

# Fall 2021

## *Program & Community Resource Guide*



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





# LIFE BEYOND THE LIMITS



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Bluff**  
**WEST**  
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## Request a Program!

If you have a program you would like to teach OR if you want to make a suggestion for a program we should try in the Macdonald and Headingley communities let us know!

Visit [www.mhrd.ca](http://www.mhrd.ca) and click the "Request a Program" tab at the bottom of the home page or send us an email!

## Advertise with us!

Let us help you promote your business to over 5,000 households and businesses in the municipalities of Macdonald and Headingley!

**Winter 2022 Deadline: Monday, January 31<sup>st</sup>, 2022**  
Contact us at 204.885.2444, [info@mhrd.ca](mailto:info@mhrd.ca)



## Macdonald-Headingley

RECREATION DISTRICT

179 Seekings Street

Headingley, Manitoba R4J 1B1

Phone: 204.885.2444

Fax: 204.889.2211

Website: [www.mhrd.ca](http://www.mhrd.ca)

Email: [info@mhrd.ca](mailto:info@mhrd.ca)

### Recreation & Community Services Manager

Susanne Moore

### Program Coordinator

Meghan Lemoine

### Marketing & Communications Coordinator

Kelsey Henderson

### Financial Coordinator

Vona Guiler

### Office Coordinator

Karen Cairns

We would like to acknowledge that we are on Treaty 1 Territory, Original Lands of the Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene Peoples and Homeland of the Metis Nation.





# Macdonald - Headingley Recreation District

## What We Do

The Macdonald-Headingley Recreation District is a non-profit organization providing a variety of programs, support, information and leadership resources in our communities. We can't do this alone though... we have many partners in sport, recreation, community groups and businesses as well as countless volunteers.

### **Awareness & Education**

Recreation opportunities are essential to individual, family and community health and well-being.

### **Recreation Opportunities**

Support and facilitate recreation programs that enhance the quality of life and meet the needs of the district.

### **Leadership & Volunteer Skill Development**

Develop and sustain effective leadership and volunteers to support recreation, physical activity, sport and healthy active lifestyles.

### **Information and Resource Management**

Provide info and resources to district partners, communities and residents to assist with improving quality of life, and building community capacity.

### **Partnerships**

Partner with community and regional organizations to mobilize and strengthen our communities through effective use of resources.

## Follow Us!





# Recreate Safely

## What to expect at our programs

**We are excited to welcome citizens back to our recreation programs and activities.** We are working hard with our facility providers to provide a safe environment for everyone. But this environment will look different and we ask that all participants read, follow and respect our guidelines, along with all Manitoba Health guidelines and public health orders. We appreciate your patience and cooperation as we work through this together.



### Using Facilities

- Pre-registration **will be required** for all activities.
- Guidelines **will be in place** for each activity
- Please **come prepared** for our activity and bring only the essentials.
- **Stay home if you're sick.** Before visiting community facilities or attending programs, participants and instructors are required to do a self-administered health check and stay home if experiencing any symptoms.



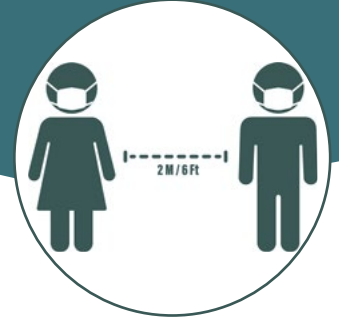
### Hand Hygiene

- Washroom and sanitization stations will be available.
- **Frequent handwashing** will be promoted at all facilities and programs.



### Enhanced Cleaning

- High touch areas **will be** cleaned frequently.
- Equipment **will not** be shared without proper cleaning in between. Extra time is scheduled between activities for cleaning.



### Physical Distancing

- Modifications **will be** made to activities and spaces to ensure appropriate physical distancing.
- Program capacities **may be reduced** based on the space and type of activity. Do not arrive more than 10 minutes before your scheduled activity and please leave promptly after your program is completed.
- Spectators are **not permitted** at activities at this time.



**Macdonald-Headingley**  
RECREATION DISTRICT

Program participants are expected to follow Manitoba Health Guidelines and Public Health Orders. Programs may need to be changed, moved or cancelled as our response to Covid-19 evolves. For a complete listing of Covid-19 Health & Safety Precautions, please visit our website.





# Registration

## WAYS TO *Register*

Go Online



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

By Phone



204.885.2444

By Email




[info@mhrd.ca](mailto:info@mhrd.ca)

## 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

### General Information

- All programs and schedules are subject to change in dates, location and instructors.
- Pre-registration is required for all programs.
- Participants registering for an in-person 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.
- Please note that if you register online or sign up for our newsletter using a Hotmail or Outlook account you may not receive confirmations or notifications via email unless you add [info@mhrd.ca](mailto:info@mhrd.ca) to your 'Safe Senders' list. If you are having difficulties or are not receiving our emails please give us a call at 204.885.2444.

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 flexible pricing option? Look for the  symbol for programs that qualify or call the office for more details. (Available only for in-person programming).

### 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.

## Method of Payment

Payment is requested after the program is confirmed and prior to the first class or before supplies are picked up. E-transfer is our preferred method of payment (payments@mhrd.ca), however cash or cheque is also accepted. Credit cards are not an option at this time.

## 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.

## 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.
- **COVID-19: In the event that Public Health restrictions change and in-person programs are suspended, programs will transition to an online format where possible. Refunds will only be considered in limited circumstances.**

## 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

If a class is canceled unexpectedly and can not transition to an on-line format, every attempt will be made to reschedule. If the rescheduled class does not suit the program participant, a refund will be provided for the class/classes missed. If you are concerned about a class being canceled, please contact the MHRD office. Please note: If schools are closed due to inclement weather, all programs occurring in schools will move to an online format or be canceled.

## Withdrawals

Please let us know prior to the program deadline if you wish to withdraw your registration. Participants will be responsible for registration and supply fees (where appropriate) if a withdrawal is not received prior to the registration 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.*





# 4-H & Guides



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](http://www.4h.mb.ca)

Location	Contact Info	Events
Red River Area	<a href="https://4h.mb.ca/red-river/">https://4h.mb.ca/red-river/</a>	
La Salle 4-H Club <a href="mailto:lasalle4h@gmail.com">lasalle4h@gmail.com</a> <a href="http://www.4h.mb.ca">www.4h.mb.ca</a>	Michelle D'Souza (Head leader) 204.792.7107 Jennifer Lippens (Head leader) 204.451.3191	<b>Registration Night: September 20, 7:00 pm - 8:30 pm</b> <i>La Salle Community Fellowship</i> <i>*Events pending changes due to covid</i>
Starbuck Combined 4-H Club	Sharon Masse <a href="mailto:sgmasse@gmail.com">sgmasse@gmail.com</a> 204.735.2809	Registration Night: September 21, 7:00 pm - 8:00 pm <i>Starbuck Community Hall</i> <i>*Events pending changes due to covid</i>
Headingley 4-H Club Check the RM of Headingley website for details of our events. <a href="http://www.rmofheadingley.ca">www.rmofheadingley.ca</a>	Leanne Seniuk <a href="mailto:headingley4h@gmail.com">headingley4h@gmail.com</a>	<i>*Events pending changes due to covid</i>

**Girl Guides is a place where girls can be themselves.**

**Girl Guides** Register now to save her spot!  
Visit [girlguides.ca/learnmore](http://girlguides.ca/learnmore) to join the fun

# Girl Guides

**Join Us in La Salle!**  
Whether she's interested in nature, STEM, art, entrepreneurship or giving back to the community, she'll find something that inspires her!

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

For more information, please visit:  
 [www.girlguides.ca/joinus](http://www.girlguides.ca/joinus)





# ORANGE SHIRT DAY

Thursday, September 30, 2021

A day to listen, learn, and celebrate Aboriginal culture

## Why Orange Shirts?

Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in May 2013. It grew out of [Phyllis' story](#) of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually.

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It also gives teachers time to plan events that will include children, as we want to ensure that we are passing the story and learning on to the next generations.

[Orange Shirt Day](#) is also an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

**For more information on Orange Shirt Day, visit:**  
<https://www.orangeshirtday.org/>

## **Additional Resources Education:**

**View the full Truth and Reconciliation Calls to Action**

**View the United Nations Declaration on the Rights of Indigenous People**

**University of Alberta - Indigenous Canada Course - FREE COURSE**

**Book recommendation for families: This Place**

**Podcast: Secret Life of Canada**

**Childrens Book: The Water Walker by Joanne Robertson**





# 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 31<sup>st</sup> 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 31<sup>st</sup>. 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.



# 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, or 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](mailto: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 lines of text; each line comprising of 16 characters (including punctuation and spacing).



## Download the app!

Search "RM of Macdonald" and get connected.



*give it a shot!*



[www.winnipegtrapandskeet.com](http://www.winnipegtrapandskeet.com)

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- [info@winnipegtrapandskeet.com](mailto:info@winnipegtrapandskeet.com)

**All guests welcome!**

204.736.2779



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# 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.



Chairperson - Elise Johnson *Sanford* 204.736.3917

Coordinator - Vacant

Kaylee Goerzen *Starbuck* 204.330.6463

Jana Crossly *J.A. Cuddy Child Care* 204.736.3289

Sheena Beatie *La Salle Kidz Daycare Centre* 204.736.2520

Leanne Derlago *Oak Bluff Early Years* 204.792.6278

Yvonne Bjornson *Sanford* 204.736.3409

Jaclyn Koskie *R.R.V.S.D.* 204.746.2317 ext. 234

Lisa Balcaen *S.R.S.D.* 204.883.2182

Heidi Watermulder *Southern Health - Santé Sud* 204.736.5030

Susanne Moore *MHRD* 204.885.2444

Areas of focus include:

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

Healthy Child Coalition  
Central Region



These programs are offered free of charge due to funding support from the Healthy Child Coalition Central Region!

## Stay & Play (Ages 0 - 5)

Do you 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.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre <i>Faciliator: Laura Dunphy</i>	10 Mondays, September 27 - December 6 (No class October 11)	10:00 am - 11:30 am	Free!	Ongoing
Starbuck Hall <i>Faciliator: Melanie Mosset</i>	12 Wednesdays, September 15 - December 8	9:30 am - 11:00 am	Free!	Ongoing
La Salle - Caisse Community Centre <i>Faciliator: Melissa Wrixon</i>	11 Wednesdays, September 22 - December 1	9:30 am - 11:30 am	Free!	Ongoing
Sanford United Church <i>Faciliator: Amy McDonald</i>	8 Thursdays, October 7 - December 2	9:30 am - 11:30 am	Free!	Ongoing

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

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, participants must be at least two years old.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre <i>Instructor: Kirsten Petz Fraser</i>	10 Fridays, September 17 - November 19	10:00 am - 11:00 am	Free!	Friday, September 10

## Skating with Tots (Ages 3 - 5) FREE

*Instructor: Elise Johnson*

Skating with Tots is a fun, physical activity for both caregivers and little ones. With the help of our qualified instructor, caregivers will support their children while they explore starting, stopping, falling, getting up and gliding on their own. Simple games and activities will help your child begin to develop a lifelong love of winter ice sports. *CSA approved helmets must be worn by anyone on the ice. A parent MUST be on the ice with their child. Parents can wear shoes or skates.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena	7 Mondays, November 1 - December 13	9:00 am - 10:00 am	Free!	Monday, October 25



# KIDSPORT



**DEADLINE TO SUBMIT APPLICATION:**  
The application deadline is the 15th of each month.

### 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. 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](http://www.kidsportcanada.ca) for more information.*





# Macdonald Services to Seniors



## Resource Coordinator - Leanne Wilson

Office located at: Riverdale Apartments  
5 - 38 River Avenue, Box 283, Starbuck R0G 2P0  
Office Hours: 8:30 am - 4:30 pm  
Phone: 204.735.3052  
Email: [info@macdonaldseniors.ca](mailto:info@macdonaldseniors.ca)  
[www.macdonaldseniors.ca](http://www.macdonaldseniors.ca)

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
- Accessing information
- Emergency Response Information Kits (ERIK)

## Stay Connected!

### Join our mailing list!

Stay informed about upcoming events. Email [info@macdonaldseniors.ca](mailto:info@macdonaldseniors.ca) to be added to our mailing list!

### Social Media

Facebook

Like and follow the Macdonald Services to Seniors page on Facebook!





# GEMS

## Greet, Eat, Meet for Seniors

Everyone benefits from staying active, learning something new and connecting with others. GEMS is a lunch and social program for older adults living in the R.M. of Macdonald and surrounding areas. **Lunch & Learns are back! Dates below that are bolded/underline will have guest speakers. Stay tuned for information on presentations.**

### Brunkild

Sept. 13, Oct. 4, Nov. 1, Dec. 6

### La Salle

**Sept. 20, 27, Oct. 18, 25**, Nov. 8, 15, **22, 29**, Dec. 13, **20, 27**

### Starbuck - Wednesdays

Sept. 1, 8, 15, **22, 29**, Oct. 6, 13, **20, 27**, Nov. 3, 10, 17, **24**, Dec. 1, 8, 15, **22, 29**

### Sanford - Thursdays

Sept. 2, 9, 16, **23, 30**, Oct. 7, 14, **21, 28**, Nov. 4, 18, **25**, Dec. 2, 9, 16, **23, 30**

Please register with Leanne on the Monday (Sanford & Starbuck) or Thursday (La Salle & Brunkild) prior to the program for both in-person and delivered meals. Lunch is \$9.00. Monthly newsletter and calendar will be posted on [www.macdonaldseniors.ca](http://www.macdonaldseniors.ca)



## Lunch & Learns Presentations

Monday, September 20, 1:00 pm La Salle - Caisse Community Centre	<b>10 Habits for a Healthy Lifestyle</b> Presenter: Linda Brown, Active Aging Manitoba
Wednesday, September 22, 1:00 pm Starbuck Hall	<b>Healthy Brains</b> Presenter: Karin Whalen, Active Aging Manitoba
Thursday, September 23, 12:45 pm Sanford Legion	<b>10 Habits for a Healthy Lifestyle</b> Presenter: Linda Brown, Active Aging Manitoba
Monday, October 18, 1:00 pm La Salle - Caisse Community Centre	<b>Capturing Your Family History Through Creative Writing</b> Presenter: Gabriele Goldstone, Writer's Guild of Manitoba
Wednesday, October 20, 1:00 pm Starbuck Hall	<b>Wills &amp; Estates Planning</b> Presenter: Levi Taylor, Levi Abram Law
Thursday, October 21, 12:45 pm Sanford Legion	<b>The World of Writing</b> Presenter: Ron Hore, Writer's Guild of Manitoba
Monday, November 22, 1:00 pm La Salle - Caisse Community Centre	<b>Wills &amp; Estates Planning</b> Presenter: Levi Taylor, Levi Abram Law
Wednesday, November 24, 1:00 pm Starbuck Hall	<b>Capturing Your Family History Through Creative Writing</b> Presenter: Mary Lou Driedger, Writer's Guild of Manitoba
Thursday, November 25, 12:45 pm Sanford Legion	<b>Wills &amp; Estates Planning</b> Presenter: Levi Taylor, Levi Abram Law

## December Presentations To Be Determined



# Learn to use an iPad

**\*\*Coming Soon\*\***



We are very pleased to announce we have been approved by New Horizons grant program to offer an education series on how to use an iPad. The course will cover all things you may want or need to know about using your iPad and navigating the Internet safely. We will have tablets for loan for anyone without a tablet of their own. People with their own tablets can also participate.

*If you are interested in this free program or if you have questions, please contact Leanne. Look for more details in the MSSI newsletter soon.*



***NEW TO ZOOM?!***

***Get help with setting up Zoom on your device!***

Don't miss out on all the virtual presentations, fitness programs and online classes offered this Fall! Book an appointment to learn the ins & outs of the Zoom online video program. Get yourself set up so you can join in on the fun from the comfort of your home! Also check out all of our ONLINE programs on page 20.

***For more information or to book an appointment, contact Leanne at 204.735.3052 or [info@macdonaldseniors.ca](mailto:info@macdonaldseniors.ca)***



Macdonald-Headingley  
RECREATION DISTRICT

We Have  
MOVED!



Macdonald - Headingley Recreation District  
179 Seekings Street  
Headingley, MB R4J 1B1



[www.mhrd.ca](http://www.mhrd.ca) | 204.885.2444 | [info@mhrd.ca](mailto:info@mhrd.ca)





# Macdonald Sports



## OFFICIAL SITE OF THE MACDONALD HOCKEY ASSOCIATION

Community	Contact
President	Blake Vasko 204.294.6608 president@macdonaldhockey.ca
Vice - President	Keith Pitura 204.797.8733 vicepresident@macdonaldhockey.ca
La Salle / Domain	Melissa Jones 204.781.9009 domainlasallerep@macdonaldhockey.ca
Sanford / Brunkild	Scott Wiens 204.997.6952 sanfordbrunkildrep@macdonaldhockey.ca
Oak Bluff	Carrie Wilson 204.887.5950 oakbluffrep@macdonaldhockey.ca
Starbuck	VACANT starbuckrep@macdonaldhockey.ca
Female Hockey Representative	Lindsay Girard 204.805.1987 femalehockey@macdonaldhockey.ca

## Macdonald Hockey

Come join in the fun! Macdonald Hockey is a dynamic hockey association with both male and female hockey programs available. New residents to the community may apply to have late fees waived. Contact a community representative for more information.

*Due to Covid-19, please visit website for up to date information!*  
[www.macdonaldhockey.ca](http://www.macdonaldhockey.ca)

## La Salle Lakers 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](mailto:lasallebasketball@hotmail.com)

*\*Pending changes due to Covid-19*





Logo overhaul and new look coming soon!



RINGETTE

We want you!

- **Coaches** - if interested, contact: [president.macringette@gmail.com](mailto:president.macringette@gmail.com)
- **Officiators** (referees, time keepers and shot clock operators), if interested, contact: [officiating.macringette@gmail.com](mailto:officiating.macringette@gmail.com)
- **Board positions**, if interested, contact: [vicepresident.macringette@gmail.com](mailto:vicepresident.macringette@gmail.com)

Community Representative	Contact
La Salle/Domain Convenor: Shelly Litynski	lasalle.macringette@gmail.com
Oak Bluff Convenor: Les Khan	oakbluff.macringette@gmail.com
Sanford/Brunkild Convenor: Jason Jorgenson	sanford.macringette@gmail.com
Starbuck Convenor: Alison Zulyniak	starbuck.macringette@gmail.com

Visit our new website at [www.macdonaldringette.ca](http://www.macdonaldringette.ca) for the most up-to-date information on the 2021/2022 ringette season. Please contact Jennifer Houser - [registrar.macringette@gmail.com](mailto:registrar.macringette@gmail.com) regarding late registration.

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

# Remember to get your Annual Flu Shot



Clinics will run in a community near you in November 2021

Check the Southern Health website for dates/locations: [www.southernhealth.ca/](http://www.southernhealth.ca/)



[www.vecteezy.com](http://www.vecteezy.com)





## Online Programming

Programs will provide a LIVE class through the Zoom Cloud Meetings Program. Recordings to specific programs may be available to watch later on.

**Zoom:** 

After registering for one of MHRD's ONLINE programs, participants will receive a confirmation email containing a link to access the Zoom meeting. Just download the Zoom Program Application on the device you intend to use (Desktop Computer, Laptop, iPhone/Android Phone, iPad/Tablet).

**Facebook/Instagram/YouTube:** 

Some programs may be offered as pre-recorded videos posted on MHRD social media pages. These can be accessed online through a computer or through apps on your smartphone or tablet. Click below for direct links to MHRD social media pages:



[Facebook](#)



[Instagram](#)



[YouTube](#)

If you are new to the virtual world, we recommend asking a friend or family member to help you prepare for your online class ahead of time. But if you encounter any difficulties, please call our office, we will be happy to help you out. 204.885.2444

[CLICK HERE](#) for a Zoom Tutorial on YouTube!

## Pilates

*Instructor: Kristy Loewen*

Whether you work at a computer all day or compete in triathlon, everyone can benefit from Pilates. It is a full body conditioning practice, appropriate and beneficial for all ages and fitness levels. Pilates is designed to improve physical strength, flexibility and posture. A consistent practice offers many benefits including longer, leaner muscles and increased core strength and stability. It can also aid in recovering from injury and is a great complement to any fitness regime! *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	14 Tuesdays, September 14 - December 14	8:00 pm - 9:00 pm	\$140.00	Tuesday, September 7

## Yin/Restorative Yoga

*Instructor: Becky Watson*

Slow down and soften to soothe and nurture awareness of the mind, body + spirit. You'll be guided through long held passive poses to soften connective tissues, creating space in the hips, spine and pelvis. This practice is meditative, rejuvenating and restorative. An opportunity to melt away the stress, anxiety and tension that we carry physically, emotionally, mentally and energetically. A great practice if you suffer from symptoms of arthritis or carry a lot of tension and stiffness in your body. *Class is beginner and prenatal friendly. You will need a yoga mat and supportive props to enhance our practice. You can use household items, ask us for some suggestions!*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	12 Wednesdays, September 15 - December 1	10:00 am - 11:00 am	\$108.00	Wednesday, September 8

## Strong in 45

*Instructor: Kristy Loewen*

During this 45 minute online class you will benefit from a warm-up, a full body strength workout and a stretch. We will use only body weight and resistance bands to achieve a strong physique you can be proud of. The workouts will be different every week to keep your body guessing and avoiding a plateau in results. This class is great for both beginners and intermediates. *You will need 2-3 resistance bands with a range of strengths.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	8 Thursdays, September 16 - November 18 (No class September 30 & November 11)	7:00 pm - 7:45 pm	\$80.00	Thursday, September 9
Online - Zoom	5 Thursdays, November 25 - December 23 (December 23 - Recorded)	7:00 pm - 7:45 pm	50.00	Thursday, November 18

## 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 benefit from long, lean muscles throughout your body. We'll start with the basics and work at the pace you are comfortable with. Beginners welcome. *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	13 Thursdays, September 16 - December 23 (No class September 30 & November 11)	8:00 pm - 9:00 pm	\$130.00	Thursday, September 9



## Art Journaling for Beginners

*Instructor: Jess Winnicki, BA, BSW, RSW, DKATI, Safe Harbor Therapy*

Creative practices like art or writing can help to shift our mind, reduce stress, and promote relaxation. Common feelings, like fear and anxiety, can dictate our emotions and our behaviors. Fear and anxiety are attempts to get our attention so that we can deal with issues, heal, grow, and move forward in life. The longer we avoid their nudging, the louder and messier they can become. Learning about fear and anxiety, and why we respond the way we do, can help us put into context what we may be experiencing with COVID-19 or what we have experienced in the past. Art journaling is actually a great way to understand and mitigate these things! *A List of suggested art supplies will be provided upon registration.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	4 Mondays, October 18 - November 8	6:30 pm - 8:00 pm	\$65.00	Tuesday, October 12



## Gingerbread House Decorating

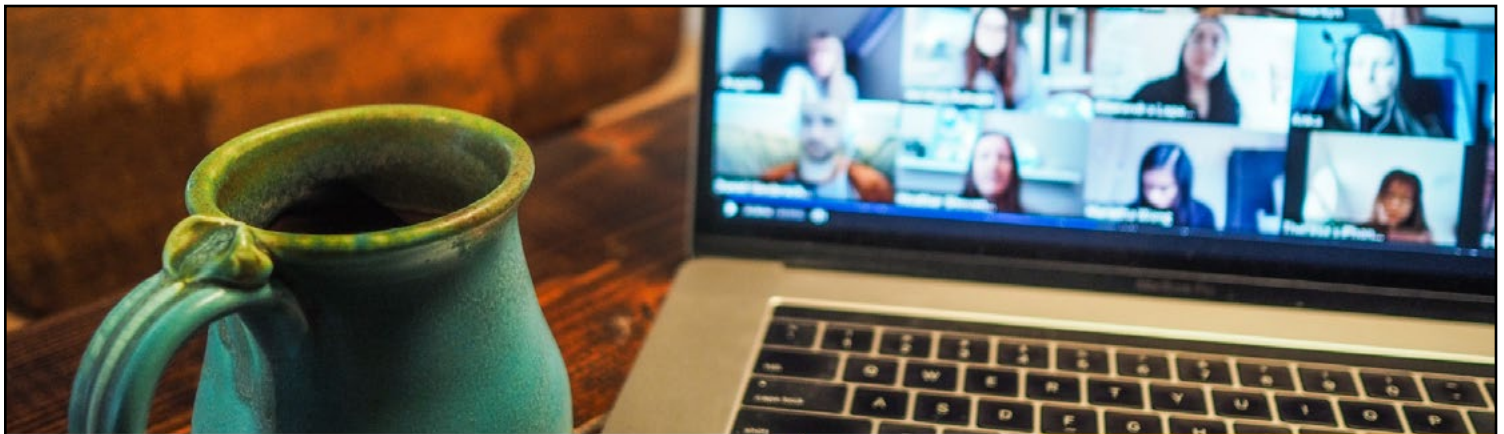
*Instructor: Maureen Martin*

Join the Paint Your Own (PYO) cookie trend and create your unique gingerbread house from the comfort of your own home with everything provided! Each gingerbread house cookie kit includes the 6 prepared walls/roof pieces already stenciled with designs, food-safe paint brushes, an edible paint palette and a bag of Royal icing to “glue” your painted house together.

This would be a great class for parent and child!

**Registration Deadline:** Monday, December 6

Location	Day(s)	Time	Fee
Online - Zoom	Saturday, December 11	1:00 pm - 3:00 pm	\$50.00



# Complete our Online Survey



**Macdonald-Headingley**  
RECREATION DISTRICT

**CLICK HERE**

or scan QR code to access Survey



Help us continue to provide you with online programs you enjoy! The survey can be accessed by scanning the QR code or clicking the ad. This 3 Minute survey will let us know what you are looking for in an online program for upcoming program sessions. Your help is appreciated. If you have any questions, please contact our office. 204.885.2444 | info@mhrd.ca





# Brunkild

## Brunkild Community Facilities

Brunkild Memorial  
Recreation Centre  
# 10 Prov. Rd 305  
ROG OEO



Ronda Karlowsky, President  
[ronda.lynn.k@gmail.com](mailto:ronda.lynn.k@gmail.com)  
Kim Kaminsky  
Hall Bookings & Catering  
204.736.4812

Stay Connected with Brunkild's news, events or advertisements, please contact Christel Boekhorst at [christelboek11@gmail.com](mailto:christelboek11@gmail.com) for the monthly Brunkild Scoop! Contact for a digital copy, or to submit an advertisement or news you would like published.



Excellent facility for your company meetings. We can facilitate all covid regulations while providing you with a warm environment & and rental option of screen and projector. Free wifi available!  
Book with Kim 204.736.4812

## Brunkild St. Paul's Lutheran Church



### Worship at 10:00 am

Family Service with Communion on the last Sunday of every month. During this time of Covid- 19, we are sending worship services & devotions via email & posting on Facebook.

**For more information: 204.736.4216**  
**[stpauls.lutheranchurch@gmail.com](mailto:stpauls.lutheranchurch@gmail.com)**

**Everyone Welcome**







# Domain

## Domain Community Facilities

Domain Arena  
Secondary Rt-330  
ROG 0M0

Kyle Kippen, President  
204.223.9090  
kyle@elmhurstdrywall.ca

Joyelle Erb, Ice Convenor  
Ice Rentals/Scheduling  
domainrink@gmail.com

Domain Hall  
Box 130  
ROG 0M0

Jenny Pelland, President  
www.domain-hall.ca  
Jocelyn Kitchur, Hall Rental  
204.612.1983  
domainhall@hotmail.ca

## Domain Arena Skate Times

*Please remember to wear a helmet!*

**TBD - Check La Salle or Domain  
Facebook pages for up to date  
schedules and information.**



Domain/La Salle

Domain Women's Institute is part of MWI, a provincially funded organization striving to support women and keep them in the know.

We support La Salle 4-H, Sanford Collegiate grad awards, community events in La Salle and Domain, and other organizations in need.

We meet monthly from September to June, with speakers, tours, crafts, food and fun. In accordance with covid-19 protocols, we meet on zoom.

Visitors and new members are welcome! Call Judy Cormier @ (204) 736-4239 for details.

0123456789

6879543210

0123456789

DOMAIN  
THEATRE

Domain Drama Club remains hopeful that we will be back on the stage for **Jan/Feb 2022**. The script is purchased and no we wait for further instructions re lockdowns and numbers. The show is a Murder Mystery and we will start rehearsals Saturday mornings and Monday evenings in October.

Anyone interested in joining us??? Let's talk.  
Call Janice at 204 736-2613.

**THE SHOW MUST GO ON.....  
we just don't know when.**

# 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.

**President: Clayton Manness**

204.736.2922

[cmanness@mymts.net](mailto:cmanness@mymts.net)

**Membership Chairperson: Janice Harrison**

204.736.2613



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

Rob Nowosad [robnowosad@shaw.ca](mailto:robnowosad@shaw.ca)

Join Cross Country Snow Drifters on Facebook!



[crosscountrysnowdrifters.net](http://crosscountrysnowdrifters.net)

**NEW MEMBERS ARE ALWAYS WELCOME.**



Macdonald-Headingley  
RECREATION DISTRICT

FOLLOW US ON  
**Instagram**



@mhrd1



**Please check website for updates on when regular services will return. Online services available through YouTube.**

**Links can be found on website.**

[www.meridian-pastoral-charge.ca](http://www.meridian-pastoral-charge.ca)

**Rev. James DeBeer:** [reverendjdebeer@gmail.com](mailto:reverendjdebeer@gmail.com)

**Contacts:** Ron Manness 204.736.4001 or

Cliff Harrison 204.736.2613

**Upcoming Events posted on our website**

[www.meridian-pastoral-charge.ca](http://www.meridian-pastoral-charge.ca)

**Serving the communities of  
Domain, La Salle and Osborne.**





# La Salle

## La Salle Community Facilities

**Caisse Community Centre**  
 Corner of PR 247E &  
 Hwy 330

 [www.facebook.com/caissecc](https://www.facebook.com/caissecc)

**Dee Romijn, Facility Manager**  
 204.736.2679  
 204.801.7629 (cell)  
 dromijn@caissecc.com  
[www.caissecc.com](http://www.caissecc.com)  
**Brian Cornelsen, President**  
 cornelsenbrian@gmail.com

**La Salle School**  
 43 Beaudry Road  
 ROG 0A1

**Robert Bouchard, Principal**  
 204.736.4366 ext. 5346  
 rbouchard@srsd.ca

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



**Macdonald-Headingley**  
 RECREATION DISTRICT

## Online Recreation

*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of online options starting on page 20.*

### 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 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. Register at any point to receive program updates as they arise. Day and times may vary without notice. *Please bring clean indoor shoes.* Contact for more information. Due to social distancing measures, only a limited number of spots are available. Drop-ins are not permitted. Register now to save your spot or have your name added to the waiting list.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre Contact: Bernice Valcourt 204.272.5586	Tuesdays & Thursdays September 7 - December 21 (No class September 30 & November 11)	1:00 pm - 3:00 pm	Drop - in: \$2.00 Monthly: \$10.00	Ongoing

## Fluid Flow Yoga

*Instructor: Mary Lou MacGregor*

This yoga class will move through a series of asanas or yoga poses that create an accessible, transformative practice. Different poses are offered each week and are all adaptable for every body. Yoga is important for the body and the mind. With the stress everyday life, it is easy to lose touch with our own bodies and hearts. Through yoga we can gain perspective of our own lives, find peace, enjoy better health, and feel more wholesome. We hold the key to our own well-being. This class is accessible for all levels. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	10 Mondays, September 27 - December 6 (No class October 11)	7:00 pm - 8:00 pm	\$110.00	Monday, September 13

## Functional Fitness

*Instructor: Andrew Schindle*

Everyone benefits from functional fitness! Functional exercises will help you to build strength, improve your coordination and balance and enhance your ability to perform normal, daily activities. This program will help you increase your range of motion, muscle strength and cardiovascular conditioning.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	23 Tuesdays & Thursdays, September 21 - December 14 (No class September 30 & November 11)	9:15 am - 10:15 am	2x/week: \$230.00 Tuesdays: \$120.00 Thursdays: \$110.00	Tuesday, September 14

## La Salle Art Club

*Faciliator: Gerry Jennings*

Whether you are looking for a little friendly inspiration or just tired of painting on your own...La Salle Art Club might be just what you are looking for! The Art Club will meet Wednesday evenings at the La Salle Community Fellowship. *It's BYO Art Supplies!* For more information, please contact MHRD at 204-885-2444.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle Community Fellowship Church	16 Tuesdays, September 7 - December 21	7:00 pm - 9:00 pm	Free!	Ongoing

## Modern Farmhouse Craft

*Instructor: Andrea Senebald*

A beautiful 16" round board adorned with a saying of your choice, will welcome your guests to your home or your kitchen! We will create all the elements that tie together this modern farmhouse style fitting for any decor. This is a larger project but any level of crafter will be able to use our Chalk Couture TM products to create a piece they can be proud of! Included is a 16" round Pine board stained brown, stripes will be painted, one design picked to chalk the words then ribbon and greenery to finish the sign. All supplies are provided, surfaces, chalk paste, refreshments and instructions.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Wednesday, October 6	6:30 pm - 8:30 pm	\$60.00	Wednesday, September 29

## Healthy Aging through the Arts



*Instructor: Margaret Glavina*

Did you know that art is good for the heart...and soul? Join instructors from Art City to get inspired for art you can do in-person! Explore different art mediums provided to you, including drawing, painting and more. Making art, whether you have previous experience or not, helps focus and calm the mind, process difficult experiences, and re calibrate yourself. There is no wrong way to do it. The key is to just try! *Art supplies will be provided!*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	6 Wednesdays, October 20 - November 24	1:00 pm - 3:00 pm	\$60.00	Wednesday, October 13



## Beginner's Karate

*Instructor: Chris Hewitt*

Fitness, character, focus and confidence 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 that 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. *Please wear shorts and a T-shirt and ensure that toe nails are clipped short.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	10 Wednesdays, September 29 - December 8 (No class October 6)	6:30 pm - 7:30 pm	\$110.00	Wednesday, September 22

## Home Alone (Ages 10 - 13)



*Instructor: Yvonne Bjornson*

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. Participants must attend the entire class to be eligible to receive their certificate. Must be 10 years old by date of program.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Saturday, October 23	9:00 am - 1:00 pm	\$45.00	Friday, October 15

## Halloween Cookie Decorating Class

*Instructor: Maureen Martin*

Learn tips and tricks to help you design beautiful, professional cookies. You will receive 8 baked sugar cookies and bags of Royal icing. Any extra icing may be taken home in the piping bags. Recipes and a Decorating Tips & Tricks will be sent home so you are ready to bake and decorate your own cookies. This class is recommended for families (parent and child 7+ years), or anyone who wants to learn to decorate beautiful cookies!

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Saturday, October 30	1:00 pm - 3:00 pm	\$45.00	Monday, October 25

# INSURANCE PROGRAMS THAT **SAVE** YOU MONEY

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CAISSE  
COMMUNITY  
CENTRE

located at the  
corner of PR 247E &  
HWY 330 in La Salle MB



CAISSE COMMUNITY CENTRE

## Before & After School PROGRAM

## In-Service Day Camp PROGRAM (ages 5 to 12)

### Before & After School Program (ages 5 to 12)

- runs from 7am to start of school and end of school until 6pm
- \$17.00 per day/per child (2 spots)
- \$8.50 per day/per child (1 spot)

### In-Service Day Camp Program (ages 5 to 12)

- runs from 7am to 6pm
- \$30.00 per day/per child

Pre-registration required (online).

Lunch and/or snacks must be brought from home (nut-free).

Information and/or to register:

[www.caissecc.com](http://www.caissecc.com)  
- programs tab



Questions?

[beforeandafter@caissecc.com](mailto:beforeandafter@caissecc.com)



CAISSE  
COMMUNITY  
CENTRE

# STAY FIT JOIN TODAY

## CAISSE COMMUNITY CENTRE Fitness Centre

Come and take a look at what the  
Fitness Centre at the  
Caisse Community Centre  
has to offer.

(conveniently located at the corner of  
PR 247E & HWY 330 in La Salle MB)

Information / Fee Schedule:

[www.caissecc.com](http://www.caissecc.com)  
- fitness centre tab



Subject to Change  
in accordance with MB  
Health Orders as per the  
#Restart MB Pandemic  
Response System.

Questions?

204-736-2679

[dromijn@caissecc.com](mailto:dromijn@caissecc.com)



# St. Hyacinthe Roman Catholic Parish

“Growing together in faith in Jesus Christ,  
helping one another to discover a life with purpose”

Mass times: Saturday 4 pm & Sunday 11 am  
Weekday masses: Wednesday 9 am & Thursday 7 pm  
Adoration of the Blessed Sacrament:  
first Thursday of the month, following mass.  
Catechism classes Sunday mornings before mass.  
Beginning September 2021.

Please contact the parish for more information  
and for registration.

Visit our website for weekly bulletin,  
upcoming events and resources.

Father Gabriel Levesque  
27 Beaudry Street,  
La Salle, ROG 0A1

Ph: 204-736-2847  
st.hyacinthe@mymts.net  
www.sthyacinthelasalle.ca

Celebrating our **34<sup>th</sup>** Year  
of quality dance instruction!

Karen Luba School of Dance, Inc. offers  
dance instruction for ages 3 and up! The  
dance season begins in September and  
runs weekly until May, finishing with a  
gala year-end recital.

**La Salle  
Caisse Community Centre**

**Other Locations:**

Westdale C.C.  
Kirkfield Westwood C.C.  
Roblin Park C.C.  
Richmond Kings C.C.

**Jazz  
Ballet  
Lyrical  
Hip Hop  
Pointe  
Tap**

Karen Luba School of  
**DANCE** Inc.

Directors: Karen L. Betz, B.Ed. & Brenda Luba, B.Ed.

To REGISTER CALL **204-803-9949** or

Email us at **klsd\_dance@hotmail.com**

*See you next season at the La Salle Curling Club*

Thank  
You



LSCC thanks you for your ongoing support.  
For the latest on leagues, events, etc.  
stay tuned to the website and Facebook page.

Keep Safe  
Keep Healthy  
Keep "Rockin"

Check LSCC out at: [lasallecurlingclub.ca](http://lasallecurlingclub.ca) & on Facebook @LaSalleCurlingClub

# CAISSE COMMUNITY CENTRE

E-News  
Registration

Want to stay up-to-date with the Caisse Community Centre?

Register with our website for the monthly digital  
Caisse Connection Newsletter  
(produced by the Caisse Community Centre)  
and stay informed of community news and events.

To register, please visit:

[www.caissecc.com](http://www.caissecc.com) - home page - e-news registration

Contact:

Barbara Agland-O'Connor  
Website Director (Newsletter)  
Caisse Community Centre  
[barbaraagland@hotmail.com](mailto:barbaraagland@hotmail.com)



# CAISSE COMMUNITY CENTRE

Facility Rentals

Socials \* Birthday Parties \* Team Windups \* Weddings \* Funerals

The Caisse Community Centre, 17,000 sq. foot building consisting of a full sized Gymnasium, a Multi-Purpose Room, 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.

For rental information or to arrange a tour, please contact:  
Dee Romijn, Caisse Community Centre Facility Manager  
204-736-2679 | 204-801-7629 | [dromijn@caissecc.com](mailto:dromijn@caissecc.com)  
or visit [www.caissecc.com](http://www.caissecc.com)

## Blaine Pedersen MLA for Midland



### Constituency Office Hours

Mon and Tues, 9-4 pm  
Friday 9-12pm

195 Main St S - Unit 2 Carman, MB

[midlandmla@outlook.com](mailto:midlandmla@outlook.com)  
[www.blainepedersen.com](http://www.blainepedersen.com)



We are excited to announce Kevin Dyck as our new pastor beginning in July!



Our Sunday morning worship services are LIVE @ 10:30 on youtube.

Subscribe to our channel or find the link from our website home page.

Look for updates regarding in church services on our website.

- Sunday Service @ 10:30 LSCF.ca
- Student Ministry - Grades 7 to 12 lasalle youth.ca

[www.LSCF.ca](http://www.LSCF.ca) [info@LSCF.ca](mailto:info@LSCF.ca) 204.736.3200

Located on Highway 247 between the Community Centre and Kingswood Golf Course



## La Salle Kidz INC DAYCARE CENTRE

La Salle Kidz Inc. operates 2 licensed, not for profit child care facilities in La Salle, MB. Our two facilities offer a total of 100 child care spaces:

- PR247 Site (by Caisse Community Centre): 48 preschool spaces for children aged 2-6yr; 12 infant spaces for children aged 3months-2yr
- Beaudry Site (by La Salle School): 32 preschool spaces for children aged 2-6yr; 8 infant spaces for children aged 3months-2yr

For more information, contact Sheena at  
204-736-2520 (PR247 Site) or  
204-736-4789 (Beaudry Site)



## FALL FITNESS CLASSES with DEE ROMIJN

September 6 2021 — December 16 2021 (15 week session)

Mondays / Wednesdays — 7pm to 8pm

Tuesdays / Thursdays — 6am to 7am

In-Person - at the Caisse Community Centre

### Description:

Workouts will consist of a warm-up and cool-down (stretch) with HIIT interval style training which includes a combination of resistance / cardio exercises for a whole body workout. There are a variety of levels offered each class from beginner to advanced to allow you to be in control of your workout.

### Bonus:

To allow for more flexibility and busy schedules, classes can be interchanged between sessions or recordings will be available if you are unable to attend a class.

Pricing (includes GST):

30 Classes \$252.00 (2/times per week)

15 Classes \$157.50 (1/time per week)

For more information and/or to register:  
email Dee Romijn at [dromijn@caissecc.com](mailto:dromijn@caissecc.com)  
or visit [www.caissecc.com](http://www.caissecc.com) - programs tab





**Now Accepting Registrations!**  
**LaSalle Nursery School**

Located inside LaSalle School



3 year old and 4 year old programs  
 For children born in 2017 & 2018

In order to accurately plan, registration for the  
 2021-2022 school year will start in February.  
 Register early to ensure your spot!

No In-Person Registration Night

Email  
**lasallenursery@gmail.com**  
 to register!

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 WWW.OUTNABOUTTRAVEL.COM

**CO-OP**  
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 Professional Wealth Advisor

Melanie Potter  
 Professional Wealth Associate

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 Oak Bluff, MB R4G 0B1

ph: (204) 254-3553  
 fx: (844) 270-3886  
 e: [barry@twerdunwealth.com](mailto:barry@twerdunwealth.com)  
 e: [melanie@twerdunwealth.com](mailto:melanie@twerdunwealth.com)

[www.twerdunwealth.com](http://www.twerdunwealth.com)





# SEASONS OF LA SALLE

Photos taken by: María Antonia Pakinggan-Illas





# Oak Bluff

## Oak Bluff Community Facilities

Oak Bluff Recreation/  
Oak Bluff Arena  
101 Macdonald Road  
R4G 0B2



**Brent Sadler, President**  
204.275.2844  
president@obrca.ca

**Jeff Froese, Ice Rental**  
204.896.6881  
icerentals@obrca.ca

**Keith Rempel, Hall Rental**  
204.896.6882  
hallrentals@obrca.ca  
www.obrca.ca

Oak Bluff Community  
School  
155 Agri Park Road  
R4G 0A5

**Pamela Lee, Principal**  
204.895.0004  
oakbluff@rrvsd.ca

[www.obcs.rrvsd.ca](http://www.obcs.rrvsd.ca)



**Macdonald-Headingley**  
RECREATION DISTRICT

## Online Recreation

*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of online options starting on page 20.*



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](mailto:obeydirector@live.com).  
[www.oakbluffearlyyears.com](http://www.oakbluffearlyyears.com)

## Prairie Palette Art Club



Art Club will be cancelled for until further notice due to Covid-19. For any questions or more information, please contact Kathryn.

For further information call  
Kathryn at 204-781-9808.

## Cardio, Core & Strength

*Instructor: Marci Manness*

This fun 60 minute class will include strength, cardio, balance, coordination, power and mobility. All fitness levels are welcome as modifications will be given. *You will need a yoga mat and a set of dumbbells.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	12 Thursdays, September 23 - December 16 (No class September 30)	7:00 pm - 8:00 pm	\$132.00	Thursday, September 16

## Babysitter's Training (Ages 12+)

*Instructor: Yvonne Bjornson*

An important course for the beginning babysitter, this program teaches the basic skills of child-care, First Aid and safety in the home. Students **must be 12 years old by December 31, 2021.** *Please bring lunch, water bottle, pen, paper and a stuffed animal or doll to help you practice.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre - Board Room	Saturday, October 16	9:00 am - 3:30 pm	\$45.00	Friday, October 8

## Gentle Yoga with Nicole

*Instructor: Nicole Necsefor*

Come to this practice to unwind and release tension, whether it be physical, mental or emotional. Cultivate your relaxation skill set and learn how to effectively self-soothe through asana, meditation & conscious breath work. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	11 Mondays, September 27 - December 20 (No class October 11 & November 8)	6:00 pm - 7:00 pm	\$110.00	Monday, September 20

## Yoga for Men with Nicole

*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 humor! 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	11 Mondays, September 27 - December 20 (No class October 11 & November 8)	7:30 pm - 8:30 pm	\$110.00	Monday, September 20

## 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 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. Please register at any point to receive program updates as they arise.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre Contact: Shawnda Muir 204.479.6791	11 Wednesdays, October 6 - December 15	6:00 pm - 8:00 pm	Drop - in: \$2.50 Monthly: \$10.00	Ongoing

## Oak Bluff Arena Skate Times

Go to [www.obrc.ca](http://www.obrc.ca)

for up to date schedule and time slots

*Helmets required for all ages during Sticks & Pucks.*



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Oak Bluff



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SUNDAY MORNING PRAYER TIME 10:00 AM



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Pastor Christian Loewen  
Pastor John Reimer

WWW.OAKBLUFFBIBLECHURCH.COM

# COPP

CITIZENS ON PATROL PROGRAM  
PROGRAMME DE PATROUILLES DE CITOYENS

TIRED OF PROPERTY CRIME IN OAK BLUFF?

JOIN OAK BLUFF'S CITIZENS ON PATROL PROGRAM (COPP)

- o COPP is a provincial program in association with WPS, RCMP & BPS.
  - o Volunteer as much or as little time as you have.
- Patrolling can be done while going for a walk, going for a bike ride, or taking a drive around your neighbourhood.

*Tips to prevent break-ins:*

- Lock your doors (home & vehicles) and keep valuables out of sight
  - If you have a monitored alarm system in your house, use it!
  - Leave an outside light on at night
  - Break down electronics boxes & place inside recycling bin
  - If you are going on vacation don't announce it on social media sites
  - Record the make, model and serial number of big-ticket items that are commonly stolen such as TVs, electronics, tools, etc. and take photos of rare and expensive items such as antiques, golf clubs, jewellery, etc. for insurance and police identification purposes
  - Report crime to the RCMP (911 or 204-831-5929)
- For non-emergency calls or to contact the local RCMP detachment (204-888-0358).

Contact [OakBluffCOPP@gmail.com](mailto:OakBluffCOPP@gmail.com) to join or get more information.

# Snow Saw



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OCTOBER TO MARCH

**[WWW.LEGACYCHEERLEADING.COM](http://WWW.LEGACYCHEERLEADING.COM)**





# Sanford

## Sanford Community Facilities

Sanford Recreation/  
Arena

174 Mandan Drive  
R0G 2J0



Eric Boyd, President  
eric@bestlandexcavation.com

Andrea Morann, Ice Rentals  
morann.andrea@gmail.com

Sanford Collegiate  
130 Blythefield Road  
R0G 2J0

Jaynie Burnell, Principal  
204.736.2366  
sanfordcollegiate@rrvsd.ca

J.A Cuddy School  
5 Main Street,  
R0G 2J0

Scott Thomson, Principal  
204.736.2282  
jacuddy@rrvsd.ca

<https://jacuddy.rrvsd.ca/>



### J.A. Cuddy Child Care Centre Inc.

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

Call 204.736.3289 for more information on  
the availability of child care spaces

Licensed for 77 children ages 12 weeks - 12 years

Open during all division in-services and school holidays!

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Contact:

**Sanford Legion:** Roy Switzer  
204-736-3744 or royswit@mymts.net

**Hall Rentals:** Cockerill Insurance  
204-736-2381

**Morning Coffee:** Monday to Friday, 7:45 am - 9:00 am.  
(Everyone is welcome)

Legion meetings held the 3<sup>rd</sup> Monday of every month at 7:00 pm.  
We are actively looking for new members to join our branch.

**Ladies Coffee Morning Group:** Held every Tuesday 9:30 am -  
11:00 am. Come and enjoy meeting new friends and neighbours.

**\*For up to date information due to Covid-19, please contact  
Roy Switzer.**

## Hit the Ice

Grab a stick and join the fun! Kids can enjoy a structured warm-up and some non-competitive hockey in a fun and relaxed environment. Parents are welcome to join in the fun. Please let us know if you are able to volunteer your time as a coach or helper. We can't run this program without you! *All players must supply a helmet with face protector, neck protector, gloves, shin pads & hockey stick. Hit the Ice will be following Covid-19 guidelines provided by Hockey MB.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena	18 Saturdays, October 30 - March 12 (No program December 25 or January 1)	6 & Under: 8:00 am - 9:00 am Ages 7 - 9: 8:00 am - 9:00 am Ages 10 - 12: 9:15 am - 10:15 am Ages 13 - 17: 10:30 am - 11:30 am	\$275.00	Friday, October 22

## Learn to Skate (Ages 6+)

This class is for kids who are comfortable moving around the ice on their own. This class will focus on skill development in a fun way, through interactive games. Foundation skills of gliding, turning and introductory stopping will be practiced. *CSA helmet required.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena	8 Saturdays, October 30 - December 18	11:45 am - 12:30 pm	\$120.00	Friday, October 22

## Fusion Fitness

*Instructor: Marci Manness*

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. *You will need 1 - 2 sets of dumbbells and a light to medium resistance band.*

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	11 Mondays, September 27 - December 13	6:30 pm - 7:30 pm	\$121.00	Monday, September 20

## Halloween Craft for your Home

*Instructor: Andrea Senebald*

Have fun chalking this 2 sided sign for Halloween Decorating. You can ward off the wicked with one side, or welcome all the little trick or treaters with the other. A 5 X 7 MDF sign and wood base are provided. You will choose the colour to paint your surface, then Chalk Couture TM products to create your design. This would be a perfect craft night with your little Halloween buddy! All children must be accompanied by an adult who can supervise and help them to craft.

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	Wednesday, October 20	7:00 pm - 8:30 pm	\$35.00	Wednesday, October 13

## Quilting Club

Welcome to the Quilting Club! We will be meeting Sunday November 7th and Sunday December 5th this Fall (more dates to come in the Winter). Bring your own project to work on it doesn't have to be quilting, it could be knitting as well. You can bring your sewing machines or do hand work. We will gather from 9am to 4pm to work on our projects, so bring a lunch and \$2 for coffee and tea!

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Legion	Sunday, November 7 & December 5	9:00 am - 4:00 pm	\$2.00	Ongoing

## Women's Pick Up Basketball (Ages 18+)

*Faciliator: Elise Pierre*

If you're looking for a way to stay active in your community with other like minded ladies, come shoot some hoops in a non-competitive environment. Pick-up games will depend on number of people who show up! Bring your own ball!

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	12 Tuesdays, September 21 - December 7	7:30 pm - 8:30 pm	Free!	Ongoing



# Sanford Arena Skate Times

## Sticks & Pucks (Saturdays):

Ages 10 & Under: 7:15 pm - 8:00 pm

Ages 11 - 14: 8:00 pm - 9:00 pm

Ages 15 & up: 9:00 pm - 10:00 pm

## Public Skating (Sundays):

1:30 pm - 3:00 pm

Check Sanford Recreation Facebook Page  
for up to date schedule and time slots:

<https://www.facebook.com/sanfordarenamanitoba>

*Helmets required for all ages during Sticks & Pucks.*

**SANFORD ARCHERY RANGE** →

Archery Manitoba's Sanford Range, in partnership with the Flatlanders Archery Club is the host location of recreational target and 3D shooting, sanctioned tournaments and programs.

Become a member today, to take advantage of this beautiful range from May to October

The Archery Manitoba Sanford Range is located Provincial Road 334 just south of Ferndale Road

visit [www.ARCHERYMANITOBA.ca](http://www.ARCHERYMANITOBA.ca) for more information



**Macdonald-Headingley**  
RECREATION DISTRICT

## Online Recreation

*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of online options starting on page 20.*

Meridian Pastoral Charge 

Starbuck - Sanford - Domain



## Sanford United Church

Please join us for worship and fellowship online!

Visit our website for more details and upcoming events.

[www.meridian-pastoral-charge.ca/sanford](http://www.meridian-pastoral-charge.ca/sanford)



## 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  
*Pending changes due to Covid-19*  
Contact church for more information.

Pastor Randy Hildebrand  
(204) 735-2758 or [sprmench1@gmail.com](mailto:sprmench1@gmail.com)

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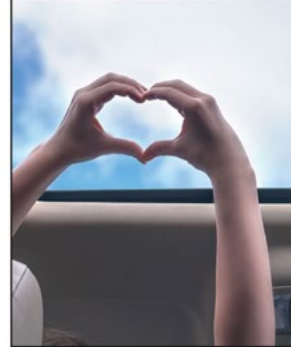


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<b>Moray Collision &amp; Glass</b>	700 B Moray Street	204.885.2080

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The Macdonald-Headingley Recreation District (MHRD) is looking forward to welcoming participants back to our recreation and healthy living programs. To mitigate the spread of COVID-19 within these programs, we will be following the current Manitoba Public Health Orders to protect the health and safety of participants, instructors, staff, and volunteers.

These guidelines can be found on our website at:  
<https://www.mhrd.ca/pages/covid-19/290>





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# Starbuck

## Starbuck Community Facilities

Starbuck Arena  
60 Arena Blvd.  
ROG 2P0



**Jan Morse, President**  
president@starbuckrecreation.com

**Michelle Morse, Ice Rentals**  
204.791.9644  
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  
or call Val at 204-735-3139  
www.starbuckrecreation.com/communityhall

Starbuck School  
40 Arena Blvd  
ROG 2P0

**Dale Fust, Principal**  
204.735.2779  
starbuck@rrvsd.ca  
https://starbuck.rrvsd.ca/

### St. Paul's Roman Catholic Parish - Starbuck & Sacred Heart Parish - Fannystelle

Contact church for up to date information in regards  
to schedule changes due to Covid-19.

Priest: Father Mario Avelino Veloso  
Phone: (204) 745 - 2204

Email: [stpaulsromancatholicparish@gmail.com](mailto:stpaulsromancatholicparish@gmail.com)  
(St.Paul's Parish Contact: Kathy Rathert: (204) 735-3115)

# STARBUCK RECREATION ASSOCIATION



*THE HEART OF THE COMMUNITY*

## President - Jan Morse

### Ladies' Curling

Janice Novak

[ladiescurling@starbuckrecreation.com](mailto:ladiescurling@starbuckrecreation.com)

### Men's Curling

Pat Johnson

[menscurling@starbuckrecreation.com](mailto:menscurling@starbuckrecreation.com)

***Come out and join a league or catch up  
with neighbours and enjoy a beverage  
from Ernie's Bar!***

[www.starbuckrecreation.com](http://www.starbuckrecreation.com)

## Yoga - All Levels

Instructor: Karyn Astleford

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	12 Mondays, September 27 - December 20 (No class September 20 & October 11)	8:00 pm - 9:00 pm	\$121.00	Tuesday, September 7

## 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 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. Please register at any point to receive program updates as they arise.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	10 Thursdays, October 7 - December 16	6:00 pm - 8:00 pm	Drop in: \$2.50 Monthly: \$10.00	Ongoing

Contact:  
Brenda Shirliff - 204.735.2880

# Online Recreation



Macdonald-Headingley  
RECREATION DISTRICT

*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of online options starting on page 20.*



## Starbuck Art Club

The Starbuck Art Club provides a chance for adults to participate in art workshops led by a variety of instructors several times a year. New members are welcome.

**Due to COVID-19, workshops and classes are suspended until further notice.**

For more information please contact:

Joyce Nadeau 204-436-2096 [gilnadeau78@gmail.com](mailto:gilnadeau78@gmail.com)  
Barbara Kaminsky 204-736-4260 [barbarakaminsky@hotmail.com](mailto:barbarakaminsky@hotmail.com)  
John Smeulders 204-791-8663 [tjsmeulders@hotmail.com](mailto:tjsmeulders@hotmail.com)  
Laurel Gargan 204-735-2743 [laurel\\_gargan@icloud.com](mailto:laurel_gargan@icloud.com)

## Trinity Lutheran Church in Starbuck

Worship Sundays - 10:00 am via Zoom

Sunday School is mailed out

For current information, please visit

[www.tlcstarbuck.com](http://www.tlcstarbuck.com)

Rev. Debra Johnston  
Box 118, 43 River Avenue  
Starbuck, MB R0G 2P0

Email: [tlc118@mymts.net](mailto:tlc118@mymts.net) Phone: 204.735.2503

## Starbuck Arena Skate Times

Saturday Nights are Back!

Check website for up to date  
schedule and time slots.

[www.starbuckrecreation.com](http://www.starbuckrecreation.com)

Helmets required for all ages during Sticks & Pucks.  
NO EXCEPTIONS. Check site for updated times.



## Starbuck United Church Everyone Welcome!

Starbuck United worship services are held at Trinity Lutheran Church in Starbuck Sundays at 11:30. Every second Sunday of each month, there is a joint service with Trinity Lutheran at 10am (ie no service at 11:30 on the second Sunday of the month)

We are currently shut down. Please check our website below for updates!

Special event dates posted on our website.  
[www.meridian-pastoral-charge.ca](http://www.meridian-pastoral-charge.ca)





# Headingley Seniors' Services

**Coordinator: Kristie Todd**

Office located at: Headingley Community Centre  
5353 Portage Avenue

**Office Hours:**

Monday - Thursday 8:30 am - 12:30 pm

Phone: 204-889-3132, ext. 3

Email: [seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)

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

HSSI provides a number of programs and services to help you get more out of your community! Here are just a few examples:  
**Recreation & Fitness** - Hall Walking, Encore Fitness Studio.  
**Health Services** - Foot clinics, E.R.I.K. (Emergency Response Information Kit), Medical equipment loans, transportation, and advocacy.

Please check our website for up to date info!



Contact Kristie for more information on:

- **Foot Care Clinics**
- **Pole Walking/Rentals**
- **Cribbage**



**Get help with setting up Zoom on your device!**

Don't miss out on all the virtual presentations, fitness programs and online classes offered this Fall! Book an appointment to learn the ins & outs of the Zoom online video program. Get yourself set up so you can join in on the fun from the comfort of your home! Also check out all of our ONLINE programs on page 20.

**ENCORE**  
Health & Fitness Studio

Your Stage to Active Living  
Headingley Community Centre  
[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

HEADINGLEY SENIORS' SERVICES  
THE RURAL MUNICIPALITY OF HEADINGLEY  
Macdonald-Headingley

Funded in part by the Government of Canada's New Horizons for Seniors Program

**Available by appointment only.**  
**For more info, please contact Kristie;**  
**[seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)**  
**(204) 889-3132 ext. 3**

**For more information, or to book an appointment, contact Kristie at 204.889.3132 ext. 3 or [seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)**



# CAFE BREAK



Join us every Wednesday and enjoy a home cooked, nutritious meal with friends and neighbors. Monthly menus will be posted at the Headingley Community Centre and available in the HSS monthly newsletter. Headingley Seniors' Services looks forward to welcoming you back to the Community Centre at 5353 Portage Ave. For more details or to reserve your spot contact the office at (204) 889-3132 ext. 3 or [seniors@rmofheadingley.ca](mailto:seniors@rmofheadingley.ca)

# LUNCH & LEARN

<p>Wednesday, September 8 Headingley Community Centre 1:00 pm Register by: September 1</p>	<p><b>Healthy Brains</b> <i>Presenter: Sue Mackenzie, Active Aging Manitoba</i></p>
<p>Wednesday, October 6 Headingley Community Centre 1:00 pm Register by: September 29</p>	<p><b>Wills &amp; Estates Planning</b> <i>Presenter: Levi Taylor, Levi Abram Law</i></p>
<p>Wednesday, November 3 Headingley Community Centre 1:00 pm Register by: October 27</p>	<p><b>Capturing Your Family History Through Creative Writing</b> <i>Presenter: Mary Lou Driedger, Writer's Guild of MB</i></p>





# Headingley Healthy Child

Healthy Child Coalition  
Central Region



These programs are offered free of charge due to funding support from the Healthy Child Coalition Central Region!

## Headingley Stay & Play (Ages 0 - 5) FREE

*Instructor: Kirsten Petz Fraser*

Stay & 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 play time. 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
MHRD Office - Basement 179 Seekings Street, Headingley	8 Mondays, October 18 - December 6	9:30 am - 11:30 am	Free!	Ongoing

## Growing Up Green FREE

*Instructor: Kirsten Petz Fraser*

Growing Up Green uses nature as a learning tool, and encourages parents/caregivers and preschool children to go outside and explore. Through rhymes, books and nature-based learning activities, families will experience the joys of learning together while gaining the tools to foster their connection to nature and the environment. *Parental involvement required. Please come prepared to play outdoors!*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre - Outdoors	4 Thursdays, September 16 - October 14 (No program September 30)	10:30 am - 11:30 am	Free!	Thursday, September 9

# The Headingley Historical Society

*Join us today, everyone welcome!*



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
- Promote heritage names for sites, bridges, parks and streets

For more information contact Stephen Britton at 204.558.3333 or email [sbritton12@gmail.com](mailto:sbritton12@gmail.com)

Check <http://www.rmofheadingley.ca/> for updated information.



# CITY REACH, *Country Ease*



Assiniboine River view



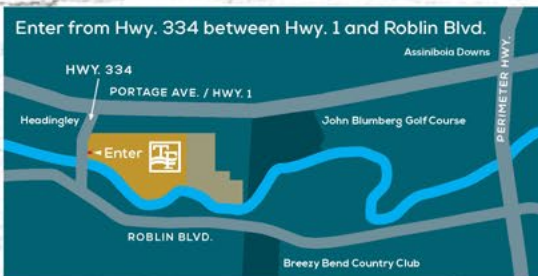
**With its unique and wide-ranging landscapes, Taylor Farm offers a truly progressive approach to country living.**

Take a tour and discover for yourself the unparalleled opportunities to design a distinctive custom home that takes full advantage of the community's natural features and nearby urban amenities.

## **RIVER FRONT LOTS AVAILABLE**

With the availability of exclusive, large river lots, you can truly experience *upstream living*.

Taylor Farm homeowners can enjoy living alongside a mature forest grove, with plenty of walking trails and spectacular views of the Assiniboine River.



Show homes open year-round. See website for details.





# Headingley

## Headingley Community Facilities

Headingley Community Centre  
5353 Portage Avenue  
R4H 1J9  
Phoenix Community Centre  
153 Seekings Street  
R4J 1B1

Gail Coady, Facility Manager  
204.889.3132 ext. 1  
[gcoady@rmofheadingley.ca](mailto:gcoady@rmofheadingley.ca)  
[www.rmofheadingley.ca](http://www.rmofheadingley.ca)

Headingley Library  
49 Alboro Street  
R4J 1A3

204.888.5410  
[hml@mymts.net](mailto:hml@mymts.net)

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

Phoenix School  
111 Alboro St  
R4J 1A3

Principal - Mr. P Betz  
204.889.5053  
[phoenix@sjasd.ca](mailto:phoenix@sjasd.ca)  
[www.sjasd.ca/school/phoenix/Contact/Pages/default.aspx](http://www.sjasd.ca/school/phoenix/Contact/Pages/default.aspx)



### St. Charles-Headingley United Church

Be sure to go to our website to hear the most recent sermon and any news of re-opening!

Minister - Rev. Cathy Maxwell

110 Bridge Road

<https://headingleyuc.wordpress.com>

204.885.6021

Please consult our website  
<https://headingleyuc.wordpress.com>

or contact us: Margaret Mills at 204.888.0771 or  
Darlene Borowski 204.255.1123

We are continuing to provide ongoing food resources to our downtown inner city partner every week!

**Bright Beginnings**  
Educare inc.

[www.brightbeginningseducare.com](http://www.brightbeginningseducare.com)  
Phone 204.895.1147 | [brightbeginnings@mymts.net](mailto:brightbeginnings@mymts.net)  
Infant, Preschool & School age programs  
(Ages 3 months - 12 years)



**Macdonald-Headingley**  
RECREATION DISTRICT

## Online Recreation

Online programs and activities to keep you healthy, happy and engaged. Check out our selection of online options starting on page 20.



Myrna  
**DRIEDGER**  
MLA for Roblin



t. (204) 885-0594  
[www.myrnadriedger.com](http://www.myrnadriedger.com)



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

Hours of Operation:

**Re-opening pending changes due to Covid-19.**

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](http://www.jimsvintagegarages.ca)

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, [robnosad@shaw.ca](mailto:robnosad@shaw.ca)



## 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 Challenge**  
**November 15 - 21, 2021**  
**Go to [headingleyfoundation.ca](http://headingleyfoundation.ca) to give!**



### Giving for Good.

Want to learn more about how you can support your community? Find us at:

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

204-889-3132 Ext. 2  

[hcfinfo@headingleyfoundation.ca](mailto:hcfinfo@headingleyfoundation.ca)



## Pickleball

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. First time is free! Day and times may vary without notice. Location and days may change. Register at any time to receive updates. Contact Brodie or Sarah for updated pickleball schedule. *Please wear clean indoor shoes. Please Note: Day and times may vary without notice. Please register at any time to receive updates. Due to social distancing measures, only a limited number of spots are available. Drop-ins are not permitted. Register now to save your spot or have your name added to the waiting list.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre <i>Contact: Sarah Fetterly, sfetterly@shaw.ca or Brodie Blair, brodiecblair@gmail.com</i>	September 8 - December 23 Sundays & Thursdays: 1:30 pm - 4:00 pm Mondays & Wednesdays: 7:00 pm - 9:00 pm (No program September 30, October 11 & November 11)		Drop-in: \$2.50 Monthly: \$10.00	Tuesday, September 7

## Happy Feet Running Club - Headingley

If you've ever tried running alone, you know it can be difficult to get the motivation to put those sneakers on. This program is for anyone who wants to start their running journey, return to running, or is looking for the social benefits of running in a group! This group will run 5KM once per week. There will be a fast paced group and a slower paced group. The format will be 10 min run : 1 min walk. Come and explore new routes in Headingley and connect with your neighbours in a different way!

Location	Day(s)	Time	Fee	Registration Deadline
MHRD Office 179 Seekings Street, Headingley	7 Thursdays, September 9 - October 28 (No program September 30)	6:30 pm - 7:30 pm	Free!	Thursday, September 2

## Yin Restorative Yoga with Becky

*Instructor: Karyn Astleford*

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 a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	12 Thursdays, September 16 - December 16 (No class September 30 & November 11)	7:30 pm - 8:30 pm	\$120.00	Thursday, September 2

## 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 will be held in the Auditorium.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	23 Mondays & Wednesdays September 22 - December 13 (No class October 11)	10:00 am - 11:00 am	2x/week: \$230.00 Mondays: \$110.00 Wednesdays: \$120.00	Wednesday, September 8

## Zumba

*Instructor: Julia Kolesnik*

Dance Fitness Party! Zumba is a dynamic workout that blends Latin and International rhythms with easy to follow moves.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	5 Fridays, October 15 - November 12	10:30 am - 11:30 am	\$45.00	Friday, October 1



## Sweat with Clovis

*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 your own mat, and sweat towel!*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	23 Mondays & Wednesdays September 22 - December 13 (No class October 11)	6:00 pm - 7:00 pm	2x/week: \$230.00 Mondays: \$110.00 Wednesdays: \$120.00	Wednesday, September 8

## 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 thera-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	23 Mondays & Fridays September 24 - December 13 (No class October 11)	Mondays: 11:00 am - 12:00 pm Fridays: 1:30 pm - 2:30 pm	2x/week: \$230.00 Mondays: \$110.00 Fridays: \$120.00	Friday, September 10

## Gentle Yoga

*Instructor: Lorraine Marek*

Join Lorraine for a gentle yoga practice! You will stretch your large muscle groups (legs, arms, back) and increase your flexibility, improve circulation and reduce stress throughout your body. Using deep and slow breaths, fresh blood and oxygen will be pushed to the brain and vital organs while holding yoga poses to strengthen muscles, improve balance, flexibility and posture. Gentle yoga can be practiced from the mat or in a chair. Each individual can choose the options that best suits their limitations and strengths or just enjoy resting poses that relax and stretch the entire body. *You will need a yoga mat and 2 blankets.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	12 Tuesdays, September 28 - December 14	10:00 am - 11:00 am	\$120.00	Tuesday, September 14

## Yoga Flow

*Instructor: Lorraine Marek*

This Flow Yoga class will link 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 increase flexibility, strength and cardiovascular endurance. Poses can be modified to be wrist-free. Previous yoga experience recommended as well as the ability to get down onto the floor for poses. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Thursdays, October 7 - December 16 (No class November 11)	10:00 am - 11:00 am	\$100.00	Thursday, September 30

## Continuing Ukulele

*Instructor: Lorelei Goldau*

This class is for those who have taken a beginner's class and would like to continue learning. Come out and learn to play songs using basic chords and strumming patterns on a standard ukulele (soprano, concert or tenor). *You must bring your own ukulele.*

Location	Day(s)	Time	Fee	Registration Deadline
MHRD Office 179 Seekings Street, Headingley	10 Mondays, September 13 - November 22 (No class October 11)	7:00 pm - 8:30 pm	\$132.00	Tuesday, September 7

## Crafting Autumnal Home Decor

*Instructor: Andrea Senebald*

Four autumnal phrases in both cursive and bold, capitalized fonts that people will love to place on their bookshelves, fireplaces, and dinner tables! The perfect autumnal craft that will get everybody excited for crunchy leaves, pumpkin spice and Chalk Couture TM! You'll receive everything you need to finish a complete project of two signs that are double sided. Every craft level is encouraged.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Thursday, October 21	6:30 pm - 8:30 pm	\$45.00	Thursday, October 14

## Sensational Fall Salads with Homemade Dressings

*Instructor: Getty Stewart, PHEc, B.Ed*

Get inspired with new recipes for delicious, healthy fall salads and dressings featuring kale, squash, apples, carrots and whole grains. Go beyond classic tossed salad and discover colorful, tasty and satisfying salads you'll want to make all season long. In this workshop, we'll cover ratios of ingredients in whole meal salads, how to use whole grains, sensational toppings and tips and tricks for making your own salad dressings.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre - Multi-purpose Room	Thursday, October 14	6:30 pm - 8:30 pm	\$40.00	Thursday, September 30

## Create Your Own Custom-fitted Leather Belt!

*Instructor: Chuck Allen, Earth & Hide*

Chuck, the craftsman behind Earth & Hide, will talk you through the steps into creating and guide you through the process of preparing your belt for cutting, riveting and finishing your project for a lifetime of use. Students will have use of leather working tools and will be guided through the process from leather hide to finished product. *Please visit our website for belt options.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Tuesday, October 19	6:00 pm - 7:30 pm	Cost varies based on selection	Tuesday, October 5

## Learn to Play Bridge

*Instructor: Sue Treble*

Have you ever wanted to learn how to play the card game Bridge? Now is your chance! This is a 7 week instructional program.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	6 Thursdays, October 7 - November 18 (No class November 11)	1:30 pm - 3:30 pm	\$120.00 Class + Manual: \$145.00	Thursday, October 7



## Modern Farmhouse Craft

*Instructor: Andrea Senebald*

A beautiful 16" round board adorned with a saying of your choice, will welcome your guests to your home or your kitchen! We will create all the elements that tie together this modern farmhouse style fitting for any decor. This is a larger project but any level of crafter will be able to use our Chalk Couture™ products to create a piece they can be proud of! Included is a 16" round Pine board stained brown, stripes will be painted, one design picked to chalk the words then ribbon and greenery to finish the sign. All supplies are provided, surfaces, chalk paste, refreshments and instructions.

Location	Day(s)	Time	Fee	Registration Deadline
MHRD Office 179 Seekings Street, Headingley	Thursday, November 4	6:30 pm - 8:30 pm	\$60.00	Thursday, October 28

## Super Soups from Scratch

*Instructor: Getty Stewart, PHEc, B.Ed*

Let's transform everyday, seasonal ingredients into delicious, nutritious and affordable soups. Learn ten tips for building maximum flavour and using ingredients to their fullest. We'll answer all your questions as we work together to make our own broth and then a puréed and broth-based soup.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre - Multi-purpose Room	Tuesday, November 23	6:30 pm - 8:30 pm	\$40.00	Tuesday, November 9

## Winter Hiking Essentials 101

*Instructor: Ashley Moore, Back Country Women*

Getting outside to hike and explore has so many benefits, it's no wonder this activity has recently gained popularity. Winter hiking season is here and there's no reason to hibernate! There are things to consider and prepare for so that you can have a safe and enjoyable experience. Join us to learn more about embracing this next season. This workshop has a focus on safety and reducing risks by preparing by packing our bags and layering appropriately. We will go over the Ten Essentials of hiking for the winter in this workshop, and provide a variety of gear examples with opportunities to discuss them and have your winter adventure questions answered. We want to help you prepare, and get out there to have fun!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Tuesday, November 30	6:30 pm - 8:00 pm	\$35.00	Tuesday, November 16

## Beginner Christmas Cookie Decorating

*Instructor: Maureen Martin*

Learn tips and tricks to help you design beautiful, professional cookies. You will receive 8 baked sugar cookies and bags of Royal icing. Any extra icing may be taken home in the piping bags. Recipes and a Decorating Tips & Tricks will be provided so you are ready to bake and decorate your own cookies. For those who took the Zoom cookie class with Maureen last December, we will make some different cookie designs this year.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Tuesday, December 7	6:00 pm - 8:00 pm	42.00	Tuesday, November 23

**Looking for Investment or Retirement advice?  
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**Jane Van Massenhoven, PFP**  
204-988-6353  
jane.vanmassenhoven@rbc.com

**Let's make your Someday happen.™**



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# Headingley 55+ Club

\*Pending public health recommendations due to Covid-19.  
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 \$2.00.  
For more information please call:  
Karen Saunders 204.888.3583

## HEADINGLEY LIBRARY

**-Memberships are FREE for Headingley residents and only \$55 annually for non-residents!**

**(Most municipalities reimburse a portion of this fee)**

\*Your library card provides access to our diverse catalogue of books and magazines for ALL ages.

\*FREE children's programming to keep your children entertained and happy (and give you a break!)

\*Do you find yourself struggling to read small print in books?

Check out our LARGE PRINT section or try reading your favourite books through Libby or Overdrive!

\*We also have a public computer, printer, fax machine photocopier and free WiFi! (Covid permitting)

Visit our website at [www.headingleylibrary.ca](http://www.headingleylibrary.ca) for more information and be sure to follow us on Facebook and Instagram!

49 Alboro Street



204-888-5410

[hml@headingleylibrary.ca](mailto:hml@headingleylibrary.ca)

## Holy Trinity Anglican Church

5335 Portage Avenue, Headingley



*Worship Services 10:00 a.m.  
During the summer services  
will be intermittent.  
Please check website  
below to confirm times.*

We are fully accessible to everyone!  
[www.holytrinityanglicanchurchandcemetery.com](http://www.holytrinityanglicanchurchandcemetery.com)

## HOLY TRINITY CEMETERY HEADINGLEY

*In your community...82 Curry Drive, off Taylor Farm Road*



For information on purchasing a plot or niche, or interment, please contact Diane Trenholm, at 204-955-8116 or [htcemhly@shaw.ca](mailto:htcemhly@shaw.ca)



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CREDIT UNION





# Phoenix Recreation Association



The Phoenix Recreation Association (PRA) is a volunteer organization that implements & maintains recreational and social activities for Headingley Residents.

Phoenix Recreation Association meets on the 2nd Monday of every month at 7pm via Zoom due to COVID restrictions. Email [phoenix.rec.info@gmail.com](mailto:phoenix.rec.info@gmail.com) if you would like to attend.



## Stay Connected!



- Sign up for a monthly email of all upcoming events in Headingley:  
<http://bit.ly/HeadingleyEvents>
- Follow @HeadingleyCommunityEvents on Instagram
- Join the community Facebook Group: Headingley Families
- Follow @phoenixrecreationassociation on Facebook



## HEADINGLEY RURAL CRIME WATCH

For info  
contact Marian at  
[marian.craig52@gmail.com](mailto:marian.craig52@gmail.com)



## NOTICE!

Due to Covid-19 and the ever changing rules surrounding public health orders, we are limited in our ability to plan ahead.

Don't miss out on our events and programming!

Email [phoenix.rec.info@gmail.com](mailto:phoenix.rec.info@gmail.com) to get on the email list.

The most up to date information will be on the website: [www.phoenixrec.com](http://www.phoenixrec.com)



# SPORTBALL

## Multi-Sport



At Sportball, Multi-Sport classes provide an amazing foundation for a lifetime of active living. Sportball kids are kept moving and engaged, learning a new skill from a different sport each class. We bundle 8 sports - soccer, baseball, basketball, football, hockey, volleyball, golf and tennis into one registration. By introducing your child to a variety of sports they will have the opportunity to find out which one feels right for specialization in later years.

**10 Sundays,  
September 26 - December 12**

No program October 10 or December 5

9:00 - 9:40 - Parent & Child (Ages 2 - 3.5)  
9:45 - 10:40 - Coach & Child (Ages 3.5 - 5)  
10:45 - 11:25 - Parent & Child (Ages 2 - 3.5)  
11:30 - 12:25 - Coach & Child (Ages 3.5 - 5)

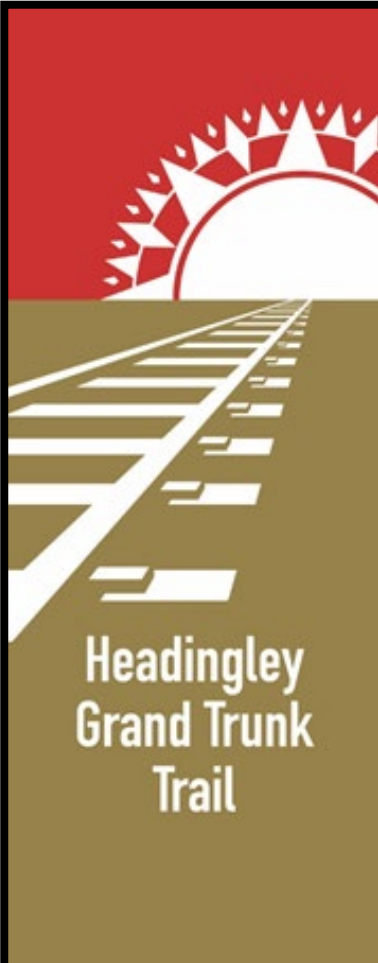
Cost: \$90.00 - Headingley Residents  
(\$80.00 using rebate code 'Headingley')  
\$170.00 General Public

**REGISTER BY: SEPTEMBER 26**

[HTTPS://WWW.SPORTBALL.CA/WINNIPEG/PROGRAM-SCHEDULES/WINNIPEG/](https://www.sportball.ca/winnipeg/program-schedules/winnipeg/)

CONTACT: WINNIPEG@SPORTBALL.CA | 431.815.5335





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

If you are interested in helping with the blue bird box adoption program please email [dianajuchnowski@gmail.com](mailto:dianajuchnowski@gmail.com) for more information.



### Tall Grass Prairie

Watch for some exciting additions to the Tall Grass Prairie and connecting areas coming this Fall. The tall grass prairie is located on the south side of the trail by Alboro.



### Meet Your Neighbors

**Due to Covid 19, all events on the trail have been postponed. While on the trail respect social distancing to stay safe.**



### Geocaches

Geocaching has become an increasingly popular worldwide adventure activity. New to the trail is the Geocaching Adventure Lab. Download the Adventure Lab app to check it out.



### Perimeter Crossing

The HGTTA and the Harte trail have been lobbying for a safe crossing across the perimeter between our trails. Please email us with your concerns about the safety of the current crossing.

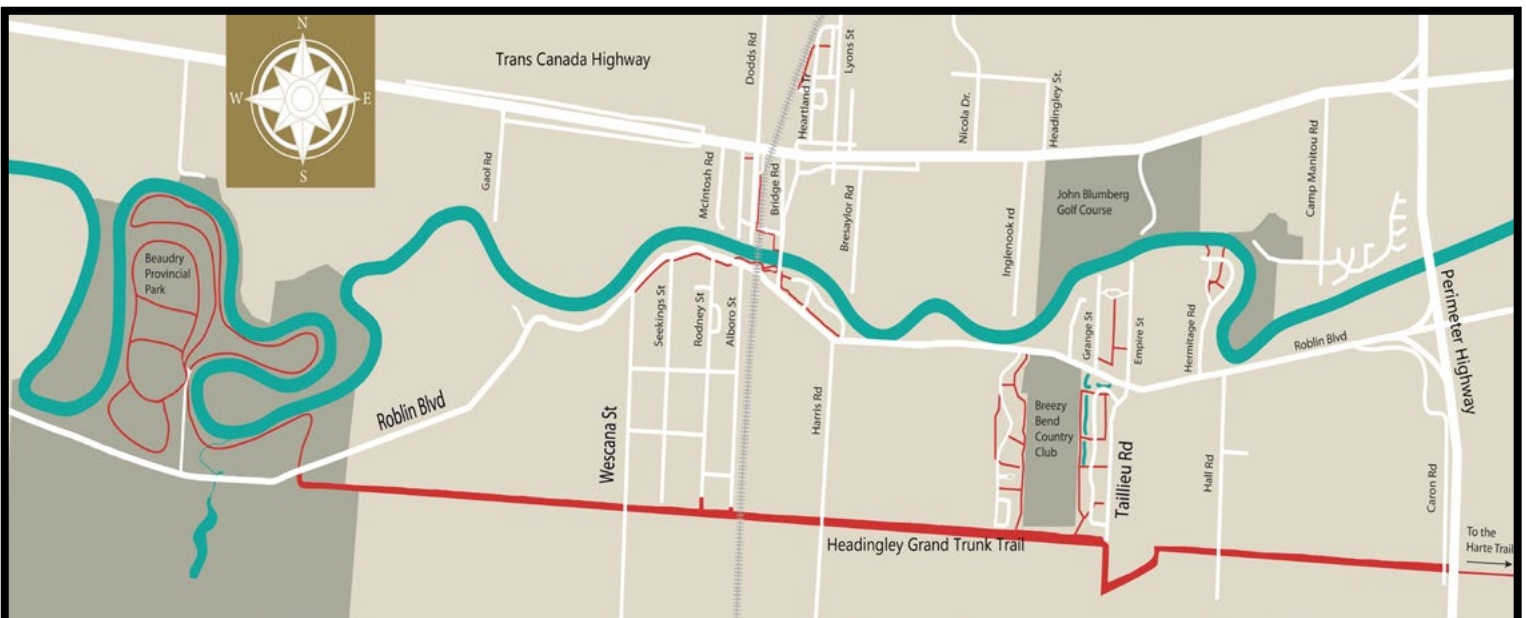


### Contact us at:

[headingleygrandtrunktrail@gmail.com](mailto:headingleygrandtrunktrail@gmail.com)

### Or visit us on Facebook:

<https://www.facebook.com/HeadingleyGrandTrunkTrail/>





Would you like to advertise in this Program and Community Resource Guide?  
Contact Macdonald - Headingley Recreation District  
for advertising opportunities in 2022!



## Macdonald-Headingley

RECREATION DISTRICT

Macdonald - Headingley Recreation District  
179 Seekings Street  
Headingley, Manitoba  
R4J 1B1  
Ph: 204.885.2444  
Email: [info@mhrd.ca](mailto:info@mhrd.ca)  
[www.mhrd.ca](http://www.mhrd.ca)

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