

1. Monthly Calendar

Just a reminder that the monthly calendar will only be available online (email or Facebook) or for pick up at the New Sarepta Market & Café or New Sarepta Agriplex. Please call Lucille at (780) 941-2382 or email Lucille@leduc-county.com to make arrangements to receive the monthly calendar via email if that is your preference.

2. Volunteer Income Tax Program

New Sarepta FCSS will complete 2024 Income Tax Returns for low-income individuals who have a simple tax situation and are living within rural Leduc County or the municipality of New Sarepta. Please contact Lucille at (780) 941-2382 to make an appointment to have your 2024 Income Tax Return completed free of charge. Please Note: we are not able to complete complicated returns, returns for the deceased, or those with business, farming or rental income.

3. Christmas Elves

The New Sarepta FCSS Office would like to extend a HUGE THANK YOU to all organizations, schools, churches, businesses, residents and especially volunteers who made our Christmas Elves Program such a success. A very, very special thank you to Sobey's Beaumont for once again preparing the fresh hampers, New Sarepta Golden Pioneers for providing the space for this program, Zion Evangelical Church for their support in feeding the volunteers December 16-20, 2024 and all of the community organizations for their support and donations. Your generosity enabled 26 families and singles (94 individuals) residing in our area to celebrate a merrier Christmas. THANK YOU!!

4. Holiday Money Hangover

The holidays are a special time for friends and family but can bring financial stress. Many people face a "holiday hangover" when credit card bills arrive. If you would rather save for what matters to you, join this informative session. With the right support, you can pay off holiday debts and plan for the year to come. In this webinar you will learn how to:

- *Figure out how much the holiday fun will cost and what still needs to be paid for
- *Take control of your holiday debt and pay it off quickly
- *Make a plan to ensure the next holidays are less stressful and paid for in advance
- *Organize and re-prioritize gifting
- *Give yourself a future without the holiday hangover, so it can be more enjoyable knowing the bills are paid!

Date: Tuesday, January 14

Time: Noon-1 p.m.

Location: Online via Zoom

Technology needed: internet access by computer, laptop, tablet or smartphone.

Register: online at www.leduc-county.com/money-hangover/ or contact Kristin at 780-955-6421 or kristin@leduc-county.com.

5. Managing Menopause

Dealing with hot flashes, night sweats, trouble sleeping or mood swings related to menopause? Discover ways to help manage these symptoms through lifestyle changes, pelvic floor therapy, non-prescription and prescription therapy options including a detailed discussion on hormone therapy. This session will be facilitated by Melissa, a registered nurse at the Leduc Beaumont Devon Primary Care Network. Melissa grew up on a farm in Leduc County and has built her career in rural nursing.

Date: Thursday, February 20

Time: 6-8 p.m.

Location: Online via Zoom

Register: online at www.leduc-county.com/managing-menopause/ or contact Lucille at 780-941-2382 or Lucille@leduc-county.com.

Leduc County FCSS Online Programs-Some programs are listed above. Please visit the Leduc County website to learn about upcoming programs, events and workshops, get registration details and to sign up to receive FCSS email updates.

Please visit the Leduc County Website to Learn about Leduc County FCSS and FRN Upcoming Programs, Events and Workshops, Get Registration Details and to Sign Up to Receive Leduc County FCSS and FRN Email Updates:

Leduc County FCSS Email: fcssinfo@leduc-county.com

Leduc County FRN Email: frn@leduc-county.com