

**TALK** of the  
**TOWN**



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**MAY 2016**

**SENIOR'S WEEK**

**JUNE 6 - 12**

Join us in honouring Seniors for their many contributions to our Town, Community and Province.

**BARBECUE LUNCH**

**June 7, 11:30am - 1:00pm**

Vermilion Senior Centre Heritage Park

Cost - \$5.00 with all proceeds going towards the Vermilion Senior Centre.

Sponsored by: Town of Vermilion,  
County of Vermilion River, & FCSS

**SHRED-IT EVENT**

**Wednesday, June 15, 2016**

**Kitscoty Seniors Centre: 9am - 12pm**

**Vermilion Regional Centre: 1pm - 4pm**

Shredding personal documents is the best way to prevent personal information from falling into the wrong hands. Bring all your personal papers that need to be disposed of and have them shredded! This event is open to all citizens within the County of Vermilion River including villages and the Town of Vermilion. This will be a free service but a Food Bank donation, either monetary or non-perishable food items, will be gratefully accepted. We will be asking for your address in order to track how many residents take advantage of this service.

**Garage Sale Today**

Posting signs for **Garage/Yard Sales** is permitted in Vermilion providing certain criteria are met. Signs can be placed on residential

property providing permission has been obtained from the land owner. It is acceptable to park a vehicle on the street with the sign firmly attached to it. Signs must not be posted on any Town property including boulevards, sidewalks, fences, power poles, town parking lots, street furniture, garbage bins, and town parks. Too often signs are not taken down, get damaged or are carried away by the wind to end up as litter on our streets. The Town of Vermilion and it's residents take pride in the appearance and cleanliness of our community. The fine for placing an unauthorized sign on Town property is \$250. Subsequent offences can result in fines up to \$1000. Impoundment fees for the sign(s) are \$50 per sign and \$5 per day. Thanks for doing your part by posting Garage Sale signs in approved locations.



Supporting a healthy, active, engaged community.

**Vermilion Wellness Coalition**

presents:

**May 13**

**GOLF LESSONS**

**FREE for ages 5 years & older. Children under 10 must be accompanied by an adult.**

**Vermilion Golf & Country Club**

**Lessons from 10 - 11am, Driving Range open for practice from 11am - noon.**

**Please bring your own equipment. A limited supply of clubs will be available. Please dress for the weather.**

**FRISBEE & MINI GOLF**

**FREE for all ages. Provincial Park, 1-3pm, equipment provided.**

For more information

please contact

Shawn Bell 780-581-2406



**Do you think residents should be able to raise chickens in the Town of Vermilion?**

Please take our brief survey by following this link:

<https://www.surveymonkey.com/r/QNBV3PG>

The survey can also be found on the Town of Vermilion webpage at [www.vermilion.ca](http://www.vermilion.ca)

**VERMILION HERITAGE MUSEUM**

***Come Experience Our Heritage***

**5310 - 50 Avenue  
780-853-6211**

**SUMMER HOURS**

**1:00 - 5:00 pm daily from  
May 21 until September 5  
or by appointment**

***Like Us on Face book***

**Vermilion Communities in Bloom**

Invites you to their

**ANNUAL GARDEN PARTY**

Feature Speaker: Josie Van Lent

TOPIC: Weeds—how do you deal with them?

**May 28, 2016**

**1 - 4pm**

Vermilion Seniors Centre

5324 54 Avenue

Ticket: \$25

Door Prizes, Lunch provided

Tickets available at Town Office or CIB members.

For information contact Donna at 780-549-9572

The Town of Vermilion would like to thank residents for their ongoing efforts at recycling. However, we would like to remind recyclers that certain items should not be placed into the Recycle Bins at the Recycle Centre. Please consider the



health and safety of the Recycle Centre employees by not including used diapers, kleenex or needles amongst your recycled items. “Sharps Containers” are available at Shopper’s Drug Mart and can be returned to the store for proper disposal. Thanks for your consideration in this matter.

***Vermilion Recycle Centre***

***OPEN HOUSE***

***June 4, 2016***

***10am - 2pm***



The Environment Committee invites residents to visit the Recycle Centre on **Saturday, June 4, 10am to 2pm.**

Committee members will be there to inform you about the Town’s Recycling Program and take a tour of the facility.

**We appreciate your efforts to recycle.**

***WHAT IS PHYSICAL LITERACY?***

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

***ELEMENTS OF PHYSICAL LITERACY***

***Motivation & Confidence***—Motivation and confidence refers to an individual’s enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.

***Physical Competence***—Physical competence refers to an individual’s ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.

***Knowledge & Understanding***—Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings and physical environments.

***Engagement in Physical Activities for Life***—Engagement in physical activities for life refers to an individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis. This involves prioritizing and sustaining involvement in a range of meaningful and personally challenging activities, as an integral part of one’s lifestyle.



**be fit for life** www.befitforlife.ca  
moving alberta

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