



THE BEAT



Sign up for our e-newsletter at discovermiddleton.ca/subscribe

Learn 2 Run & Learn 2 Run PLUS! Are Back!

BEGINNING MONDAY AUGUST 23

Monday and Wednesday at 5:30 pm

Saturday at 9:00 am

Rotary Park

Graduation 5K is a Halloween Costume Run!



Learn 2 Run (L2R) is a walk/run program and is suitable for all fitness levels. This is a great program for those who have never run or those who want to return to running. The walk/run program helps prevent injury and adds a great social component - bring a family member or friend and make it even more fun!

The Learn 2 Run PLUS group are a group who have graduated the L2R program and who have continued to run and are working on their own goals of distance, stamina or continuing to build on what they learned in the previous session.

Join the Middleton Walking Challenge

Walk and win! For every 10,000 steps, you get a stamp, and 100,000 steps fills a card. When the card is full, turn it in for the weekly draw of a gift card or swag item and pick up a new card. Draws will be every Friday afternoon until the end of the challenge.

Cards can be picked up at Town Hall, inside the front door.

To get your card stamped, ring the bell at the bottom of the stairs inside the Town Hall and our recreation staff will assist you.

www.discovermiddleton.ca/recreation
Facebook Group #MIDDLETONSTRONG

Recreation Fall Line-up!

Sunday

Yoga, 8:30 am
Centennial Park

Monday

Learn 2 Run, 5:30pm
Rotary Park

Line Dancing, 6-7pm
Rotary Park

Wednesday

We Walk, 10-10:30am
Town Hall

Learn 2 Run, 5:30pm
Rotary Park

Thursday

Line Dancing, 6-7pm
Rotary Park

Friday

Salsa Classes, 7-8pm
Rotary Park

Saturday

Learn 2 Run, 9:00am
Rotary Park

National Day for Truth and Reconciliation

Please note that **Town Hall will be closed on Thursday, September 30** for the National Day for Truth and Reconciliation, proclaimed as a new holiday by the Federal Government.

Tax bills will be due on Wednesday, September 29.

Have you seen this yet?

We put together this Take Out Map to encourage residents and tourists alike to enjoy our awesome restaurants and outdoor spaces.

To see the service offerings visit:
www.discovermiddleton.ca/takeout



Sign-up for e-billing Today!

We are pleased to offer the convenience of receiving property tax and utility bills electronically.

To receive your property tax bill electronically, please email: accountingclerk@town.middleton.ns.ca

To receive your utility bill electronically, please email: billingclerk@town.middleton.ns.ca

How To Pay a Bill Through Your Financial Institution.

Property tax and utility bills may be paid online through your financial institution.

For taxes, simply search Middleton, Town, select "taxes" and enter your account number located on the top right corner of your bill.

For utilities, simply search: Middleton, Town, select "utilities" and enter your account number located at the top left corner of your bill, using only the first 8 digits.

Queen Street Renewal Update

Queen Street

The Queen Street renewal project is expected to begin early September.

Notices will also be delivered to residents and businesses affected by the project, prior to the start of work and prior to any service disruptions.

Last Chance to Complete the Accessibility Survey

Thank you to everyone who has completed the Accessibility Survey to date.

The survey will officially close on September 10 at 4:00pm.

There are several options for completing the survey:

Online at discovermiddleton.ca/access-survey

Request a hard copy.

If you would prefer a hard copy of the survey, you can pick one up at Town Hall.

By phone or in-person.

We are happy to do the survey with you in person or by phone. Please call 902-825-4841 ext. 107 to arrange for a phone or in-person survey. If you request an in-person survey, COVID protocols will apply.

You can also reach us by email at accessiblemiddleton@town.middleton.ns.ca or follow us on Facebook @AccessibleMiddleton.

