

Sound Bath Experience

Immerse yourself in a sound meditation experience that includes large singing bowls, a planetary gong and a curated collection of therapeutic instruments that produce calming sound vibrations. Some of the benefits of Sound Bath meditation can include reducing stress and improving mood.



Join us on **Sunday, January 11** from 6 to 7 p.m. at the Hudson's Green Nature and Activity Centre. The cost is \$40 per person.

To learn more about the Sound Bath Experience and to register, please visit Ponoka.ca/p/recreation-programming



Christmas Tree Pickup Begins January 20

The Town of Ponoka's annual collection of compostable Christmas trees begins Tuesday, January 20. The Town will make one pass down each back alley in Ponoka to pick up compostable Christmas trees that have been placed outside for collection.

Ponoka residents are asked to place their Christmas tree for pick up at their back alley no later than Monday, January 19. Residents who do not have a back alley can place Christmas trees near the curb at the front of their property, ensuring the items are visible for pickup.

Please note that weather conditions may delay Christmas tree pick up as Town crews may have to divert their attention to snow and ice control operations.

Residents can also take their compostable trees to the Waste Transfer Station free of charge. For more information about the Town of Ponoka Waste Transfer Station, please visit the Town website at Ponoka.ca/p/waste-transfer-station.

AEROBICS EVOLUTION

Fun moves and great tunes for all ages

Fitness Trainer
Audra Denny

Location
**Ponoka Aquaplex
Multi-Purpose Room**

Date and Time
**5:30 - 6:20 p.m.
Thursdays, January 8 - 29**

Cost
\$15 Drop-in

Visit Ponoka.ca/p/recreation-programming to register. You can also register in person at the Ponoka Aquaplex.



~ TOWN NEWS ~

• **Sign Up for the Monthly Property Tax Payment Plan** - Did you know that you can pay your property taxes in monthly interest free payments rather than one lump sum? Learn more by visiting the Town of Ponoka website at Ponoka.ca/p/monthly-property-tax-payment-plan



• **Snow and Ice Control Updates** - For regular updates on snow and ice control operations in the Town of Ponoka, please visit the Town of Ponoka website at Ponoka.ca/p/snow-ice-control-program

• **Grey Carts and Green Carts** should be placed at the curb for pick up on January 7, 8 and 9 - depending on your Zone.

• **Recyclable Materials** bundled in clear or blue transparent plastic bags should be placed at the curb for pick up on January 14, 15 and 16 - depending on your Zone.

• **Missed Pickups** - If your curbside green or grey cart was not picked up on your collection day, please contact E360S dispatch at 403-341-9300 or by email at rddispatch@E360S.ca. If your recycling was missed, please contact E360S dispatch at 587-217-1975 or by email at EPR-Alberta@E360S.ca.

~ UPCOMING COUNCIL MEETINGS ~

• Next **TOWN COUNCIL MEETING**: Tuesday, January 13 at 6 p.m.

• Next **PRIORITIES AND INITIATIVES COMMITTEE MEETING**: Tuesday, January 20 at 6 p.m.

The public is welcome to attend all Council meetings. Meetings will be held in Town Council Chambers on the third floor of the Ponoka Civic Centre (5604 50 Street).

• **Council Meeting Highlights** - Can be viewed at Ponoka.ca/p/council-meeting-highlights

Pilates With Hayley

January 5 - 28

Beginner Class
Mon & Wed 6 - 6:50 p.m.

Intermediate Class
Mon & Wed 7:10 - 8 p.m.



Register online at
Ponoka.ca/p/recreation-programming

Or register in person at the
Ponoka Aquaplex.

📍 Multi-Purpose Room
Ponoka Aquaplex

💰 \$15 Drop in Fee

Please Help Keep Our Community Safe

Please help keep our community safe by clearing snow and ice from sidewalks that border your property, including the section of sidewalk in front of your driveway.

When shoveling, residents are also asked to please avoid depositing snow and ice onto the roadway and properties other than your own.

Keeping sidewalks that border your property clear of snow and ice is also a requirement under the Town of Ponoka Community Standards Bylaw and can result in fines when necessary.



Hometown Weekly

Town of Ponoka News and Events

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