

Coffee Chatter



Issue # 218

Courtesy of Provost & District FCSS
www.pdfcss.provost.ca

December 2024

This Month's Features

- Need Help
- Hometown Country Christmas
- Emergency Evacuation
- Provost Family Resource Network
- Coming Events
- Provost Farmers Market
- Christmas Hamper Project
- Holiday Remembrance Program
- Metiskow Christmas Market
- Healthy Steps Program
- Comedy in Motion
- Kinsmen Christmas Party
- Influenza Clinics
- FCSS Counselling Referral Program
- Provost Library
- Bodo Archaeological Society Raffle



Need Help?

This information was made possible through the collaboration efforts of local individuals and agencies committed to providing you with knowledge of available community services.

| | |
|--|----------------|
| No Food, No Shelter (24 hrs) (Alberta Social Services) | 1-800-638-0715 |
| Relationships, Parenting, Loss, Abuse (FCSS Counselling) | 753-2542 |
| Pregnancy and Parenting (ask for the Healthy Families Program) | 753-1496 |
| Baby Blues, Eating Concerns (Community Health) | 753-6180 |
| Bullying, Family/School Issues | 842-2220 |
| Depression, Anxiety, Suicide (Mental Health) | 753-2575 |
| Spiritual Issues (ask for Clergy-On-Call) | 753-2291 |
| Alcohol, Drugs, Gambling | 753-6958 |
| Addictions (24 hour) | 1-866-332-2322 |
| Child Safety or Abuse (Safe Kid Hotline) | 1-800-668-6868 |
| Victim of Crime/Abuse (Provost RCMP-Victim Services) | 753-2214 |
| Senior Needs (F.C.S.S. Services for Seniors) | 753-2280 |
| Health Link Alberta | 811 |
| Provost Health Centre (Hospital) | 753-2291 |
| Family & Community Support Services | 753-2288 |
| Teen Help Line | 1-800-852-8336 |
| Seniors Information Line | 1-800-644-9992 |
| Kids Help Line | 1-800-668-6868 |
| Sexually Transmitted Diseases/Aids | 1-800-772-2437 |
| Family Violence | 310-1818 |
| Provost Adult Learning & Literacy | 753-2822 |

MAY THIS FESTIVE SEASON BRING YOU JOY, LOVE, AND MOMENTS OF WARMTH WITH FAMILY AND FRIENDS.

Merry Christmas and all the best in 2025

From Provost & District FCSS

Home Town Country Christmas December 6 & 7, 2024

Dec 6

7PM

FARMERS MARKET 10AM-7PM

New Hope Gospel Church Serving Full Turkey Supper 4:30-6

Parade of Lights

LINE UP @ VEREN PLACE 6:30 PM
PARADE @ 7PM

Tree Lighting 7:45PM

Late Night Shopping

Hot Chocolate 7 PM

Combines Game 8:30 PM

Dec 7

Breakfast with Santa

AT VEREN PLACE

Letters to Santa

8:30- 10:30 AM

U7 Hockey Tournament 9 am-5 pm

Home Town Country Christmas 2024

Free Bowling 10-4 pm

Museum 11-2 pm

Holiday Movie Matinees 1 pm & 4 pm Showtimes

MOVIE SPONSORED BY BOZCO LIMITED SEATING
POPCORN SPONSORED BY TYLER & ALLISHA CARTER

First Responders Christmas Hamper Charity Check Stop 12:30-2:30

Public Outdoor Skating

Fame Dance Recital at STA

Doors open 5:30- Show @ 6pm

DO YOU KNOW WHERE TO GO IN CASE OF AN EMERGENCY EVACUATION?

TOWN OF PROVOST
Provost Recreation & Culture Center
5113-43 Street

EAST & WEST END M.D. (INC. BODO)
Provost Recreation & Culture Center
5113-43 Street

CADOGAN, METISKOW
Provost Recreation & Culture Center
5113-43 Street

CZAR RESIDENTS
Czar Recreation & Culture Center (Czar Hall)
49 Avenue and 48th Street


HUGHENDEN RESIDENTS
Hughenden Community Hall
14 McKenzie Avenue

REGISTER WITH THE RECEPTION CENTER BEFORE RELOCATING TO ANOTHER HOME, HOTEL OR TOWN.

THIS PROCEDURE HAS BEEN ESTABLISHED SO THAT WE CAN INFORM YOUR LOVED ONES THAT YOU ARE SAFE AND OF YOUR LOCATION.

Family Resource Network Provost DECEMBER

REGISTRATION opens on the 20th @ 8am
MUST REGISTER. Please use the sign up link.
 Centre is open daily 9-12
 We are open outside these hours for specified programs.

| Monday 9-12 | Tuesday 9-12 | Wednesday 9-12 & 1-3 | Thursday 9-12 |
|--|--|--|--|
| 2 Mindful Mondays 10:00 Toddler Time 10:00 Kids Christmas Sing-a-long 1:00 Story Time @ Provost Library | 3 Parenting Pals 10:00 Mistletoe Magic 11:00 More than Motherhood "Open Discussion" 1:00 The Baby Bunch | 4 Wellness Wednesday 10:00 Intergenerational Rhymes that Bind 1:00 Winterscapes Playdough Fun! 6:30 Family Connections Christmas BINGO | 5 Closed for Professional for Development  ASO Available Online or Speak with Staff |
| 9 Mindful Mondays 10:00 Toddler Time 10:00 Kids Christmas Sing-a-long 1:00 Story Time @ Provost Library | 10 Parenting Pals 10:00 Mistletoe Magic 11:00 More than Motherhood "Strategies & Support" 1:00 The Baby Bunch 1:00 Baby's First Christmas | 11 Wellness Wednesday 10:00 Gross Motor Flowers 1:00 Winterscapes Playdough Fun! 10:00 Intergenerational Rhymes that Bind | 12 Caregiver Connections 10:00 Winter Wonderland Loose Parts Play 10:00 Creative Connections ASO Available Online or Speak with Staff |
| 16 Mindful Mondays 10:00 Toddler Time 10:00 Kids Christmas Sing-a-long 10:30 Cookies for Santa 1:00 Story Time @ Provost Library | 17 Parenting Pals 10:00 Mistletoe Magic 11:00 More than Motherhood "Gratitude & Boundaries" 1:00 Baby's First Christmas | 18 Wellness Wednesday 10:00 Intergenerational Rhymes that Bind 10:30 Jingle & Plunge Padlock More than Motherhood 10:30 Beyond the Book "Releasing the Motherhood" Session 3 1:00 Winterscapes Playdough Fun! | 19 Caregiver Connections 10:00 \$21 FUN! w/ Lulu from \$200 "Christmas Magic" 11:00 Spreading Cheer @ Provost Long Term Care ASO Available Online or Speak with Staff |

May your family have a holiday season that is full of wonderful surprises, treats and laughter. Merry Christmas!
 Wishing you all the best this holiday season!

Find us on Social Media:



Alberta Provincial Family Resource Networks
2nd Level, VEREN Place (arena)
4205 - 53rd Avenue, Provost AB

Coming Events

Alcoholics Anonymous, meets Mondays @ 8pm at the Provost Provincial Building (rear door).
Narcotics Anonymous, meets Wednesdays @ 8pm at the Provost Provincial Building (rear door).
Fight Back Cancer Support Group, meets third Thursday of each month, 7-9 pm in the FCSS Boardroom, Provost Provincial Building.
 Call 780-753-2288 for more info. NO MEETINGS FOR JULY or AUGUST.



PROVOST CHRISTMAS FARMERS MARKET

DECEMBER 6, 2024
 11:00 AM - 7:00 PM
 LUNCH & TURKEY SUPPER WILL BE SERVED
 RECREATION & CULTURAL CENTRE

PROVOST & DISTRICT FAMILY AND COMMUNITY SUPPORT SERVICES

Christmas Hamper Project

Providing a helping hand during the "Christmas Season" for those in need. Stop by any local participating business and grab your angel today!

Starting November 18th

Angel pickup and drop-off will be completed by the first Wednesday in December

Monetary Donations are ALWAYS appreciated. E-transfers can be sent to admin@pdfcss.com
 To receive a tax receipt make cheques payable to the "Town of Provost"

For more information CALL FCSS 780-753-2288



Holiday Remembrance Program

Sunday December 1, 2024
 at 2:00 p.m. (Alberta Time)
 Provost Recreation & Culture Center
 5113-43 Street, Provost AB.

Gregory's Funeral Home invite area residents who have experienced the loss of a loved one, or are working through significant feeling of loss to join us for a special Holiday Remembrance Program.

This interdenominational service, led by participating clergy, includes a candle and a video tribute to those we have lost from November 1, 2023 to October 31, 2024. There is also an opportunity for loved ones names to be mentioned within the service, for families we have not served in the past year.

For those who are not able to attend but wish to view the service, we will live stream the Holiday Remembrance Program through the funeral home website.



METISKOW AG SOCIETY CHRISTMAS MARKET

JOIN US FOR A FUN AND FESTIVE CHRISTMAS MARKET, WHERE YOU CAN FIND UNIQUE GIFTS AND CRAFTS. HOMEMADE LUNCH AVAILABLE

SUNDAY DEC 15 11:00AM TILL 3:00PM
 METISKOW COMMUNITY HALL

\$15.00/TABLE
 FOR MORE INFORMATION OR TO BOOK A TABLE CONTACT DANIELLE THOMAS-WOMACK
 CELL: 403-989-1919
 DTHOM2001@GMAIL.COM

Seniors Healthy Steps Program

Monday and Wednesday 9:30-11:30
 Starts OCTOBER 2/2024
 Upstairs at CPP

5 EXERCISE BENEFITS

- 1 Accelerate bone regeneration
- 2 Increase lung capacity
- 3 Increase heart strength
- 4 Build muscle mass
- 5 Improve mood

Free Program for all Seniors.
 Contact Pam at FCSS 780-753-2288



Have something you would like to add to Coffee Chatter?

Send info. To: admin@pdfcss.com

PRESENTED BY THE PROVOST & DISTRICT PERFORMING ARTS GUILD

A FUN FILLED SHOW FOR ALL AGES!

COMEDY IN MOTION WITH BOB CATES

www.comedyinmotion.com



\$40 ENTRY INCLUDES 1 FREE YOUTH ADMISSION (13& UNDER) OR SAVE \$\$ PRESALE \$30 BEFORE DECEMBER 31/24

FRIDAY JANUARY 17/25
 DOORS OPEN 5:30 ~ SHOW STARTS 7:00

CONCESSION INCLUDES PIZZA BY THE SLICE, POPCORN, DESSERTS BAR OPEN - DO AVAILABLE

FOR TICKETS CALL CARMEN 306 715 0112, AMBER 780 704 0033 OR LEE ANN 780 753 0058 OR STOP AT MACSTITCH PROMOTIONS

Provost Recreation & Cultural Centre 513 43 street



Kin Canada Kinsmen Club of Provost CHRISTMAS PARTY

COME SOLVE THE MURDER MYSTERY OF THE HILLBILLY WEDDING!

WEAR YOUR BEST REDNECK PARTY CLOTHES (OPTIONAL)

DECEMBER 14
 PROVOST COMMUNITY HALL
 COCKTAILS 5:30
 DINNER AND INTERACTIVE SHOW 6:30
 DANCE AND DJ 9:00
 * ADVANCE SUPPER TICKETS \$70
 * DANCE \$10 AT THE DOOR

CONTACT NOLAN DOWNING * 780-753-8810 OR EMAIL PROVOSTKINSMEN@GMAIL.COM TO RESERVE YOUR SPOT

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"

| 2024-2025 Influenza/COVID Clinics | | |
|--|--------------------|--|
| Date | Time | Location |
| December 4, 2024 No online booking, call only | 1:00 PM to 3:00 PM | Hughenden Village Office 33 McKenzie Ave. Hughenden |
| December 5, 2024 | 1:00 PM to 4:00 PM | Provost Provincial Building 5419 44th Street Provost |

To book an appointment and to find more influenza clinic dates, please go to: www.ahs.ca/influenza or call 780-753-6180
 Please Bring your Healthcare Card

Provost and District Counselling Services Partnership


Introducing the Provost & District FCSS Counselling Referral Program

Counsellors provide in-person or virtual, short term, solution focused counselling for individuals, youth, children and families.

Individual Session \$50
 Group/Family Session \$75

The Fees for this professional service are subsidized by FCSS for residents within the MD of Provost.



WATCH FOR UPCOMING EVENTS AT THE LIBRARY

For more Information call 780-753-2801
WWW.PROVOSTLIBRARY.PRL.AB.CA

Follow us on **Instagram** @provost.library and on **Facebook** @ProvostLibrary for updates!

Call or drop in to register check out the Library

Monday-Thursday 11:00 a.m. to 5:00 p.m.
Fridays 10:00 a.m. to 5:00 p.m.

"MORE THAN JUST BOOKS!"

2025 Bodo Archaeological Society Cash Calendar Raffle

Three cash prizes each month!

1st: \$500
 2nd: \$100
 3rd: \$50

Early bird draw on Dec. 13, 2024 - \$500

Tickets: \$50/each; 325 tickets printed

Draws take place on the last business day of EACH month in 2025.

We accept cash, cheques or e-transfers

Tickets available at DR Technologies, from any BAS board member or Email: bodoarchaeology@gmail.com
 Phone or Text: Iris 780-753-1011 or Roxanna 780-753-1319



Thank you for supporting the Bodo Archaeological Society!