



THE BEAT



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CAN YOU HELP?

Inn From the Cold Middleton is preparing to offer emergency overnight shelter again this winter starting November 1st. The shelter is in search of several more dedicated and compassionate volunteers to assist in serving overnight to provide a safe, warm environment for our guests. **Inn From the Cold** provides a place for individuals affected by unforeseen emergencies, housing crises, and other situations helping them avoid some of the harshness the winter adds to the difficult circumstances they find themselves in. The support of volunteers is vital in ensuring that we can provide this service to those in need. Criminal Record and Vulnerable Sector checks for volunteers are required, training is provided and scheduling is flexible. Thank you for your consideration for this area to serve your community. Together we can make a difference. For more information please contact Jeff Milne at 902-825-8536 or pastorjeff.nictaux@gmail.com

Brush Dump

The Brush Dump operates during the same hours as Public Works: 8:00am to 5:00pm, Monday through Friday.

Winter Parking



Winter parking regulations are as follows: effective either on the first snow storm or December 01, 2024 (whichever is earlier) to April 30, 2025, during the hours of 12:00am-8:00am, 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.

Need a Permit?

Whether you are renovating an existing building, building a new house or just putting up a baby barn, you need to obtain a permit before starting the job.

Permits are also required for repairs, alterations, additions, or demolition of existing buildings. Even if no construction occurs, a development permit is needed for a "change of use" such as a new business.

Give our planning and development department a call at 825-4841 (ext. 111) or ea@town.middleton.ns.ca.

Heating Assistance Rebate

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 March 31, 2025.

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

Sign-up for e-billing

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

Ph: 902-825-4841 | info@town.middleton.ns.ca | discovermiddleton.ca



Recreation Happenings

Open Gym

Open Gym at Annapolis East Elementary School begins on November 6th and will take place on Wednesday evenings from 6:00-8:00pm. This program is open to students of Annapolis East Elementary and their families, who must be accompanied by an adult. Families will have access to gym and recreation equipment, and two Recreation Staff members will be on site to supervise. This free gym time provides families with an opportunity to play together and increase their physical activity. This initiative is offered in partnership with Communities, Culture, Tourism and Heritage, AVRCE, and the Town of Middleton. Open Gym at Middleton Regional High School will also begin soon, with the date to be determined.

Recreation Walking Challenge is still happening!



It is not too late to join the walking challenge! It is suitable for walkers of every level. We have stamp cards at the Recreation Department, and it is walk at your own pace!

Each stamp is 10,000 steps, and a full card represents 100,000 steps. Once the card is full, you can turn it in to the Recreation Department and be entered into our weekly draw for a local \$10 gift card! The cards stay in the draw weekly so you will always have a chance to win.

Learn to Run Program

Learn 2 Run, both beginner and advanced levels, begins on October 23rd. Both groups will meet three times a week to run their respective programs. This is a free initiative in partnership with Communities, Culture, Tourism and Heritage. To register, please email mpal@town.middleton.ns.ca.

Free Equipment Loan Program

Our Free Equipment Loan Program is also available. We have some great items that you can borrow for free! They are generally a 1-3 day rental with a loan agreement, and are a great way for you to try new things to see if you like them or to keep the family busy on weekends when you have visitors or a birthday party. You can find a list of our equipment loans [here](http://www.discovermiddleton.ca/recreation).



www.discovermiddleton.ca/recreation

We also have a limited selection of equipment at the library that can be accessed in the evenings and on weekends when the Recreation Department is not open.



Middleton District Arena

There is Free Public Skating at the arena through the Town of Middleton Facility Access Grant Saturdays from 2:15pm-3:15pm please check out the new arena website for more information on their great programs.

<https://www.middletondistrictarena.com>

Indoor Walking Program

Indoor Walking at CORAH for those who are 55 and up is open. To register please contact CORAH at corah-avc@nsc.ca or call 902-825-5215

