

Spring 2018

Program & Community Resource Guide



*Recreation... It's More
Than You Think!*



Macdonald-Headingley
RECREATION DISTRICT



Upstream LIVING

Stretches of gently moving water ripple through the rolling terrain, alongside extensive trails that lead to the scenic Assiniboine River. This rich and attractive land was among the first to be homesteaded in Manitoba, now you can call Taylor Farm home too.



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Macdonald-Headingley

RECREATION DISTRICT

81 Alboro Street

Headingley, Manitoba R4J 1A3

Phone: 204.885.2444

Fax: 204.889.2211

Email info@mhrd.ca

Recreation Director - Susanne Moore
Program Director - Karen Lough
Office & Communications
Coordinator - Mai McQueen
Accounting - Vona Guiler

SHARE YOUR SKILL

Macdonald-Headingley Recreation District is looking for individuals to share knowledge or special talents. If you are proficient in a talent or skill give us a call. Prior teaching experience is preferred but not required. The class outline, facility requirements and age groups are negotiated with each instructor. You propose the class you wish to teach and we provide the necessary support. Classes may be a one time workshop or a series; they can also be offered in more than one community.

Advertise With Us!

The Macdonald-Headingley Recreation Guide is produced three times per year - Fall, Winter and Spring/Summer. It provides various advertising and promotional opportunities for not-for-profit groups and commercial businesses. Copies of the Community Resource Guide are distributed throughout the Macdonald-Headingley area reaching over 5,500 households and businesses. If you would like to advertise or submit information on recreation and community-related events, please contact 204.885.2444 or email info@mhrd.ca.

Fall Deadline: June 30th, 2018



Registration

3 WAYS TO Register

Go Online



www.mhrd.ca

By Phone



204.885.2444

In Person




81 Alboro Street
Headingley


GENERAL INFORMATION

- All programs and schedules are subject to change in dates, location and instructors.
- Pre-registration is required for all programs.
- Participants registering in a fitness program are also required to complete a PAR Q.
- It is the participant's responsibility to inform MHRD staff and program instructor of any medical problems that may be a limiting factor to participation in a program.

Buy What You Need

Does your schedule vary? Are you interested in participating in a program but can't commit to all of the classes? Why not check out our new flexible pricing option? Look for the symbol for programs that qualify or call the office for more details. 

Student Rates

If you are a student between 12 - 17, you maybe eligible to participate in Active Living programs at a reduced rate of 50%. Look for the  symbol for programs that qualify.

Trial Class

Are you curious whether or not a program is for you? Give it a try... the first class is on us! Call for more information.

Give us your best smile!

We like to show everyone how much fun our events and programs are, so often take pictures to capture the moment. Pictures are used for our Community Resource Guide, the Macdonald-Headingley Recreation website, Facebook, brochures and other promotional materials. If you object to having your child's picture taken, please let the photographer know or call our office at 204.885.2444.

Late Registrations & Waiting Lists

Late registrations may be accepted on a program by program basis. In the event that a program is full, you may be placed on a waiting list and contacted if space becomes available.

Fee Assistance

Recreation is for everyone – lack of financial resources should not stop you from participating in a recreation program or being active. MHRD can help you and your family. For more information please contact the MHRD office to discuss options.

How to Register Online

1. Click the Programs link at the top of the page
2. Find and click on the desired program by session, community, category or search
3. Click Register Online

Method of Payment

Payment must be made at the time of the first class. Post dated cheques are accepted. Cheques are made payable to the "Macdonald-Headingley Recreation District". Any NSF cheques will be charged a \$25.00 administration fee.

E-Transfers

We are now accepting E-Transfers as a method of payment. Simply send your payment transfer to info@mhrd.ca! Please call or email to confirm the security question and password.

Receipts

Receipts will be issued upon request.

Non Resident Registrations

All fees within this guide are listed at a resident fee rate. Residents are people residing within the corporate limits of the Macdonald-Headingley Recreation District (R.M. of Macdonald and R.M. of Headingley). Non residents will be required to pay an additional 20% per program registration fee. Exceptions will be given to individuals and families residing within the designated "Starbuck Recreation Area" as defined through joint agreement by the R.M. of Macdonald and the R.M. of Cartier. Individuals who own land or a business within the District will be exempt from the "out of district" fee.

Registration Refunds

The Macdonald-Headingley Recreation District is totally committed to satisfying you with our classes, programs and events. We offer a satisfaction guarantee policy for programs. In the event that a customer is not satisfied, you will be asked to share the reason for your refund request. The MHRD reserves the right to limit use of this policy by an individual on a case-by-case basis after thorough review of circumstances and/or history. This refund policy does not include refunds to customers who choose the "Buy What You Need" option. Refunds will be provided as follows:

- Refunds may be requested by telephone, correspondence or e-mail.
- Refund cheques will be issued within 30 days of the request.
- Refunds will not be issued for amounts less than \$10.00.
- Full refunds will be issued for any multi-class program lasting 10 weeks or less, upon notification by the participant or the parent/guardian after completion of the first class and prior to the start of the second class.
- Partial refunds will be issued for any multi-class program lasting more than 10 weeks, upon notification by the participant or parent/guardian after completion of the third class and prior to the start of the fourth class.
- Withdrawals for medical reasons are permitted with no penalty. A refund will be pro-rated from the time you notify us of your situation. MHRD reserves the right to request a doctor's note to verify the medical circumstance.

Free Classes

Watch for the  symbol showing you which of our classes and programs are FREE!

Program Cancellations:

All classes are subject to cancellation if there are insufficient registrations. We will notify you as soon as a decision has been made.

Rescheduled Programs/Inclement Weather

Every attempt will be made to reschedule classes that are cancelled due to unforeseen circumstances such as weather, facility or instructor conflict. In the event that the rescheduled class does not suit the program participant, a refund will be provided for the class/classes missed. **When schools are closed due to inclement weather, any MHRD programs taking place within those schools will be cancelled.** If you are unsure whether your program has been cancelled, please contact the MHRD office.

Withdrawals

If the course has not yet started and you wish to withdraw from the program you have registered for, please let us know in advance of the program deadline.

Program Transfers

Participants may transfer programs, provided there is available space. **Registration may not be transferred from one participant to another.**

Commitment to Inclusion

People with disabilities are encouraged to participate in any of our recreation programs, at a level suitable to ability, program choice and facility access. Please disclose your disability at the time of registration in order for us to work together to meet your needs.

The Macdonald-Headingley Recreation District has made every effort to ensure that the information printed is accurate, and therefore assumes no responsibilities for errors, changes or omissions. To ensure the sustainability of our programs and activities, we are unable to honour incorrect pricing.

Macdonald Public Recreation Commission

ROLE OF THE COMMISSION

- To promote a coordinated, municipal-wide approach to the provision of recreation opportunities.
- Support community, municipal recreation organizations in the delivery of programs and services.
- Support community recreation associations in development and maintenance of community recreation facilities.
- To develop and sustain effective leadership and volunteers which support recreation, physical activity, sport and healthy active lifestyles.
- Liaison to Municipal Council on recreation related matters.
- Continually evaluate programs, services and approaches to ensure they are meeting the needs of the municipality.

FUNDING PROGRAMS

Recreation Program Support - Supporting community organizations to initiate new recreation programs that are accessible to the municipality.

Recreation Leadership Development - Supporting the development of skills of persons in a recreation leadership role (e.g. coaches, board development, volunteers, fitness leaders, etc). Receipts must be submitted by December 31st of the year the program was completed.

Library Membership Assistance - Providing assistance to individuals and families to purchase memberships to libraries up to \$50 per family. To qualify, proof of membership of the current year must be submitted to the R.M. of Macdonald by December 31st. For additional information, please call the Municipal Office at 204.736.2255.

Youth Initiatives - Encouraging communities to develop recreation opportunities for Youth.

Recreation Facilities - Supporting the development and maintenance of recreation facilities.



APRIL 15 - 21, 2018

NATIONAL VOLUNTEER WEEK



Shannon Martin MLA

shannonmartin.ca (204) 736-3610

info@shannonmartin.ca  

Proudly Serving the Morris Constituency

Find a Little Library in your Community!



Little Free Library is a worldwide book sharing and social movement designed to promote literacy and a love of reading along with a sense of community as we share skills, creativity and wisdom across generations. The idea is quite simple. Borrow any book and replace it with a different one to be enjoyed by someone else.

Where to find them:

La Salle - School

Oak Bluff - Central Park

Brunkild - 'Old School' Park

Sanford - J.A. Cuddy School

Domain - School

Starbuck - Former site of the Starbuck United Church

For more information, contact Shauna Hewitt 204.736.3465

Macdonald Bench Dedication Program



The R.M. of Macdonald Bench Dedication Program offers a special way for individuals and groups to memorialize an individual or an occasion. Consider a bench dedication to

- Create a lasting legacy for a loved one
- Honour great achievements
- Celebrate a birthday, anniversary special event, wedding, or retirement

This dedication offers a unique way to pay tribute, enhance parks and pathways and give back to the community.



For more information contact the R.M. of Macdonald at 204.736.2255 or email info@rmofmacdonald.com

Bench Dedication Contribution

The cost to dedicate a bench is \$750 which includes the bench, installation, engraved plaque and ongoing maintenance of the bench. More than one person is welcome to donate to a bench. All contributions of \$100.00 or more are eligible for a tax receipt.

Commemorative Plaque

Each bench carries a different story through the words engraved on a 3" x 5" plaque. Messages can be a maximum of 7 lines of text; each line comprising of 16 characters (including punctuation and spacing).



Springstein Mennonite Church

15 Victoria Road, Springstein

All are Welcome!

Worship service at 10:30 am
Sunday School for all ages at 9:30 am

Pastor Randy Hildebrand
(204) 735-2758 or sprmench1@gmail.com

Archery Development Program Available at

Heights Archery
832-4421

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3-1761 Wellington Ave.		Thrifty ☎ 204.949.7600



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Jane Van Massenhoven, PFP

Financial Planner
Investment and Retirement Planning
204-988-6353
jane.vanmassenhoven@rbc.com

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Financial Planning

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The Cross Country Snow Drifters Club is a non profit organization and a member of Snoman Inc. We are a local snowmobile club covering 300 kms of groomed trails from Elm Creek , St. Eustache, Headingley...to Domain. We have 6 warm up shelters and 2 groomers that we use to maintain our trail system. We have many volunteers that help out to keep our club operating. We hold monthly meetings from October until May, and get together at various shelters throughout the riding season. We are always looking for new members. If you enjoy snowmobiling, come out and meet our club members. Look us up online at Cross Country Snow Drifters. All of our club information and meeting locations are listed on the site.

For more information please contact Club President, Brian Franzmann at befranzmann@gmail.com or Rob Nowosad robnowosad@shaw.ca.

Join Cross Country Snow Drifters on Facebook!



crosscountrysnowdrifters.net

NEW MEMBERS ARE ALWAYS WELCOME.



**WINNIPEG
GYMNASTICS
CENTRE**

2018-2019

- Online Recreational class registrations
- Open Adult Gym, Tuesday 9-11pm (Drop ins welcome)
- Girls and Boys Competitive
- Spring Break Camps
- Summer Camps



Please visit our website at www.winnipeggymnasticscentre.com or call the office at 204-475-9872 for more details on all Winnipeg Gymnastics Centre has to offer.



Macdonald Healthy Child

Macdonald Healthy Child is a network of volunteers and organizations from the R.M. of Macdonald dedicated to supporting community based programs and activities for children, youth and their families.



Areas of focus include:

- Parenting
- Nutrition & Physical Health
- Literacy
- Community Capacity Building

Chairperson - Shauna Hewitt *Sanford* 204.736.3465
 Elise Johnson *Sanford* 204.736-3917
 Morgan Secord *La Salle* 204.736.2117
 Kaylee Goerzen *Starbuck* 204.330.6463
 Sheena Beattie *J.A. Cuddy Child Care* 204.736.3289
 Leanne Derlago *Oak Bluff Early Years* 204.792.6278
 Jaclyn Koskie *R.R.V.S.D.* 204.746.2317 ext. 234
 Lisa Balcaen *S.R.S.D.* 204.883.2182
 Heidi Watermulder *La Salle Public Health Unit* 204.736.5030
 Susanne Moore *MHRD* 204.885.2444

Starbuck Play Group (Ages 0 - 5)

Facilitator: Melanie Mosset 204.735.3017

Children enjoy group activities, playing with toys, making crafts and sharing snack time. This provides children with an opportunity to have some fun while being physically active and learning valuable social skills. Parents or caregivers must attend and supervise the children while also having an opportunity to meet and chat.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Wednesdays, September - May	9:30 am - 11:30 am	Free!	Drop in

Sanford Stay 'n Play (Ages 0 - 5)

Facilitator: Brandi Noble 204.736.4141

If you are a parent with little ones and you are feeling ready to get out of the house, you'll be thrilled to hear about Sanford's Stay 'n Play! Stay 'n Play is designed to give parents a break from their normal routine, to become comfortable within their community and to allow children to socialize in a stimulating environment! There are a variety of toys for toddlers and babies and the coffee will be on!

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	Mondays, September until May	10:00 am - 11:30 am	Free!	Drop in

La Salle Stay 'n Play (Ages 0 - 5)

Facilitator: Robyn Enns 204.736.2097

Know anyone between the ages of 0 - 5 that has some energy to burn? Stay 'n Play is a drop-in playgroup that provides a wide variety of toys and games for children to explore with plenty of space for energetic playtime. It's a fun environment for children to develop physical, social and emotional skills, while offering parents/caregivers an opportunity to connect. Please check Facebook group for news and updates.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle Community Fellowship	Wednesdays, September until May	9:30 am - 11:00 am	Free!	Drop in

Whale Tales (Ages 2 - 4)

Facilitator: Shauna Hewitt

In this literacy program, children and their caregivers will experience songs, rhymes, crafts, physical and literacy activities all based on our favourite books from under the deep blue sea. Each week, there will be a new story with a new sea-based theme. Stories include "Fidgety Fish", "Commotion in the Ocean" and more. This activity is a family favourite ensuring you will have a whale of a time! *Parental participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Domain Hall	6 Fridays, May 4 - June 8 (May 11 & 25 will be held outdoors)	10:00 am - 11:00 am	Free!	Friday, April 27

ADULTS NEED 150 MINUTES OF HEART PUMPING PHYSICAL ACTIVITY PER WEEK.



Research shows that even short, **10 minute bouts** of physical activity are associated with increased fitness.

Source: Canadian Society for Exercise Physiology: Canadian Physical Activity Guidelines for Adults



participACTION.com

KIDSPORT



WHAT IS KIDSPORT?

KidSport is a children's charity. KidSport assists children by overcoming financial barriers, which prevent or limit their participation in organized sport.

KIDSPORT FUNDING

KidSport raises funds through corporate donations, foundation grants, planned giving and special activities and events. Funds that are raised help offset the cost of participant registration fees for the community based programs. Funding is administered by Sport Manitoba's Regional Offices. Eligibility does not ensure assistance and/or amounts may be less than requested.

KIDSPORT EQUIPMENT

KidSport also collects and distributes new and used sporting equipment to children who cannot afford to purchase their own. Equipment is provided, as it is available, to either individuals (for personal owned equipment) and to organizations (for club owned equipment).

Please contact Macdonald-Headingley Recreation District or www.kidsportcanada.ca for more information.

DEADLINE TO SUBMIT APPLICATION

The application deadline is the 15th of each month.

Soccer Skills for Little Ones (Ages 4 & under)

FREE

Facilitator: Tara Roy

Is your little kicker ready for his/her first go at a soccer ball? Little Kickers is an indoor play-based mini soccer program that will focus on the development of fundamental skills through fun, skill-building activities. Your child will gain increased coordination, social development and learn some simple rules of the game. This is a parent and child program - parental participation is required. Please bring clean indoor shoes.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	6 Fridays, April 13 - May 18	10:00 am - 11:00 am	Free!	Friday, April 6



“ My 2 children LOVE whale tales. Everything about the program engages them especially my 3 year old. Brandi is wonderful with her interactions with the children and getting them involved and makes it playful while learning at the same time! ”

- Participant
Whale Tales, Winter 2018



Recreation ...

It's more than you think!



Macdonald Services to Seniors



Resource Coordinator - Leanne Wilson

Office located at: Riverdale Apartments
5 - 38 River Avenue, Box 283, Starbuck ROG 2P0
Office Hours: 8:30 am - 4:30 pm
Phone: 204.735.3052, Email: mssi@mymts.net

M.S.S. is a service to all R.M. of Macdonald Residents, 60 years and older.

We can help with:

- Transportation
- Home and yard maintenance
- Housekeeping
- Foot care
- Medical equipment rentals
- Filling out forms
- Victoria Lifeline
- Accessing information
- Emergency Response Information Kits (ERIK)

Frozen Meal Delivery

Enjoy healthy, hearty meals that are delivered to homes at a cost of \$8 per meal thanks to "Food for Thought: Frozen Foods & Catering." Call Leanne for a complete listing of meal options.

GEMS (Greet Eat Meet for Seniors)

Everyone benefits from staying active, being intellectually stimulated and socially connected. GEMS is a lunch and social program for seniors living in the R.M. of Macdonald and surrounding areas. Sign up to receive notice on menus.

Monthly menu posted, watch for details!

Wednesdays - Starbuck Hall

Thursdays - Sanford Legion

Begins at noon and is only \$8.00

Register with Leanne on the Monday prior to the program.



Stay Connected!

Join our mailing list!

Stay informed about upcoming events. Email mssi@mymts.net to be added to our mailing list!

Social Media

 Facebook

Search Macdonald Senior Services Incorporated and like our page to stay connected!

Foot Care Clinics

Foot care clinics are held every 8 weeks in Sanford, Starbuck and La Salle.

Please contact Leanne to schedule an appointment in advance.





AGE-FRIENDLY MACDONALD



Your ideas, your voice,
your community

Can you see yourself growing older, happy, healthy and connected in the RM of Macdonald?

The Macdonald Seniors Advisory Committee invites community members to share ideas on how to make our communities more **age friendly**.

Your input will ensure we capture the views of everyone 60 years and up in the RM of Macdonald.

Date	Time	Venue
Thursday, April 19	1:00 pm - 2:30 pm	Sanford Legion
Friday, April 20	1:30 pm - 3:00pm	Domain Hall
Tuesday, May 1	1:30 pm - 3:00 pm	Brunkild Hall
Friday, May 4	1:30 pm - 3:00 pm	LSCU Complex
Tuesday, May 15	1:30 pm - 3:00 pm	Oak Bluff Recreation Centre
Wednesday, May 23	1:00 pm - 2:30 pm	Starbuck Hall

Refreshments provided



Moving toward Age-Friendly Communities

- How can the RM of Macdonald become an easier place to age?
- What matters to you?
- What concerns do you have in your community?

For more information please contact:

Macdonald Senior Services
204-735-3052
mssi@mymts.net



MHRD
204-885-2444
info@mhrd.ca





Let No One Be Alone Family Pancake Breakfast

Starbuck Hall

April 28

Tickets on Sale March 23

Adults \$8.00, Kids (2-10): \$5.00

Under 2: Free

Call up someone you know who lives alone and offer to take them out for pancakes.

**Gluten free pancakes available upon request.*

Paint Party Afternoon



Fun, creative and stress-free! No previous artistic experience necessary! Our artist/instructor will guide you step by step to creating the beautiful 12 x 16 "Little Aurora" painting. You will be proud to hang it in your home and say, "I did it myself!" All supplies included, please wear old clothing.

Thursday, May 3

1:30 pm - 3:00 pm

Sanford Legion

Register before April 12th: \$27

April 13th - 19th: \$32

Register today!

www.mhrd.ca

info@mhrd.ca

204.885.2444



LUNCH & LEARN (Please contact Leanne to register)

Thursday, May 31

1:00 pm - Sanford Legion

Register by: May 24

Heads up for Healthier Brains

Presenter: Alzheimer Society of Manitoba

The brain is one of our most vital organs, playing a role in every action and every thought. Just like the rest of our body it needs looking after. It's never too soon, or too late to make changes that will maintain or improve your brain health, changes that may also "help" reduce your risk of developing Alzheimer's disease or other related dementia.

The time for Philips Lifeline is *before* you need help.

Information and Set up available through Leanne.

This year 1.4 million people, 65 and older will fall. If you or a loved one experience a medical emergency, time is of the essence. That's where Victoria Lifeline can help, connecting you to the right help for the situation, **24 hours a day, 365 days a year** at the push of a button.

Macdonald Services to Seniors Events and Activities

- Monday** **La Salle Cards Afternoon**
- La Salle 50+ Manor
12:45 pm, Bring some quarters to play
- Tuesday** **Oak Bluff Shuffleboard**
- Oak Bluff Recreation Centre
1:00 pm, Refreshments provided
- Starbuck Senior Exercise**
- Riverdale Apartments
10:00 am
- Wednesday** **Starbuck Floor Shuffle & Games Afternoon**
-Starbuck Hall
1:00 pm, \$2.00/person
Includes afternoon of fun, conversation and refreshments.
- Sanford Afternoon Out**
- Mandan Manor
Every 2nd and 4th Wednesday of the month, 1:30 pm
\$1.00/person, refreshments provided

Celebrations Theatre: Rock n Roll Heaven

Tuesday, April 17
11:00 am - Bus leaves
\$40 per person
Includes a meal, beverage, dessert
and your ticket to the show!

Call Leanne to book by March 26
204-735-3052



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CANADA

Learn To Do By Doing



4-H

4-H Clubs focus on fun, friends and learning new skills. Open to boys and girls Ages 6 - 25. 4-H helps develop well-rounded, responsible and independent youth. For information visit www.4h.mb.ca.

Location	Contact Info	Events
La Salle 4-H Club	Julie Ann Purcha 4hlasalle@mts.net 204.736.4389 www.4h.mb.ca	Achievement Program: Saturday, April 28 th , 2018, 1 pm La Salle Community Fellowship
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809	Fundraising BBQ at Peavy Mart Grand Opening - March 18 Club Achievement - April 25
Headingley 4-H Club	Estelle Bahuaud headingley4h@gmail.com 204.889.9561	Achievement Night: Thursday April 26 th , at the Headingley Community Centre, doors open at 6:30, program starts at 7:00 pm, refreshments to follow Fall 2018 Registrations: Sept 18 at the Headingley United Church, 7-8:30 pm Check the RM of Headingley website for information regarding our events www.rmofheadingley.ca

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Girl Guides

Friendship

Girl Guides of Canada Guides du Canada is a membership based organization for girls and women across Canada. Our focus is providing opportunities for fun, friendship and adventure, while enabling girls and women to be confident, resourceful and courageous, and to make a difference in the world.

We're open to girls over 5 and women over 18. Everyone is welcome to become a member. Whether you are looking: for fun, friendship and adventure; for an all-girl environment that allows you to express yourself; to be active and involved in community service; to meet new friends; for professional and career development; or to make a difference in a girl's life, Girl Guides is the place for you.

Adventure

Fun

Leaders Wanted!

La Salle Meeting - Tuesdays
La Salle School
6:00 p.m. - 7:45 p.m.
September - April

Sparks for girls 5-6 years old.
Brownies for girls 7-8 years old.
Guides for girls 9-11 years old.
Pathfinders for girls 12-14 years old.
Rangers for girls 15-17 years old.



For more info & to pre-register
www.girlguides.ca/web/mb

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Macdonald Sports



Community	Contact
President	Mike McAulay 204.736.2190 mmcaulay5@hotmail.com
Vice - President	Clayton Wood 204.792.6098 claywood@mymts.net
La Salle / Domain	Rod Zeaton 204.480.2356 zakzak4@msn.com
Sanford / Brunkild	Johnny Bestland 204.792.2274 jbest@mymts.net
Oak Bluff	Dwayne Pettitt 204.832.2573 hockey@obrc.ca
Starbuck	Vona Guiler 204.299.5218 vona.guiler@icloud.com
Female Hockey Representative	Kim Paull 204.899.0640 kimboyachek@hotmail.com

ANNUAL GENERAL MEETING

Thursday, April 12th
7:00 pm
Oak Bluff Recreation Centre

Online Registration: June 18th - 30th
Late fees will apply after these dates.
(Late fees waived for new residents)

Female Hockey
Novice through Bantam
Register online June 18th - 30th to
ensure your spot on a female
hockey team!

www.macdonaldhockey.ca

MACDONALD RINGETTE

President - Brad Bossuyt
president@macdonaldringette.ca

Community Representatives

La Salle - Cam Bourre
lasalle@macdonaldringette.ca

Oak Bluff - Glenn Houser
oakbluff@macdonaldringette.ca

Sanford/Brunkild - Tami Trylinski
Sanfordbrunkild@macdonaldringette.ca

Starbuck - Mel Dupasquier
starbuck@macdonaldringette.ca



www.macdonaldringette.ca

LaSalleLakers



Basketball

**Members of Winnipeg Minor
Basketball Association.**
Open to all of Macdonald

Two seasons to register for:
Spring/Summer (April to June)
Fall/Winter (October to March)

For more info: Kyle Fisher, Convenor
lasallebasketball@hotmail.com



Currently looking for COACHES for all age groups! Contact us today!

LSCU complex	Chelsea O'Halloran	204.793.1215 chel_sea69604@hotmail.com
Sanford Arena	Chris & Shauna Hewitt	204.736.3465 shaunahewitt@mymts.net
Oak Bluff Arena	Amy Wood	204.295.2135 soccer@obrca
Starbuck	Linzy Slobodzian	linzyslobodzian@gmail.com

Softball Umpires Clinic - Level 1

Clinican: Val Pelleck

This two day clinic is required to certify as a Level 1 Softball Umpire. The clinic will provide classroom and on field experience. Participants will be required to pass a written test with a mark of at least 60% at the conclusion of the clinic. Participants are asked to wear clean, indoor running shoes. Please bring your ball glove, bag lunch, pen, paper and water bottle.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	2 Saturday, April 21 & 28	9:00 am - 5:00 pm	\$65 (under 18) \$70 (over 18, student) \$105 (adult)	Friday, April 13

Softball Umpires Clinic - Level 2

Clinican: Val Pelleck

Second year officials have the option of remaining a Level 1 official for a second year or advancing to the Level 2 clinic. This clinic will involve both classroom and on field instruction. Participants will be required to pass a written test with a mark of at least 70% at the conclusion of the clinic. Please bring your ball glove, bag lunch, pen, paper and water bottle. If you have an umpires plate mask and indicator, please bring these as well.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	Saturday, April 28	9:00 am - 5:00 pm	\$70 (student) \$115 (adult)	Friday, April 20

Soccer Skills for Coaches

FREE

Clinican: Chris Hewitt

This clinic is intended for the first-time coaches and coaches of younger children. Topics include basic rules, organization of practices, sample drills, etc. Please wear clean, indoor shoes.

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Collegiate	Thursday, April 19	7:00 pm - 9:00 pm	Free!	Thursday, April 12



LSCU Complex	Bobbi Joe (Softball)	204.390.1990 bobbijo@live.com
	Kalam Paull (Baseball)	204.293.4322
Sanford Arena	Karen Southam	204.736.4354 southam@mymts.net
Oak Bluff Arena	Tyler Russell	204.794.1536 ball@obrca
Starbuck	Paulette Romanuk	204.735.3114 eromanuk@mymts.net



Brunkild

Brunkild Community Facilities

Brunkild Memorial
Recreation Centre
10 Prov. Rd 305
ROG OEO



Ronda Karlowsky, President
ronda.lynn.k@gmail.com

Margret Boekhorst
Hall Bookings & Catering
204.736.3838

Stay Connected with Brunkild's news, events or advertisements, please contact Kars Boekhorst at karsboekhorst@hotmail.com or call 204.750.0587 for the monthly Brunkild Scoop!



The Brunkild Hall is a great place to go for all your get-togethers!

SECOND ANNUAL SWAP&SHOP, INDOOR GARAGE SALE

Brunkild Hall

Saturday, April 7th,
8:00am-11:30am.

For table's and info please call:
Margret at 745-0863



Tables are \$5.00 each.
Coffee and Breakfast is
available



Brunkild St. Paul's Lutheran Church



Worship at 10:00 am

Family Service with Communion
on the last Sunday of every month.

Everyone Welcome

For more information please call 204.736.4216.

DART NIGHT

April 13
Brunkild Hall

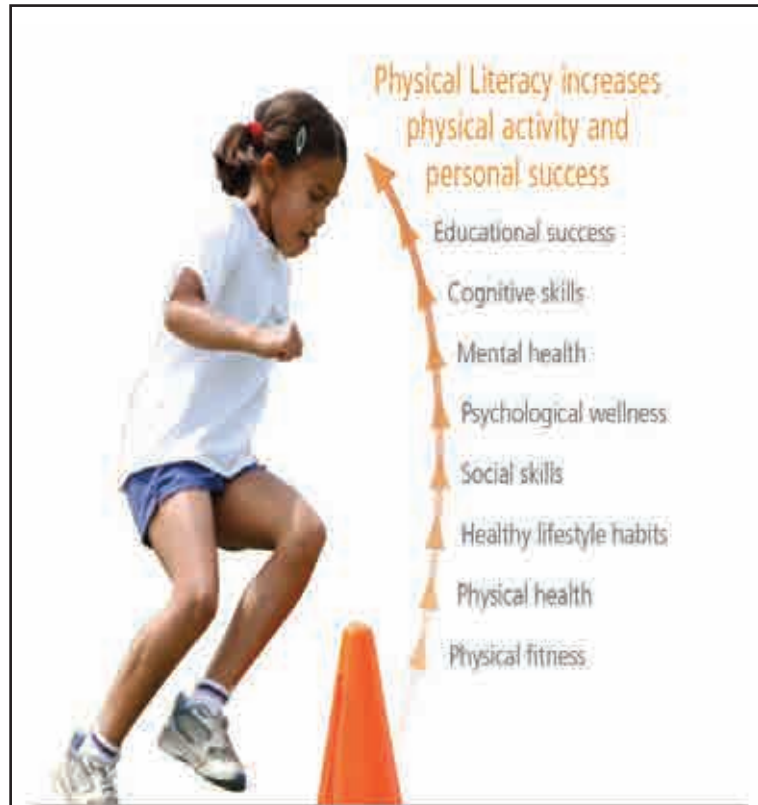
Doors open at 7:00 pm



For more information:

Josh 204-793-0174

Graham 204-761-5524



The multi-sport approach:

How different sports help each other

Can tennis help your child play baseball? Will figure skating make them better at hockey? Is gymnastics good for other sports?



Athletics helps soccer players to run and jump better.



Figure skating helps hockey players to skate better.



Volleyball helps basketball players to jump, catch, and track the ball.



Tennis helps baseball and softball players to strike better.



Dancing, gymnastics, and swimming help all athletes to be agile, balanced, coordinated, strong, and flexible.

For most sports and physical activities, kids should avoid specializing too early. In fact, they should try as many different sports and activities as possible before their teen years. Through this multi-sport approach, they develop better physical literacy and athleticism.

"MEET YOUR NEIGHBOR & GREET YOUR NEIGHBORING TOWNS"

BRUNKILD STREET FEST

JUNE 2018

Street hockey
BBQ supper & live band

SUPPER & BAND
GOES RAIN OR SHINE





Domain

Domain Community Facilities

Domain Arena
Secondary Rt-330
ROG OMO

Kyle Kippen, President
kyle@elmhurstdrywall.ca

Daryle Brigg, Vice President/Ice Rentals
204.736.2161
dcbrigg@mymts.net

Domain School
Box 54
ROG OMO

Janice Dilk, Principal
204.736.4083
domain@rrvsd.ca

Domain Hall
Box 130
ROG OMO

Scott Manson, President
204.736.2914

Carol Pasieczka, Hall Rental
204.736.2681
domainhall@hotmail.com

Sunday Services 11:00 am with coffee and fellowship in the lower hall following the service.
Sunday School for all ages, children are upstairs for the first half of the service and then retire to the basement for their classes.

Chair lift accessible.

Coffee time after morning service.

Call Marianne @ 791-2462, if you are interested in singing in our choir 6

Contacts: Ron Manness 204.736.4001 or
Cliff Harrison 204.736.2613

Upcoming Events posted on our website
www.meridian-pastoral-charge.ca



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- Curling and Skating programs
- Music Program
- Active parent involvement opportunities

For a tour or application, please contact us:

Domain School
Box 58
ROG OMO
Phone: 204-736-4083
Fax: 204-736-4483
mloewen@rrvsd.ca

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Domain Legion #208



The Domain Legion and Auxiliary continue to maintain a strong presence in the community. They are actively involved as a community service group and support veteran's projects provincially. Membership is open to all and new members are welcome.

Most meetings are on Saturday mornings and we will meet January, March, June and October.

For more information please contact:
 Don Johnson (President) 204-736-4270

Happy Place Daycare

Nurturing care for infants, preschoolers and kindergarten children



Heather
 Domain Manitoba
 204-736-2001
 heatherdsacher@gmail.com

-ECE 111
 -Child abuse check
 -Criminal background check



Domain

Calling all ladies!! Want to be part of a group that meets monthly on Wednesday mornings at 10:00 am? We are the group for you! Come and join us--first year membership is free. We are part of a provincially funded organization striving to keep women in the know.

We support La Salle 4-H, Domain & La Salle special events. Call Janice Harrison @ 204 736-2613 and check us out!



LOBSTER FEST

DOMAIN

Saturday, April 14, 2018
 Domain Hall

Tickets sold as tables of 8
 For more information and tickets:
 email barb@pituraseeds.ca

DOMAIN HALL

April 9
 7:00 pm



PLAYOFF HOCKEY POOL

Entry fee - \$200 per 4-person team

- 1st prize 50% of total entry fees (\$2,000 maximum)
- 2nd prize 25% (\$1,000 maximum)
- Cash bar and pizza

For more information please contact:
 Don 204-736-4270 or Larry 204-736-4059

Event sponsored by the Royal Canadian Legion.



La Salle

La Salle Community Facilities

LSCU Complex
Corner of Hwy 330 & 247

David Brown, President
204.736.2031
davidbrown@mts.net



Dee Romijn, Facility Manager
204.736.2679
info@lscucomplex.com

www.lscucomplex.com

La Salle School
43 Beaudry Road
ROG 0A1

Robert Bouchard, Principal
204.736.4366
rbouchard@srsd.ca

www.srsd.ca

**LA SALLE
Community
Fellowship**

Join us Sunday @10:30 am
Bible lessons for children
aged 2 - Grade 6 during the sermon

on Hwy #247 west of LSCU Complex

We are a community based church
committed to God, sharing His
word and loving people

Pastor Kelly Cochrane 204.736.3200
lscf.ca

**La Salle
Student Ministry**

Students in Grade 7 & 8
Wednesday - 7 - 8:30

Students in Grade 9 - 12
Friday - 7:30 - 10

Young Adults (18 - 30)
check out website for schedule

contact Steve Bock
Call/text: 204.298.7447

Refusing to live ordinary lives
lasalleyouth.ca

Babysitter's Training (Ages 12+)



Instructor: Brenda Halstead

An important course for the beginning babysitter. Learn all the basics about child-care, first-aid and safety in the home. Students must be 12 years old by June 30th, 2018. Please bring lunch, water bottle, pen and paper.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex-MPR	Saturday, April 14	9:15 am - 3:30 pm	\$45.00	Monday, April 9

Girls Mindfulness & Yoga (Grade 4 - 6) FREE



Instructor: Nicole Necsefor

This program is designed to empower growing girls through mindfulness techniques, yoga and meditation to promote emotional resilience, increase self-esteem and build confidence as well as cultivate a healthy body and a calm mind. Each week will incorporate discussions on topics including body image, the effects of media and advertising, dealing with emotions and toxic thoughts, bullying etc. We will also explore journaling, vision boards and more! Please bring your yoga mat and a snack!

Location	Day(s)	Time	Fee	Registration Deadline
LSCU-MPR	4 Thursdays, May 3 - May 24	4:00 pm - 5:00 pm	Free!	Thursday, April 26

Self Defense for Women & Teens (Ages 13+)

Instructor: Markus Erkelenz with Hannah Elskamp

This is an action-packed day for those who want to learn more about the ABC's of Self Defense and practical applications to Self Defense including kicking and punching techniques. Self Defense is a set of verbal confrontation skills, safety strategies, awareness, assertiveness, and physical techniques to enable someone to avoid, escape or resist physical confrontation. Please wear comfortable workout clothing and shoes. If you have access to a pair of boxing gloves please bring them with you, however it is not a requirement. Please bring a towel, water bottle and a snack. Minors will require the consent of their parents/guardians. A waiver/consent form will be made available the day of the event.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex-MPR	Saturday, April 28	9:30 am - 12:00 pm	\$15.00	Friday, April 20

All in One Fitness



Instructor: Clovis De Sousa Baptista

Whether you're a beginner or a more advanced fitness enthusiast looking to push yourself to a higher level, this is a fun and challenging class incorporating cardio, strength and flexibility. Individual attention from the instructor ensures everyone is encouraged to strive towards their personal goals. Please bring an exercise mat to class. Payment may be made in installments. Please note- Friday classes are held at La Salle School.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU & La Salle School	34 classes, Monday, Wednesday & Friday April 2 - June 22 (No program April 20 and May 21)	6:00 - 7:00 pm	3/week: \$320 2/week \$240 1/week \$120	Monday, March 26

All in One Fitness - Summer



Instructor: Clovis De Sousa Baptista

Whether you're a beginner or a more advanced fitness enthusiast looking to push yourself to a higher level, this is a fun and challenging class incorporating cardio, strength and flexibility. Individual attention from the instructor ensures everyone is encouraged to strive towards their personal goals. Please bring an exercise mat to class. Class will take place outside. Please bring lots of water. Payment may be made in installments.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - Outside	19 classes, Monday, Wednesday & Friday July 4 - August 17 (No program August 6)	6:00 - 7:00 pm	3/week: \$190 2/week \$140 1/week \$70	Wednesday, June 27

Beginner's Karate (Ages 7+)



Instructor: Ron Porath

Fitness and Character development for ages 7-70+. Karate is an activity that helps each student develop at their own pace but encourages constant improvement. Shotokan karate is a non contact martial art but teaches self-defense and perseverance through Kata, Kihon, and Kumite (3 elements of most martial arts.) This class is for children and adults with both beginner and junior ranks participating. Testing for belt ranks is not necessary but encouraged if you continue training. (This is a separate fee managed by the instructor). Please wear shorts and a T-shirt and ensure that toe nails are clipped short.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - MPR	6 Wednesdays, April 4 - May 9	5:30 pm - 6:30 pm	\$66.00	Wednesday, March 28

Yoga - All Levels



Instructor: Jennifer Rodgers

This class will lead you through a series of flowing movements mixed with relaxing and restorative postures and breathing techniques. We will spend time learning proper alignment in yoga postures to help set a solid foundation for beginners. Modifications and variations will be offered throughout the class to ensure it is appropriate for both beginner and more experienced students. Please bring a yoga mat.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	8 Mondays, April 9 - June 4 (No program May 21)	7:15 pm - 8:30 pm	\$88.00	Monday, April 2

Spring Yoga Mix



Instructor: Karyn Astleford

A lighthearted yet challenging class for complete yoga newbies and established practitioners alike. Play with your limitations to gain flexibility and strength with breath, alignment, and self-awareness. Each class will explore a new aspect to a basic sequence of poses. Accessible for those who experience arthritis or back pain and beneficial for high levels of mental or physical stress. Please bring a yoga mat.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - MPR	8 Wednesdays, April 11 - May 30	7:15 pm - 8:30 pm	\$88.00	Wednesday, April 4

Pickleball

Contact: Bernice Valcourt 204.272.5586

Come and play pickleball with us! This court sport combines the rules of ping pong, tennis and badminton. Pickleball can be played with 2 or 4 players using a paddle similar to a ping pong paddle and a plastic whiffle ball. Easy for beginners to learn but can develop into a fast-paced competitive game for experienced players. Equipment available for beginners to try. Please bring clean indoor shoes. Day and times may vary without notice. Please register at any point to receive program updates as they arise.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	Tuesdays & Thursdays April 3 - June 28	1:00 pm - 3:00 pm	\$2/Drop in \$10/Month	Drop in



Thank You

FROM LSCC FOR A GREAT 2017-2018 SEASON

LSCC is where fun and sport come to meet!

THANK YOU TO ALL OF OUR MEMBERS
2017 - 2018 was a successful year,
with new events, full bonspiels and more.
WE CANNOT WAIT UNTIL NEXT SEASON.

Fall 2018 Leagues include:

- Men's League
- Junior's League
- Women's League
- Friday Night Fun League
- Learn to Curl
- Adult Learn to Curl

**Plus many bonspiels and funspiels &
other events throughout the season!**

Keep up to date with the La Salle Curling Club at:

www.lasallecurlingclub.ca

www.facebook.com/LaSalleCurlingClub

*Email inquiries to Club President,
Dennis Gerbrandt, at densan@mymts.net*

Also available:

- Ice Rentals
- Club Rentals
- Corporate Advertising
- Canteen and Bar

Visit our website and FB page for all the details!

See you in the fall at LSCC!!

Stephen Sawisky
Owner

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**the Women's Auxillary is pleased
to present the 12th Annual ...**

Spaghetti Dinner

**plus Silent Auction, Raffle
and Children's Fish Pond**

featuring the St. Hyacinthe R.C. Parish Choir

Friday, April 20th

from 5:30 pm to 7:30 pm
at the LSCU Complex

Tickets - available at the door only

- Adults \$12/person
- Children (5 - 11 years) \$5/person
- Children (4 years & under) Free

If you are interested in donating towards the silent auction (cash or prizes), please contact Jennifer Lippens at jlippens@mymts.net.
An income tax receipt will be provided upon request.

Pre-sold raffle tickets are available by contacting Dolores Mogg at 204-228-1912.

Questions?
Dolores at 204-228-1912 or Lynne at 204-736-4126

Menu

- Spaghetti
- Garlic Bread
- Salad
- Ice Cream
- Coffee & Juice

Gluten-free options available

St. Hyacinthe Roman Catholic Parish

Come and join us for Sunday Mass
Everyone welcome!

Mass times: Sundays 10:00 am

Catechism classes held before Mass.

Please call Bernadette Lagace to register 204-736-2874.

Annual Spaghetti Supper - Friday, April 20, 2018

Bring your family and friends for a fun night out for a
delicious Supper and Dessert.

Silent Auction, Raffle and Fishpond for the kiddies.

Please check our website or bulletin for times.

Priest-Moderator: Msgr. Albert Fréchette PH: 204-736-2847

Gayle Hansen: Office Admin Ph: 736-9260

27 rue Beaudry, La Salle R0G 0A1 Fax: 204-736-2712

Email: st.hyacinthe@mymts.net www.sthyacinthelasalle.ca

La Salle Nursery School

Learn and play with us at La Salle Nursery School

- Spaces available in 3 and 4 year old programs
- Program runs from September to June
- Registration welcome throughout the year

Visit www.lasallenursery.six.com/lSNS
or email at lasallenursery@gmail.com.



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LSCU Complex Rentals

Socials * Birthday Parties * Team Windups * Weddings * Funerals
 The LSCU Complex, 17,000 sq. foot building consisting of a full sized
 Gymnasium, a Multi-Purpose Room, Fitness Centre, Dressing Rooms
 and Full Kitchen.

Occupancy license for:

- 543 people in the gym
- 100 people in the MPR
- 68 people in the lobby



We have plenty of room and availability for all kinds of events.

LSCU Complex

Fitness Centre

The fully equipped Fitness Centre has treadmills, ellipticals, bikes, fixed and
 free weights, mats mirrors, TV's even a Jacobs Ladder! Come and take
 a look at what our fitness centre has to offer. Swipe cards are available.

Fee Schedule (prices do NOT include GST)								
Package Term	Individual		Student		Senior		Household Add-on	
	R	NR	R	NR	R	NR	R	NR
4 Month	\$140	\$160	\$100	\$120	\$112	\$132	\$80	\$100
8 Month	\$260	\$300	\$180	\$220	\$208	\$248	\$140	\$180
Annual	\$360	\$420	\$240	\$300	\$288	\$348	\$180	\$240

Corporate rates also available. For information, please contact the LSCU Complex at 204-736-2679. R = Resident
 NR = Non-resident

Packages:

- Individual** - an individual 18 years of age or older.
- Student** - an individual 15 - 25 years of age who is a full time student (copy of transcript is required)
- Senior** - an individual 65 years of age or older.
- Household Add-on** - children of individual members 15 - 18 years of age or children who are full time students 25 years of age or younger (subject to proof of student status) residing at the same address as the individual member. Children under the age of 15 are not permitted in the Fitness Centre.

Access cards to the Fitness Centre will be given out after an initial orientation and a registration form and waiver form have been signed. Fitness Centre hours from 5:00 am to 11:00 pm daily.

If you have questions or would like more information, please contact Dee Romijn, LSCU Complex Facility Manager at 204-736-2679 or 204-801-7629 or dromijn@lscucomplex.com.

Registration Form / Waiver form available at www.lscucomplex.com - fitness centre tab.



For rental information, tours, or more information on the fitness centre or any classes, please contact Dee Romijn 204-736-2679 or 20-801-7629 dromijn@lscucomplex.com or visit lscucomplex.com.

LSCU Complex

FITNESS CLASSES

Working out on your own can be lonely, creating the potential to lose interest and motivation over time.

Try a fitness class offered at the LSCU Complex that is sure to keep you coming back for more!

Circuit and more...

Regular classes are a combination of high/moderate intensities including strength, cardio and core for a whole body workout. All exercises can be modified to accommodate all fitness levels from beginner to advanced.

Instructors: Dee Romijn | Pearl Moroz | Rachel Smith

Classes are offered:

- Tues & Thurs - 6am to 7am (Package 1)
- Tues & Thurs - 9:15am to 10:15am (Package 2)
- Mon 7:15 pm - 8:15pm & Thurs 7pm - 8pm (Package 3) (in the LSCU Complex Gym)

Monday/Thursday PM Classes	Tuesday/Thursday AM Classes
<p>Package 3 Monday - 7:15pm to 8:15pm Thursday - 7pm to 8pm Pearl/Dee</p>	<p>Package 1 6am to 7am Dee</p> <p>Package 2 9:15am to 10:15 am Rachel</p>

For further information please contact Dee Romijn at 204-736-2679 | 204-801-7629 | dromijn@lscucomplex.com or visit www.lscucomplex.com - programs tab - fitness classes.



ace of spades

CHASE the ACE

in support of the LSCU Complex



Every Friday
 from 5:00 pm - 8:00 pm

at the LSCU Complex

(corner of Hwy 330 & Hwy 247 in La Salle)

Tickets:
 \$2 each

Prizes:

- ♠ 10 % of evening ticket sales and
- ♠ Chance to Win the "CHASE the ACE" Jackpot

Participants must be 18 Years or Older.



♠ BONUS - ARCHIES MEATS DRAWS ♠



2018 Summer Camp for Kids (Ages 5 to 12)

at the LSCU Complex
from July 3rd to August 31st



Summer Camp for Kids (Ages 5-12) is offered through the LSCU Complex, from 8:30 am to 4:30 pm, Monday to Friday during the summer each year. Before camp (7:00 am to 8:30 am) and after camp (4:30 pm to 6:00 pm) supervision is available if required. There will be three camp types offered:
Non-Sport Camp (various activities such as arts & crafts, organized games, movies and surprise events)
Theme Camp (wacky science, all about animals and around the world)
Sport Camp (various sports skill development by professional instructors)

Pre-registration is required.
Kids bring their own lunches (nut-free).
Microwaves and fridges available.

Registration for Summer Camp for Kids (Ages 5-12)
will take place in April, 2018.

Complete details and registration forms will be posted at:
www.lscucomplex.com - programs tab - summer camp for kids

For information please contact:
Dee Romijn, LSCU Complex Facility Manager at
204-736-2679 | 204-801-7629 | dromijn@lscucomplex.com



2017 - 2018 LSCU Complex Before and After School Program - Highlights



The LSCU Complex Before and After School Program provides recreational activities to children between the ages of 5 to 12 before and after regular school days. This is a fun-filled and active program.

Space is limited. Pre-registration is required.

- Runs from 7:00 am to start of school and end of school until 6:00 pm
- Children are bused from the LSCU Complex to the La Salle School
- Snacks are not provided (snacks brought from home must be nut-free)
- Phone or email if child is going to be absent
- Cost of the program:
 - \$15.00 per day / per child for a MONTHLY Pass which is two spots per day
 - \$7.50 per day / per child for a HALF Pass which is one spot per day (need to provide schedule ahead of time)
- Method of Payment:
 - Cheque (made payable to LSCU Complex / post-dated cheques are accepted / prior to the start of each month)
 - Visa or Mastercard (prior to the start of each month)
 - Debit (prior to the start of each month)

If you are interested in the LSCU Complex Before and After School Program or have questions,
please contact: Dee Romijn, LSCU Complex Facility Manager at 204-736-2679 or dromijn@lscucomplex.com

registration form and program policy available at:
www.lscucomplex.com - programs tab - before and after school



Oak Bluff

Oak Bluff Community Facilities

Oak Bluff Recreation/
Oak Bluff Arena
83 Macdonald Road
ROG ONO



Brent Sadler, President
204.275.2844
president@obrc.ca

Jeff Froese, Ice Rental
204.896.6881
icerentals@obrc.ca

Keith Rempel, Hall Rental
204.896.6882
hallrentals@obrc.ca

www.obrc.ca

Oak Bluff Community School
155 Agri Park Road
R4G 0A5

Pamela Lee, Principal
204.895.0004
oakbluff@rrvdsd.ca

www.obcs.rrvdsd.ca

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Oak Bluff MB

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Call or text Sam at 1-204-807-4185 or email at samirharb1@hotmail.com



Oak Bluff Bible Church
Board Room - Unit C
Credit Union Building
(Door on West Side of
Building)

Join us Thursday mornings
at 9:00 am for coffee
and catching up with the
neighbours!

For more information
call Tom at
204-895-8913.



Oak Bluff Seniors Club

All seniors are invited for cards, games and floor shuffle at the Oak Bluff Recreation Centre. Contact Glen Erb at 204-895-8330 for more information.



Barry Twerdun CFP, CLU, Ch.F.C.
Professional Wealth Advisor

Melanie Potter
Professional Wealth Associate

100-105 Fort Whyte Way
Oak Bluff, MB R4G 0B1

ph: (204) 254-3553

fx: (844) 270-3886

e: barry@twerdunwealth.com

e: melanie@twerdunwealth.com

www.twerdunwealth.com

Building Friendships Lego® Building and Stop Motion Animation Club (Ages 5 - 12)

Instructor: Shannon Kohler

Kids will be challenged each week to tap into their creativity and work collaboratively with others through participating in a series of individual and group Lego® building challenges. Throughout the program, kids will also be given an opportunity to create stop motion animation videos using sets that they have built.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	6 Thursdays, April 5 - May 10	5:30 pm - 6:30 pm	\$75.00	Thursday, March 29

Yoga for Men

Instructor: Nicole Necsefor



YOGA FOR MEN is a specialized multi-level class designed to introduce male students to the many benefits of yoga. Students will be able to develop strength and endurance, improve balance and flexibility, increase range of motion, as well as cultivate relaxation techniques to help manage the demands and stresses of daily life. Bring an open mind and your sense of humour! Don't over think it - this class is for you! Please bring a yoga mat and wear loose comfortable clothing.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	17 classes, Monday & Wednesday April 9 - June 6 (No program May 21)	7:30 pm - 8:30 pm	2/week: \$187.00 1/week: \$99.00	Monday, April 2

Pickleball

Come and play pickleball with us! This court sport combines the rules of ping pong, tennis, and badminton. Pickleball can be played with 2 or 4 players using a wooden paddle like a ping pong paddle and a plastic whiffle ball. Easy for beginners to learn but can develop into a fast-paced competitive game for experienced players. Equipment provided. Please bring clean indoor shoes. Please register at any point to receive program updates as they arise.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre Contact: Bill/Lorraine 204.895.0900	Mondays, April 2 - May 14	1:30 pm - 3:30 pm	\$2.00/Drop in \$5.00/Month	Drop in
Oak Bluff School Contact: Wendy 204.897.5634	Wednesdays, April 4 - May 16 (No program May 2)	6:30 pm - 8:30 pm	\$2.00/Drop in \$5.00/Month	Drop in

Pilates

Instructor: Kristy Loewen



Come try Pilates! There are many benefits to Pilates including longer leaner muscles, improved posture, increased core strength and stability. Pilates can also enhance functional fitness and ease of movement, improves balance, coordination and circulation. Pilates complements other forms of exercise and can enhance performance in sports and can aid in recovering from injury. No experience necessary. Please bring a yoga mat.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	7 Wednesdays, April 11 - May 30 (No program May 2)	8:00 pm - 9:00 pm	\$70.00	Wednesday, April 4

Yogalates

Instructor: Kristy Loewen



Yogalates is a mixture of Pilates and yoga. You get the best of both worlds, gaining core strength with Pilates and flexibility, balance and relaxation with yoga. Combine them together and you get long, lean muscles throughout your body. We'll start with the basics and work at the pace you are comfortable with. Beginners welcome. Please bring your yoga mat.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School	8 Thursdays, April 12 - May 31	8:00 pm - 9:00 pm	\$80.00	Thursday, April 5

Bring Your Own Project- Furniture Paint Workshop

Instructor: Lesley Borsboom

Do you love the look of painted furniture, but you aren't sure where to begin? The best way to learn is by doing, so join me in the this informative and hands on class where you will learn the skills to transform a piece from beginning to end. Bring in your own furniture piece to transform, such as a side table, chair, or night stand. You must be able to carry it in to class, no exceptions on larger pieces. You will leave the class with your piece finished and the skills to attempt your own projects at home. Please wear appropriate painting clothing. Pre-payment is required at the time of registration and will not be refunded after registration deadline.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre (To be confirmed)	Saturday, May 12	9:00 am - 1:00 pm	\$138.00	Friday, May 4

Garden Sign - "Leave Room in Your Garden for the Angels to Dance"

Instructor: Lesley Borsboom

Calling all Gardeners! Spring is upon us and you will want to add this beautiful sign to your outdoor space. In this workshop you will paint your sign and learn how to use a vinyl stencil to create a sign that looks professionally made. You will also seal your sign for outdoor protection. There will be a variety of colours to choose from to make it your own and suit your decor taste. All supplies included, please wear appropriate clothes for painting. Pre-payment is required at time of registration and will not be refunded after registration deadline.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre - Board Room (To be confirmed)	Friday, May 25	6:00 pm - 8:00 pm	\$50.00	Friday, May 18

Mixed Media Art Journal Workshop (Ages 9 - 12)

Instructor: Carolyn Qually

This program will encourage the creativity and individuality of each child using different art media, colours, images and words, all arranged on the pages of a handmade journal. Children will be guided to express themselves through the components that are placed on the pages. While using different art media, they will gain confidence and realize that everyone is able to create art. At the end of the program, they will bring home their beautifully unique journal with plenty of blank pages to continue their journey in creativity.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation - Board Room (To be confirmed)	Saturday, May 26	9:00 am - 12:00 pm	\$30.00	Friday, May 18



Welcome to
OAK BLUFF
BIBLE CHURCH

For the Love of Jesus Christ urges us on...
2 Corinthians 5:14

**Join us Sunday mornings
at the Oak Bluff Community School**
(Until a church building becomes a reality, we are
enjoying the benefits of a community resource.)

9:45 am - Sunday School for ages 3-17 &
Adult small groups – all ages
10:40 am - Church Service
coffee is always on
kids age 6 & under dismissed during service for jr church

Connect with us on  or
at oakbluffbiblechurch.com.

Find out more about all our mid-week activities
online. Any needs, concerns, requests, need to chat?

Pastor Troy - 204.612.9623.



Oak Bluff Early Years
Oak Bluff Wesley School

The Oak Bluff Early Years (OBEY) is a non-profit, government licensed facility. OBEY creates an environment where children are encouraged to develop their social behaviour and self-esteem while acquainting themselves with others.

The OBEY program offers a balanced blend of structured learning and play, in a safe and caring environment where children are able to develop their skills.

Our program is open to children between the ages of 3 & 5, and a before and after school program which is open to children between the ages of 5 & 12 years old. The program operates Monday to Friday.

For more information please contact
Leanne Derlago @ 204-792-6278
or obeydirector@live.com
www.oakbluffearlyyears.com

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Sanford

Sanford Community Facilities

Sanford Recreation/
Arena
174 Mandan Drive
ROG 2J0

Trevor Richardson, President
204.736.3346
trichardson101@hotmail.com



Andrea Morann, Ice Rentals
amorann@mymts.net

Sanford Collegiate
130 Blythefield Road
ROG 2J0

Jaynie Burnell, Principal
204.736.2366
sanfordcollegiate@rrvdsd.ca

J.A Cuddy School
5 Main Street,
ROG 2J0

Scott Thomson, Principal
204.736.2282
jacuddy@rrvdsd.ca

www.jacuddy.blogspot.ca



Morning coffee time Monday to Friday, 8:00 am - 9:00 am throughout the year.

Meetings held the 3rd Monday of every month at 7:00 p.m.. We are actively looking for new members to join our branch.

The Sanford Ladies Auxiliary meetings are held on the last Tuesday of each month @ 7:30 p.m.. We meet in September, October, November, April, May, and June.

We are actively looking for new members so if interested please contact Joyce at 204-736-3734 or rjkasur@mymts.net.

All ladies are welcome to attend a Tuesday morning Coffee Group at the Sanford Legion from 9:30 am - 11:00 am. Come and meet new friends and neighbours.

Everyone welcome.

For more information on Sanford Legion #171 please contact Roy - royswit@mymts.net.

Hall Rentals - contact Cockerill Insurance at 204-736-2381.



Farmhouse Table Spring Centerpiece

Farmhouse Table Spring Centerpiece

Instructor: Lesley Borsboom

Do you love farmhouse style and decorating your table for all holidays and occasions? If this sounds like you, you will not want to miss this workshop! All participants will paint their own piece that will be preassembled raw wood. You may choose from milk paint in a variety of neutral colours. Milk paint is an all-natural paint that can be used for indoor or outdoor use. A large centerpiece measuring approx. 12' x 36' will make a statement on any table. There will also be a demonstration and tips on different ways to decorate your centerpiece.

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena - Upstairs (To be confirmed)	Friday, April 13	6:00 pm - 8:00 pm	\$88.00	Friday, April 6

Babysitter's Training (Ages 12+)



Instructor: Brenda Halstead

An important course for the beginner babysitter. Learn all the basics about child-care, first-aid, and safety in the home. *Please bring a lunch, water bottle, pen and paper. Students must be 12 years old by June 30th, 2018.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena	Saturday, May 12	9:15 am - 3:30 pm	\$45.00	Monday, May 7

Yoga - All Levels

Instructor: Emily Lenehan



This class will lead you through a series of flowing movements mixed with relaxing and restorative postures and breathing techniques. We will spend time learning proper alignment in yoga postures to help set a solid foundation for beginners. Modifications and variations will be offered throughout the class to ensure it is appropriate for both beginner and more experienced students. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	8 Mondays, April 16 - June 11 (No class May 21)	6:00 pm - 7:00 pm	\$88.00	Monday, April 9

Beginner's Karate

Instructor: Ron Porath



Fitness and Character development for ages 7-70+. Karate is an activity that helps each student develop at their own pace but encourages constant improvement. Shotokan karate is a non contact martial art but teaches self-defense and perseverance through Kata, Kihon, and Kumite (3 elements of most martial arts.) This class is for children and adults with both beginner and junior ranks participating. Testing for belt ranks is not necessary but encouraged if you continue training. (This is a separate fee managed by the instructor). Please wear shorts and a T-shirt and ensure that toe nails are clipped short.

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	6 Wednesdays, April 4 - May 9	7:00 pm - 8:00 pm	\$66.00	Wednesday, March 28

Self Defense for Women & Teens (Ages 13+) - Part 2

Instructor: Markus Erkelenz

This is an action-packed workshop for those who want to learn more about the ABC's of Self Defense. The workshop builds on the introductory class held in January but is suitable for first time participants as well. Please wear comfortable work-out clothing and ensure toenails and fingernails are clipped short. You will be asked to remove all jewelry for safety reasons. Please bring a towel, water, and a snack. Minors will require signed consent/waivers, available on our website or at registration. Please wear comfortable workout clothing and shoes. If you have access to a pair of boxing gloves please bring them with you, however it is not a requirement.

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	Saturday, April 14	9:30 am - 12:00 pm	\$15.00	Friday, April 6

Fusion Fitness

Instructor: Marci Manness/Jillian MacDonald



A hybrid strength and conditioning class using aerobic exercise, plyometric movements, circuit training, and yoga designed to improve posture, build whole body strength (legs, chest, back, arms and core), improve flexibility and reduce stress.

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	17 classes, Mondays & Thursdays April 2 - May 31 (No class May 21)	Mon: 7:15 pm - 8:15 pm Thurs: 6:15 pm - 7:15 pm	2/week:\$170 1/week: \$90	Monday, March 26

Recreational Badminton (Ages 14+)

Contact: Dana Sigurdson

Come out and play some badminton! Brush up on your backhand - or learn what a backhand is. Bring a friend or neighbour and enjoy a great evening of fun and fitness together. Nets will be set up and birdies and racquets are provided. Please wear clean shoes with non-marking soles.

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	7 Thursdays, April 5 - May 17	7:30 pm - 9:00 pm	\$2/Drop in	Drop In



5 Main Street, Box 366 Sanford, Manitoba, R0G 2J0
jacuddy@mymts.net

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www.meridian-pastoral-charge.ca/sanford

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Youth Paddling Program, Monday - Friday 9 am - 11 am, \$200/Summer or \$50/Week

Drop In nights: Tuesday and Thursday 6 pm - 8 pm, \$5/person or \$ 10/Family

* feel free to drop by one of the sessions for more information

Manitoba Paddling Association
145 Pacific Avenue
Winnipeg, MB R3L 2Z6
Phone: 204-925-5681
Email: mpa@sportmanitoba.ca

Local Information:
Ellen Bestland

Email: sanfordpaddlingclub@gmail.com

Address: 130 Blythefield Sanford, Manitoba
in the student parking lot of Sanford Collegiate





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Starbuck

Starbuck Community Facilities

Starbuck Arena
60 Arena Blvd.
ROG 2P0

Vona Guiler, President
204.299.5218
president@starbuckrecreation.com



Brenda Borley, Ice Rentals
icerentals@starbuckrecreation.com

For current info and ice schedule:
www.starbuckrecreation.com

Starbuck Hall
25 Main Street
ROG 2P0

Dan Gargan, President
204.735.2743

Rental Info & Hall Bookings
starbuckcommunityhall@gmail.com
www.starbuckrecreation.com/communityhall

Starbuck School
40 Arena Blvd
ROG 2P0

Dale Fust, Principal
204.735.2779
starbuck@rrvsc.ca
sites.google.com/site/starbuckschoolmb/home

St. Paul's Roman Catholic Parish-Starbuck & Sacred Heart Parish-Fannystelle
Welcomes you!

Mass times: Sundays at 9:00 a.m.
Alternating Sundays between
Starbuck and Fannystelle

Priest: Father Lawrence Agorchukwu
Phone: 204-745-2204
Email: chukslarry@yahoo.com



**Starbuck Trinity
Lutheran Church**
Everyone Welcome!

Worship Sundays, 10:00 am
Sunday School, 11:15 am

Phone: 204.735.2503 Email: tlc118@mymts.net

STARBUCK RECREATION ASSOCIATION



THE HEART OF THE COMMUNITY

President - Vona Guiler

ANNUAL GENERAL MEETING
April 11th, 7:00 pm
Starbuck Rink
EVERYONE WELCOME!

Ladies Curling
Wendy Dunlop-Walker, 204.299.9778
wendy.dunlopwalker@hotmail.com

Men's Curling
Mitchell Tod, 204.792.6686
mitchell_tod@yahoo.ca

www.starbuckrecreation.com

Starbuck Art Club

The Starbuck Art Club provides an opportunity for adults to learn watercolor, oil, acrylic painting and sketching. The Club meets every two weeks throughout the Spring and Fall and once a month during the Winter. Depending upon the interest, a variety of instructors are invited to introduce new techniques or fine tune skills. Facilities are wheelchair accessible.

For more information on becoming a member please contact:

Barbara Kaminsky 204-736-4260
 Joyce Nadeau 204-436-2096
 Grace Hendrickson 204-735-2776
 Laurel Gargan 204-735-2743

Everyone
welcome!

hendric@mymts.net



Starbuck United Church

Everyone Welcome!

Starbuck United Church and Starbuck Trinity Lutheran Church will have joint services on the second Sunday of the month at 10 am. All other Sunday services at 11:30 am.

Coffee will be before church at 10:45 am. Coffee will be after services starting at 10 am.

Special event dates posted on our website.

www.meridian-pastoral-charge.ca

Yoga - All Levels



Instructor: Emily Lenehan

This class is designed for all levels of yoga practitioners - with modifications and variations offered throughout. This practice focuses on awareness of the body and postural alignment of the muscles and bones. It promotes strength, balance, flexibility, a clear mind and a deep sense of relaxation through a strong connection to the breath. Please bring a yoga mat.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	8 Mondays, April 16 - June 11 (No program May 21)	8:00 pm - 9:00 pm	\$88.00	Monday, April 9

Home Alone (Ages 10-13)



Instructor: Brenda Halstead

The Home Alone program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them prevent problems, handle real - life situations, teach them to stay safe and constructively occupied. The course material covers topics such as establishing a routine, strangers, emergencies, Basic first aid and internet safety. Please bring a lunch and water bottle. *Must be 10 years old by start date.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Lutheran Church	Saturday, April 21	9:30 am - 1:30 pm	\$45.00	Friday, April 13

Pickleball

Contact: Brenda Shirtliff 204.735.2880

Come and play pickleball with us! This court sport combines the rules of ping pong, tennis, and badminton. Pickleball can be played with 2 or 4 players using a paddle like a ping pong paddle and a plastic whiffle ball. Easy for beginners to learn but can develop into a fast-paced competitive game for experienced players. Participants must bring clean indoor shoes. Please register at any time to receive program updates.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck School	Thursdays, April 5 - May 31	6:30 pm - 8:30 pm	\$2.00/Drop in \$5.00/Month	Drop in

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Headingley Seniors' Services

Resource Coordinator - Kristie Todd

Office located at: Headingley Community Centre

5353 Portage Avenue

Office Hours: Monday - Thursday, 9:00 am - 12:00 pm

Tuesday & Thursday 1:00 pm - 4:00 pm

Phone 204-889-3132, ext. 3

Email: hdlyseniorservices@mts.net

www.headingleyseniorservices.ca



HSSI provides a number of programs & services!

Recreation & Fitness - Hall Walking, Gentle Yoga, Fit & Flex, Encore Fitness Studio.

Health Services - Victoria Lifeline, foot clinics, E.R.I.K. (Emergency Response Information Kit), Medical equipment loans, transportation, and advocacy.

Social - Lunch & games, Cribbage, 55+ Club, Friendly visits.

Education - Lunch & Learns, and workshops.

Cribbage & Coffee

Drop in for an afternoon of cribbage or just a visit. A great way to exercise your mind and enjoy the company of good friends over coffee and snacks. Every Thursday from 1:30 pm - 3:30 pm, all skill levels welcome!

Hall Walking

Headingley Community Centre
Mondays & Wednesdays, 9:00 am - 10:00 am
Everyone Welcome!

Foot Care Clinics

For an appointment, contact Kristie!
Phone 204-889-3132, ext. 3
Email: hdlyseniorservices@mts.net

Dates include:

- April 12
- May 24
- July 5



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Hours of Operation

Monday - Thursday	9:00 am - Noon
	1:30 p.m. - 4:00 p.m.
Monday/Tuesday/Thursday	7:00 p.m. - 9:00 p.m.

Fees: \$10/month, \$60/year or \$2 Drop-In
To book your **free** orientation contact HSSI.

Ph. 204-889-3132, ext. 3
www.headingleyseniorservices.ca
hdlyseniorservices@mts.net




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Wednesday, April 18th
Headingley Community Centre
1:00 pm – 4:00 pm
Register by: Wednesday, April 11th

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JOIN US FOR LUNCH!

Headingley Community Centre 1st & 3rd Tuesdays, Noon – 2:00 p.m.

Lunches bring together the elements of good food, a friendly atmosphere, and the opportunity to engage with others. We will enjoy group games and try out local cuisine. Call (204) 889-3132 ext. 3 to reserve your space and order lunch.

**HSSI Annual
General Meeting**
Wednesday, May 2
7:00 pm
Headingley Community Centre
All are welcome!

LUNCH & LEARN

Headingley Community Centre



Lunch & Learns give you the opportunity to engage with others and presentations on many different topics of interest. Call to reserve your space and order lunch.
(\$8.00 per person)

Tuesday, April 17
12:00 pm- 2:30 pm
Register by: April 10

Estate Planning

Presenter: Jane Van Massenhoven

Make sure you have an estate plan in place to protect your assets and other personal considerations when you pass. An effective estate plan gives you peace of mind, knowing that your assets will be distributed to your beneficiaries according to your wishes. Learn the many elements of estate planning - your executors may want to attend too!

Tuesday, May 1
12:00 pm - 2:30 pm
Register by: April 24

Life Organized

Presenter: Sandra Ingenmey

Let's take a moment to think about how we live. Do we have too much stuff? Is it hard to find items from time to time? Perhaps its just time to talk about decluttering and organizing. It's wonderful to manage with less, breathe easy, help is here!



Headingley

Headingley Community Facilities

Headingley Community Centre 5353 Portage Avenue R4H 1J9	Gail Coady, Facility Manager 204.889.3132 ext. 1 gcoady@rmofheadingley.ca www.rmofheadingley.ca
Headingley Library 49 Alboro Street R4J 1A3	204.888.5410 hml@mymts.net www.headingleylibrary.ca
Phoenix Community Centre 153 Seekings Street R4J 1B1	Gail Coady, Facility Manager 204.889.3132 ext. 1 gcoady@rmofheadingley.ca www.rmofheadingley.ca
Phoenix School 111 Alboro St R4J 1A3	Linda Daniels, Principal 204.889.5053 phoenix@sjasd.ca www.sjasd.ca/school/phoenix/Contact/Pages/default.aspx

Yoga Flow

Instructor: Lorraine Marek



Flow yoga class links traditional Hatha yoga postures with the breath in continuous, smooth flowing movements. The increasing warmth in your body produced by the breath and the movements will help to increase flexibility, strength and cardiovascular endurance. Previous yoga experience recommended and ability to get down onto the floor for poses. Please bring a yoga mat. Classes may be held in either the MPR or the Auditorium.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	9 Thursdays, April 12 - June 14 (No program May 17)	10:00 am - 11:00 am	\$72.00	Thursday, April 5

Gentle Yoga

Instructor: Lorraine Marek



This gentle yoga practice stretches the large muscles of the legs, arms, and back increasing flexibility, improving circulation and reducing stress throughout the body. Using deep, slow breaths pushes fresh blood and oxygen to the brain and vital organs while holding yoga poses strengthens muscles to improve balance, flexibility, and posture. Gentle yoga can be practiced from the mat or chair. Everyone can choose the options that best suits their limitations and strengths or just enjoy resting poses that relax and stretch the entire body. Please bring a yoga mat and blanket with you to class. Classes may be held in either the MPR or the Auditorium.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Tuesdays, April 10 - June 12	10:00 am - 11:00 am	\$80.00	Tuesday, April 3



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Pickleball

Contact: Sarah Fetterly 204.885.4360

Brodie Blair brodieclair@gmail.com

Have you ever played a racquet sport of any sort - even ping pong? If so, you may enjoy this sport. Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. On-going drop-in sessions with the opportunity for beginners to learn at any time. First time is free ... or just come to watch. Please wear clean non-marking soles. Racquets provided. Please Note: Day and times may vary without notice. Play moves to outdoor courts at Phoenix Community Centre at the end of May. Please register at anytime to receive updates.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre & Phoenix Community Centre	Ongoing	Mon., Tues., Thurs.: 6:30 pm - 9:00 pm Wednesdays: 1:30 pm - 4:00 pm	\$2/Drop in \$5/Month	Drop in

Men's Yoga



Instructor: Ashley Voth

This class is designed to introduce men to the many benefits of yoga. Students will be able to develop strength and endurance, improve balance and flexibility, increase range of motion and cultivate relaxation techniques to help manage the stresses and demands of daily life. The class will be a balanced combination of stretches & warm-ups, strengthening poses & flow sequences. Please bring a yoga mat and an open mind!

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Wednesdays, April 11 - May 30	8:15 pm - 9:15 pm	\$88.00	Wednesday, April 4

Yoga- All Levels



Instructor: Ashley Voth

This class will lead you through a series of flowing movements mixed with relaxing and restorative postures and breathing techniques. We will spend time learning proper alignment in yoga postures to help set a solid foundation for beginners. Modifications and variations will be offered throughout the class to ensure it is appropriate for both beginner and more experienced students. Please bring a yoga mat

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Wednesdays, April 11 - May 30	7:00 pm - 8:00 pm	\$88.00	Wednesday, April 4

Foil Stained Glass Workshop for Beginners

Instructor: Len & Ann Hordijk

Come join us for this one day workshop to learn the foil method of stained glass artistry and just in time for the holidays! Begin by picking a pre-cut window hanging and learning to grind, foil and solder. Students will then be assisted in picking a second project, making the pattern and cutting the glass. You will take home two completed window hangings- and maybe a new found hobby! Please bring a bag lunch.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Saturday, April 28	9:00 am - 5:00 pm	\$55.00	Wednesday, April 18

Mindful Mondays

Instructor: Bonnie Schroeder

Looking for more meaning and balance in your life? Struggle with stress from work, illness, anxiety, depression or chronic pain? Join us to explore mindfulness practices and how they can help. Experience the benefits of meditating in a group along with dialogue, questions and answers. First time and long time meditators welcome! *Please note the registration deadline is one week prior to each session.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	May 14 & June 4	6:30 pm - 8:00 pm	\$20/class	May 7 & May 28

Wood Carving for Beginners

Instructor: Fred Gross

Are you interested in trying your hand at woodcarving? Come out, relax and enjoy, while you learn the art of woodcarving using basic tools and techniques. We'll start with a simple project and advance in complexity with each new project. You might just discover your new favourite pastime!

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	6 Thursdays, April 5 - May 10	7:00 pm - 9:00 pm	\$60.00	Thursday, March 29

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A collection of artifacts showcasing the history of the petroleum industry in Canada.

Hours of Operation: **Winter Hours (by appointment only)**

Summer Hours (June - September):
Wednesday-Saturday, 10 am - 5 p.m.
Sundays & Holidays 12 p.m. - 5 p.m.
Groups welcome.

Jim's Vintage Garages, Headingley Heritage Centre is a museum featuring old gas station displays, old gas pumps, a general store, vintage vehicles and vintage motorcycles. If you have some spare time and want to enjoy a walk into the past, give us a call. We encourage tour groups of all ages, donations appreciated. Please call 204-889-3132.

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnowosad@shaw.ca



Headingley 55+ Club

Meetings are held on the second & fourth Tuesday of each month at 1:30 p.m. at the Headingley Community Centre, 5353 Portage Avenue. A social time for coffee, visits, cards & games. No registration required, new members always welcome. Attendance fee is \$2
For more information please call:
Rose Leclair 204.889.2288

66 You have a great line up of classes which I very much appreciate in our area. I personally like to support programs in our community because if we don't support these programs you won't be able to offer them to us. Thanks!

99

- Participant
Fit & Flex, Winter 2018

ENCORE

HEALTH & FITNESS STUDIO

Your *STAGE* to Active living
Headingley Community Centre



Making the Most of the Encore Gym

These programs are supported by the RHA



5353 Portage Ave

Headingley, MB

204.889.3132

Functional Fitness



Instructor: Andrew Schindle

Anything you do in the gym should improve the way you move in day to day life, decrease your chance of injury and improve your joint health. This workshop will teach you the basics of how to use the equipment in the gym to improve your mobility, decrease your chances of injury in day to day life and reduce joint pain and discomfort.

Location	Day(s)	Time	Fee	Registration Deadline
Encore Health and Fitness Studio	Wednesday, April 18	9:00 am - 10:00 am	Free!	Wednesday, April 11

Myofascial Release with Foam Rollers



Instructor: Andrew Schindle

Improving mobility has become one of the largest challenges for older adults due to the loss of collagen in the muscle and the tightening of the fascia that surrounds the muscle. Foam rollers provide the opportunity to increase mobility resulting in a more functional and safe movement pattern in your fitness and activities of daily living. This workshop will teach you the basics of how to use the foam roller and incorporate it into your fitness routine.

Location	Day(s)	Time	Fee	Registration Deadline
Encore Health and Fitness Studio	Wednesday, May 16	11:30 am - 12:30 pm	Free!	Wednesday, May 9

Fit & Flex



Instructor: Andrew Schindle

Maintaining fitness and strength will help to ensure we stay independent and able to do all activities of daily living. Gentle exercises for all fitness levels, gradually proceeding at your own pace. You can do it ... one step at a time! Classes may be held in either the Multi Purpose Room or the Auditorium

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	21 classes, Mondays & Wednesdays April 2 - June 13 (No program May 21)	10:00 am - 11:00 am	2/week: \$168 1/week: \$88	Monday, March 26

Cardio Strength Fusion



Instructor: Andrew Schindle

Start your day off on the right foot with a class that's heart healthy and guaranteed to get your blood pumping! The workout includes easy-to-follow, low-impact movement with functional whole body combination exercises using their-bands and dumbbells and ends with balancing and stretching exercises. Great for all ages. Please wear comfortable clothing and footwear.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Wednesdays, April 4 - June 6	9:00 am - 9:50 am	\$90.00	Wednesday, March 28

CPR/AED

Instructor: Glenn Reimer

This course will cover adult, infant and child CPR and how to use an AED (defibrillator) using the current protocols of the Heart & Stroke Foundation. Participants may choose to buy the manual for an additional \$20. The registration fee includes certification from Heart & Stroke Foundation.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley - Fire Hall	Tuesday, April 17	6:00 pm - 10:00 pm	\$27.50	Tuesday, April 10

Build Your Own Salad Bowl with Whole Grains & Pulses

Instructor: Getty Stewart

You're going to love these tasty and nutritious all-in-one power bowls. They're fast, easy, affordable and packed with whole grains, veggies and a variety of protein options. Learn how to identify and cook whole grains and create delicious homemade dressings to make these delicious bowls.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Monday, April 23	6:30 pm - 8:30 pm	\$25.00	Monday, April 16

Learn to Play Soccer (Ages 4- 6)

Instructor: Allie Boehm

Get your kicks out of this beginner soccer program. Coaches will use games and activities to teach the fundamental skill and rules of this popular game.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School - Field	8 Tuesdays, May 8 - June 26	6:00 pm - 6:45 pm	\$65.00	Tuesday, May 1

Mixed Media Art Journal for Kids (Ages 9 - 11)

Instructor: Carolyn Qually

This four-week program will encourage the creativity and individuality of each child using different art media, colours, images and words, all arranged on the pages of a handmade journal. Children will be guided to express themselves through the components that are placed on the pages. While using different art media, they will gain confidence and realize that everyone is able to create art. At the end of the program, they will bring home their beautifully unique journal with plenty of blank pages to continue their journey in creativity.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley United Church - Basement	4 Saturdays, April 14 - May 5	9:00 am - 11:00 am	\$80.00	Friday, April 6

The Headingley Historical Society

Join us today



Formed in 1996, the Headingley Historical Society was established to preserve the history of the community. What we do

- Collect articles, pictures and artifacts that reflect our history
- Promote and educate about our Headingley heritage
- Commemoration of heritage sites
- Bus Tours
- Geocaching of local heritage sites and significant locations
- "Sharing Our Stories & Memories" discussions and refreshments
- Annual Remembrance Day Service
- Maintain an archive of military information of local interest
- Heritage display at Headingley Community Centre
- Assist with family histories related to Headingley
- Commemoration of heritage sites (and street names)

Everyone Welcome!

For more information contact Jean Ammeter at 204.832.1444 or ammer@mymts.net

PHOENIX RECREATION ASSOCIATION

president@phoenixrec.org
www.phoenixrec.org

Meeting dates - April 16
May 28 (AGM)
June 18
Headingley Community Centre, 7:00 pm
EVERYONE WELCOME



BASEBALL & SOFTBALL

Boys and Girls Ages 4 - 18
Competitive and Recreational
More information on the 2018 Season will be posted at
www.phoenixrec.org

Anyone interested in coaching or umpiring please contact:
Lindsey - baseball@phoenixrec.org
Jana More - softball@phoenixrec.org

FREE FAMILY MOVIE NIGHT!



April 13th
May 11th
June 8th

For more information
Contact: Kara Sadr
specialevents@phoenixrec.org

Bring a blanket and enjoy family friendly movies. Movie snacks available for purchase.
* Children must be accompanied by parents.



Phoenix Recreation After School Program

www.phoenixrec.org

**Still looking for after school child care?
Unsure of new programs available?
Join the Take It Outside After School Program!**

Phoenix Recreation Association's *Take It Outside!* is a non-profit after school nature-based program, launching September 2017.

Program Details
Following each school year calendar
Monday - Friday, 5pm - 6pm
Full-time & part-time options available.
In-service / full day programming offered!

Designed around physical play, outdoor exploration, promotion of respect for nature and community connection, while using the outdoors as its primary venue.

Please contact the Program Manager for questions and registration forms.

Program Manager:
Nicole McDonald
204-995-0505
phoenixafterchoolprogram@gmail.com

Register now to save your spot!

Mission Statement
To provide every child the opportunity to connect with nature in a healthy, physical way. Through outdoor play and exploration children will make a deep, lifelong connection to the natural world.

PHOENIX RECREATION ASSOCIATION
5353 Portage Ave.
Headingley, MB
R4H 1P9

Address:
153 Seekings Street

Phoenix Nursery School

Headingley, MB

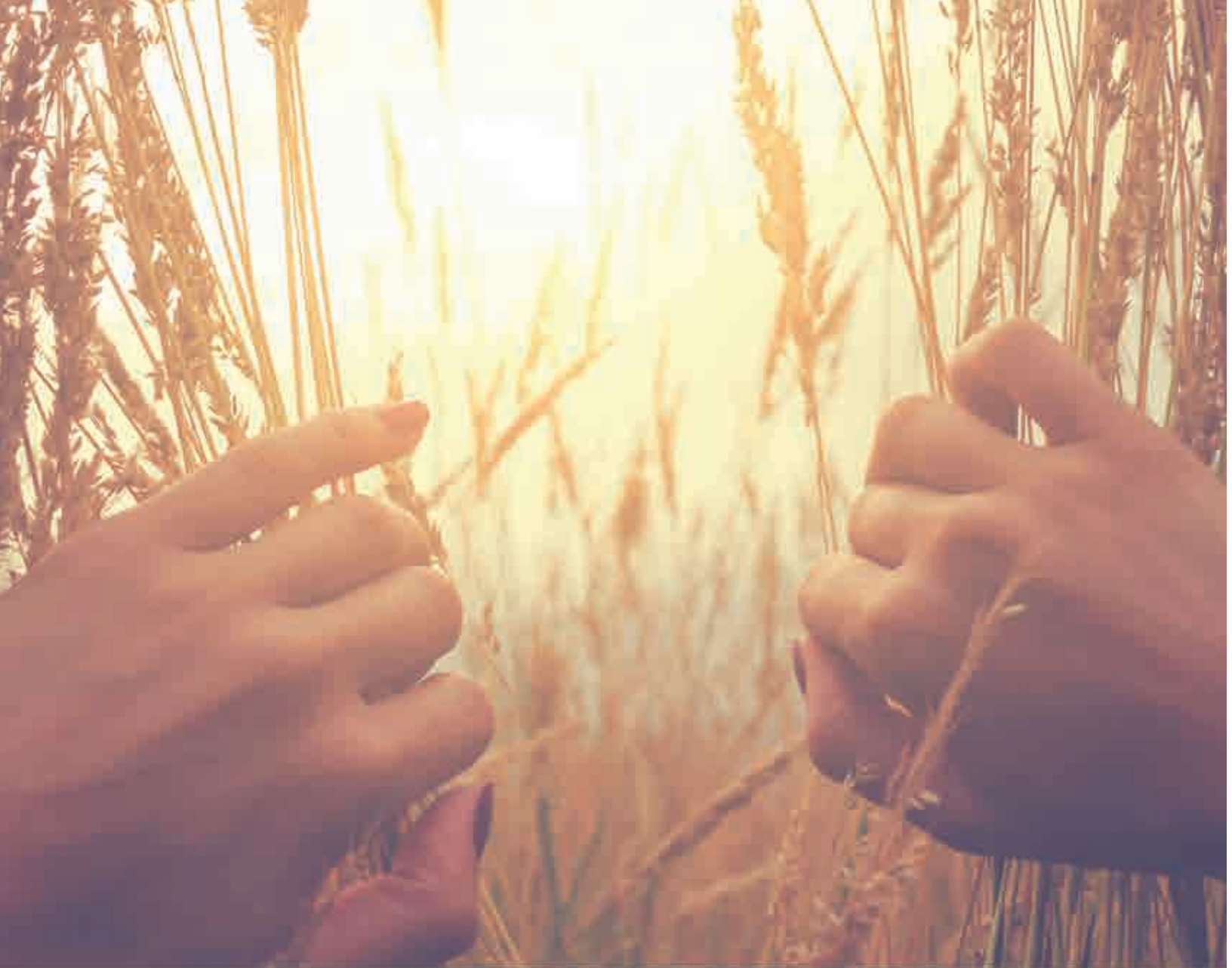
- ◆ Providing Pre-Kindergarten skills:
 - Circle time, stories and show & tell
 - Crafts for fine motor skill development
 - Science and Math concepts
 - Creative Movement
 - Free Play, outdoor play & so much more!
- ◆ Mon/Wed/Fri and Tues/Thurs programs available 8:30-11:30am
- ◆ Located at the Phoenix Community Centre (153 Seekings St.)

Registration for 2018/2019 starts March 1st

Contact:
Haley Thorne at 204.990.4540 or nurseryschool@phoenixrec.org



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The Headingley Grand Trunk Trail (HGTT) is the abandoned rail line that traverses the municipalities of Headingley and Cartier from the Perimeter Highway to Beaudry Park. The trail is approximately 10 km in length suitable for all forms of non-motorized activity. So, if you are feeling ambitious and want to bike the entire route or just take a casual stroll near your neighborhood, this trail is the perfect way to explore the gorgeous prairie landscape right in your back yard.

Blue Birds

One of the newest projects of the HGTTA is the installation of blue bird boxes along the trail. Each box is paired with a lure box to accommodate other nesting birds that make good neighbors for blue birds.



Enjoy the Scenery

The ever-changing landscape of the prairie keeps revealing new things every day.



Meet Your Neighbors

The HGTT is one of Headingley's greatest assets. Take advantage of this beautiful prairie trail and meet friends and neighbors along the way. You might even encounter "Roam" the Gnome – the HGTT official mascot.



Headingley Grand Trunk Trail

DATES TO REMEMBER

Annual General Meeting

Monday, April 23rd

7:00 pm

Headingley Community Centre

Wild Ride West

Sunday, June 3rd

Keep watch for further details.

<http://www.rmofheadingley.ca/p/headingley-grand-trunk-trail>

Geocaches

Geocaching has become an increasingly popular worldwide adventure activity. The HGTT is home to many "caches" appropriate for the beginner to the advanced treasure hunter.



Presentations & Special Events

Stay connected to the HGTTA for interesting presentations on a variety of topics related to other Manitoba trail networks, remnant prairie, etc. and join in the fun special event activities for the entire family



Consider Getting Involved

The HGTTA is always looking for volunteers to help with the stewardship of the trail. A great way to meet new people and make a contribution to the community.



 Like Us On Facebook





Headingley Healthy Child

Shake, Rattle & Roll (Ages 2 - 5) **FREE**

Facilitator: Kristen Petz Fraser

A program to encourage early movement and coordination using simple songs, large and small apparatus and hand-held equipment. Toddlers will develop a positive attitude towards physical activity while having fun with mom and/or dad. Parents must participate with their child, please ensure you both have clean, indoor shoes. Participants must be at least two years old.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	6 Wednesdays, April 18 - May 23	10:00 am - 11:00 am	Free!	Wednesday, April 11

Stay & Play (Ages 0 - 5) **FREE**

Facilitator: Kristen Petz Fraser

Know anyone between the ages of 0 - 5 that has some energy to burn? Stay n' Play is a drop-in playgroup that provides a wide variety of toys and games for children to explore with plenty of space for energetic playtime. It's a fun environment for children to develop physical, social and emotional skills, while offering parents/caregivers an opportunity to connect and network with one another. Please register to be kept updated with cancellations or other program changes

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Tuesdays, April 3 - May 22	9:45 am - 11:15 am	Free!	Drop in

READY, SET, KINDERGARTEN!



**Ages 3 & 4, 4:30 p.m. - 6:00 p.m.,
Phoenix School - Gym**

The 3 and 4 year-old children explore, with their parent(s), a variety of hands-on activity centers. The centers are designed to build the child's confidence and capabilities to grow their skills as they get ready to take the next steps to Kindergarten. The 3 and 4 year-old children will choose the activity they are interested in and the children will decide how long they wish to stay at the center.

The centers stations emphasize the concepts of:

- Literacy (e.g. rhyming, phonemes, etc.) activities
- Numeracy (e.g. patterning, sorting, etc.) activities
- Fine motor activities
- Gross motor activities
- Language activities
- and a healthy snack.

The following 3 sessions have been planned:

- March 22
- April 26
- May 24



READY, SET, MOVE! a PARENT/TOT ACTIVITY SESSION

4:30 p.m. - 5:30 p.m., Phoenix School - Gym

A Parent / Tot Activity Session is a physical activity hour co-sponsored by Sport Manitoba and Phoenix Elementary School. The physical activity program will be for children ages 3 to 5 and their parents. There will be lots of physical activity to keep everyone moving and enjoying the fun of physical activity.

The following 2 sessions have been planned:

- April 5
- May 3

To register for Ready, Set, Move! Parent / Tot Sessions, or Ready, Set, Kindergarten Please call the school at 204-889-5053.



Realizing Community Dreams Through Philanthropy

The Headingley Community Foundation is a not-for-profit organization incorporated in 2015 for the purpose of establishing a permanent endowment fund and distributing the income for charitable work in the Headingley community.

All gifts, no matter the size, are equally important and will continue to help improve community life in Headingley, forever.

Gifts may be contributed at any time to help you achieve your charitable goals.

Giving for Good.



Want to learn more about how you can support your community? Find us at:
www.headingleyfoundation.ca
 204-889-3132 Ext. 2  
hcfinfo@headingleyfoundation.ca

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GET CONNECTED

Visit www.mhrd.ca for the latest news and updates on programs/ events in your community!

WITH YOUR TOWN!



Headingley United Church

110 Bridge Road
Now wheelchair accessible
Come and join us for
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11:00am.
Everyone welcome
Sunday School
during the service
Rev. Joanne Kury
204.885.6021
www.headingleyuc.org

Messy Church

Last Friday in the month, an intergenerational suppertime. Meal provided...kid friendly! (No event in March due to Good Friday)

6:00 pm to 7:30 pm in the church basement
Story, and related take home craft

Chance to get to know us and your neighbours in a congenial atmosphere...Bring the baby and Grandma!

Musicians

If you play an instrument, we want to hear you! We'd like to add more music to our Sundays, and would love to hear you play! Especially if you are a young musician this gives you a chance to perform!

If you can't play an instrument but like to sing... We'd also love to hear you! Call us or come out on Thursdays at 7:30PM

For more information about any events or facility use, contact: Margaret Mills at 204.888.0771 or Darlene Borowski 204.255.1123

Holy Trinity Anglican Church

5335 Portage Avenue, Headingley



*Come worship with us
Sundays at 10:00 a.m.,
and join us for lunch
following the service.*

We now have a lift and are fully accessible to everyone!
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Headingley

FIRE DEPARTMENT

18th Annual Run for Wishes

Saturday, May 26th

9:00 am

5 km run & 3 km walk

Entry fee \$30.00

(Early Bird registration for \$25.00 ends May 11th)

Entry forms available at RM of Headingley, Headingley Foods, Headingley Library, Headingley Community Centre.

A great way to get involved in the community and support a great cause!

Proceeds to Childrens Rehab and Canadian Mental Health Association.

If you or your company would like to be a sponsor please contact:

Doug Hansen

duke.42@shaw.ca 204-782-8217

Holy Trinity Anglican Cemetery, Headingley

*Located north of the river,
the cemetery is on the original site of
Holy Trinity Anglican Church.
82 Curry Drive, off Taylor Farm Road*



If you are interested in finding out more about a plot or a niche in our columbarium, please contact Diane Trenholm, Cemetery Manager, at 204-955-8116, email htrcemhly@shaw.ca or through our website: www.holytrinityanglicanchurchandcemetery.com



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Headingley Splash Pad

HOURS OF OPERATION:
(7 days a week)
10:00 am to 8:00 pm

FREE!

For opening date and updated information, please visit:
www.rmofheadingley.ca/p/headingley-splash-pad

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BATH: 2.5
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BED: 5 + Loft
BATH: 3
Starting at
\$415,900



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