

# THE BEAT



Sign up for our e-newsletter at [discovermiddleton.ca/subscribe](https://discovermiddleton.ca/subscribe)

## Seniors Care Grant

The Seniors Care Grant helps low-income seniors with the cost of household services (like lawn care, snow removal, grocery delivery, transportation, small home repairs and phone service), healthcare services (like physiotherapy and mental health support) and home heating. Grants are \$750 for each household. You can apply until 31 March 2024.

Apply at <https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>

## Winter Parking

Winter parking regulations are as follows: effective either on the first snow

storm or December 01, 2023 (whichever is earlier) to April 30, 2024, during the hours of 12am-8am, no person shall park or leave standing a motor vehicle upon any highway or street within the Town limits in accordance with provisions of the Motor Vehicle Act.

Vehicles, whether attended or unattended, shall not be left in a position or manner which may interfere with or obstruct snow removal or winter maintenance operations. Ticketing and/or towing will occur when a parked vehicle restricts snow removal or winter maintenance operations.



Be sure to place the blue civic number signs for your property somewhere visible to ensure that emergency and other needed services can find you! To get your actual number assignment first call 902-825-4841 #104

For help with a new sign contact: Integrity Printing 902-665-4424

Ph: 902-825-4841 | [info@town.middleton.ns.ca](mailto:info@town.middleton.ns.ca) | [discovermiddleton.ca](https://discovermiddleton.ca)

### Notice of 2nd Reading and Passing of the Noise Bylaw

TAKE NOTICE THAT Middleton Town Council will hold 2nd reading and passing of the following By-law at the November 20, 2023, 6:30 p.m. Public Hearing and Council meeting:

#### Noise Bylaw

Persons wishing to attend and/or make a presentation, verbally or in writing, may do so at the Public Hearing and Council meeting on November 20, 2023 by registering at the email below.

Copies of the proposed bylaw are available at Town Hall, or by emailing [ea@town.middleton.ns.ca](mailto:ea@town.middleton.ns.ca).

Ashley Crocker, Chief Administrative Officer  
P. O. Box 340  
Middleton, NS BOS 1P0  
Phone (902)825-4841 Ext. 105



## Heating Assistance Rebate Program



The Heating Assistance Rebate Program helps low-and moderate-income Nova Scotians with the cost of home heating. Rebates are \$600 for each household. You can apply until 31 March 2024.

Apply at <https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program>

**2345**

## Recreation Happenings



### Equipment Loans

Love the snow but don't have the equipment to get outside and enjoy it? Our loan program is available for up to three days at a time, and it's **FREE!** At the time of pick up, you will be required to fill out a contract stating you are responsible for the equipment and that it will be returned on time and in its original condition. Identification is required for the rental, but no deposit is required.



We have a limited supply of cross-country skis and snowshoes in various sizes, Nordic walking poles, several snow fort and snowball building tools and 8 crazy carpets.

Send us an email at [loans@town.middleton.ns.ca](mailto:loans@town.middleton.ns.ca) or phone 902-825-4841 Ext 3 to reserve.



**MIDDLETON AREA**  
BUSINESS ASSOCIATION

To promote business development and community integration for growth in the Town of Middleton. We're Middleton Area Business Association (MABA), and we're here to build the business community and engage our community here in the Middleton area in Nova Scotia!

[www.middletonareabusinessassociation.ca](http://www.middletonareabusinessassociation.ca)

### Learn 2 Run Stronger

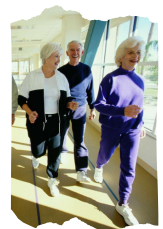


A new session of Learn 2 Run Stronger has begun. The group meets every Monday and Wednesday at 5:30PM and Saturday at 9AM.

To register or for more information [mpal@town.middleton.ns.ca](mailto:mpal@town.middleton.ns.ca), and please join the Learn 2 Run Facebook Group <https://www.facebook.com/groups/learnrun>

### Indoor Walking Program

In conjunction with the CORAH centre, at NSCC, our Rec department is hosting an indoor walking program for Seniors (55+) each Thursday from 9am-10am.



Register by calling Heather at 902-526-0220.

October is Mi'kmaw History Month. Learn more at <https://mikmaqhistorymonth.ca/>

### Sign-up for e-billing

To receive your property tax and/or water bill electronically, please email: [info@town.middleton.ns.ca](mailto:info@town.middleton.ns.ca)

