



municipality of
cumberland

Winter Equipment Loan

Municipality of Cumberland Equipment Loan
2 week FREE lending program list!

- Adult and Children Snowshoes
- Adult Cross Country Skis
- Trekking poles
- Crampons
- Gaters


Stay active all winter!

Pick up Mon-Fri
8:00am-5:00pm

Available throughout Cumberland

RESERVE NOW!

cbollwerk@cumberlandcounty.ns.ca
902 664-9143



STICK N' PUCK

TUESDAYS | 3 – 4 PM
@ PARRSBORO LIONS ARENA
HELMETS, GLOVES, SKATES AND STICKS REQUIRED.

HELMET FACEMASKS ARE HIGHLY RECOMMENDED ALONG WITH SHIN GUARDS. LIMITED QUANTITY OF STICKS AVAILABLE.

CHILDREN 12 & UNDER MUST BE ACCOMPANIED BY ADULT.

WWW.CUMBERLANDCOUNTY.NS.CA


CHILLI WILLI

**2026
WINTER FESTIVAL**

FEBRUARY 12 – 15, 2026

#2026CHILLIWILLI #SPRINGHILLNS

SENIORS ACTIVE LIVING

8 week program for 55+ @ DCMCC, 6 Main St. Springhill
Tuesdays, starting January 13, 2026 10-11:15AM

- Week 1:** Gentle Stretch & Mobility
- Week 2:** Balance & Core Stability
- Week 3:** Low-impact Cardio
- Week 4:** Strength Training for Seniors
- Week 5:** Chair Fitness & Stretch
- Week 6:** Outdoor Walking & Games
- Week 7:** Dance & Rhythm
- Week 8:** Mind & Body Wellness

New activity each week! Encouraging active living, improve balance and strength, and foster social connections. Inclusive to all abilities.

Register now, online!




For more information, please contact:
Nicholas Leopold, Recreation Programmer
nleopold@cumberlandcounty.ns.ca | 902-397-3845



MUNICIPALITY OF CUMBERLAND

COMFORT CENTRES

Municipality of Cumberland Comfort Centres may provide different services depending on resources available. However, all comfort centres are intended to provide a place to:

- ✔ Place to get warm.
- ✔ Re-charge devices.
- ✔ Use washroom.
- ✔ Get a warm drink.
- ✔ Check on each other and share information.
- ✔ Get updates on weather and power resumption.

Some centres may provide a snack or food prepared by volunteers or a space for community members to prepare their own food. Please note, a comfort centre is not an overnight shelter.

Follow Municipality of Cumberland social media or check our website for further details.

WWW.CUMBERLANDCOUNTY.NS.CA



What is a comfort centre?

A comfort centre is a place the Municipality may open during severe weather or long power outages.

It is meant to help people stay safe and comfortable for a short time.

At a comfort centre, you may be able to:

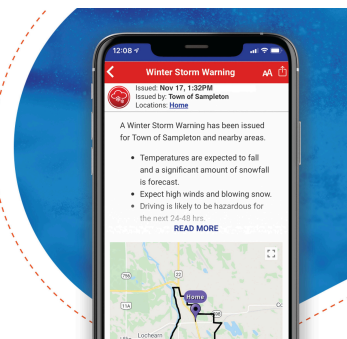
- Warm up or cool down
- Charge your phone or other devices
- Use internet or phone service, if available
- Get updates and information from municipal staff

Comfort centres are not overnight shelters. They are open for short visits to provide basic support.

To get updates during severe weather, residents are encouraged to sign up for **Voyent Alert!** Voyent Alert! is a service used by the Municipality of Cumberland to share important alerts and everyday community information.



NOTIFICATION
SERVICE FOR



Go to your device's app store and download the **Voyent Alert!** app or scan the QR code.



Get ready, Nova Scotia

Starting December 1, 2025, you'll be able to recycle the same materials no matter where you live.

Now accepted in your recycling bags:

- Paper plates
- Deodorant & toothpaste tubes
- Frozen juice containers
- Coffee cups
- Ice cream tubs

Now accepted at participating drop-off locations:

- Flexible plastics
- Foam packaging
- Aerosol containers



Learn more about Nova Scotia's enhanced recycling system:
circularmaterials.ca/NS

