbey Centre  
4500 Womacks Rd**

**Session 1 | \$42.00**

**Thu | Jan 15, 22, 29, Feb 5, 12**

6:00 - 7:00 PM

**Session 2 | \$42.00**

**Thu | Feb 26, Mar 5, 12, 19, 26**

6:00 - 7:00 PM

## Yoga/Pilates Fusion

A balanced class that combines the mindful stretching of yoga with the core-strengthening control of Pilates. Improve flexibility, posture, and muscle tone while enhancing body awareness and relieving tension. Great for all levels.

*Please bring indoor shoes & water bottle.*

**Instructor: Lieschen**

**Fitness Studio 1  
Level 2 | Abbey Centre  
4500 Womacks Rd**

**Session 1 | \$42.00**

**Sat | Jan 17, 24, 31, Feb 7, 14**

9:00 - 10:00 AM

**Session 2 | \$42.00**

**Sat | Feb 28, Mar 7, 14, 21, 28**

9:00 - 10:00 AM

# ABBEY CENTRE'S



# Drop-in fitness

Get your body moving with daily drop-in fitness classes at the Abbey Centre!

Available with membership or paid admission

## WINTER 2025 | DAILY DROP-IN FITNESS SCHEDULE

Arrive early to secure your spot | No classes on Stat Holidays

\*No classes the week of Feb 16 - 20.

MON

TUE

WED

THU

FRI

JAN 5 - MAR 27 | CHANTELE | FITNESS STUDIO 1 | 9 - 10 AM

CARDIO BLAST & TONE

STRENGTH & STRETCH

BUTTS & GUTS

TRX TOTAL BODY  
\*10 PARTICIPANTS MAX  
INDOOR TRACK

BOOTCAMP: CIRCUIT

FOR A FULL LIST OF CLASS DESCRIPTIONS PLEASE VISIT  
[WWW.BLACKFALDS.CA/M/ABBEY-CENTRE/DROP-IN-FITNESS](http://WWW.BLACKFALDS.CA/M/ABBEY-CENTRE/DROP-IN-FITNESS)

# ADULT WELLNESS .....

## Fit for All

An inclusive, supportive, 6-week program designed specifically for ages 12+ in the community who live with physical, cognitive, or developmental disabilities. This program focuses on fostering access, connection, and wellness in a welcoming environment.

*No drop-ins, please bring a water bottle.*

**Instructor: Justin**

**Level 2 & 3 | Abbey Centre  
4500 Womacks Rd**

### Meet & Greet

**Sun | Jan 4**

11:00 AM - 12:30 PM | Program Room

**Session 1 | \$85.00**

**Sun | Jan 11, 18, 25, Feb 1, 8, 15**

11:45 AM - 1:15 PM

## Kickstart Your Health: 10-Week Challenge

The New Year is here! It's the perfect time to reignite your fitness journey. This 10-week program includes 20 group workout sessions, pre-, mid- and post-challenge measurements, group messaging for guidance and support. Whether you're starting fresh or getting back on track, this challenge is your chance to build consistency, boost confidence and start 2026 stronger than ever!

*Please bring indoor shoes & water bottle.*

*\*No Drop-ins, Registration only.*

**Instructor: Justin**

**Level 2 & 3 | Abbey Centre  
4500 Womacks Rd**

**Tue & Thu | \$150.00**

Jan | **13, 15, 20, 22, 27, 29**

Feb | **3, 5, 10, 12, 24, 26**

Mar | **3, 5, 10, 12, 17, 19, 24, 26**

**5:30 - 6:30 PM (Tue)**

**7:15 - 8:15 PM (Thu)**

For more information contact  
[trainer@blackfalds.ca](mailto:trainer@blackfalds.ca)

**REGISTRATION NOW OPEN!**  
Visit [www.blackfalds.ca/register](http://www.blackfalds.ca/register)





# Personal Training Rates

## Buy More Save More!

- 3 sessions = 5% discount
- 5 sessions = 10% discount
- 10 sessions = 15% discount
- 20 sessions = 20% discount

*\*\*The discount has already been applied to the prices\*\**

1 Hour Session		
# of Sessions	Personal Training (1 Trainer, 1 Client)	Partner Training (1 Trainer, 2 Clients)
1	\$50.00	\$75.00
3	\$142.50	\$213.75
5	\$225.00	\$337.50
10	\$425.00	\$637.50
20	\$800.00	\$1200.00

30 Minute Session	
# of Sessions	Personal Training (1 Trainer, 1 Client)
1	\$30.00
3	\$85.50
5	\$135.00
10	\$255.00
20	\$480.00

*\*Free Personal Training Consultation with any session package purchase*

*\*Please meet with a Trainer prior to purchasing any session packages.*

**BLACKFALDS**  
ALBERTA

Abbey Platinum Master Built  
CENTRE

For a comprehensive list of terms and conditions for personal training please visit [www.blackfalds.ca/abbeycentre](http://www.blackfalds.ca/abbeycentre) or scan the QR code:



# \$2 TRACK ADMISSION

Escape the elements and run or walk on our rubberized track that's easy on the joints!

The Abbey Centre is pleased to offer "track only" admission for only \$2!

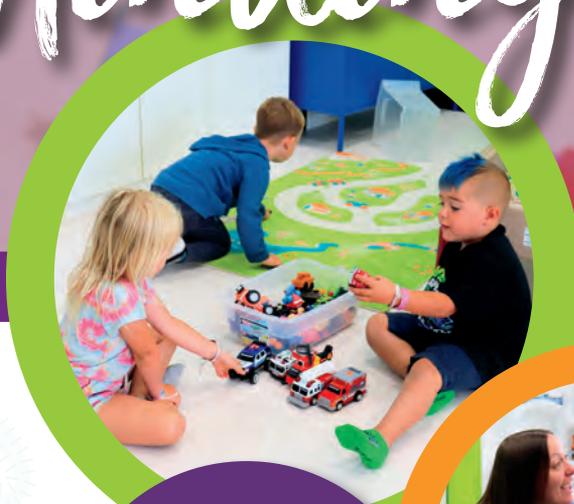
Users receive a TRACK ONLY wristband valid for that full day.

*\$20 track only punch-pass available.*

*Access to other 3<sup>rd</sup> level equipment is not included.*



# Child Minding



**SAVE 10%  
WITH A  
10-HOUR  
PASS!**

Access to the Fitness Centre, drop-in activities and programs are that much easier with our Child Minding service!

Children aged **3 months - 10 years**  
Limited to max. 3 hours/day.  
*Exceeding any time over the pre-booked time will be subject to another half hour charge.*

## September - June Hours

Mon - Fri      8:30 am - 2:00 pm

Mon - Thu      5:00 pm - 8:00 pm

Sat, Sun & Holidays      Closed

## Rates

1 child per half hour	\$3
Family* per half hour	\$5
10 hour pass/child	\$54
10 hour pass/family*	\$90

*\*Family is a max of five children in one household.*

Please **PRE-BOOK** your spot as spaces are limited!  
Call Guest Services **403-885-4039**

**BLACKFALDS**  
ALBERTA

**Abbey Platinum Master Built**  
CENTRE

# ABBHEY CENTRE SUPPORT PROGRAMS .....



## ABBHEY CENTRE MEMBER ASSISTANCE PROGRAM

All Town of Blackfalds recycling funds go directly to the ACMAP which helps support making Abbey Centre recreation more accessible for residents.

The program is accessible while funds are available.

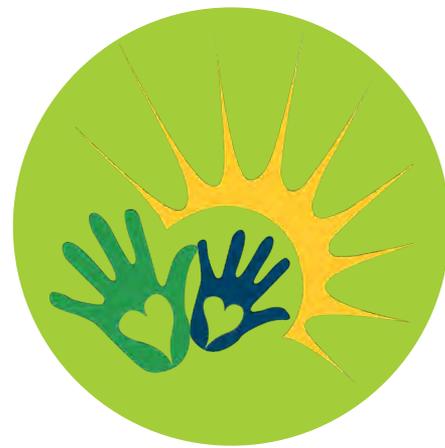
**Applications are accepted at FCSS only.**

## COMMUNITY CARE PROGRAM

Those who would like to can contribute to our **Community Care Account.**  
*(Minimum \$20 donation required for a charitable receipt)*

This account will be used to provide those who might need a little extra support with a **complimentary day admission.**  
*(Youth must be accompanied by a parent/guardian)*

We want to help sprinkle kindness around!



## WEEK TO WELLNESS

Sign out a week's pass to the Abbey Centre with your library membership!  
Passes available for **Senior, Adult, Child, Youth, Teen, and Family!**

Please drop by the lending desk at the Blackfalds Public Library to pick up your pass!



**TO APPLY OR DONATE TO THESE PROGRAMS, CONTACT THE ABBHEY CENTRE**

18 | [guestservices@blackfalds.ca](mailto:guestservices@blackfalds.ca) | 403.885.4039 | 4500 Womacks Rd

# Sports Leagues

## Blackfalds Co-Ed Slo Pitch League

Players and teams of all abilities are welcome! Get out twice a week to socialize, meet new people, have fun and play some ball!

Registration opens March 15

- Pre-season meeting on April 16 at 7:00pm in the Program room at the Abbey Centre
- 25 Games starting May 5.  
\*Weather permitting
- Registration includes balls, scorebooks & SPN Insurance
- Year End Tournament August 14-16

Sterling Industries Sports Park  
4800 Leung Rd

### Tue & Thu

May 5 - July 30 | **\$1,050/Team**

6:00 - 9:30 PM



### 10-Year Commitment (Based on Annual Payments)

Running Track  
\$10,000/year

Fitness Centre  
\$10,000/year

Outdoor Aquatic Centre  
\$10,000/year

Indoor Play Space  
\$10,000/year

Program Room  
\$5,000/year

Level 2 Indoor Walking Trail  
\$5,000/year

Dinosaur Playground  
\$3,000/year

7 Field House Banners  
\$2,500/year

4 Field House Changerooms  
\$2,500/year

4 Pedestal Picnic Tables  
\$3,000/each



# CELEBRATE FAMILY DAY WITH Winterfest

**Monday, February 16 | 12:00 - 3:00 PM**  
**Eagle Builders Centre**

Come spend an exciting afternoon with us!  
Enjoy skating, delicious BBQ, bingo, and  
free family fun!

**For more information visit**  
**[Blackfalds.ca/events!](https://blackfalds.ca/events)**



**YOUR**

**AD**

**HERE**

**Advertise with us in the 2026 Spring/Summer  
Program Activity Guide!**

**Email [marketing@blackfalds.ca](mailto:marketing@blackfalds.ca) for more  
information.**

# FACILITY RENTALS

BOOK IN ADVANCE FOR YOUR NEXT EVENT OR GATHERING

The Town of Blackfalds offers a variety of spaces which includes multi-purpose program rooms, halls, fitness studios, field house, arenas, baseball diamonds, soccer pitches and an outdoor amphitheatre!



SCAN ME!

Learn more about our facilities.



**BLACKFALDS**  
ALBERTA

## RALLY to the RINK!



Before and after every Bulldogs home game, participants can engage in a thrilling quest by following clues, learning more about Blackfalds' rich history, and experiencing the vibrant culture!

Unlock exclusive discounts on tickets for Bulldogs games and earn points that could lead you to win **season tickets for 2026/27!**

Download the Driftscape app and join the Rally to the Rink!



**BLACKFALDS**  
ALBERTA



# WINTER COMMUNITY EVENTS . . . . .



**WED DEC 31**

## New Year's Eve Skate

Celebrate the New Year with us! Bring your family and enjoy a fun night of free skating as we welcome the year ahead!

**6:00 - 8:00 PM**

Eagle Builders Centre  
Arena 1



**MON FEB 16**

## Winterfest

Free family skate in Arena 1, BBQ by donation, and family bingo!

**12:00 - 3:00 PM**

Eagle Builders Centre | FREE



**SUN MAR 1**

## Volunteer Award Nominations

Do you know someone in our community who selflessly gives their time? Nominate them before March 1.

See [blackfalds.ca/volunteer](http://blackfalds.ca/volunteer) for awards criteria and nomination forms.

**SAT MAR 28**

## Easter Egg-stravaganza

Join us for games, crafts, snacks and an appearance from the Easter Bunny!

**12:00 - 2:00 PM**

Community Centre | FREE





# Mainstreet Muscle Therapy

AN INVITING AND RELAXING ATMOSPHERE

- Therapeutic Massage • Relaxation Massage
- Pre/Postnatal Massage • Abdominal Massage
- Lymph Drainage Therapy • Manual Osteopathy
- Reflexology • Dynamic Cupping • Energy Healing

5001 Broadway Ave., Blackfalds, AB

**403-885-0311**

Book online at

[mainstreetmuscletherapy.clinicsense.com/book](http://mainstreetmuscletherapy.clinicsense.com/book)

Book Online



Elementary  
Campus

**Iron Ridge**



7 Habits Inspired

## PRE-K TO GRADE 3 REGISTRATION

**OPENS JANUARY 5TH  
FOR THE 2026-2027**

**SCHOOL YEAR**

**KINDERGARTEN OPTIONS:**

**MONDAY TO FRIDAY AM CLASSES**

**MONDAY TO FRIDAY PM CLASSES**

**MONDAY TO FRIDAY FULL DAY CLASSES**

**\*\*\$350 PER MONTH FOR FULL DAY\*\***

**BUSING AVAILABLE FOR KINDER STUDENTS**



# HOW TO:

## Become a Lifeguard and/or Swim Instructor

### Step 1. CPR-C

### Step 2. Bronze Medallion

Prerequisites:

- Current CPR-C
- 13 years old or older OR Bronze Star

### Step 3. Intermediate First Aid

Prerequisites:

- 14 years old or older

### Step 4. Bronze Cross

Prerequisites:

- Bronze Medallion
- Current Intermediate First Aid
- 14 years old or older

### Step 5. National Lifeguard

Prerequisites:

- 15 years or older
- Bronze Cross (need not be current)
- Current Intermediate First Aid

AND/OR

### Step 5. Swim Instructor

Prerequisites:

- 15 years or older
- Bronze Cross (need not be current)

Advance Lifesaving Society courses to come this spring and summer!  
For more information contact [aquatics@blackfalds.ca](mailto:aquatics@blackfalds.ca).



Get Amped for

# C'AMPED

C'AMPED is the place to be for kids ages 6 - 11 on PD Days and Spring Break. Jam-packed with games, crafts, sports, and adventures, kids will be active and stimulated throughout the day.

All day camps take place at the Abbey Centre, Blackfalds.

**ONLY \$37.50/day.** Extended care is available for \$5

Drop off - 8:30am | Pick up - 4:30pm

C'AMPED dates for 2026 Wolf Creek & Red Deer Catholic school calendar:

Jan 30

Feb 17, 18, 19, 20

Mar 6, 13, 20, 23, 24, 25, 26, 27

April 20, 21, 22, 23, 24

May 15, 19

June 5





# 2025 COLLECTION SITE AWARD OF EXCELLENCE WINNER!

## BLACKFALDS TRANSFER STATION



Recognized for providing Electronics, Paint, Tire, and Used Oil Materials Collection Sites that are organized, convenient, and safe for residents and businesses to use.

[f](#) [t](#) [in](#) [@](#) [albertarecycling.ca](https://albertarecycling.ca)



INSPIRING A FUTURE WITHOUT WASTE



**INSPIRING A FUTURE  
WITHOUT WASTE  
FOR GENERATIONS  
TO COME**

We're leading Alberta's circular economy by inspiring sustainable choices that transform recycled materials into valuable resources. **Together, we've diverted over 275,404 tonnes of electronics, 39.07 million litres of paint, 154.5 million tires, and 2.4 billion litres of used oil from landfills.**

Now, with Extended Producer Responsibility (EPR), an expanded electronics recycling program, and new initiatives exploring the recycling of solar PV, EV batteries, and wind turbine electrical components, Alberta is taking bold steps to reduce waste, protect valuable resources, and keep our land clean and productive for future generations.

Learn more about what you can recycle at [albertarecycling.ca](https://albertarecycling.ca)



INSPIRING A FUTURE WITHOUT WASTE



# RECREATIONAL SKATING .....

## PD Day Drop-In Skate

Come and enjoy some fun and exercise as you hit the ice at the Eagle Builders Centre Arena on Fridays.

*\*Helmets strongly recommended.*

*\*No hockey sticks, shoes or strollers permitted on the ice.*

**Arena 2** | Eagle Builders Centre  
5302 Broadway Ave

**Fri** | Jan 30, Feb 20, Mar 13  
1:30 - 3:30 PM | **FREE**

## Jim Hurley Free Skate

Presented by the Blackfalds Ag Society. Lace up your skates and come on out for some free, family fun!

*\*Helmets strongly recommended.*

*\*No hockey sticks, shoes or strollers permitted on the ice.*

**Arena 2** | Eagle Builders Centre  
5302 Broadway Ave

**Sun** | Jan 4 - Mar 22  
6:15 - 7:30 PM | **FREE**

## Outdoor Skating

The Town of Blackfalds maintains numerous locations for outdoor skating, including:

- **Centennial Pond**  
5611 Panorama Dr
- **Pine Outdoor Rink**  
91 Pine Cres
- **Riser Pond**  
310 Westridge Dr
- **Willow Outdoor Rink**  
24 Willow Rd

*\*Be considerate by taking turns on busy ice and welcoming others to join in the fun!*

Visit [www.blackfalds.ca/skating](http://www.blackfalds.ca/skating) for schedule.



**École  
James S.  
McCormick  
School**

*Inspiring to Achieve and Believe*



*Kindergarten 2026/2027*  
**French Immersion in Lacombe!**

**Register for our French Immersion  
Kindergarten & Grade 1 programs!**

**Students can enroll in French Immersion in  
their Kindergarten & Grade 1 years; our  
programs are developed for English  
speaking families!**

*Register Online!*

**Opens January 5, 2026**

[www.ejsm.wolfcreek.ab.ca](http://www.ejsm.wolfcreek.ab.ca)

5424-50 Street  
Lacombe AB  
T4L 1G2  
403.782.3096

**Students from anywhere  
in Lacombe & Blackfalds  
are welcome to register in  
our French Immersion  
program. Busing is  
available to/from  
Blackfalds;  
we encourage you to  
register early to also  
apply for Transportation.**

*Contact Us*

**For more information**

**ENGLISH PROGRAM:**  
Mon/Wed Full Days  
Tues/Thurs Full Days

**FRENCH IMMERSION  
PROGRAM:**  
Mon/Wed Full Days  
Tues/Thurs Full Days

We can help you file your income tax return on time, & ensure you receive all entitled federal and provincial credits and benefits.

# TAXES FOR FREE

FCSS Volunteers trained by the CRA can help file returns for individuals with **low to modest incomes & with simple tax situations.**



**Your tax situation is not simple if you are:**

Self-employed, have business or rental income & expense, have capital gains or losses, have filed for bankruptcy, or are completing a tax return for a deceased person.



Call Blackfalds FCSS during the months of March and April at 403.600.9066 to arrange a time for document drop off.

**BLACKFALDS**  
**FCSS**  
FAMILY & COMMUNITY  
SUPPORT SERVICES

## Easter Egg-stravaganza

**Save the Date**

*March 28, 2026*

**For more information visit**

**[www.blackfalds.ca/events](http://www.blackfalds.ca/events)**



**BLACKFALDS**  
ALBERTA

# FAMILY & COMMUNITY



*FCSS provides preventative social programs and activities that use proactive, strength-based and intentional strategies to help individuals, families and communities develop skills required to form a strong sense of self, resulting in the ability to build healthy relationships with others.*

Blackfalds FCSS offers Community Courses, Community Group Support, Food Bank Information, Employment Support, Interagency Meetings, Information & Referral Services and Subsidy Services.

## FCSS CONTACTS .....

FCSS Manager

[shick@blackfalds.ca](mailto:shick@blackfalds.ca)

FCSS General Inquiries

[fcss@blackfalds.ca](mailto:fcss@blackfalds.ca)

Youth Programmer

[youth@blackfalds.ca](mailto:youth@blackfalds.ca)

Volunteer Programmer

[volunteer@blackfalds.ca](mailto:volunteer@blackfalds.ca)

Community Support  
Programmer

[jpocock@blackfalds.ca](mailto:jpocock@blackfalds.ca)

**We're on  
Facebook &  
Instagram!  
Like + follow  
to stay up  
to date!**

# SUPPORT SERVICES .....



## **BACK TO SCHOOL PROGRAM**

Our Back to School program ensures that every student in our community has access to the supplies needed to reach their full academic potential by providing school supplies for Blackfalds' students in Kindergarten through to Grade 12.

**Apply in July**



403.600.9066



[FCSS@blackfalds.ca](mailto:FCSS@blackfalds.ca)



Blackfalds FCSS

## **WINTER COAT PROGRAM**

Through the generous support of our local partners and residents, this program provides eligible children in Blackfalds with new winter coats.

**Apply in September**



To apply or donate to these important community programs please contact Blackfalds FCSS!



## **CHRISTMAS BUREAU PROGRAM**

The Blackfalds Food Bank, the Blackfalds Firefighters Association and Blackfalds FCSS partner to provide applicants with Christmas food and gift cards to be used for the purchase of Christmas presents.

**Apply in November**

# YOUTH PROGRAMS . . . . .

## Child Safe Canada: Home Alone

**Grades 4 - 6**

Home Alone is an interactive safety training program designed for youth. It covers essential safety strategies, basic first aid, and comfort skills, making it a beneficial resource for any child who may be staying home alone.

**Instructor: Annette**

Meeting Room 1  
Community Centre  
4810 Womacks Rd

**Fri | Jan 30**  
2:00 - 4:00 PM | **FREE**

## Youth Cooking Club

**Grades 5 - 7**

This engaging cooking program welcomes youth into an inclusive, hands-on environment where learning, sharing, and connecting come naturally. As they create meals together, they build culinary confidence, practice teamwork, and form meaningful connections while enjoying the fun and flavour of healthy cooking.

**Instructor: Annette**

Main Hall  
Community Centre  
4810 Womacks Rd

**Wed | Jan 21 - Mar 18**  
5:00 - 7:15 PM | **FREE**  
*\*No program Feb 18*

## Expressive Arts: Inspirational T-Shirts

**Grades 4 - 6**

Back by popular demand! Youth are invited to explore, reflect, and create by designing a personal t-shirt that celebrates their unique inspirations.

*\*All materials are provided.*

**Instructor: Annette & Lorelei**

Meeting Room 1  
Community Centre  
4810 Womacks Rd

**Mon | Jan 26**  
4:00 - 5:30 PM | **FREE**

## Expressive Arts: Self-Expression through Watercolours

**Grades 5 - 8**

Come have fun with watercolours! This relaxing art session is all about exploring colours and expressing yourself through your unique artwork. We'll provide all the supplies!

**Instructor: Lorelei**

Meeting Room 1  
Community Centre  
4810 Womacks Rd

**Mon | Feb 9**  
4:00 - 5:30 PM | **FREE**

## Red Cross Babysitters Course

This basic first aid and care giving course is recommended for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups and how to prevent and respond in emergencies. This course also offers youth the training to promote themselves as a prospective babysitter to parents.

**Instructor: Jen/Chantelle**

Fitness Studio 1  
Abbey Centre  
4500 Womacks Rd

**Fri | Jan 30**  
8:30 AM - 4:30 PM | **\$52.50**  
**Tue | Feb 17**  
8:30 AM - 4:30 PM | **\$52.50**

**REGISTRATION  
NOW OPEN!**

**Registration is required  
for all youth programs!**

**Please visit  
[blackfalds.ca/register](http://blackfalds.ca/register)**



## Life Literacy Youth Series: Building More Than a Resume

**Grades 9 - 12**

Join us for a workshop series that will allow youth to explore their strengths, connect with peers, and apply practical skills for creating resumes and cover letters. Through guided activities, participants will identify their unique abilities, reflect on their own experiences, and create a resume and cover letter set they can feel confident about.



### Session 1

Discovering Your Skills

**Mon** | Feb 23

5:00 - 7:00 pm

Community Centre  
4810 Womacks Road

### Session 2

Resume Building

**Mon** | Mar 2

5:00 - 7:00 pm

Service Credit Union  
Public Library  
5302 Broadway Ave

### Session 3

Crafting Your Cover Letter

**Mon** | Mar 9

5:00 - 7:00 pm

Service Credit Union  
Public Library  
5302 Broadway Ave

## Child Safe Canada: Internet Safety

**Grades 3 - 6**

Internet Safety is an interactive program that empowers participants to explore the digital world safely and confidently. Through discussions and real-life scenarios, youth will strengthen skills in online safety, privacy protection, smart social media use, and cyberbullying awareness.

**Instructor: Annette**

Meeting Room 1  
Community Centre  
4810 Womacks Rd

**Mon** | Mar 16  
5:00 - 7:00 PM | **FREE**



Grades 4 - 6 | Thu 5:00 - 7:00pm  
Grades 7 - 12 | Tue 5:00 - 7:00pm



BLACKFALDS YOUTH CREW  
**HOMESCHOOL**

Grades 4 - 9 | Thu 1:00 - 3:00pm

Weekly registration required for all BYC programs at [www.blackfalds.ca/register!](http://www.blackfalds.ca/register!)

[www.blackfalds.ca/youths](http://www.blackfalds.ca/youths)

 Blackfalds FCSS Youth

# OUTREACH SERVICES



Our Outreach Department is composed of a team of dedicated Coordinators, trained volunteers and brokered workers who assist and encourage older adults with aging in place, maintaining their independence, and promote positive quality of life.

Outreach Services available to clients include:

- Alberta Senior Benefits
- Assistance with various government forms
- Referrals for Tax Assistance
- Home Maintenance Services
- Homestyle Frozen Meal Program
- Housing Resource List
- Information and Referral Services
- Supportive Medical Transportation
- Community Dining Program
- Friendly Visiting Program
- Assisted Grocery Shopping
- Grocery Delivery Program
- Social Engagement Groups
- Telephone Reassurance Program
- Monday through Friday, 8:30am - 4:30pm Toll Free Elder Abuse Line 1-877-454-2580



**Golden Circle Hours of Operation:**  
Monday through Friday  
8:30am - 4:30pm

## HOW DOES IT WORK

Referrals\* can be received from individuals needing assistance, their family, friends, neighbours, caregivers, other agencies or medical professionals.

Clients are paired with an Outreach Coordinator who completes an intake appointment to assess the individual's situation and a care plan is designed which can involve referrals to Golden Circle programs or to external agencies.

*\*all referrals are confidential.*

## HOME MAINTENANCE SERVICES

Light Housekeeping, lawn and yard care and snow removal are provided by screened Brokered Workers who are paid directly by the client at a rate of \$20.00/hour\*

*\*a minimum 2 hour commitment for housekeeping*

## HOMESTYLE FROZEN MEALS

Our Homestyle frozen meal program makes it easy to enjoy delicious and nutritious meals without having to cook or clean up the dishes.

Pick up Monday through Friday with delivery available on certain days.

The full menu is available on our website or at the front desk; please call or stop by to order!

Golden Circle Outreach Services are Generously Funded by:



United Way  
Central Alberta



Phone: 403-343-6074  
Fax: 403-343-7977



info@goldencircle.ca



www.goldencircle.ca



# Blackfalds Seniors' Club welcomes you!

JANUARY 5 - MARCH 30 | 12:30 PM - 4:00 PM  
MULTI-PURPOSE ROOM | COMMUNITY CENTRE

## Carpet Bowling & Floor Curling

MONDAYS | JAN 5 - MAR 30  
(NO ACTIVITIES FEBRUARY 16)

TUESDAY | FEB 17

1ST, 3RD & 5TH THURSDAYS | JAN 15 - MAR 19

## Games

1ST, 3RD & 5TH WEDNESDAYS | JAN 14 - MAR 18

## Jam Session

2ND & 4TH THURSDAYS | JAN 8 - MAR 26

50+ residents welcome  
Annual Membership \$10  
Coffee, tea and snacks are provided



For more information, contact President Carol Jackson at 403.598.3241

# VIBRANT LIVING 50+ .....

## 50+ Yoga

For anyone who is looking for a safe, effective way to enhance their physical health and overall wellness. Great for building body awareness, coordination, improved balance, joint stability and strong mind body connection. No yoga experience necessary.

*Please bring a yoga mat & water bottle.*

**Instructor: Pamela**

Multi-Purpose Room  
Community Centre  
4810 Womacks Rd

### Session 1

**Mon** | Jan 12, 19, 26, Feb 2, 9  
9:00 - 10:00 AM | **FREE**

### Session 2

**Mon** | Feb 23, Mar 2, 9, 16, 23  
9:00 - 10:00 AM | **FREE**

### Session 1

**Wed** | Jan 14, 21, 28, Feb 4, 11  
9:00 - 10:00 AM | **FREE**

### Session 2

**Wed** | Feb 25, Mar 4, 11, 18, 25  
9:00 - 10:00 AM | **FREE**

## Drop-In Pickleball

The Abbey Centre offers drop-in activities in the Field House every week. Drop-in and play some pickleball with your friends.

*Abbey Centre admission required.*

Field House  
Level 1 | Abbey Centre  
4500 Womacks Rd

**Mon & Wed**

9:00 AM - 12:30 PM

**Tue, Thu & Fri**

9:00 AM - 10:00 PM

## 50+ Fit & Functional

This class is for older adults and seniors who want to develop and gain muscle and increase their functional movement abilities. Participants will have access to different equipment and functional movements to increase and support their day-to-day activities. No skill level needed as the instructor will take you through a variety of low impact moves and exercises.

*Please bring a water bottle.*

**Instructor: Chantelle**

Fitness Studio 1  
Level 2 | Abbey Centre  
4500 Womacks Rd

### Session 1

**Tue** | Jan 13, 20, 27, Feb 3, 10  
11:00 - 11:45 AM | **FREE**

### Session 2

**Tue** | Feb 24, Mar 3, 10, 17, 24  
11:00 - 11:45 AM | **FREE**

## 50+ Chair Yoga

Chair yoga combines yoga postures with the assistance of a chair. Working with the chair makes the practice of yoga more accessible to everyone. The chair provides support, reduces the risk of falling and gets rid of sitting on the floor. This class is for everyone but especially for those with decreased mobility. A yoga mat is not needed for this class. No yoga experience necessary.

*Please bring a water bottle.*

**Instructor: Pamela**

Multi-Purpose Room  
Community Centre  
4810 Womacks Rd

### Session 1

**Fri** | Jan 16, 23, 30, Feb 6, 13  
9:00 - 10:00 AM | **FREE**

### Session 2

**Fri** | Feb 27, Mar 6, 13, 20, 27  
9:00 - 10:00 AM | **FREE**

## Drop-In 50+ Skating

Come and enjoy some fun and exercise as you hit the ice at the Eagle Builders Centre Arena.

*Helmets strongly recommended.*

*No shoes allowed on ice.*

Arena 2  
Eagle Builders Centre  
4302 Broadway Ave

**Fri** | Jan 30, Feb 20, Mar 13

12:30 - 1:30 PM | **FREE**

**All 50+  
Programming  
FREE  
thanks to Lacombe  
County & the  
Blackfalds AG  
Society**

## Drop-In 50+ Walking Club

Walk, Talk & Connect! Join FCSS for a relaxed walk around the Abbey Centre Indoor Track. Whether you're speedy, steady, use mobility aids, or just want to stroll and chat, everyone is welcome.

Complimentary track admission provided to those who don't have a membership thanks to Lacombe County & Ag Society funding.

**Indoor Track**  
Level 3 | Abbey Centre  
4500 Womacks Rd

**Tue** | Jan 6 - Mar 31  
10:00 - 11:00 AM | **FREE**

## It's More Than Just a Movie!

Come for film and friendship! Spend the afternoon connecting with friends and neighbours as we enjoy each other's company, snacks and a group-selected film. Doors open at 12:15 PM.

**Main Hall**  
Community Centre  
4810 Womacks Rd

**Wed** | Jan 21, Feb 18, Mar 25  
1:00 - 4:00 PM | **FREE**

Contact FCSS at 403.600.9066 to reserve your spot!

## Subscribe to the monthly Vibrant Living 50+ Newsletter

*Stay Informed ~ Stay Connected!*



*A great way to learn about future opportunities, events, programs and helpful resources!*

To subscribe to the monthly Vibrant Living 50+ Newsletter visit:

[www.blackfalds.ca/vibrant50](http://www.blackfalds.ca/vibrant50)

For more information  
call 403.600.9066



BLACKFALDS AG SOCIETY

Est. 1984



# BE A VOLUNTEER

## BE THE DIFFERENCE IN YOUR COMMUNITY!

Ignite your passion for community involvement and make a difference by volunteering at Town events! It's not just about giving back, it's about gaining valuable skills, making new connections, and creating unforgettable memories. Let us be your matchmaker in finding the perfect volunteer opportunity that aligns with your interests and schedule. Don't wait, let's find your perfect match today!

Contact [volunteer@blackfalds.ca](mailto:volunteer@blackfalds.ca) or visit [blackfalds.ca/volunteer](https://blackfalds.ca/volunteer)

## UPCOMING EVENTS INCLUDE:

- **Snow Angel Program** | Winter Months
- **Winterfest** | Feb 16
- **Easter Egg-stravaganza** | Mar 28

## GET THE LATEST VOLUNTEER NEWS!

A great way to stay informed of future events is to subscribe to the monthly FCSS Volunteer Newsletter, you can do so by visiting [blackfalds.ca/volunteer](https://blackfalds.ca/volunteer).

## MARK YOUR CALENDARS

**NATIONAL VOLUNTEER WEEK 2026 WILL BE TAKING PLACE APRIL 19 - 25, 2026.**

### Do you know someone in our community who selflessly gives their time?

*Be sure to Nominate them before March 1, 2026. See [blackfalds.ca/volunteer](https://blackfalds.ca/volunteer) for award criteria and nomination forms.*

- **Carol Simpson Volunteer of the Year Award** Recognizes an individual who has exemplified volunteerism by being a leader through their actions.
- **Gloria House Mentor Award** Gives recognition to an outstanding mentor in our community who demonstrates a commitment to mentoring community members.
- **Outstanding Group Award (Adult category)** Recognizes a group of 3 or more people, organization, society or team who have come together to volunteer time involving leadership, innovation and creativity.
- **Dylan Stork Youth Ambassador Award** Pays tribute to a youth, individual or group who has made significant contributions to their community and who is an ambassador for the community of Blackfalds.
- **Leaders of Tomorrow Awards (Elementary, Junior High and High School category)** Acknowledges a youth between grades 1-12 who deserve recognition for their devotion to helping others.
- **Outstanding Group Award (Youth category)** Recognizes a group of 3 or more people, organization, society or team who have come together to volunteer time involving leadership, innovation and creativity.
- **Gary Kroetsch Volun-Told Award** Honours an individual who selflessly volunteers without seeking recognition or reward. This award recognizes someone who is consistently reliable and hardworking, even when asked to volunteer without the option of saying "no".

BE THE  
Difference  
IN YOUR  
Community



# BECOME A SNOWANGEL



We are looking for Snow Angels who are able to commit to shovelling snow from a Blackfalds resident's driveway and/or walkway throughout the winter season.

- Expand your resume
- Earn volunteer hours
- Give back to the community

## NEED SOME HELP?

Are you a Blackfalds resident needing help with winter shovelling for your driveway or walkway?

Join the **Neighborhood Snow Angel Program** and receive a sign to display in your front window!

Contact Blackfalds FCSS by phone or email to check your eligibility and learn how to sign up!



# SERVUS CREDIT UNION BLACKFALDS PUBLIC LIBRARY



## Free Programs & Library Memberships

5302 Broadway Ave  
www.blackfaldslibrary.ca

### Hours of Operation

#### Mon & Wed

10:00 AM - 8:00 PM

#### Tue, Thu, Fri

10:00 AM - 6:00 PM

#### Sat

10:00 AM - 5:00 PM

#### Sun

1:00 - 5:00 PM

## CHILD/YOUTH PROGRAMMING

### 123 Count With Me

Number songs, stories  
and activities.  
**Ages 2-3 | Drop-in**

### All Age Pajama Story Time

Stories, rhymes, crafts  
and a light snack.  
**7:15 pm | Drop-in**

### Book Squirms

Lap bounces, rhymes  
and stories.  
**Ages 0 - 1 | Drop-in**

### Caregiver & Tot Duplo Club

Caregivers join their  
little ones for building  
fun with Duplo blocks!  
Socialize with other  
parents and let your  
child build.  
**Ages 0 - 4 | Drop-in**

### Crafty Corner & Games

We will be making  
crafts or playing games  
depending on the day!  
**Ages 6 - 9 | Drop-in**

### Creative Explosion

Get ready to craft! From  
creating monsters to  
painting with salt, there  
is a lot of creativity in this  
program!  
**Ages 3+ | Drop-in**

### Evening Baby & Toddler Time

Sing songs and hear  
stories in this caretaker  
and baby program!  
Older siblings are  
welcome!  
**Ages 0 - 3 | Drop-in**  
**6:15 pm**

### Growing Minds

Monthly STEM activities  
**Registration Required**  
**Ages 4 - 8**

### Lego Club

Get your creative Lego  
brain going with others  
who love Lego! Build  
whatever you like and  
display it in the library  
until next week.  
**Ages 5+ | Drop-in**

### Music & Movement

Play games, dance  
to music, and get the  
wiggles out in this fun  
and interactive program!  
**Ages 1 - 4 | Drop-in**

### Shake it up!

Play games (like duck  
duck goose) and get all  
of those wiggles out in  
this fun and "up on your  
feet" program!  
**Ages 3+ | Drop-in**

### Tales & Tunes

Cultivating preschooler's  
love of books with  
stories, songs, rhymes &  
crafts.  
**Ages 3 - 6 | Drop-in**

### Toddler Sensory Time

Toddlers can explore  
sensory bins with pasta,  
jello, and more.  
**Ages 2 - 3 | Drop-in**

## YOUNG ADULT/ADULT PROGRAMMING

### Adult Book Clubs

Join us at the library to read and discuss books! We have two book clubs: Ink Drinkers, for literary fiction & non-fiction, and Shelf Indulgence, for genre fiction & non-fiction. Books are usually sourced through the library, and we pick titles suggested by members at random.

**Ages 18+ | Drop-in**

### After School Arts & Crafts

This FREE art and crafts program is for those kids who love to paint, draw, and sculpt. These classes will allow the kids to explore their own creativity.

**Ages 10+ | Drop-in**

### Anime & Otaku Club

Come watch anime and trade your old manga for new books! Warning: there are instances of violence and swearing in all of the anime. We avoid all sexuality and nudity.

**Ages 8+ | Drop-in**

### Card Club

Come on down to the library and play Canasta with your friends...or make new friends!

**Ages 18+ | Drop-in**

### JAVA Minecraft ONLINE

If you have JAVA Minecraft, sign on to our Realm and play Minecraft with us online! We use Discord to chat while playing.

**Ages 10+ | Drop-in**

### Knitting & Crocheting

Bring your project and join us for a cozy knitting session. We will have hot beverages and snacks.

**Ages 18+ | Drop-in**

### Miniature Painting Club

Bring miniature figures, paint & brushes and get your art on!

**Ages 10+ | Drop-in**

### Reading Buddies

If you have a reader who needs practice, we have the program for you! Our teenage volunteers will listen and help your reader to gain experience and confidence with their reading.

**Ages 6 - 13 | Drop-in**

### Tabletop Role Playing Games

**Dungeons & Dragons 5e, Pathfinder & Savage Rifts**

We have multiple D&D groups going for youth, experienced players and beginner adults. Contact the library for more information!

**Registration Required**

### Videogame Club

This club gives kids a chance to play multi-player games like Roblox, Fortnite and anything else we can dream up!

**Ages 8+ | Drop-in**

Check out [www.blackfaldslibrary.ca](http://www.blackfaldslibrary.ca) and follow the Blackfalds Public Library on Facebook, Instagram, and TikTok for more information!



# PARKLAND FUNERAL HOME

(BLACKFALDS, ECKVILLE & RED DEER)

5112 Highway Ave C,

Blackfalds, Alberta

403-885-1160

*Parkland Funeral Home and Crematorium is proud to be the first and only locally owned and family-operated funeral home in the town of Blackfalds. Our new facility is fully equipped to host both traditional funeral services and celebrations of life.*



Proud To Be Part Of Central Alberta Family Funeral Services Ltd.

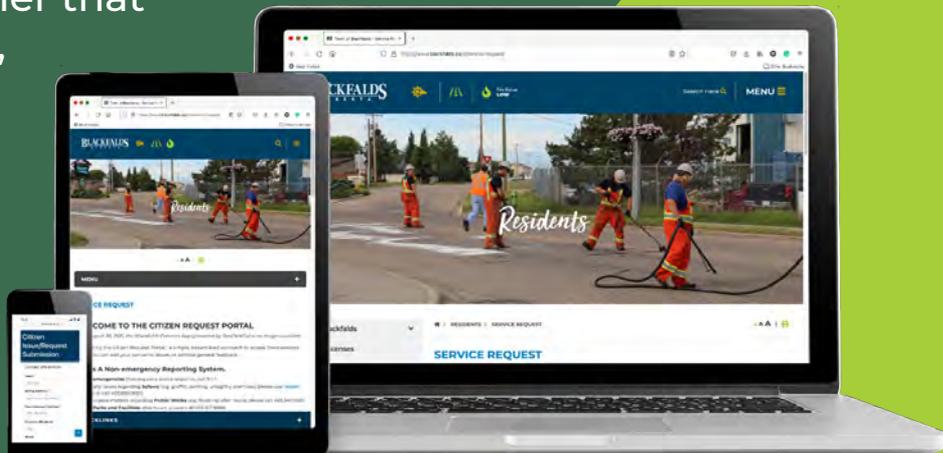
## CITIZEN REQUEST PORTAL

Send in a Service Request!  
Anywhere. Anytime.

Our Citizen Request Portal gives residents simple access to Town services and reports any issues you find around Town; whether that be icy sidewalks, a fallen tree, street sweeping, etc.

Visit  
[www.blackfalds.ca/request](http://www.blackfalds.ca/request)  
to submit a request.

**BLACKFALDS**  
ALBERTA



# COMMUNITY DIRECTORY . . . . .

Organization Name	Contact Name	Phone   Email   Web
AB Health Services Early Intervention	Lori Doeksen	403.356.6318
Agriculture Society	Dena Thomas	403.392.2057 blackfaldsagsociety@gmail.com
ANAM Rural Youth Association	Louise Rellis	403.318.7690 louise@anamruralyouth.com
Aspen Lakes Discovery Centre	Kendra Duetscher	403.392.5339   587.797.2095 aspnlakesdiscoverycentre.com
Bethany Group/Lacombe Foundation	Melodie Stol	Melodie.stol@bethanygrp.ca
Beyond Food Community Hub - Blackfalds Food Bank	Chris Keim	403.600.1768 beyondfoodhub@gmail.com managerblackfaldsfb@gmail.com
BGC Wolf Creek	Beth Reitz	403.704.5475 blackfalds@bgcwoolfcreek.com www.blackfalds.bgcwoolfcreek.com
Big Brothers Big Sisters of Lacombe & District	Jen Harty	403.782.7870 Jen.harty@bigbrothersbigsisters.ca
Blackfalds Church	James & Kari Clark	403.600.2482
Blackfalds Fibre Arts Collective	Wendy Cail	wendycail@hotmail.com
Blackfalds Fire Department		fire@blackfalds.ca
Blackfalds Historical Society	Judy Carleton	403.885.4314 info@blackfaldshistoricalsociety.com blackfaldschamber@outlook.com
Blackfalds Seniors' Club	Carol Jackson	403.598.3241
Blackfalds Seventh Day Adventist Fellowship	Gerrit Steenbergen Pat Marshall	403.782.9913   403.358.4488
Central Alberta Crime Prevention Centre	Denise Grace	403.986.9904
Central Alberta Regional Victim Serving Society (CARVSS)		info@carvss.ca
Central Alberta Victim & Witness Support Society	Shawna Wyatt	403.885.3355   admin@victimsupports.ca
Community Fellowship Church	Kyle & Kareen Kloss	403.885.5150
Emergency Management & Protective Services Director Town of Blackfalds	Ken Morrison	403 885.4677   kmorrison@blackfalds.ca

<b>Organization Name</b>	<b>Contact Name</b>	<b>Phone   Email   Web</b>
Faith Community Church		403.885.3552 pastor@faithcommunitychurch.ca
Girl Guides	Rebecca Clark	any-parklanddiamondwillowdc2@girlguides.ca 403.392.1572
Heart of Blackfalds Society	Trent Kroetsch	heartofblackfaldspresident@gmail.com
Iron Ridge Elementary Campus		403.885.4646 ire@wolfcreek.ab.ca www.irec.wolfcreek.ab.ca
Iron Ridge Intermediate Campus		403.600.8100 iri@wolfcreek.ab.ca www.iric.wolfcreek.ab.ca
Iron Ridge Junior Campus		403.885.1885 irj@wolfcreek.ab.ca www.irjc.wolfcreek.ab.ca
Iron Ridge Secondary Campus		403.783.3473 ed.coles@wolfcreek.ab.ca www.irsc.wolfcreek.ab.ca
Kids 3 Blackfalds Daycare	Crystal Antila	403.885.5518   info@kids3daycare.ca
Kids Konnection	Margaret Schlitter	403.887.3332   403 885.2755
KidSport Lacombe County		lacombe@kidsport.ab.ca
Lacombe and District Chamber of Commerce (Blackfalds)		403.782.4300 info@lacombechamber.ca
Lacombe Family Resource Network	Karen White	877.994.5465 karen.white@mcmancentral.ca
La Leche League Canada	Trisha Leader	403.348.2410   www.LLCC.ca
Lionheart Martial Arts	Ray & Jen Leonhardt	587.316.4405 www.lionheartmartialarts.ca
Little Star Playschool & Out of School Care	Becki Cota	587.877.STAR (7827) littlestarplayschool@hotmail.com
Minor Ball		blackfaldsminorball@gmail.com
Minor Hockey Association	Kyle Drouin	president.blackfaldsbulldogs@gmail.com
Minor Soccer	Wayne Murphy	403.352.5266 blackfaldsminorsoccer@gmail.com

Organization Name	Contact Name	Phone   Email   Web
Optimist Club of Blackfalds	Edie Harris	403.318.5782
RCMP	Staff Sergeant Andrew Allan SRO Jeff Hewitt	andrew.allan@rcmp-grc.gc.ca jeff.hewitt@rcmp-grc.gc.ca
Red Deer Catholic Regional School		403.343.1055
Red Deer Golden Circle	Lisa Manning Executive Director	403.343.6074 (ext 107) lmanning@goldencircle.ca
Servus Credit Union Blackfalds Public Library	Nicole Rice	403.885.2343 questions@blackfaldslibrary.ca
Scouts Canada	Mike Bascom	Scouts.ca scoutermikebascom@gmail.com
Skating Club		www.blackfaldsskateclub.com
St. Gregory The Great Catholic School		403.885.1008
The Outreach Centre	Jaclyn Wiebe	403.347.2480
Wolf Creek Public Schools		403.783.5441   www.wolfcreek.ab.ca

**To be added, contact [marketing@blackfalds.ca](mailto:marketing@blackfalds.ca)**



A man in a grey and yellow jacket and a child in a pink and white hockey uniform are standing on an ice rink. The man is smiling and holding the child. The child is wearing a pink helmet and a pink and white jacket. The background shows an arena with blue seats and a glass wall. The text "NEW YEAR'S EVE Family Skate" is overlaid on the image.

# NEW YEAR'S EVE

## *Family Skate*

**DECEMBER 31 | 2025**  
**ARENA 1 | EAGLE BUILDERS CENTRE**  
**6:00 - 8:00 PM**

**Celebrate the New Year with us!**  
**Bring your family and enjoy a fun night of free skating as we welcome the year ahead!**

- Helmets are strongly recommended •
- No sticks •
- Free prize draws •
- Complimentary snacks & beverages •