March 2024

Published by Family & Community Support Services (FCSS) - Community Services



Contributions by citizens, non-profits, service providers and businesses are welcome.

Paid and "in kind" space available and a variety of delivery methods: postal, social media, around Town and the Town website

Deadline: 20th of the month @ 10am for the following month.

Contact Community Services 403-748-2160 community@townofbentley.ca



Smash Bros. Tournament

March 9th

- Smash Bros Ultimate
- Free Mario Kart 8
- Street Fighter Third Strike

\$1000 in prizes!! Register now!

http://start.gg/tournament/bentley-brawl

Brought To You By:











Dick Damron is turning 90 years young! Help us celebrate with him, drop by the Bentley Community Hall, Friday, March 22nd between 2 and 4pm.



B E N T L E Y S E N I O R S D R O P - I N C E N T R E

MARCH 22 9:30 - 3:30

- Foot and nail assessments
- Trimming and filing toenails
- Corns
- Calluses
- Cracked heels
- Thick nails
- · Nail fungus
- Ingrown toenails
- Foot care education
- Diabetic feet
- Referrals

PLEASE CALL TO BOOK

\$45.00

Amanda Simmonds, LPN 587 877 7847

587-877-1002

The Bentley Community Van
Trips depend on driver availability

2nd Wednesday - Sylvan Lake 4th Wednesday - Red Deer

These trips are open to everyone, FREE or by Donation.

Please contact our coordinator for more information and book your seat!



BENTLEY BOUTIQUE



Open Tues/Thurs 10-12 & 1-3

Use west entrance beside bay door.

Next to new clothing donations welcome!

Bentley Long Term Care Facility 4834 - 52 Avenue, Bentley

Volunteer Coordinator: 403.318.0270 Bentley Community Services: 403.748.2160





Romanily Services & fcss

New Partnership!

We have reached out to our neighbors to endeavor to help those who need medical trip/dental trip transportation.

WE NEED HELP FOR:

- Driving clients to dental appointments
- Driving clients to medical appointments
- Visitations

REGISTER NOW



Contact Us

403-786-0110



Email

lacombevolunteerlink@gmail.com

LOCAL VOLUNTEERS
NEEDED!

Call 403-748-2160 OR Volunteer Link



Forshee Hall AGM

Join us at the Forshee Hall for a potluck, and card night after our Annual General Meeting. Share your ideas and vision for our community hall.

Sunday, March 24th @ 4 PM

forsheehall@gmail.com



BENTLEY & DISTRICT AGRICULTURAL SOCIETY NEEDS YOU

We are in need of more attending volunteer members/directors to join our organization.

If more members/directors are unable to attend our meetings, we will be unable to host any future events.

We meet every second Thursday of the month at 7:00 pm in the Blindman Valley Agricultural Centre.
(No meeting in August or December)



Seniors Drop In

located in the Town Office 4918-50 Avenue

If you are 55 or older - we invite you to join us! Socialization, fun & wellness programs



Membership \$10/year

 Mondays 10:15 to 11 am

 Tuesdays 1 pm

Wednesdays 10:45 to 11:45 am

 Thursdays 1pm

Potluck

Seated Range of Motion Exercises - arrive at 10

Socialize/cards/games

Chair Yoga - light movements - arrive at 10:30

Socialize/cards/games

Last Tuesday of each month at Noon

Special Outings - dinner theatres and more. Have an idea? Let us know.

Wellness Mornings

Registration required for Seated Range of Motion & Chair Yoga

Move your body, make connections & socialize!

> Call 403.748.2160 **Drop In Membership** Not Required

Seated Range of Motion

Join us in our seated exercise programs! These programs allow our clients to participate in an exercise program safely from the comfort of their homes. Research has shown that range of motion exercise has many benefits, including:

> Increased mobility, maintenance, and function of joints. Improved movement efficiency. Increased Independence.
>
> Decreased pain.

Chair Yoga Never worry about falling or about your mobility level again. This class is designed to accommodate for those in wheelchairs, or who are concerned about their balance. The class is stretch-worthy while still being relaxing. It's the perfect balance for those looking for a yoga class that meets their mobility needs.

WELLNESS MORNING PARTNERS:

BENTLEY SENIORS DROP IN, FCSS/TOWN OF BENTLEY



EDMONTON SENIORS CENTRE, BRENDA STRAFFORD FOUNDATION/REC@HOME



Thank you for approaching Servus Credit Union with the opportunity to assist your organization.

Servus is pleased to donate CA\$700.00 to Town of Bentley in support of Seniors Wellness. Supporting the communities where our members live and work is fundamental to our success. It is through the hard





Expand Your Horizons with Rec@Home

Discover, learn, and connect with BSF's virtual recreation program for adults 55+.

Embark on virtual travels, enrich your mind with guest speakers, meet new people, and more - all from the comfort and convenience of your own home!

Learn more at theBSF.ca/RecAtHome



work of people and organizations, like Town of Bentley, that our communities and the people in them can grow and dream. It is our privilege as a credit union to support your initiative and help you achieve your goals



The Blessing Pantry has food set up at the Library for people to access.

This is available free, to bless you, when the Library

10:00 AM - 05:30 PM Tuesday Wednesday 10:00 AM - 05:30 PM Thursday 3:30 PM - 07:30 PM Friday 10:00 AM - 05:30 PM Saturday 11:00 AM - 03:00 PM



The Lacombe FRN serves the communities of Lacombe, Blackfalds, Clive, Tees, Mirror, Alix, Joffre, Morningside, College Heights, Bentley, and Gull Lake.



We're open for business.

Whether it's in-person, online, or over the phone, we're here to help.

Alberta Supports can help you access more than 30 programs and 120 services for seniors, people with disabilities, families and more.

To find a location near you, please visit alberta.ca/alberta-supports

Red Deer Alberta Supports Centre **Submit documents:**

is.centralregion@gov.ab.ca

Mailing address: 109, 4920 51 Street, Red

Deer, Alberta T4N 6K8

Address: 2nd Floor First Red Deer Place,

4911 51 Street

Red Deer, Alberta T4N 6V4 Email: css.ds-central@gov.ab.ca

Phone: 403-340-5353 Fax: 403-755-6171

Questions about your utilities?

The Utilities Consumer Advocate can help you:

310-4822 ucahelps.alberta.ca advocate

Summer Temporary Employment Opportunity Laborers (2 Positions)

Applicants must be attending a recognized Post-**Secondary Institution**

Job duties will include daily parks & playground, ball diamonds, campground and other green spaces grass cutting and general maintenance, flower bed watering & weeding, the operation of commercial mowers, push mowers, weed whackers, small tools & equipment and other public works duties as may be required. Some weekend watering of flowers will be required.

A Class 5 driver's license is required.

Regular hours are Monday to Friday 40 hours per week from approximately May 13th to August 30, 2024 Hourly Wage is \$18.00 /hr.

> Deadline for applications is April 30, 2024, 3:00pm.

Please forward your application to:

Town of Bentley **Attn: Chris Loov Box 179** Bentley, AB TOC 0J0

Email: cloov@townofbentley.ca Fax: 403-748-3213

We wish to thank all who apply. Only those selected for an interview will be contacted.





Bentley Museum Winter Hours - Wednesday 10:00 am - 11:00 am

Enjoy the mild weather – Spring is around the corner.

FAMILY DAY – OPEN HOUSE February 19, 2024 80 YEARS OF VINTAGE FISHER PRICE TOYS WERE ON DISPLAY FOR VIEWING AND PLAYING

Approximately 150 people came to the museum to enjoy a bowl of chilli, cake and refreshments and bring back their childhood memories and watch their kids create new ones.

Thank you to Kathy Pike, Carolyn and Heather McLaren for sharing their amazing collection of Fisher Price Toys for al to enjoy. It was very much appreciated.

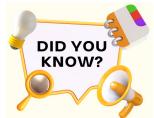
A special thank you to Harold Miskey (Bentley Plumbing) for his generous donation of labor and materials used in the installation of our new hot water heater. It is greatly appreciated.

Bentley History Books are now FREE. Pick up your copy at Bentley Agencies.

Contact Cora or Diana for your free set. Also available at Bentley Agencies.

Dick Damron CD's and Books are also available at the museum.

Bentley Museum Contacts: Cora: 403-506-2696 Diana: 403-748-402I



Community Services is here to assist in finding information and connecting citizens to government programs, family programs, seniors programs and more.

We provide some direct programming and also partner with local organizations, service providers and outlying communities to enhance what can be offered to our citizens.

Our mandate is early intervention prevention thereby we look at programs/services which may enhance the quality of life for individuals, provide opportunities to enhance skills and resiliency, as well as reduce social isolation.

Programs **cannot** be primarily recreational.

If you are aware of a program which may be beneficial to our citizens, please let us know.

We are located in the Bentley Long Term Care, available by appointment.

The Bentley Boutique clothing recycling program is also located in the Care Centre and is open Tues/Thurs 10-noon and 1-3pm.



403.748.2160 community@townofbentley.ca Follow us on FB Community Services - Town of Bentley



March 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, or as a refresher for those continuing to manage their diabetes.

Overview

Mar 7	Thurs	9:30am to 12:00pm
Mar 7	Thurs	5:30pm to 8:00pm
Mar 12	Tue	1:30pm to 4:00pm

Nutrition

Mar 14	Thurs	9:30am to 11:00am
Mar 14	Thurs	5:30pm to 7:00pm
Mar 19	Tue	1:30pm to 3:00pm

Ongoing Care

Mar 21	Thurs	9:30am to 12:00pm
Mar 21	Thurs	5:30pm to 8:00pm
Mar 26	Tue	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

Mar 5	Tue	1:30pm to 3:00pm
Mar 14	Thurs	5:30pm to 7:00pm
Mar 20	Wed	9:30am to 11:00am

Nutrition

Mar 12	Tue	1:30pm to 3:00pm
Mar 21	Thurs	5:30pm to 7:00pm
Mar 27	Wed	9:30am to 11:00am

Managing Stress

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

Mar 12 & 19 Tue 1:30pm to 4:00pm

Getting to know COPD

March 6 Tues 10:30am to 12:00pm

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—Classes 1.1, 1.2, & 1.3

Mar 4, 11, & 18 Mon 5:30pm to 8:00pm

Series 2—Classes 2.1, 2.2, & 2.3

Mar 5, 12, & 19 Tue 9:30am to 12:00pm

Series 3—Classes 3.1 & 3.2

Mar 5 & 12 Tue 9:30am to 12:00pm Mar 6 & 13 Wed 5:30pm to 8:00pm

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.

Mar 13

Wed

1:30pm to 4:00pm

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.

> NEW SESSIONS STARTING IN MARCH/APRIL!

Better Choices, Better Health

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

Living with a Chronic Condition

Mar 14 – Apr 18 Thurs 6:00pm to 8:30pm

Living with Chronic Pain

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



To register for a Zoom class call: **1-877-349-5711**

010 0

https://www.healthylivingprogram.ca



Alberta Healthy Living Program

We need more local residents to join our dedicated crew. As a result of some retirements and folks moving away, we are down to just 16 firefighters on our department. If you have ever wondered if you could be a volunteer firefighter, now would be a great time to apply. You don't need prior training or equipment – that will be provided to you. All that is required is a safety first and team-

oriented attitude, basic physical fitness (a doctor's sign off is part of the application process) and a desire to help in your community. Members must live or work within Bentley District

but need not live right in town. The hours are irregular, the job can be challenging, but you get a really cool hat and get to drive the Big Red Truck! Volunteer firefighters in Canada also receive a \$3000/year tax credit and we are, despite the name, actually a 'paid-on-call' department. Members are paid for attending calls and for some training hours as well. It might not pay your mortgage, but it does provide a bit of extra income.

Interested? Leave a message at 403-748-4348 and someone will get back to you soon. Until next month, stay safe and take care.

Ian McLaren, Bentley District Fire Chief







be in the know

Funding for Non-Profits

www.alberta.ca/funding-for-non-profits

Free Resources for Non-Profits www.alberta.ca/non-profit-learning-centre



Non-profit learning centre

Find online courses and training resources on nonprofit governance to support board members of nonprofit organizations.

Alberta.ca

Puzzle Solution © OnlineCrosswords.net

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Solution Page 7

Down

- 1. Pretense
- 2. Words of

comprehension (2 wds.)

3. Tattle

- 4. How you?
- 5. Fastened again
- 6. Desertlike
- 7. Bestow
- 8. Future flowers
- 9. Peruse again
- 10. Partly cover
- 11. Couple
- 12. Cliff's brink
- 13. Tear apart
- 18. Montreal's country

26. Misplaces 27. CIA employee

25. Relieve

23. Before, to

Shakespeare

- 28. "___ Runner"
- 29. Chooses
- 30. Staggers
- 32. Greek philosopher
- 33. Keepsake
- 34. Masts
- 37. Family chart
- 41. __ Kudrow of "Friends"
- 42. Tyrant
- 45. Soup cracker

- 48. Breathable stuff
- **50**. Hear
- 52. Most rational
- 54. Marathon runner
- 56. Every
- 57. Army mascot
- 58. False god
- 60. Masculine
- 61. Irritates
- **62**. Omit
- 63. Give up
- 64. Purple flower
- 67. Doctors' group (abbr.)

https://www.onlinecrosswords.net/

68. Copy exactly

70. Average skirt

72. Pause

73. Primates

69. BPOE members

71. Actress ____ Hayes

NEED HELP? NEED INFORMATION?

Here are some important numbers you can call:

811 - Health related information

211 - Community information & services

1-877-303-2642 - Mental Health Helpline

1-866-332-2322 - Addiction Helpline



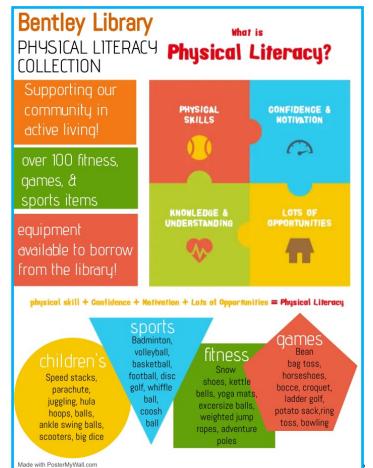












An awesome opportunity for some FREE training! This training is valuable for those who work with older adults, support aging family members or if you are someone people turn to/share with. A great skill enhancement for your tool box!





FREE TRAINING COMING SOON: MENTAL HEALTH FIRST AID SUPPORTING OLDER ADULTS

TRAINING DETAILS:

- ✓ Participants must attend both full days of training (8 hr/day)
- ✓ Training will start at 8:30 A.M., with two coffee breaks and a lunch break
- Beverages and light snacks will be provided
- Participants will receive a certificate of completion from the Mental Health Commission of Canada (MHCC) via email

WHEN: APR 23-24

WHERE: Sylvan Lake Nexsource Centre, Multipurpose Room #1, (4823 - 49 Avenue)

To learn more or register for the training, please reach out to fcss@sylvanlake.ca or 403 887 1137 ext. 400.











Monday - Friday 8am to 3pm 403.748.4044 info@townofbentley.ca www.townofbentley.ca

Council meets on the 2nd and 4th Tuesday evening monthly at 6:30 pm

Agendas and meeting packages are posted on the Town Website Fridays prior to each Council Meeting. Citizens are encouraged to keep themselves educated on Town Council and Administration activities via these documents.



Public is welcome and encouraged to attend Council meetings.

To attend as a delegation, please contact Town Office for the proper procedure to do so.



2024 Animal License Tags - As per Bylaw 152/2011 All dogs and cats in the Town of Bentley require a tag. Animal control license tags may be purchased at the Town office. Applications may be obtained at the Town office or on the website.

spayed/neutered \$35, unaltered \$45 Please remember to scoop the poop!!

Reminder for Weekly Residential Garbage Collection - Don't be missed because your garbage is not available for pick up. <u>Please have your garbage (maximum 4 bags, 40 lbs. or less) ready for pick up by 7:30 am on regular garbage days for collection.</u> Please be patient if it isn't picked up at the same time each week. The public works personnel collecting garbage changes, as may the route and the volume of garbage.

Business Licenses - With a few exceptions, all Commercial and Home based businesses in the Town of Bentley require a valid yearly Business License. This also applies to those businesses and services that are not located in the town of Bentley but are coming into town to conduct business or provide a service. The application form can be found on the Town's website or picked up at the Town office.

Waste Transfer Station & Recycling Bins

403-748-3961

Thursday 9am-4:45pm **Friday** 9am-4:45pm **Saturday** 1pm-4:45pm

CLOSED stat holidays

Monthly Tax installment - Payments are an option with the Town of Bentley. For more information on this program, please call the town office or drop in and speak with one of our staff.

Utility Payment Agreements - We offer auto withdrawal from your bank for your Town Water, Sewer & Garbage utility payments. We are also offer emailed utility billings rather than a paper copy, your choice.





As we walked through the second month of 2024, we have been busy with planning as our community looks to moving forward. Homes are selling as we welcome new residents from other areas and some locals buying in Bentley. The influx of tens of thousands of people into Alberta has people on the move and our town offers somewhat more affordable purchases. The call across the country is a request for housing people can purchase. Some rental costs are getting very high as they keep increasing. Building costs and available trades make the

process a struggle.

As town and county, we are proceeding with the process on the annexing the two quarters south along the highway 12. The work and public consultation has been for the purpose of future development. An annexation only works as transferring property from the County to the Town. This is a preliminarily request through the Alberta government. *On approval the process of any land, is then subject to the owner's interest in selling their land. *Then a developer or developers must have interest in purchasing a part of the land. *The developer then must bring plans to the town that meet the requirements the town and county have been working on for the Annexed land. This proposed plan must meet our town [MPC] Municipal Planning Commission [made of town council] for the process of approval to begin a development that meets all the requirements set by the town. It is important to know as a town, we are not expropriating any land and there is no plan for the town to buy up the land. Our town and County IDP/IFC Committee along with our [PCPS] Parkland Community Planning Services has been doing a lot of work to create an Area Strategic Plan [ASP]. We are working toward having in place the opportunity for future town development.

We have had an important meeting at Medicine Hills, with Government MLAs, Ski Club leaders, Indigenous Elders and representatives, our CAO, Mayor and Councilor Pam Hanson, Alberta Tourism, Provincial Indigenous department representative, and Central Alberta Tourism. We met together to look at the needs, concerns, processes of collaboration for the working together for the future of the area owned by the Town of Bentley.

We have met with a group seeking support for the future restoration of the stairs at the Bentley Community Hall. We are considering the next steps forward for the Oxford / Elks recreation/park as we have had many public ieas, responses and public meetings.

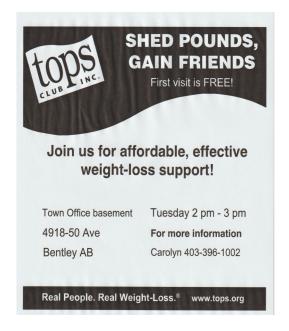
We had applied for a federal grant for the arena slab replacement, as it is shifting, and a replacement of our plant for a greener efficient plant. Unfortunately, after 18 months and a lot of hard work, with efforts to the Minister Honorable Sean Fraser, from Nova Scotia, [Canada Green and Inclusive Building Grant], as well as the support and continued effort of our MP Blaine Calkins, we were not contacted for a meeting while other Alberta communities received grants. We finally just received an email that we didn't qualify.

We continue to look forward to the opening of our grocery store. The process of removing the Monkey Top Building should begin shortly. We had a great Family Day at the Museum and the that team put on. If you have never been through the three buildings of our museum, please stop by some time with your family or friends.

In March we will be hosting U-13 TIER One Girls Provincial Hockey Tournament. Please welcome the hundreds of people who will be checking out Bentley.

FYI The Hotel has set up the tables for a restaurant people can have meals in now.

Mayor Greg





Newsletter Advertising Rates

Business card \$30

1/4 page \$45

1/2 page \$ 90

page \$180

Community Organizations - reduced or no fee

call to discuss your submissions - fees only apply if you are generating a revenue from your event.

403-748-2160 community@townofbentley.ca

Free Income Tax Filing

FCSS Volunteers trained by the CRA can help file returns for individuals with LOW TO MODEST INCOMES & WITH SIMPLE TAX SITUATIONS.

Opens: March 1, 2024

Closes: April 30, 2024

Eligibility for the Community Volunteer Income Tax Program:

Individual: Maximum total income \$35,000 Couple: Maximum total income \$45,000

add \$5,000 for one dependent \$2500 for each individual dependent

Your tax situation is not simple if you are:

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









LACOMBE BENTLEY CLIVE 403-782-6637

If you qualify for the FREE program and have transportation concerns, or just don't want to travel to Lacombe you can make an appointment with Community Services to have the intake done in Bentley!

We will make a few trips to Lacombe to drop information off to Lacombe FCSS and pick them up when the volunteers have them completed.

Call 403.748.2160 — leave a message if you get the machine! Staff is often working out in the community,