

Barre & Child Supervision

Build Strength. Low impact. High Burn.

Child supervision is provided in the neighbouring studio while you enjoy class and get your workout in!

Fridays

Runs until November 27

11:15 a.m. - 12 p.m

Got 2 Dance Studio (5112 50 Ave)

Cost \$15 per class or \$7.50 with a Ponoka Recreation Pass

Register online at

[Ponoka.ca/recreation-programming](https://ponoka.ca/recreation-programming) or in person at the Ponoka Aquaplex.



Kick it to the Curb Week October 2 to 7

Place items you wish to give away in your front yard with a **'FREE'** sign attached to them. People can then come by and pick up any items they would like to bring home. At the end of the week, please bring any uncollected items back into your home. You are encouraged to consider donating these items to a local charity or thrift shop rather than throwing them away.



For more information, please visit [Ponoka.ca/events](https://ponoka.ca/events)

YOGA

Join us for a guided mind-body practice to improve flexibility, promote relaxation and reduce stress.

 Wednesdays until November 25

 6 - 7:30 p.m.

 Hudson's Green Nature & Activity Centre

Register online at [Ponoka.ca/recreation-programming](https://ponoka.ca/recreation-programming) or in person at the Ponoka Aquaplex.



Annual Fall Clean Up Begins Tuesday, October 13

The Town of Ponoka's annual back alley collection of compostable yard waste begins after the Thanksgiving long weekend on Tuesday, October 13 and will continue until each back alley is completed.

Ponoka residents are asked to place all materials for pick up in a pile at their back alley no later than Monday, October 12.

Residents who do not have a back alley can place yard waste near the curb at the front of their property, ensuring the materials are visible for pick up.

The Town of Ponoka will make one pass down each back alley to collect yard waste (grass clippings, leaves, weeds and branches less than five feet) in excess of what will fit in your Green Cart.

Items That Will Not Be Picked Up

It's important to ensure branches are less than five feet long, which for quick reference, should be no longer than your arms extended, fingertip to fingertip. Branches longer than five feet will not be picked up.

Yard waste set out for collection should not be bagged. To avoid contaminating the compost pile at the Town's Waste Transfer Station, bagged material will not be picked up. Other items that will not be picked up include: rocks, construction material, wood, household waste, plastic and pet excrement.

For more information, please visit [Ponoka.ca/back-alley-pick-up](https://ponoka.ca/back-alley-pick-up)



~ TOWN NEWS ~

• Early Bird Animal Licensing Rates Available -

Residents can now access the early bird rate by renewing their animal licences between October 1 and December 31, 2026 for the 2027 year. For more information, please visit the Town of Ponoka website at [Ponoka.ca/dog-cat-licences](https://ponoka.ca/dog-cat-licences)

• Grey Carts and Green Carts should be placed at the curb for pick up on September 30, October 1 and 2 - depending on your Zone.

• Green Carts and Recyclable Materials bundled in clear or blue transparent plastic bags and carts should be placed at the curb for pick up on October 7, 8 and 9 - 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: Wednesday, October 14 at 7 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/council-meeting-highlights](https://ponoka.ca/council-meeting-highlights)



Hometown Weekly

Town of Ponoka News and Events

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