

NEWSLETTER

Council Highlights from December 21, 2023 Council Meeting

- At Council's request, Administration conducted research into costs associated with EV Charging Stations. Reporting on Level 2 Chargers from April 29, 2023 to December 7, 2023... Locations: Town Office - Usage: Hours 239; Kw Used: 1,061.01; estimated cost \$58.03...

Borrowing Bylaw was adopted. This Bylaw is renewed annually and its purpose is to authorize the Town of Smoky Lake to borrow for the purpose of financing operating expenditures and establishing a line of credit. Council voted to support the Smoky Lake Curling Association by sponsoring four curling rock handles in the amount of \$500.00.



As of December 31, 2023, the Town of Smoky Lake has given \$25,860.30 back to your community in the form of monetary, promotional, and in-kind sponsorships or donations.

For full agendas and meeting minutes, visit: smokylake.ca > TOWN OFFICE menu. Also under the same menu, check out the recently approved Bylaws/Policies.



Sign up for the Tax Installment Payment Plan for 2024!

Pre-authorized debits in the amount of the previous years taxes divided into 12 monthly installments are paid on the last day of each month beginning with January 31, 2024.

2024 Pet Licenses Time to Renew Your Pet License

Ensuring your cat or dog is licensed and has a tag is a great way to ensure if they are lost, they are easily identifiable when found.

Time to renew your Business License!



FAMILY & COMMUNITY SUPPORT SERVICES



January 2024 Workshops for Adults by ZOOM

Be Supported on your Journey to Better Health
– Right from Home!

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, as well as a refresher for those continuing to manage their diabetes.

Overview

Jan 9 Tue 5:30pm to 8:00pm
Jan 11 Thurs 9:30am to 12:00pm
Jan 17 Wed 1:30pm to 4:00pm

Nutrition

Jan 16 Tue 5:30pm to 7:00pm
Jan 18 Thurs 9:30am to 11:00am
Jan 24 Wed 1:30pm to 3:00pm

Ongoing Care

Jan 23 Tue 5:30pm to 8:00pm
Jan 25 Thurs 9:30am to 12:00pm
Jan 31 Wed 1:30pm to 4:00pm

Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand the risks for heart disease and stroke.

Overview & Prevention

Jan 10 Wed 9:30am to 11:00am
Jan 15 Mon 5:30pm to 7:00pm
Jan 18 Thurs 1:30pm to 3:00pm

Nutrition

Jan 17 Wed 9:30am to 11:00am
Jan 22 Mon 5:30pm to 7:00pm
Jan 25 Thurs 1:30 to 3:00pm

Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

Jan 11 & 18 Thurs 5:30pm to 8:00pm

Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1

Jan 16, 23, & 30 Tue 9:30am to 12:00pm
Jan 17, 24, & 31 Wed 5:30pm to 8:00pm
Jan 18, 25, & Feb 1 Thurs 1:30pm to 4:00pm

Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Jan 25 Thurs 9:30am to 12:00pm

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Jan 8 to Feb 14 Mon/Wed 1:00pm to 2:30pm
Jan 8 to Feb 14 Mon/Wed 6:00 to 7:30pm

Jan 30 to Mar 7 Tue/Thurs 10:00am to 11:30am
Jan 30 to Mar 7 Tue/Thurs 1:00pm to 2:30pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health.

Living with a Chronic Condition

Jan 16 to Feb 20 Tue 1:30pm to 4:00pm

Living with Chronic Pain

Feb 7 to Mar 13 Wed 6:00pm to 8:30pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	New Year's Day	1	2	3	4	5
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	Notes				

All Library EVENTS are FREE with no registration required unless otherwise specified.

8th **Dungeons & Dragons**
Library: 5 - 7 pm
Register: smokylakelibrary.ab.ca

TUE **Teen Craft Club**
Library: Jan. 9, 16, 23 & 30 - 3:30-5:00 pm
Learn a new craft every month!

WED **Storytime**
Library: Jan 10, 17, 24 & 31 - 10:30-11:30 am
Caregivers & Kids 0-5

WED **After School Program**
Library: Jan 10, 17, 24 & 31 - 3:30-4:30 pm
Grades 1-3 (Programmer will pick up at school)

THU **After School Program**
Library: Jan 11, 18 & 25 - 3:30-4:30 pm
Grades 4 - 7

15th **Regular Council Meeting**
Town Office, 1:00 pm Start

18th **Coffee With A Cop**
Red Chimney, Smoky Lake
10:00-11:00 am All residents, SL Region

19th **Food Basket Pickup Day**
Anderson's Grocery
All residents, Smoky Lake Region

22nd **Dungeons & Dragons**
Library: 5 - 7 pm
Register: smokylakelibrary.ab.ca



To register for a Zoom class call:
1-877-349-5711
Or
<https://www.healthylivingprogram.ca>



Alberta Health Services

Alberta Healthy Living Program